

the bodyholiday  
LeSPORT


a walk on the  
wild side





# Experience the beauty of St Lucia outdoors


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River Trekking  
Rain Forest Exploration  
Island Hiking  
Waterfall Rappelling  
Extreme Mountain Biking  
Gorge Jumping  
The BodyHoliday Adventure Challenge

Soft **Adventure**

3



Mountain bike through the  
lush rainforests and beautiful  
scenic coastline

## A great selection of trips

We have a selection of adventures and tours that suit all ages and levels of fitness. We would also be happy to discuss your needs and create a tailored day out for you.





# An amazing playground

Hey Ross

4 St Lucia is more than hotels and stunning beaches! Today we took part in the BodyHoliday Adventure Challenge, a sort of Quadrathlon! It consisted of biking to nearby Pigeon island, running up the hill (what a view), rappelling (or abseiling, as our fellow British guests call it) down to the beach from the top of Pigeon Point, and then kayaking back to The BodyHoliday for a well earned massage! Exhausting? Yes! Fun? Huge!

Wish you were here? You bet!

Joey

Ross Malick  
Apartment 4A  
184 Blucker Street  
Greenwich Village  
New York  
NY 10013



## Soft Adventure

### Health & fitness

Some of the adventures offered are not easy and we believe that you have to have to be reasonably fit to participate. We will advise you on the levels of fitness required for each adventure.





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# Soft Adventure





# A day to remember

## Saturday

- 8
- 06.30** An early start! Our climb? The Gros Piton. 786 m (2619 ft)
  - 07.00** We begin. Plenty of water. Legs pumping.
  - 07.30** This is a hard and sweaty climb – but achievable. So far the views are fantastic.
  - 08.30** I can almost see the top! Almost there. We keep each other going.
  - 09.00** Made it. Wow, what a view. This is spectacular. So worth it. (The picture of me with Petit Piton in the background is still my computer wallpaper!)
  - 13.00** The reward? A swim in the sea, a cold Piton beer on the beach and lunch. Some memory!



### Equipment

We provide you with all the equipment you will need including backpacks, food containers and water bottles. Your guide will be equipped with first aid items, ropes and other necessary equipment. Your guides will advise you on what clothing and footwear to take.



## Wednesday

- 9
- Ingredients:** One sunny day, one open-top jeep, five happy fellow travellers, two cool boxes, one swimsuit. Let the day begin!
  - History:** What a great way to see the west coast of the island. St Lucia is littered with forts, towns and islands named after the conquerors. We found out that a famous pirate called Jambe de Bois (wooden leg) set up base on Pigeon Island – the real Jack Sparrow?
  - Taste:** We drove through the island’s largest banana plantation and sampled a few of the fruit but our ultimate destination was the town of Soufriere. Lunch in a local restaurant was a delicious meal of spicy chicken, locally caught fish and a few cold beers. Everyone was so friendly and really made our day.





Dear Edward and Rachel

We had to write! We said we wanted an adventure didn't we?

Liz and I booked a trip that was a combination of trekking in the forests, wild water ravines and abseiling down gorges. Not like us eh! We have to admit to being slightly nervous. This scramble and abseiling session had been labelled as thrilling, inspiring, wild, exhilarating and awesome! It was.

After an amazing hike under the canopy of the forest, we arrived at a river gorge and we were taught how to abseil down 120-foot onto the sand bank of the shallow river below. It was that first step off the ledge that was the hardest. The adrenalin rush from doing it was great. We so wanted to do it again! One for the memory bank!

Catch up in the Red Lion and we will tell you all.

Philip



Edward and Rachel Jones

Jasmine Cottage

Godalming Drive

Guildford

Surrey

GU12 4BB

# Soft Adventure





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## Walk on the wild side is our Soft Adventure Programme.

These adventures take you trekking through rivers, walking in the rainforest, hiking under the rainforest canopy and up majestic peaks. We also run Jeep adventures that take you on safaris around the island and bike adventures to take you off the beaten track. These are truly memorable experiences.

**[www.thebodyholiday.com](http://www.thebodyholiday.com)**

**United Kingdom**

e: [ukreservations@thebodyholiday.com](mailto:ukreservations@thebodyholiday.com) t: 0203 096 1605

**USA & Canada**

e: [usreservations@thebodyholiday.com](mailto:usreservations@thebodyholiday.com) t: 1 800 544 2883