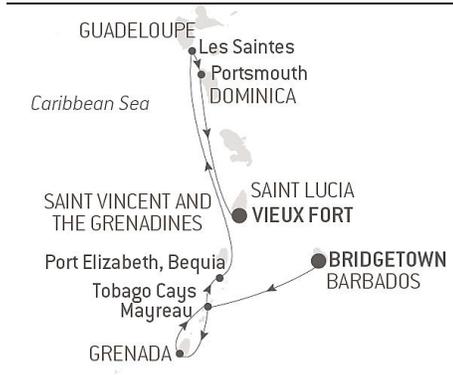


In the heart of the West Indies

From **5/3/2023**
to **13/3/2023**

Ship: **LE DUMONT-D'URVILLE**

From **Bridgetown**
to **Vieux Fort**



PONANT brings you an itinerary to the heart of the most enchanting islands in the Caribbean Sea. Board on *Le Dumont-d'Urville* for a **9-day** cruise combining long white-sand beaches and the easy Creole way of life.

After boarding your ship in **Barbados** at the port of **Bridgetown**, whose UNESCO-listed historic centre shows the extent of British colonial presence here, your ship will anchor in the **Tobago Cays National Park**. This rosary of islands bound together by the most beautiful coral reef in the West Indies, will reveal its incredible underwater wildlife.

After a call at **Grenada**, *Le Dumont-d'Urville* will reach the magnificent beach of the island of **Mayreau** in the **Saint Vincent and the Grenadines archipelago**. Then, you will head for one of the pearls of the **Grenadines**: the island of Bequia. Small picturesque villages and brightly coloured coral reefs are some of its attractions...

Your ship will then sail to **Les Saintes**, a highly popular anchorage site with crystal-clear waters and fabulous seabeds, before reaching Vieux Fort, your final port.

An experienced diving instructor is on board for the entire cruise, enabling you to safely enjoy swimming and scuba diving.



The information in this document is valid as of 6/7/2022

In the heart of the West Indies

YOUR STOPOVERS :

BRIDGETOWN

Embarkation 5/3/2023 from 4:00 pm to 5:00 pm

Departure 6/3/2023 at 9:00 pm

Bridgetown, the bustling capital of Barbados, is located on the island's south-west coast. Its **historic quarters** are **UNESCO World Heritage sites** and contain prime examples of British colonial architecture, which you will see between the postcard-perfect fishing harbour and St Ann's Fort. Streets shaded by palms and flamboyant trees lead you to the Anglican cathedral church of St Michael, built from coral stone, the Barbados Museum and George Washington House, a Georgian-style mansion. There'll be plenty of time to relax on the Caribbean beaches of **Carlisle Bay**, a few paces from the old town centre.

TOBAGO CAYS

Arrival 7/3/2023 early morning

Departure 7/3/2023 late afternoon

Scattered between **St Vincent and Grenada**, the **Tobago Cays** comprises five little islands: Petit Rameau, Petit Bateau, Baradal, Petit Tabac and Jamesby. This rosary of uninhabited cays in the **southern West Indies** is a **marine park** whose turquoise lagoons provide a home and safe haven for some outstanding marine fauna, **including peaceful green turtles**. Girded and united by a coral reef, these secluded islands are a peaceful paradise for divers, swimmers and snorkellers.

SAINT GEORGE'S, GRENADA

Arrival 8/3/2023 early morning

Departure 8/3/2023 late evening

Delicately set in the curve of a bay on the west coast of Grenada, **Saint George's** lively commercial fishing harbour is especially colourful when the boats are being loaded with fruit and vegetables destined for neighbouring islands and when all the little fishing boats return from their day out at sea. This "**spice island**" capital is an excellent base for visiting the surrounding natural sites: its picturesque coast or the artisanal producers of chocolate and nutmeg, Grenada's gold. Five kilometres (3 miles) to the south, you will be able to visit Grande Anse and Morne Rouge, two long sandy beaches.

MAYREAU ISLAND

Arrival 9/3/2023 mid morning

Departure 9/3/2023 early evening

Among the string of paradisiac islands with their sandy beaches that form the Saint Vincent and the Grenadines

archipelago, Mayreau is the smallest. Its **peaceful and idyllic atmosphere**, far from the madding crowd, invites you to relax. On shore, enjoy a **shaded and fully equipped beach** from which to go snorkelling if you'd like to observe the colourful fish around the coral sitting at the foot of the rocks that stretch across the bay.

PORT ELIZABETH, BEQUIA ISLAND

Arrival 10/3/2023 early morning

Departure 10/3/2023 early afternoon

In the heart of the **Caribbean**, **Bequia** is the second-largest of 32 islands that make up the country of **St Vincent and the Grenadines**. You will love the lively and picturesque atmosphere of **Port Elizabeth**, the island's main town. From the port, a promenade lined with beautiful traditional houses, landscaped gardens and small restaurants runs along the shoreline. It leads to Princess Margaret Beach, a wild beach where Princess Margaret herself has stayed and which seems to emerge directly from the tropical forest. From rainforest to lush meadows and long stretches of sand, Bequia will offer you a natural setting that is conducive to lovely walks and to spending time on the beach.

LES SAINTES

Arrival 11/3/2023 early morning

Departure 11/3/2023 late evening

During the feast of All Saints in 1493, **Christopher Columbus** discovered this archipelago of nine islands that he named "The Saints". Today, only two of them are inhabited. Terre de Haut, in the east, is dominated by the Morne Mire hill; at the summit stands **Fort Napoleon**, paying homage to the islands' history. In the heart of the **botanical garden**, shared by iguanas and cacti, there is an exceptional view of the **Baie des Saintes**, one of the most beautiful in the world. The long shady beach of Pompierre, where it is forbidden to drop anchor, is a peaceful place for a swim, while Pain de Sucre Beach offers wonderful opportunities for snorkelling. On the island, don't forget to taste the local speciality, the "tourment d'amour", a cake made with coconut.

PORTSMOUTH

Arrival 12/3/2023 early morning

Departure 12/3/2023 late afternoon

With its mountainous terrain, vast tropical forest, hot springs, rivers and spectacular waterfalls, **Dominica** is undoubtedly **the wildest island** in the Caribbean. Protected by several **national parks**, this little-known land, located in the heart of the Caribbean Sea, between Guadeloupe and Martinique, will inspire adventure and exploration. During your port of call, do not miss out on discovering the enchanting landscapes of the **Indian River**: navigating through this dense mangrove, in which creepers, ferns, forest trees and giant roots are interweaved, is a magical experience, a fascinating voyage into the heart of an almost mystical natural universe.

VIEUX FORT

Arrival 13/3/2023 early morning

Disembarkation 13/3/2023 at 7:00 am

Vieux Fort lies to the far south of the island of Saint Lucia. This town, which was a strategic location in the sugar

industry from the 18th to the 19th centuries, derives its authenticity from its rich history. Renowned for its lush nature and beaches typical of the Caribbean, it is also famous for its mythical Moule-a-Chique Lighthouse. Built in 1912 and standing 200 metres (656 feet) tall, this lighthouse will be visible as soon as you arrive on the Saint Lucian coastlines. The beauty of Vieux Fort is also reflected in the underwater kingdom that surrounds it. It is home to an abundance of marine species, such as eagle rays or leatherback sea turtles. Vieux Fort is most likely to evoke feelings of enchantment and it reserves a soothing welcome, paced by the rhythm of its waves, for each of its visitors.