

CHECK OUT OUR
CALENDAR
OF EVENTS

BAY GARDENS RESORTS NEWSLETTER

AUGUST 2023



The Key to your Ultimate Caribbean Vacation Getaway

Centrally situated in the heart of Saint Lucia's entertainment capital, Rodney Bay Village, the **Bay Gardens Resorts** family of hotels and luxury private villas offers inviting, island-inspired accommodations. With five properties positioned on the Reduit Beachfront and within Rodney Bay Village and the Rodney Bay Marina, Bay Gardens Resorts is a favourite hotel destination in Saint Lucia for families, couples, and island explorers.

Featuring a total of 241 rooms, seven conference centers, four restaurants, and six bars, our resorts are the perfect choice for a Saint Lucian getaway for families, couples, honeymooners, wedding parties, business travelers, groups, and more. Guests can stay at the property that suits them best and can still enjoy luxurious amenities from each. [Click here](#) to read more about our beautiful properties.



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Cricket Played Louder! Caribbean Premier League comes to an end in Saint Lucia



Saint Lucia came alive with the electrifying energy of the Caribbean Premier League (CPL) as the first leg of the cricket matches were held here from August 16th- August 20th, 2023. This month we were honored to have hosted the Saint Lucia Kings and a visiting team, the Guyana Amazon Warriors at Bay Gardens Resorts.

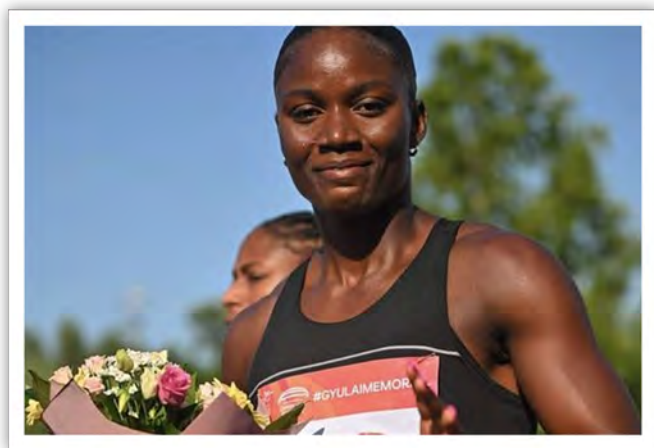
Although inclement weather hindered some of the matches, cheers and excitement still filled the Darren Sammy Cricket Grounds as the teams battled it out, displaying their prowess and dedication to the sport. The passion of Saint Lucian fans is infectious, creating an atmosphere that's as thrilling as the action on the pitch. The camaraderie and unity among supporters create an unforgettable experience that transcends the game itself.

Having the teams at our properties proved to be a remarkable experience, as our other guests got the opportunity to mix and mingle with their favorite cricket sensations, while the cricketers immersed themselves in the beauty of Saint Lucia, with Bay Gardens Resorts as their window to paradise.

Speaking at the official welcome party for the Saint Lucia Kings at our SeaGrapes Restaurant, coach Darren Sammy describes Bay Gardens Resorts as the home of the Saint Lucia Kings, as the hospitality and authentic Saint Lucian charm continued to surpass their expectations year after year.

As the teams move on to the next leg of matches in St. Kitts & Nevis, we wish all the teams a power-packed season.

Saint Lucia track star Julien Alfred continues to shine!



Saint Lucian sprint sensation Julien Alfred has made history for her home country at the recently held World Athletics Championships, capturing the fourth place position in the 200-meter final and fifth place in the 100-meter final, which is Saint Lucia's best global finish to date.

Hailing from Ciceron, Castries, Julien reminisces on her younger days when her talent was first discovered. "My times got recognized because I was running against the young boys in my class," remembered Alfred, who said she first picked up the sport in Grade 1 or 2 and was noticed by the school's librarian.

Julien has her sights set on Olympic glory for Paris 2024. She wants to win Saint Lucia its first-ever Olympic medal. Since making its debut with an Olympic team in Atlanta 1996, St. Lucia has had 31 Olympians in total, including five at Tokyo 2020 in 2021. But no medals – yet. "I think it would be a proud moment not just for me and for my family, but also for my country," Alfred said.

The entire Bay Gardens Resorts team commends Julien for an absolutely stellar performance, and we wish her all the best as she continues to soar to new heights!

Yoga Sessions with Dr. Samantha

Watch the sunrise and begin your day with the mind and body-strengthening practice of yoga at Bay Gardens Resorts with Dr. Samantha. Even while on vacation, breathing techniques and meditation will help to melt away the stress and tension that one may carry.

Offered three times a week and with the option for private sessions, there will be ample time for everyone to take advantage of our morning yoga sessions. The Yoga practice includes Asanas (Postures), Pranayama (Breathing Techniques) and Dhyana (Meditation).



To learn more and to book your next yoga session in paradise, [click here](#).

Splash Island celebrates its 8th Anniversary



Bay Gardens Beach Resort & Spa and Reduit Beach are home to the Splash Island Waterpark, the Caribbean's first open water inflatable obstacle course. This past month, Splash Island celebrated its eighth anniversary in grand style with the usual fun and excitement it has been known for since its inception.

Over the last eight years, the waterpark has seen scores of kids, families, and weekend warriors delight in its features as it includes a trampoline, climbing wall, monkey bars, a swing, a slide, hurdles, double rocker, flip, and water volleyball. Philanthropy has also been a major part of Splash Island's framework, as numerous contributions have been made to sporting fraternities, particularly swimming. Their most recent community development initiative was the support of a local swim coach's recent travels to acquire additional certifications.

The water park is in compliance with the strictest of European safety requirements and testing related to materials and performance and is staffed by a team of certified lifeguards to ensure the safety of all users who must be at least 6 years of age and 3 1/2 feet tall.

If you're looking for a day of mind-boggling fun in the sun while basking in the beauty and golden sands of Reduit Beach, Splash Island Waterpark is the perfect option! Take a glimpse of our anniversary video [here](#).

Tout Bagay Catamaran Day Tour

Sail down the West Coast and capture on film the famous Pitons as they rise majestically out of the sea and visit the bubbling Drive-In Volcano as you learn how our island was formed. Relive the tradition and culture at the Morne Coubaril Estate, an original 18th Century working plantation. See how cocoa and coffee are made and enjoy our delicious buffet lunch. Top it all off with a swim or relax in the sun at one of St. Lucia's protected bays. Keep your cameras handy for a perfect photo opportunity as you sail through picturesque Marigot Bay. Then brush up on your dance steps with our guides and crew as they teach you the latest island steps. Don't miss this chance to see and do "Tout Bagay" – a little bit of everything.



For more information and to book your Tout Bagay Catamaran Day Tour, [click here](#).

Saint Lucia celebrates triumphant wins at the World Travel Awards

The 30th edition of the World Travel Award's Caribbean & The Americas Gala Ceremony 2023 was recently hosted in Saint Lucia, which saw travel industry figureheads from across the region come together to attend the red carpet reception on 26 August 2023.

In a resounding achievement, Saint Lucia was named the 'Caribbean's Leading Honeymoon Destination' for the fourteenth time, while also clinching the title of 'Caribbean's Leading Adventure Tourism Destination' for the second time. The pinnacle of this year's success was the coveted title of 'Caribbean's Leading Nature Destination', a maiden recognition that underscores Saint Lucia's unwavering commitment to preserving its natural treasures.



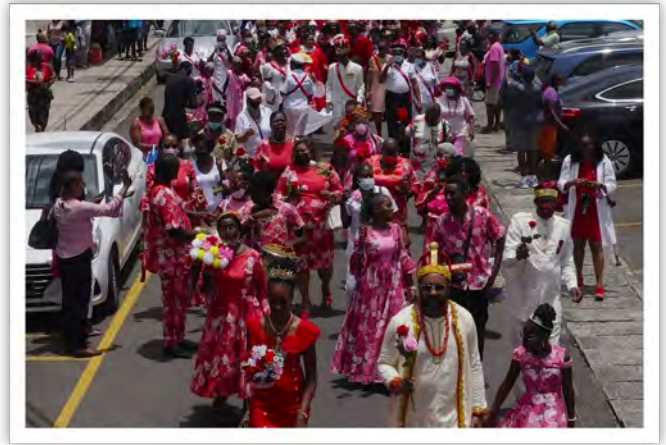
Furthermore, a commendable achievement was extended to eighteen of Saint Lucia's esteemed service providers, who also secured noteworthy titles. This widespread achievement is a testimony to the dynamic cooperation established by Saint Lucia's brand, both locally and internationally. We are certain that these achievements will further enhance the standing of our beloved country.

The VIP evening took place at Sandals Grande St. Lucian and formed the climax of World Travel Week 2023, a week-long celebration of the global travel and tourism sector, featuring a series of events that united the industry's thought-leaders and sparked debate on key issues. The week will also featured a President's Reception on the eve of the World Travel Awards winners' ceremony.

What an amazing week it was, hosting such a prestigious occasion. Thank you to the World Travel Awards for entrusting Saint Lucia with this year's Caribbean and the Americas Gala Dinner and Ceremony and we look forward to 2024.

Bay Gardens Resorts supports La Rose Festival

La Rose is one of two flower festivals held annually in observance of Saint Lucia's rich cultural memory, history, and heritage. These two flower festivals depict a historical rivalry among communities whose members sing the virtues of their flowers. This year, the grand cultural celebration will take place in Gros Islet, – which is also home to Bay Gardens Resorts. The day began with a parade throughout Gros Islet town from La Rose groups from across the island, followed by a church service.



At Bay Gardens Resorts our commitment to community development and preservation of local culture is deeply ingrained in everything we do. This ethos was beautifully exemplified in our recent gesture of hosting the Grand Riviere La Rose group for lunch on August 30, 2023, at the Bay Gardens Marina Haven. Cultural heritage is a treasure that must be cherished and passed down to future generations. Our involvement in the flower festival celebrations was just one way of contributing to the preservation of Saint Lucian culture. By embracing the La Rose Festival and showcasing it within the walls of our resort, we not only celebrated the past but also ensured that these traditions continue to thrive.

The day culminated with the return to the town, where onlookers were treated to a grand on-stage presentation featuring cultural song and dance.

Save up to 40% off Weeks of Wellness at Bay Gardens Resorts



We're thrilled to offer savings of up to 40% for our Weeks of Wellness experience, designed specifically for travelers in need of a blissful escape.

This offer includes breakfast, lunch, and dinner daily, all house-brand alcoholic and non-alcoholic drinks, welcome cocktail on arrival, chef's cooking class, free yoga sessions, free aqua aerobics, free access to fitness center, free

Nutrition Session, free daily Ayurvedic Treatments, free Spa Treatments.

For more information and to book your Weeks of Wellness escape, [click here](#).

Featured Employee – Anice O'Neil



Meet Anice O'Neil, our featured staff member for August 2023. Ms. Oneil has been with Bay Gardens Resorts since 2007 and began her tenure as a reservations agent. She later moved on to become the reservations supervisor and then the reservations Manager. Her innovative strategies, collaborative spirit, and ability to balance data-driven decisions led her to her current role as the resort chain's Revenue Manager. In her current role, Anice has repeatedly showcased her ability

to lead, innovate, and deliver exceptional results. The exemplary revenue milestones achieved in 2022 and 2023, particularly in the aftermath of the COVID-19 pandemic, are a testament to her unparalleled skills.

Outside of work, Anice loves being outdoors, particularly gardening. She also cherishes time spent with her children.

As the business landscape evolves, many leading hotels worldwide are recognizing the synergy of merging departments with similar goals. As such, beginning September 2023, Anice will head the Bay Gardens Resorts' commercial team as the Commercial Director – a merger of the Marketing, Revenue, and Reservations Departments. This model enhances efficiency, fosters greater inter-departmental collaboration, and ensures a singular vision in commercial strategies, ensuring that we remain at the forefront of hospitality excellence. Anice's warm and charismatic demeanor makes her a perfect fit for the task ahead and we are confident that she will do exceptionally well.

We congratulate Anice on her new role and thank her for her unwavering commitment to excellence, visionary thinking, and invaluable contributions to Bay Gardens Resorts.

Recipe - Jerk Lobster Medallion

INGREDIENTS:

1 Lobster Tail (cut in steak)

- 1 Small Carrot
- 1 Zucchini
- 1 Green Mango
- 2 Tbsp. Shadow Benne (chopped)
- 2 Tbsp. Onion (chopped)
- 1 Tbsp. Garlic (chopped)
- 4 Tsp Olive Oil
- 4 Tsp Soy Sauce
- Pinch of Salt
- Pinch of Black Pepper
- ½ Tsp Jerk Seasoning
- 4 Tsp Mango Chutney

INSTRUCTIONS

1. Cut Lobster tail steak style leaving the shell on and place in a hot pan with olive oil. Once golden brown, add jerk seasoning, salt, and black pepper, glaze with mango chutney and place in a low oven for 2 minutes.
2. In heated a wok, add olive oil, spaghetti carrots, zucchini and green mango and stir-fry. Add Shadow benne, onion, garlic, soy sauce and 1 tsp of mango chutney and stir-fry till golden brown.
3. Remove lobster from the oven. Place stir-fried vegetables on the plate and place the lobster medallion on top of it. Drizzle with the juices from the stir-fried vegetables.



- 1/2 teaspoon nutmeg
- 1 1/2 pounds cooked lobster meat
- 1 1/2 cups fresh white breadcrumbs

Lobster season officially opens August 02, 2023 and closes on February 28, 2024.

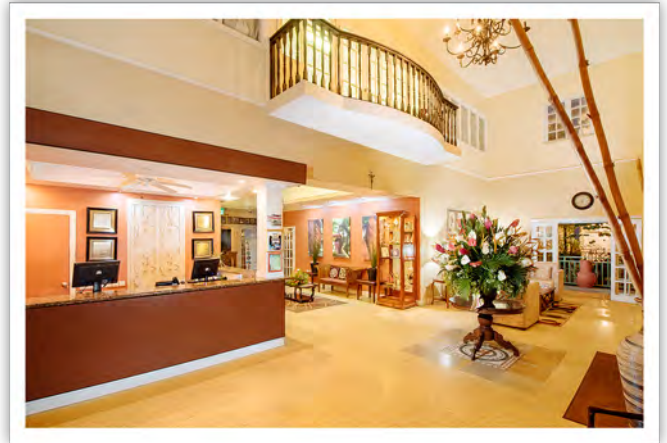
Our Guest Experience

Have you seen what our guests are saying about us on TripAdvisor?

BAY GARDENS BEACH RESORT & SPA

Reviewed by: [CLQtravels, Minnesota \(8/22/23\)](#)

We had an amazing vacation at this resort. We stayed seven nights in a 1 bedroom king beach front room. The sunsets were spectacular and it was fun to overlook Splash Island Water Park. The food was fresh and delicious and we liked everything that we ordered. The beach at this resort has super soft sand and is perfect for snorkeling and swimming.



BAY GARDENS HOTEL & INN

Reviewed by: [Audeen Sundar \(8/23/23\)](#)

Beautiful place. It was a very special time for me and with a special friend I love very much. Will always be a great memory.

BAY GARDENS MARINA HAVEN

Reviewed by: [George B \(8/10/23\)](#)

Very pleasant staff at every level, clean room, and generally a beautiful environment. When we arrived everyone was politely greeted and afforded a welcome drink. Wi-Fi was available and worked well. The general aesthetics and staff indicated that a pleasant atmosphere would be enjoyed.