



Turquoise Colour

Yoga Cruise

Caribbean & North America / **Pointe à Pitre to Pointe à Pitre**

From 01/23/2025 to 01/30/2025 - 8 days / 7 nights

◆ EXTEND YOUR STAY IN A CLUB MED RESORT: **La Caravelle**



Special guest

Well-being on board with Heberson

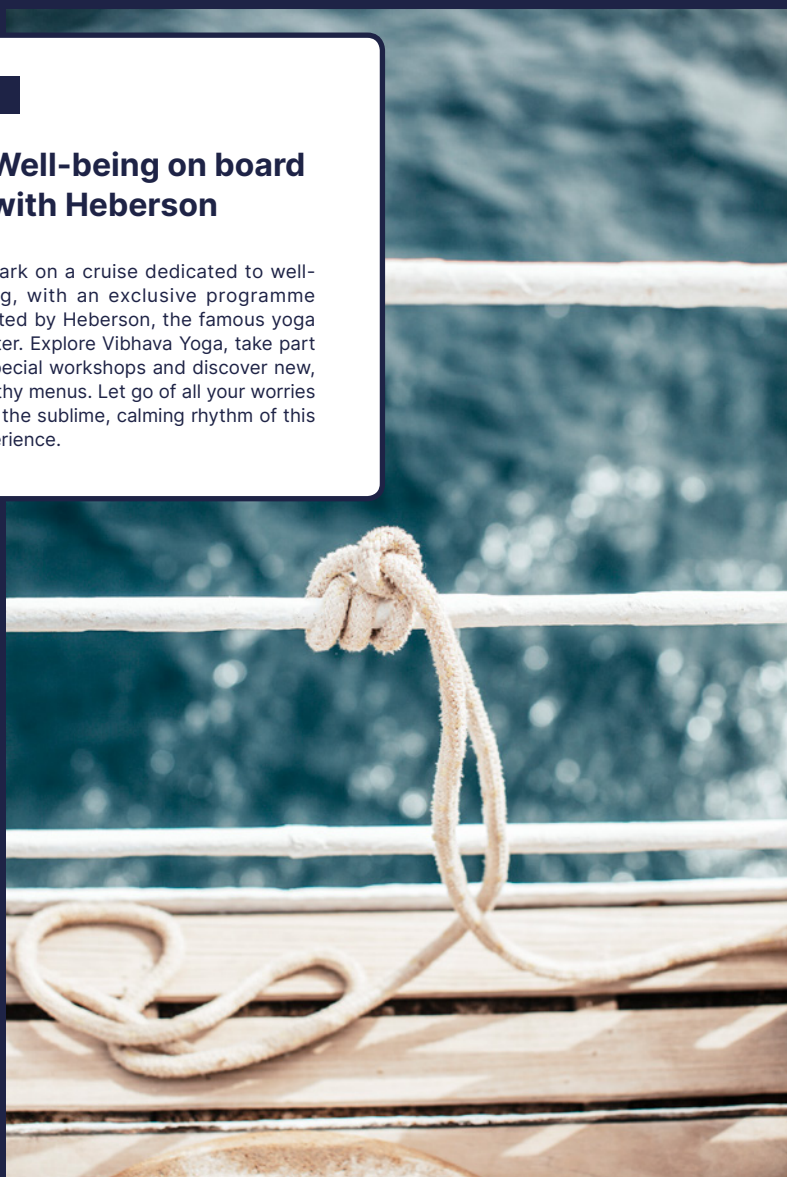
Embark on a cruise dedicated to well-being, with an exclusive programme created by Heberson, the famous yoga master. Explore Vibhava Yoga, take part in special workshops and discover new, healthy menus. Let go of all your worries with the sublime, calming rhythm of this experience.

Cruises Club Med 2

Welcome aboard a legendary French sailing yacht.

A unique travel experience aboard a human-sized sailing yacht, where elegance and comfort are the essence.

Combining the pure tradition of yachting with the perfect blend of relaxation, sports, discovery and unique festive chic atmosphere.





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Your cruise

Days	Stages	Arrival	Departure	Nautical Hall
1 - Thursday	Pointe à Pitre		23:00	Closed
2 - Friday	Saint-Pierre	12:00	18:00	Open*
3 - Saturday	St Lucia	07:00	13:30	Without waterskiing
4 - Sunday	La Barbade	07:00	17:00	Closed
5 - Monday	Grenade	08:00	18:00	Closed
6 - Tuesday	Mayreau	07:00	17:00	Without waterskiing
7 - Wednesday	Bequia	07:00	13:00	Without waterskiing
8 - Thursday	Pointe-à-Pitre	07:00		Closed

Day 1: Boarding from 16h to 21h
Day 8: Landing from 9h to 11h





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Itinerary of your cruise

Day 1 - Thursday POINTE À PITRE	Spices, flowers, fish and fruit, the local markets abound with colour and exotic produce from this generous island paradise. Passengers boarding and disembarking at this port of call. Ship docked in port.
Day 2 - Friday SAINT-PIERRE	Known as the Little Paris of the French West Indies, the island was the capital of the aristocracy of the plantations until 1902, when at 7.50 on 8 May the volcano exploded and in 3 minutes St Pierre was buried under a carpet of lava. This is an emotional visit with a wealth of history. Ship at anchor, water sports available, beach.
Day 3 - Saturday ST LUCIA	This proud volcanic island is a pillar of ecology, with its two majestic rocky peaks swathed in green and its lovingly preserved surroundings. Ship at anchor, water sports available (no snorkelling), beach.
Day 4 - Sunday LA BARBADE	The Atlantic Ocean and the Caribbean Sea make for a fascinating contrast on this small coral island: Its wild, green northern face contrasts with the azure blue waters of the south and their specific fauna and flora. Ship docked, no water sports and no direct access to a beach.
Day 5 - Monday GRENADE	This small island territory is home to fragrant nutmeg, cinnamon and vanilla. A succession of colonial influences has left a fascinating heritage of architectural curiosities. Ship at anchor, no water sports, no direct access to a beach.
Day 6 - Tuesday MAYREAU	The smallest of the Grenadine Islands has just one little village, surrounded by idyllic beaches with the finest sand, crystal clear waters and multicoloured tropical fish. Ship at anchor, water sports available (no water skiing), beach. Private beach for the Caribbean Beach Club.
Day 7 - Wednesday BEQUIA	The largest of the Grenadine islands boasts a surface area of 18 sq kms, and a major role in the history of whaling. Its winding roads reveal stunning views of the surrounding islands and tropical forest. Ship at anchor, water sports available (no water skiing), beach.
Day 8 - Thursday POINTE-À-PITRE	Spices, flowers, fish and fruit, the local markets abound with colour and exotic produce from this generous island paradise. Passengers boarding and disembarking at this port of call. Ship docked in port.



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Excursions of your cruise

Day 2 - Friday MARTINIQUE - DÉCOUVERTE EN 4X4 (1/2 day)*	<p>Explore the most beautiful scenery in the whole of "Flower Island". Your driver will take you on a stunning route, featuring rainforest, rivers and plantations. Your trip will end with a visit to a distillery.</p>
Day 2 - Friday ST PIERRE / MEMORIES OF TIMES GONE BY*	<p>Walking tour of the town: discover its intriguing past and present. Then head to the Habitation Ceron, dating from the 18th century, for a guided tour of the land and the ruins of the former sugar and cassava refinery. Discover the magical outdoors, where you can see Albizia Saman, the rain tree, which won the tree of the year award in 2016.</p>
Day 3 - Saturday ST LUCIA / ISLAND TOUR (1/2 day - afternoon)*	<p>You'll discover the island's colonial past when we stop at St Mark's House in Castries. You'll have some amazing views of the island's lush vegetation as we drive along the Caribbean coast. We'll visit a former plantation, Morne Coubaril Estate, a gift from Louis XIV to the Deveaux family. To the present day the family's descendants produce sugar cane, copra, coconuts and manioc. And you'll discover La Soufrière with its fascinating geological activity, before getting back onto the boat in Soufrière Bay. CM2 will sail in the afternoon without guest on tour and will pick them up at La Soufriere after 5.00pm.</p>
Day 4 - Sunday BARBADOS / LITTLE ENGLAND (1/2 day)*	<p>Don't miss this opportunity to discover the treasures of what we call "Little England" in the West Indies. First Farley Hill, a popular meeting place for Barbadians, then Bathsheba, a small fishing village beaten by the waves of the Atlantic and known to surfers from all over the world. Treat yourself to a refreshing drink at the new Hillcrest Community Center and finish with Codrington College. Long way by bus.</p>
Day 4 - Sunday BARBADOS / REMOTE BARBADOS IN A 4X4 (1/2 day)*	<p>From sugar cane fields to tropical forest via the village of Bathsheba, you'll drive over dirt tracks through the most inaccessible parts of the island and see the finest views of the Atlantic coast. (bumpy road)</p>
Day 4 - Sunday BARBADOS / SUBMARINE (1/2 day - morning)*	<p>A unique opportunity to admire the splendour of the tropical sea. Venture into this realm of silence, 50 metres down, on a high-tech submarine. Discover the coral reefs (sea fans, sponges) and fish (angel, butterfly, surgeon and boxfish, to name but a few). Visibility depending on weather.</p>
Day 5 - Monday GRENADA / LA CAPIJE (1/2 day - morning)*	<p>You'll start this magnificent forest trekking at "Grand Etang". It'll take you through a plantation where you'll see cocoa, nutmeg and bananas, and then on to the bamboo waterfalls where you can enjoy a refreshing swim. Crossing the river : so wet sneakers</p>
Day 5 - Monday GRENADA / WATERFALLS AND CHOCOLATE (1/2 day)*	<p>This aromatic island tour will allow you to get to know everything about the "Jouvay" organic chocolate production at the Diamond Chocolate Factory nestled in the village of Victoria on the west coast of Grenada. You'll find it in an 18th-century converted rum distillery, which was built by French monks. Nowadays, the factory's responsible for making Jouvay – one of the world's top 10 chocolates, according to National Geographic. This chocolate's completely organic and you'll learn how it's made – from the harvest of the cocoa beans, to watching them dry on trays under the Caribbean sun. A visit to the garden of cocoa trees to see, cocoa, cloves, chili, nutmeg, flowers, fruits, followed by a delicious chocolate tasting, will conclude this pleasant visit to one of the most amazing sites in the Caribbean. On your way back, you make a detour to enjoy a swim (conditions permitting) in the natural lovely pool at the Concord Falls. Here the nutmeg and cocoa trees grow along the flanks of the hills in the tropical forest that is forever near. Please note: guests are advised to wear a swimsuit under a cover-up, bring sunscreen, a hat, sunglasses, and a towel. The order of the stops may vary. Guests must be at least 5 years old to participate. Long way by bus to discover the magnificence of the island.</p>
Day 5 - Monday GRENADA / FORT AND BEACHE BY LOCAL BUS (1/2 day - afternoon)*	<p>You'll discover St Georges - the charming capital, known as the Little San Francisco of the West Indies - in a vintage truck. You'll stop at the Frederick Fort that look out over the town, and after a detour in the nearby hills, where you'll have a great view of the interior of the island, you'll have the chance to swim from one of Grenada's most beautiful beaches.</p>
Day 5 - Monday GRENADA / ISLAND TOUR (day)*	<p>The Spice Island is as rich in aromas as in landscapes. You will visit the famous Diamond Chocolate factory in Victoria, which produces Jouvay chocolate, ranked among the best chocolates in the world. In addition, Different stops will allow you to discover the luxuriant nature of this authentic island Finally, you will enjoy a local lunch at the Belmont Estate in an 18th century cocoa plantation.</p>
Day 6 - Tuesday MAYREAU / CATAMARAN, THE HEART OF THE GRENADINES (1/2 day)*	<p>his postcard morning accompanied by an atmosphere and a purely Caribbean cocktail on board will take you to the translucent anchorages around the island of Mayreau. The climate, always suitable for swimming, will encourage you to refresh yourself in the turquoise waters of the Grenadines unless you prefer to tread on the sparkling sand.</p>
Day 7 - Wednesday BEQUIA - CATAMARAN (1/2 day)*	<p>You won't believe your eyes when you see the architectural curiosities of the Ile à Quatre. As you come alongside the coast, troglodyte-style buildings seem to spring forth from the rocks and tropical vegetation. This rock creation is called Moonhole, and is made up of a collection of homes created during the hippy era. The beautiful natural beach and the dives down to the corals beneath are simply heavenly.</p>
Day 8 - Thursday PTP / ONE DAY AT CLUB MED LA CARAVELLE (1day)*	<p>Located on Grande-Terre, enjoy a fantastic day at Village La Caravelle, established for more than 30 years on one of the most beautiful beaches of fine golden sand in Guadeloupe. Return directly to the airport. Day pass from 10am to 3pm.</p>

* Excursion available at a preferential rate when booking your cruise. Subject to a minimum number of participants.



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Day 8 - Thursday
GUADALUPE / BASSE
TERRE - THE MAMELLE
PARK (1/2 day - morning)*

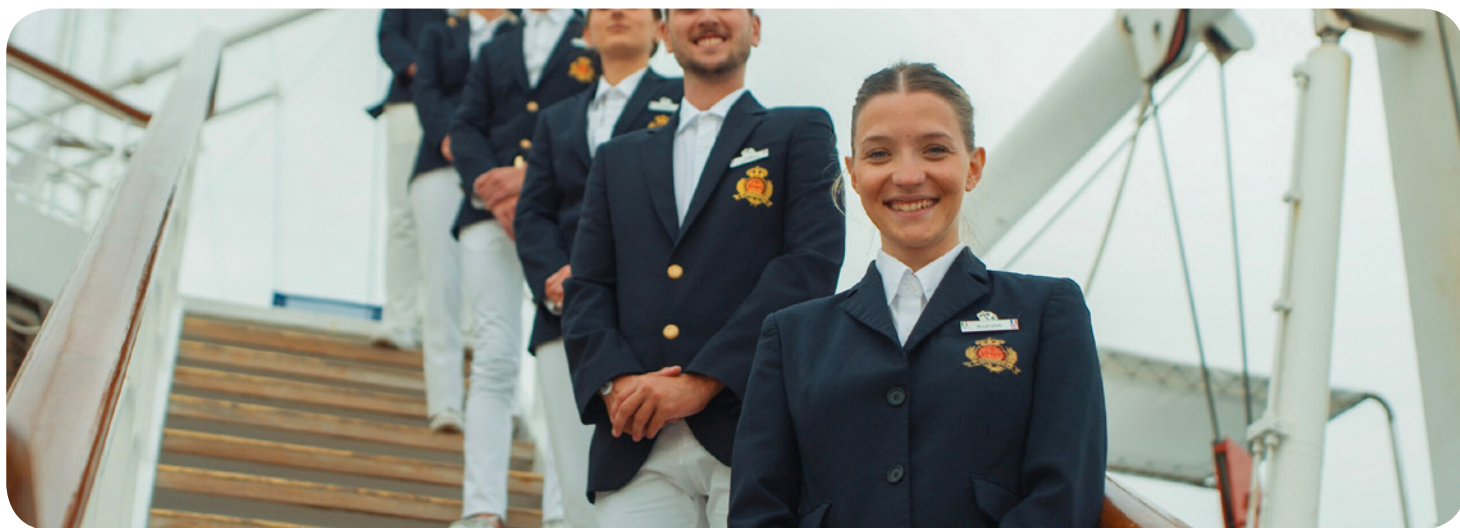
A superb excursion to discover the fauna and flora in the north of the island: you'll visit the Cascade aux Ecrevisses and walk in the Parc des Mamelles animal park where, if you have a head for heights, you can do the canopy tour.

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Formalities

HEALTH FORMALITIES

Recommended vaccinations: diphtheria, polio, tetanus, hepatitis A and B and typhoid. Some parasitic or viral diseases can be carried by mosquitoes during certain stopovers. The use of skin and clothing repellents is therefore recommended. Pregnant women who do not need constant medical supervision may come aboard, upon presentation of a medical certificate showing their due date and certifying that their pregnancy is compatible with the cruise. The final day of the cruise must be before the end of the 26th week of pregnancy. A doctor and a nurse are present on board.

Meeting place for boarding

Port de Pointe-à-Pitre / Guadeloupe. Terminal de Croisières - Port de Bergevin. Transfert aéroport Pôle Caraïbes / Port Pointe-à-Pitre : 10 km (environ 25 minutes)

Prolong your holiday IN A RESORT

- Our Resort La Caravelle

