

CHECK OUT  
OUR  
CALENDAR  
OF EVENTS!

# WHAT'S HAPPENING AT BAY GARDENS RESORTS!

## MARCH 2023



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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## Bay Gardens Resorts Partners with SALCC to Empower Employees Through Professional Development

Bay Gardens Resorts, in partnership with Sir Arthur Lewis Community College, has launched the inaugural Bay Gardens Training Institute—a professional development initiative aimed at enhancing employee skills and fostering innovation in the hospitality sector.

Conducted from October 21 to December 19, 2024, the program culminated in a graduation ceremony on March 5, 2025, where 30 participants received professional certificates.



Conveniently located at Bay Gardens Inn, the institute allowed employees to complete their Sir Arthur Lewis level certificates on-site, eliminating the need for travel.

The structured curriculum featured four core courses, including Introduction to Tourism, Sanitation, Safety & Hygiene, and Quality Customer Care, equipping participants with essential industry knowledge. Additionally, employees had the option to choose one specialized hands-on course, such as Food Preparation 1, Food and Beverage Service 1, Housekeeping, or Bar Operations, promoting practical expertise and creative expression.

Bay Gardens Resorts expresses gratitude to Sir Arthur Lewis Community College for their invaluable collaboration, ensuring that participants are well-prepared to provide exceptional service and contribute to the resort's ongoing success.





## Helen's Daughters & Bay Gardens Resorts Celebrate Women in Agriculture

On March 8, 2025, Helen's Daughters and Bay Gardens Resorts hosted a remarkable International Women's Day celebration at the Bay Gardens Hotel. This event was more than just a gathering; it was a tribute to the resilience of female farmers and a rallying call for greater support and recognition of their contributions to food security and rural development.

The evening featured an exclusive screening of the Helen's Daughters documentary, offering an intimate look into the experiences of women in agriculture. The film shed light on their struggles, triumphs, and the urgent need for policies and initiatives that foster inclusivity and economic empowerment. Attendees left with a deeper understanding of the challenges these women face and a renewed sense of responsibility to advocate for change.

Beyond storytelling, the event encouraged action. A silent auction and fundraising efforts gave attendees the opportunity to make a tangible impact. Proceeds were directed toward Helen's Daughters' programs and initiatives supporting female farmers, including funding for medical expenses for a FarmHer in need. This structure ensured that support extended beyond the evening itself, contributing to long-term solutions.

By the end of the night, it was clear that this event was more than a celebration; it was about female-led agricultural enterprises and the power of collaboration between communities, businesses, and policymakers.



## Bay Gardens Resorts and Daren Sammy Foundation Hosts School Sporting Clinics

Bay Gardens Resorts has teamed up with the Daren Sammy Foundation to launch an inspiring initiative focused on nurturing young sports talent. This collaboration, dedicated to community engagement and youth development, embodies the mission of the Bay Gardens Community Fund.

The Bay Gardens Sporting Clinics kicked off on March 8, 2025, hosting weekly sessions every Saturday throughout the month at the Daren Sammy Cricket Stadium. Aimed at children aged 5 to 12, the clinics provide a unique opportunity for aspiring athletes to explore cricket, football, and track & field under the guidance of seasoned coaches. With the expertise of John Eugene for cricket training, Kenvin McPhee overseeing track & field, and Zaine Pierre leading football, participants were empowered to learn from the best in their respective sports.

Ensuring accessibility for all, Bay Gardens Resorts and the Daren Sammy Foundation made participation in the clinics free of charge for families, offering refreshments and transportation

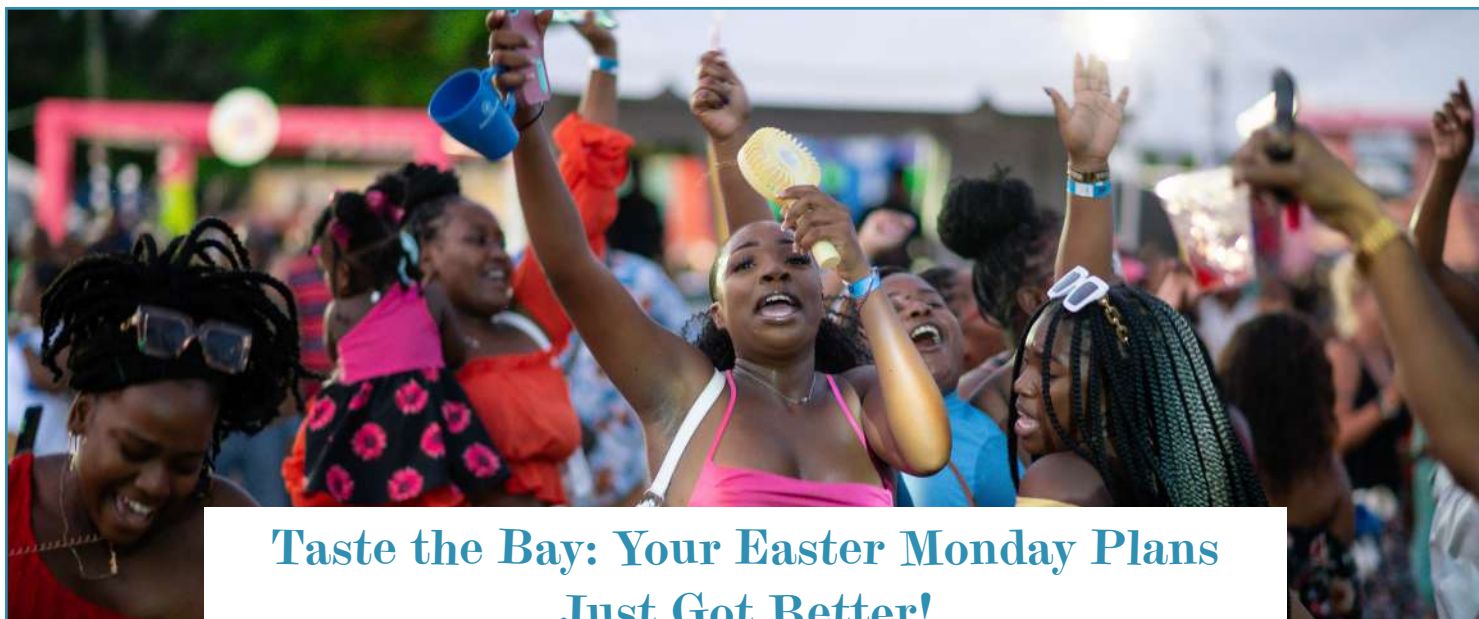
to young athletes in the Gros-Islet area. This commitment reflects a shared belief in equal opportunities for aspiring athletes, regardless of their backgrounds.

The clinics concluded on March 29, 2025, with a special closing ceremony where participants were awarded certificates of participation and complimentary passes to Splash Island Water Park, as a token of appreciation and encouragement for their enthusiastic involvement.

Adding to the initiative's significance is Bay Gardens Resorts' partnership with renowned Saint Lucian cricketer Daren Sammy, who serves as the resort's Youth and Sports Ambassador. This collaboration signifies a powerful alliance between a national hero and a proudly Saint Lucian-owned establishment, reinforcing efforts to inspire and support the next generation of local talent. With the right coaching and community support, the future is indeed bright for aspiring young athletes in Gros-Islet.







## Taste the Bay: Your Easter Monday Plans Just Got Better!

Get ready for an unforgettable culinary and cultural experience as Taste the Bay returns this Easter Monday, April 21, 2025, bigger and better than ever in celebration of our 30th anniversary!

As the ultimate pre-jazz event, Taste the Bay will be held at the stunning backdrop of the Lamar Waterfront in Rodney Bay Village.

Savor the best of Saint Lucian cuisine with authentic Creole dishes, fresh seafood, gourmet creations, and innovative tasting menus. Don't miss out on decadent dessert stations, expertly crafted rum tastings, and signature cocktails that showcase the island's flavors.

Beyond the food, enjoy live performances by some of Saint Lucia's top local artists, bringing the island's vibrant music scene to life. Families can also participate in fun activities for all ages.

Tickets are only EC \$50. Get them [here](#) and let the countdown to Taste the Bay begin!



## 30 Years of Excellence: Exclusive 30-Minute Flash Sales – Only on Our Website!

### *Offer Includes (Direct Bookings ONLY):*

- Complimentary breakfast daily (at Bay Gardens Inn, Bay Gardens Marina Haven and Bay Gardens Hotel)
- Two Kids Stay and Eat FREE \*
- Complimentary Wi-Fi
- Complimentary shuttle between the Bay Gardens properties ONLY
- Complimentary non-motorized water sports activities
- Complimentary unlimited passes to Splash Island Water Park



Don't miss out on this once-in-a-lifetime deal.  
Book your stay and be part of our 30th-anniversary celebration!

Join us as we mark 30 incredible years of excellence at Bay Gardens Resorts! To celebrate this milestone, we're unveiling a limited-time flash sale, available exclusively on our [website](#).

Mark your calendars! From March through May, on the 30th of each month, enjoy a 30-minute flash sale with an unbelievable 50% discount on accommodations at our stunning properties. This special offer applies to travel between now and December 19, 2025, your perfect opportunity to experience Bay Gardens Resorts at half the price.



## Spa Feature Hot Stone Massage

Discover the rejuvenating benefits of ancient stone therapy! This unique treatment utilizes the therapeutic heat from smooth stones, slowly releasing warmth deep into the heart of your muscles. As the heat penetrates, you'll experience a completely new level of relaxation and relief. Treat yourself to this incredible body experience and feel the tension melt away. Don't miss out on the opportunity to rejuvenate your body and spirit!

To book your Island Bliss Experience, contact the La Mer Spa at the Bay Gardens Beach Resort & Spa at [758-457-8553](tel:758-457-8553) or via email at [lamerspa@baygardensresorts.com](mailto:lamerspa@baygardensresorts.com).



## Tour Feature

### Choiseul Waterfall Tour with Island Trekkers

Escape into nature and experience the untouched beauty of Choiseul on our immersive Waterfall Tour! This adventure takes you through lush tropical landscapes, offering a perfect blend of exploration, relaxation, and natural wellness.

The journey begins with a 25-minute downhill hike, leading you to a serene riverbank where the real adventure begins. From there, we continue upstream for 5-8 minutes, navigating crystal-clear waters until we reach the stunning waterfall, a secluded paradise tucked away in nature's embrace.

As you make your way through this scenic trail, take time to soak in breathtaking surroundings and indulge in a unique natural spa experience. The riverbanks are lined with rich Sulphur clay, known for its healing and skin-rejuvenating properties. Whether applied as a refreshing face mask or a full body treatment, this all-natural remedy will leave your skin feeling smooth, nourished, and revitalized.

This one-of-a-kind experience is perfect for nature lovers, adventure seekers, and anyone looking to disconnect from the ordinary and reconnect with nature's tranquility.

Ready to embark on this unforgettable adventure? Book your Choiseul Waterfall Tour today and let nature rejuvenate your body and soul! [Click here](#) to book.



# Employee Feature: Teddy Busby

Teddy Busby has been a dedicated member of the Bay Gardens Resorts team for over seven years, bringing energy, warmth, and a deep commitment to excellence in everything he does. Recently promoted to Bar Shift Leader at Bay Gardens Beach Resort, Teddy continues to raise the bar literally and figuratively ensuring that every guest enjoys not just a drink, but a memorable experience. He is known for always going the extra mile to ensure every guest leaves satisfied and impressed.

For Teddy, Bay Gardens is more than just a workplace, it's a close-knit family. Whether on duty or off, he fosters a strong sense of camaraderie among his colleagues. He is known for his work ethic, vibrant personality, and enthusiasm for both team spirit and guest service.



Outside of work, Teddy enjoys spending time with friends, playing dominoes, and bringing high energy to any celebration.

Even in the face of challenges, including the height of the COVID-19 pandemic, Teddy demonstrated resilience and strength. He remained grounded in his commitment to the team, embracing each obstacle as an opportunity to grow and push forward.

He exemplifies the spirit of Bay Gardens Resorts, and we are proud to celebrate this exciting milestone in his career.



# Caribbean Tomato-Based Seafood Stew



## INSTRUCTIONS

### INGREDIENTS:

- \* 150g mixed seafood (shrimp, squid, fish, mussels)
- \* 1 small tomato, diced
- \* ¼ cup canned diced tomatoes
- \* ½ cup seafood or vegetable broth
- \* 1 tsp tomato paste
- \* 1 small garlic clove, minced
- \* ¼ small onion, diced
- \* ¼ small bell pepper, diced
- \* ½ tsp fresh thyme leaves
- \* ¼ tsp smoked paprika
- \* ¼ tsp ground allspice
- \* ½ tsp lime juice
- \* ½ tbsp coconut oil or olive oil
- \* Salt & black pepper to taste
- \* 1 tsp chopped fresh parsley (for garnish)

### METHOD:

1. Heat oil in a pot over medium heat. Sauté onion, garlic, and bell pepper until fragrant (about 2 minutes).
2. Stir in tomato paste, fresh tomato, canned tomatoes, thyme, paprika, and allspice. Cook for 3 minutes until tomatoes soften.
3. Pour in broth, season with salt and pepper, and let simmer for 5 minutes.
4. Add mixed seafood and cook for 3–4 minutes until fully cooked.
5. Finish with lime juice and garnish with parsley. Serve hot with rice, bread, or plantains.



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

### **BAY GARDENS BEACH RESORT** “PERFECT HOLIDAY”

*Reviewed by Simon D (02.24.25)*

Could not really fault the hotel, location, facilities, staff or food. Everything worked as expected and nothing was too much hassle for the staff who on every turn were there to help, polite and friendly. The beach is just idyllic, golden sands and very well kept with plenty of beach chairs. For Extra family fun, there are plenty of water sport activities as well as a floating assault course for the energetic kids and parents as well as plenty of day out excursions. Local authentic foods also served on the beach as in the hotel bars and restaurants throughout the day. The rooms too were clean and tidy some with subtle nuances, but these are not real breakers. Beds are comfortable, air con rooms and generous balconies. If you don't enjoy the Bay Gardens Resort; I'd be surprised. It has something for everyone.

### **BAY GARDENS HOTEL AND INN** “A NICE HOTEL WITH GOOD AMENITIES AND A GREAT LOCATION!”

*Reviewed by Email I (02.18.25)*

We had a most enjoyable stay enjoying the pools and grounds. The location was ideal walking distance to Rodney Bay attractions, restaurants, shopping, beaches and Marina. Efficient shuttle bus ran regularly to the beach resort during the hot sun, but it was also within walking distance. Friendly and courteous staff insured our needs and security.

### **BAY GARDENS MARINA HAVEN** “FANTASTIC HOTEL IN RODNEY BAY. HIGHLY RECOMMENDED”

*Review by Jeff B*

Being in the hotel business, I am very picky. I must say that this hotel, staff, location, breakfast, amenities is excellent. I must point out the manager, Miss Oneka, who went out of her way to check me in early, extend me a courtesy breakfast, and checked up on me after I was all settled in. The pool bar was excellent with guests singing to great music and having a blast. I highly recommend this hotel.