

# Limin in St. Kitts

## Interesting Island History

St. Kitts, named after Saint Christopher, is a beautiful island that has a UNESCO World Heritage site, charming historical architecture, old churches, sandy beaches, and colonial estates. It is approximately 1,200 miles from Miami, covers 69 square miles, and has a population of approximately 40,000. St. Kitts is the smallest sovereign state in the Western Hemisphere in both area and population. The capital is Basseterre and it follows Atlantic Standard Time. The primary language on St. Kitts is English.

While shopping in St. Kitts, the Eastern Caribbean Dollar and U.S. bills are accepted by most stores and change is given in East Caribbean currency. U.S. coins are not accepted. All other currencies can be converted in one of the local banks.

The island of St. Kitts had Amerindian populations when first sighted by Christopher Columbus on his second voyage in 1493. It was colonized by the English and the French in the years 1623 and 1624. Sugar was grown on plantations which were worked by enslaved Africans. St. Kitts was formally ceded to Britain by the Treaty of Versailles in 1783. St. Kitts, Nevis, Anguilla, and the British Virgin Islands were administered as a single colony from 1816 through 1871, when it became part of the Leeward Islands Federation.

The Federation of St. Christopher and Nevis had internal self-government starting in 1976 and obtained independence in 1983. They chose to remain a constitutional monarchy with Queen Elizabeth II as head of state.

St. Kitts has large, fertile tracts of land, a cooperative climate, and a steady pattern of rainfall which made it ideal for growing sugar cane. The economy was dependent on sugar for more than 300 years, until the 1970s when the government and business leaders decided to expand tourism for continued economic growth. In 2005, the government-owned sugar plantations shut down and tourism became the primary industry. Since then, tourism has grown at a dramatic rate.

## What to Do on St. Kitts

Once considered the gateway to the Caribbean, St. Kitts celebrates a rich history that has shaped the island's development.

Here's a quick guide to phrases you are likely to hear on St. Kitts:

- Kittitians: (pronounced Kittishin) The name islanders call themselves.
- Limin: The word for hanging out, chilling, or having a good time.
- Me Aarrrm: Oh my! Really?
- Wuk up: Gyrating dance specifically to soca music.
- Donkey ears: A long time.
- M'ain know: I don't know.
- Picki Nyehga: (pronounced Pickee Nayga) a child.

- A Lord doh: What a pity.

Whether you have a day or a week to spend in St. Kitts, you won't have far to travel from the port to enjoy all that St. Kitts has to offer.

### **Port Zante**

Start your day exploring Port Zante, where you can wander through the beautiful promenades that are surrounded by elegant shops. You can also enjoy restaurants and bars and meet some of the tours which are detailed below.

### **St. Kitts Beaches**

Discover some of the best beaches in the world, each with their own personality. Majors Bay is near the Sea Bridge ferry to Nevis. Off the beaten path, Majors Bay is calm with golden sand and warm, blue water. South Friars is popular with the locals. Located on the Caribbean near Frigate Bay, its golden sand is complemented by a wide range of beach bars and restaurants. Frigate Bay South has long been the most popular beach for the locals. It is also home to major tourist hotels and a string of beachfront bars known as "the Strip." Cockleshell is a popular destination for cruise ship tourists and the beach can be very lively. Frigate Bay North, Sand Bank Bay, and Turtle Beach are also popular beach destinations. On the other side of the island, Dieppe Bay Beach is a small, palm-lined, black sand beach that is protected by a major reef. It is ideal for swimming and home to a variety of marine life.

### **Brimstone Hill Fortress National Park**

No visit to St. Kitts would be complete without a visit to Brimstone Hill, commonly referred to as the Gibraltar of the West Indies. Brimstone Hill Fortress has been a UNESCO World Heritage site since 1999. You can enjoy breathtaking views of mountains, fields, and neighboring islands from the Fortress. Its cultural, historical, and architectural significance is a testament to British Military engineers who designed the Fortress and also to the skill of the enslaved Africans who built it. Visit the Orientation Center and museum to learn about the historical significance of the Fortress and stop in the Gift Shop for historical souvenirs and local crafts.

### **Wingfield Estate/Romney Manor**

The Wingfield Estate was established in 1625. Its first owner was Samuel Jefferson, the great-, great-grandfather of Thomas Jefferson, third president of the United States. In the late 1600s, Mr. Jefferson sold part of the estate to the Earl of Romney who then renamed the Great House, Romney Manor. The estate produced tobacco, cotton, and indigo, then switched to sugar and rum production. Romney Manor is currently home to botanical gardens and Caribelle Batik, a local batik-making facility. You can also go on a rainforest nature tour, an ATV tour, or a zipline canopy tour from the estate.

### **Rainforest Nature Tour**

Travel to the Central Forest Reserve Natural Park for a hike through the rainforest. Your guide will meet you at Port Zante and instruct you about the flora and fauna of the forest. The guide will also indicate where you may see flowers, monkeys, and birds. You will hike on a trail free

from sun and mosquitos under a canopy of trees as you explore a waterfall and enjoy the sounds of nature.

### **ATV Tour**

Journey through the island's rugged interior on an ATV and discover St. Kitts as you've never imagined. You will ride past awe-inspiring landscapes, volcanic peaks, sugar cane fields, and green, verdant terrain. You will experience outdoor adventure and refined culture with a tour of a historic sugar plantation and batik fabric factory. The skilled guides will provide ATV safety training and ensure that your trip through the wilderness is action-packed and full of fun!

### **Zipline Canopy Tour**

Experience a thrilling sky safari through the rainforest and over the Wingfield River at the Wingfield Estate. Full- and half-day tours are available. Experience the sensation of flight as you fly from ten to 250 feet over the valley floor. Zipliners can reach speeds up to 50 miles per hour (80 kilometers per hour). Eco-friendly, this system is currently also the most technologically advanced zipline in the world.

### **Birdwatching**

St. Kitts has a complex ecosystem of thick rainforests, freshwater ponds, and an unspoiled coastline which attract a large variety of wildlife, especially birds. There are endless possibilities for bird watching. At least 203 different species have already been recorded, but there are very few local birders, so there is a high probability for birders to sight previously unrecorded species. Some of the species you are likely to see are the Pied-billed Grebe, Brown Booby, Brown Pelican, Magnificent Frigate bird, Little Blue Heron, Snowy Egret, and the Great Blue Heron.

### **Carib Petroglyphs**

Carib Petroglyphs can be found in two locations on St. Kitts. Several dozen petroglyphs (rock drawings) can be found at Bloody Point, and the most well-known glyphs can be found on a rock on the side of the road leading to the Wingfield Estate. The most popular explanation of the petroglyphs is that they depict a male and a female, but nobody is certain as the petroglyphs are not translatable.

### **Scenic Railway Tour**

One of the most beautiful train rides in the world can be found on St. Kitts. The railway was originally built in 1912 to deliver sugarcane from the fields to the mill. The tracks hug the Northeastern coastline where you can experience amazing views of the ocean, surf, and cliffs. The train travels across tall steel bridges over deep canyons and through small villages and farms. The guide will reveal abandoned sugar estates and visitors can see the whole island in a relatively short period of time.

### **Full Island Tour**

For a complete St Kitts experience, you can meet your guide in Port Zante where you will board air-conditioned vans. The guide will take you to see the Berkeley Memorial, Independence

Square – the former slave market – the Catholic Cathedral, and the Anglican Church. You will also drive by the War Memorial, The Birds Nest, Bloody Point, Carving of De Rocks, Wingfield Estate, and an old sugar plantation which you will also be able to explore. You will continue on to the edge of the rain forest and Romney Manor, home to the botanical gardens and Caribelle Batik. Then, onward to Brimstone Hill Fortress, a UNESCO World Heritage Site. You will be escorted to the Black Rocks where you will see how the volcanic lava erupted and made its way to the Atlantic Ocean, forming black rocks as the lava cooled. The last stop of the tour is Timothy Hill, the most photographed site of the island where you stand on land between the Atlantic Ocean on your left and the Caribbean Sea on your right.

### **Rainforest Horseback Riding Tour**

Experience the lush wilderness of St. Kitts while exploring sugarcane fields and diverse wildlife on a horseback riding tour. You will follow your guide to explore tropical plants and amazing views in this eco-paradise. Your ride will take place on gentle, sloping trails, and are very likely to see the national flower – called the Flamboyant though it is also known as the Poinciana. You can conveniently join the tour from the Port Zante.

### **Dune Buggy**

Delight in the breath-taking views of the St. Kitts countryside while driving your very own Dune Buggy! You will meet the tour in Port Zante and be escorted to the ATV base. The knowledgeable guides will provide operating instructions and review the rules and regulations. After receiving your gear, you will ride off into the jungle and sugar cane fields. There will be frequent stops for pictures of Mount Liamigua, Brimstone Hill Fortress, and the Old Sugar Estate. Enjoy the exciting adventure of driving your very own Dune Buggy!

### **Bike Tour**

Enjoy one of the island's newest adventure tours and discover the trails of St. Kitts. Guides lead you along the trails and beach roads on eco-friendly Electric Fat Tire Mountain Bikes. This is a tour for physically fit participants which will delight you. If you are an avid cyclist, you may prefer traveling to Nevis where there are more bike tours available.

### **Food and Walking Tour**

Taste the local cuisine during a two-hour, small group food tasting tour around Basseterre. You will follow your guide around town and taste local dishes and drinks like soups, entrees, desserts, and more! A vegetarian option is available and please advise beforehand if you have any dietary restrictions. Your guide will share the history and culture of the island and its food. Transportation to Basseterre is complimentary from Port Zante.

### **Ultimate Rum Runner's Tour of Basseterre**

This is the ultimate rum tour and it is a must-do for those who enjoy rum! The tour meets at Port Zante and allows you to immerse yourself in the history of the sugarcane industry and learn about how sugarcane influenced rum production. Your guide will discuss Caribbean history and

the role rum played in the St. Kitts economy. The tour will stop at several famous island bars as well as a scenic lookout point where you will be able to sample the island's signature drink – a Ting with a Sting.

### **Hiking Mount Liamuiga Volcano**

Explore the 3,792-foot (1,156 meter) Mount Liamuiga Volcano, one of the tallest peaks in the eastern Caribbean archipelago, over the course of a six-hour guided hike. You will meet the tour at Port Zante and travel to the village of St. Pauls in an open-top safari truck before hiking into the tropical forest. The mountainside is covered in farmland and small villages up to the 1,500-foot mark which then becomes lush tropical rainforests until the cloud forest takes over at 3,000 feet. You will experience stunning views of St. Kitts and neighboring islands like St. Barths, St. Martin, Nevis, Saba, and Statia. You will need comfortable clothing and hiking shoes.

### **Snorkeling**

Water sports are abundant on an island and there are a variety of ways to experience a snorkeling adventure. You can book a half-day deluxe catamaran tour on St. Kitts, a full-day catamaran tour to Nevis, a mini-speedboat snorkel adventure, a kayak snorkeling tour, snorkeling from the many beaches, or, a very unique power snorkeling tour with H2 Aquajets to Nevis. All tours include a snorkeling lesson from experienced dive masters before you jump into the water and explore the secluded coves, schools of colorful fish, vibrant coral, and all the secrets of the sea. Snorkel tours meet at Port Zante or Frigate Bay and all provide snorkel equipment and instruction.

### **Parasailing**

Experience flying up to 600 feet in the sky and relish the one-of-a-kind views of St. Kitts and Nevis. This ninety-minute tour departs from Carambola Beach Club, just 15 minutes from Port Zante. No experience is necessary, and you can fly in groups of two or three people, so enjoy this exhilarating ride with friends or family. You will be provided with a life vest and a brief safety lesson. Your flight takes off and lands right on the boat! A special harness will attach to the parasail and allow you to enjoy an eight to ten-minute flight – and a dip in the sea if you agree. After your flight, relax and enjoy one of St. Kitts most beautiful beaches at the Carambola Beach Club.

### **Paddle Board**

Paddle the crystal-clear waters off the Southeast peninsula in White House Bay. Transfers are available from the cruise ship port for a three-hour tour. You will receive an orientation and have a chance to practice and get comfortable on your stand-up paddle board before the tour starts. The paddle boards are wide, stable, and comfortable – great for beginners. Embrace the natural scenic views as you glide over the marine life beneath you. You may see turtles, stingrays, star fish, and more

## **Flyboarding**

Soar above the beach or swim in the water like a dolphin with the newest and most exhilarating water sport out there. This thirty-minute tour experience happens at Cockleshell Bay. The flyboard is easy for everyone to learn and enjoy. All participants learn how to operate the flyboard with individual instruction before launching up to 30 feet in the air! You can lounge on the beach and watch your friends' flyboarding fun until it's your turn.

## **Kayaking**

Explore marine life on an aquatic adventure in the sparkling, turquoise waters off St. Kitts. You may see exotic fish and sea turtles as you paddle past imposing cliffs and secluded coves in this eco-paradise. The tour departs from the Frigate Bay Hotel in Basseterre and travels to the unspoiled Southeastern peninsula. Your guide will provide a safety introduction and outfit you with your life jacket and kayak. You will then paddle out for a 45-minute trip to view the steep cliffs and remote bays. You may even view some wildlife – greenback turtles, frigate birds, vervet monkeys, and pelicans which live in this remote part of the island.

## **Boat charter**

Cruise around St. Kitts in a variety of options from your own private charter boat, a full day catamaran tour to Nevis, or a private, power catamaran. Whichever you choose, you will be delighted by the spectacular coastline views, enchanting marine life, and sparkling waters of St. Kitts. Many tours depart from Port Zante and include options such as snorkeling, sailing, dining, and an open bar. You will thoroughly enjoy your panoramic views of the island and everything it has to offer.

## **Trip to Nevis**

Nevis is an enchanting island which has orchid-filled botanical gardens and challenging hiking trails up Nevis Peak. There are many tours to choose from in Nevis as well as a number of tours which depart St. Kitts for Nevis daily. You will have to travel approximately two-miles across The Narrows – the strip of waterway that separates the two islands. There are two ferries from St. Kitts to Nevis. The first leaves from Basseterre and travels to Charlestown. The second leaves Major's Bay and travels to Cades Bay. There is also a water taxi which departs from Cockleshell Bay and taxis to Oualie Beach.

## **Palms Court Gardens**

Palms Court Gardens and Restaurant offers a day pass with full access to the luxurious pool, lush gardens, and Jacuzzi, along with the stunning coastal scenery and magnificent ocean views. You can take a 12 to 15-minute walk from the cruise port, or a three-minute cab ride – and spend the day relaxing and soaking up the sun on the luxury deck chairs, nearby pool bar, and restaurant. Cool down with their refreshing, signature tropical juices prepared daily from tropical seasonal fruits.

## **Spectacular St. Kitts**

St. Kitts is truly a tropical paradise and a must-see island experience. For a relatively small island, it packs a lot of fun, activities, and relaxation onto its 68 square miles. Enjoy the island, the locals, and the hospitality while in port. Dance to some soca music and take the limin attitude of St. Kitts back to your hometown.

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