



# MARTINIQUE - DOMINICA – THE SAINTS - MARTINIQUE

## **14 day Itinerary**

A sailing tour up the West coast of Martinique, to Portsmouth in Dominica, to the Saints, on to Marie-Galante, returning with a stop in Roseau Dominica and a visit to the East coast of Martinique.

### **KEY HIGHLIGHTS**

- CULTURE & HISTORY
- MOTHER NATURE
- OLD FRENCH CARIBBEAN
- LAND TOURS
- “MINI-GRENADINES”

### **Martinique**

It has the only AOC (Appellation d'Origine Controlée) outside of France and here the AOC label is for the rum – there are 11 distilleries specialized in making rum from cane juice rather than molasses as done elsewhere. The best rums compete with the best cognacs and the distilleries are actively engaged in both traditional and diversified flavors going toward more Anglo-Saxon tastes.

A guided visit to St. Pierre will take you back to the 18<sup>th</sup> & 19<sup>th</sup> centuries when it was known as the “Town of a Thousand Nights” and rivalled in attraction with Havana, Santo Domingo and Cartagena in Columbia. In 1902 it all ended in a few minutes after a volcanic explosion.

The sophistication of the culture of Martinique can be easily seen today in several places such as the Habitation Clément in François on the East coast.

### **Day 1: Le Marin to Anses d’Arlet.**

Anchor across from this quiet village with its church steeple lit up at night like one sees on the Cote d’Azur. Enjoy the beach, snorkel on the rocks and observe the fish and also turtle life in the protected zone or pop over to Grand’Anse bay.

Very popular diving area and the more adventurous can even take in the hole through Diamond Rock.

### **Day 2: Anses d’Arlets to Trois Ilets.**

Options to explore on the way are Grand’Anse bay, Pointe Baleine (some who anchored here have listened to the whales going by) with its bat cave, then the small anchorages of Anse Noir & Anse Dufour before getting to Pointe du Bout.

With its Village Créole, Pointe du Bout is the most active tourist site. Anchored amongst all the lights of the World Heritage bay of Fort de France, there is some boutique shopping and a choice of bars, restaurants, night spots and a casino.

The Anse Mitan beach is right off your starboard side.



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Take in a trip to Empress Josephine de Bonaparte's birthplace and museum which highlights her aristocratic origins (the nobility of Europe often visit the place), pass through the Trois Ilet village which highlights the French Créole architecture and the local tiles. Pass into the pottery where the roof tiles are still made and which has used its old buildings to house an artisan community with its souvenir shopping. Lunch at an excellent restaurant.

The Zandoli above Pointe du Bout also has an excellent gastronomic reputation with a great view at night over the FDF bay.

We have a Trent Jones designed 18 hole Golf course with beautiful views, even if the green is not at a world-class level of maintenance.

### **Day 3 : Pointe du Bout to Le Carbet**

In the afternoon sail across the breezy bay of Fort de France and then along the coast admiring the beautiful green walls formed by the 5 pitons all at +3.000 feet. Anchor at Le Carbet.

**Option:** Cocktails on shore in a local restaurant on the beach – “Petit Bonhomme” – which got the 2015 award from the Caribbean Journal for the best beach bar in the Caribbean.

### **Day 4: Drop-off at Le Carbet; yacht transitions to St. Pierre for pick-up**

**Sightseeing options:** Take in a Guided tour of the traditional Neisson rum factory internationally known for the quality of its white rum and then on to Anse Latouche estate, once owned by a Buccaneer, now also with a pirate's museum and a zoo of South American fauna. The site is a unique being located in a narrow valley with the cane transferred from the cliffs above it. Also shows the diversification of products and the sophistication of engineering structures that survival required in the 18th and 19th centuries in these islands.

Take in a guided visit to St. Pierre internationally known for its destruction by the dramatic explosion of Mt Pele in 1902. Its analysis lead to the foundation of our modern understanding of volcanology. Guests are given a picture & short text review of what St Pierre it was known as – “A town of a Thousand Nights” - when it was one of the 4 main towns in the Caribbean with Havanna, Santo Domingo & Cartagena, Columbia.

Visit also the Depaz rum factory where you can see the cane crushing process with its 100 year old steam-driven flywheel, through the distillation process to rum tasting. There is also the plantation home that was rebuilt by the only member of the Depaz family who survived the 1902 explosion because he was studying in Paris at the time.

For the more adventurous there is Buggy riding on the West flank of Mont Pelé that ends at the isolated JM distillery recognized as one of the most refined dark rums of Martinique. This could be combined with a trip into the Gorges de la Falaise – down into a deep gulley cut through the fine silt and clamber up the river to a waterfall with its pool.



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There is also an easy walk to a 100 m waterfall on the West coast of Mt Pelé and of course for the fit there is the hike up and down the 1.380m height of this impressive mountain. Also from Le Carbet area is the spectacular walk along the Beauregard Canal –known the Slave canal – on a narrow wall with drops off up to 130m. Have lunch at the friendly local Maison Rousse Inn before the walk back or return to St. Pierre by taxi.

Diving in St. Pierre is for specialists as the most interesting wreck is at 50m. There are also some dives at 20m near Prêcheur but are considered more technical dives due to the lack of luminosity given the black sand. Islet Pearl is also a good dive spot, the waves & currents permitting.

### **Day 5: To Portsmouth, Dominica “Nature’s Isle”.**

Early morning start into the channel looking out for whales & dolphins for which Dominica is well renowned.

It is the land of 365 rivers with options for champagne diving, canyoning, boiling lakes, and hot water tubs....

Dominica is Mother Nature before we poured concrete all over it!

Sail up its West coast past its impressive mountains some of which you will get a closer look at on the return journey.

### **Sightseeing options:**

Tour of Fort Shirley (Cabrits National park) which witnessed the famous battle of the Saints that set in motion events that later lead to another French defeat at the battle of Waterloo. The restoration of part of this most extensive fortification system is a life project of a local Dominican who is a doctorate from Oxford University, an expert in Caribbean history and anthropology.

A taste of Disney’s “Pirates of the Caribbean” going up Indian River where the Amerindians once lived and traded with the early European ships as Portsmouth became a provisioning port on the return from Europe.

See the northern treasures of Chaudière pool, Red rocks (like a trip to Mars!), Bubbling but cold Sulphur Springs, taste Dominica traditional cuisine, and take in Escape Beach. River bathing and take a hike to the Syndicate waterfall.

Take a walk on Syndicate Nature Trail, looking out for parrots and the Syndicate waterfall. Visit the Kalinago territory and learn about those who were here before the Europeans came.

### **Day 6: Transition to the Saints**

Anchor at Anse Mire, Les Saintes

Leisurely visit this quaint old French Caribbean town & island.



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Boutiques for vacation shopping. Visit Napoleon's fort. Walk to Marigot Bay.  
Explore the different islands - Relax on the beaches.

Stroll through the town in the evening just observing the people chatting away in the public spaces – a flash back to traditional Caribbean village life.

### **Friday - Day 6: Marie-Galante**

After breakfast trip on the engine to this flat coral island which is a flash back in time to the laid back unpopulated place as it once was everywhere in the Caribbean in the 60's.

Visit Habitation Murat which was once the largest sugar and later cotton estates in Guadeloupe. Ruins were restored in 2000.

Visit a traditional Rum distillery that gets its cane still delivered by mules yet recycles its waste water in a state of the art natural plant process.

Relax on the long sand and mostly empty beaches, snorkel in the shallow waters, have a Ti-Punch!

BBQ on an empty beach.

### **Day 7: Marie-Galante to Roseau, Dominica**

After breakfast and a last swim, sail away with the wind on your stern returning along Dominica's West coast to its capital Roseau.

If there is a northerly swell down the West coast, then anchor in Portsmouth & visit Roseau area by a fast tender.

### **Days 8 & 9: Roseau, Dominica**

Lots of options to be done & seen with a guide & taxi:

- Visit Ti Tou Gorge, Fresh water lakes, Waterfalls & hot tub bathing.
- All day hike to Boiling Lake through desolation valley, or hikes to a variety of waterfalls...
- Great canyoning options.
- Excellent diving & snorkelling from "champagne" bubbles to beautiful deep dives in crystal clear waters.

The choice is yours.

### **Day 10: After breakfast head south to Martinique's East coast**

Look out again for whales & dolphins! And then nestle into the area of the little islands of Oscar, Thierry & Long near the town of François.

And enjoy Martinique's "mini-Grenadines" without the crowd!



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**Days 11, 12 & 13: Mini-Grenadines - At anchor in the bays & amongst the islands on the East coast which are protected behind reef structures.**

### **By sea to visit or explore:**

- **Treasure bay** on the southern tip of the peninsula of the Caravelle.
- **Ilet Madame** is best done in the week as popular on the weekend.
- **Ilet Chancel** & see the ruins of an old tile factory now populated with iguanas.
- Islet Thierry and its traditional wooden holiday home takes you back to the past with a warming Ti-Punch and other delights in this simple get-away from it all setting.
- **Islet Loup Garoup** out in the ocean off Robert's bay.
- **Empress Josephine's bathtub** - A stand-up "bath" with a Ti-Punch and take away a "souvenir" of Napoleon's wife!
- **Islet Grenada** with its secluded bay.

### **Water sports:**

- **Kite Surfing:** Fantastic area of protected water with the cool trade winds blowing to the shore is a paradise for both beginners as well as experts.
- **Kayaking.**
- **Jet Ski** - Take it easy as there are coral heads and shallow areas.
- **Swim, snorkel, ....**

### **Land trips:**

- **Habitation Clément:** Visit to a cultural foundation set on 500 acres with its 18<sup>th</sup> century home; partially restored rum factory; large garden with Palm tree collection of the world; 5.000 sq ft of art exhibitions; private historical & art collection.... rum souvenirs...
- **Helicopter:** Direct from Habitation Clément a 30 min ride over the East coast, over the rainforest and up between the Pitons – breathtaking!
- **Spa:** At 5 star Relais Chateau resort.
- **Lunch or Dinner:** At the beautiful créole architecture boutique honeymoon hotel of Plein Soleil with a superb view over the islands with your yacht in the distance.

### **Day 14: Relax & end the trip**

At anchor off of Ste Anne, enjoy the secluded beach at Dunkerque Point. Chill out at the Club Med Hotel or return back to the marina in Le Marin. Lunch or dinner at the Zanzibar, one of Martinique's top restaurants. Transfer to the airport.