

# Island Hopping

## Ladera St. Lucia

Carved into cliffs above the Caribbean Sea in St. Lucia, Ladera, the West Indies' crown jewel, advertises itself as a "View with a Room"—and what a view it is! Located between the two



LADERA

tallest mountains on the island, virtually the entire resort is outdoors. Rooms are built with only three walls, offering unobstructed views of the twin peaks and Caribbean Sea. From the spectacular view to private plunge pools in every room, one can see why Ladera is a coveted location for a destination wedding. After settling in to this paradise of "barefoot luxury," wind your way to the resort's restaurant, Dasheene. Named after a local root vegetable, Dasheene crafts a fascinating fusion of European and Caribbean foods under the tutelage of Executive Chef Oliver Satchell. Satchell, (who bills himself as the 'Share the Love Chef') emphasizes locally-grown and sustainably-sourced ingredients. The restaurant's signature dish, Shrimp Dasheene, is seasoned

with local herbs and grenadine, giving the shrimp a touch of sweetness. Other entrees to try include a lamb curry, traditional St. Lucian stews, and 'Rhythm of Rasta' Pasta. Even the breakfast is a memorable presentation of local fruits and juices and delicious pastries and jams.

While Ladera towers over the Caribbean, shuttles travel multiple times daily between the resort and the Jalousie Beach, where visitors can enjoy sun, sand, and perfect water for snorkeling. The resort also runs shuttles to Anse Chastanet, a black sand beach. Additionally, Ladera schedules hikes up Gros Piton, the

rainforest, they may suggest a stop for a slice of hearty cassava bread, one of St. Lucia's specialties, or perhaps a photo opportunity with a local snake handler and his boa constrictor. Whatever your destination, St. Lucia Airport Shuttle will give you a personalized introduction to the island at affordable rates. [www.stluciaairportshuttle.com](http://www.stluciaairportshuttle.com).

## Cap Maison St. Lucia

Located on the opposite end of St. Lucia, near the town of Rodney Bay, is another wonder to



island's tallest mountain, and tours of Soufrière, the nearby town, and its drive-in volcano and mineral baths. After your local adventures, whether in surf, sand, or seaport, enjoy a relaxing treatment at Ladera's Ti Kai Posé Spa, such as the "Rainforest Massage," which takes a typical indoor treatment outside into the natural beauty of St. Lucia. For more on this breathtaking hotel, check out [www.ladera.com](http://www.ladera.com).

**St. Lucia Airport Shuttle** is a terrific transportation service that offers first class door-to-door shuttle service to St. Lucia's hotels, resorts and residences from both St. Lucia airports. Their drivers are knowledgeable tour guides, eager to introduce you to their island. Alex, Janus and the entire team are award-winning guides who know the island like the back of their hands. As you drive through the

behold: Cap Maison. Situated on the pristine 1500-acre Cap Estate, a former sugar plantation, Cap Maison boasts all the seclusion of an island bungalow with the amenities of a world-class resort. The décor in each room reflects the timeless elegance of St. Lucia. The Oceanview Villa Suites, at over 3,000 square feet, feature a private pool and gazebo, as well as a breathtaking view of the Caribbean Sea. The spacious Courtyard Villa Suites come with fully equipped kitchens and lovely garden views, and even the Junior Suites have an ocean view and a private veranda. Spend the day at Smuggler's Beach, a secluded inlet with some of the best snorkeling on St. Lucia, or relax poolside by one of Cap Maison's series of infinity pools. Be sure to check out Spa Maison, with its plethora of relaxing treatment options, perhaps after a day of swinging irons on an 18-