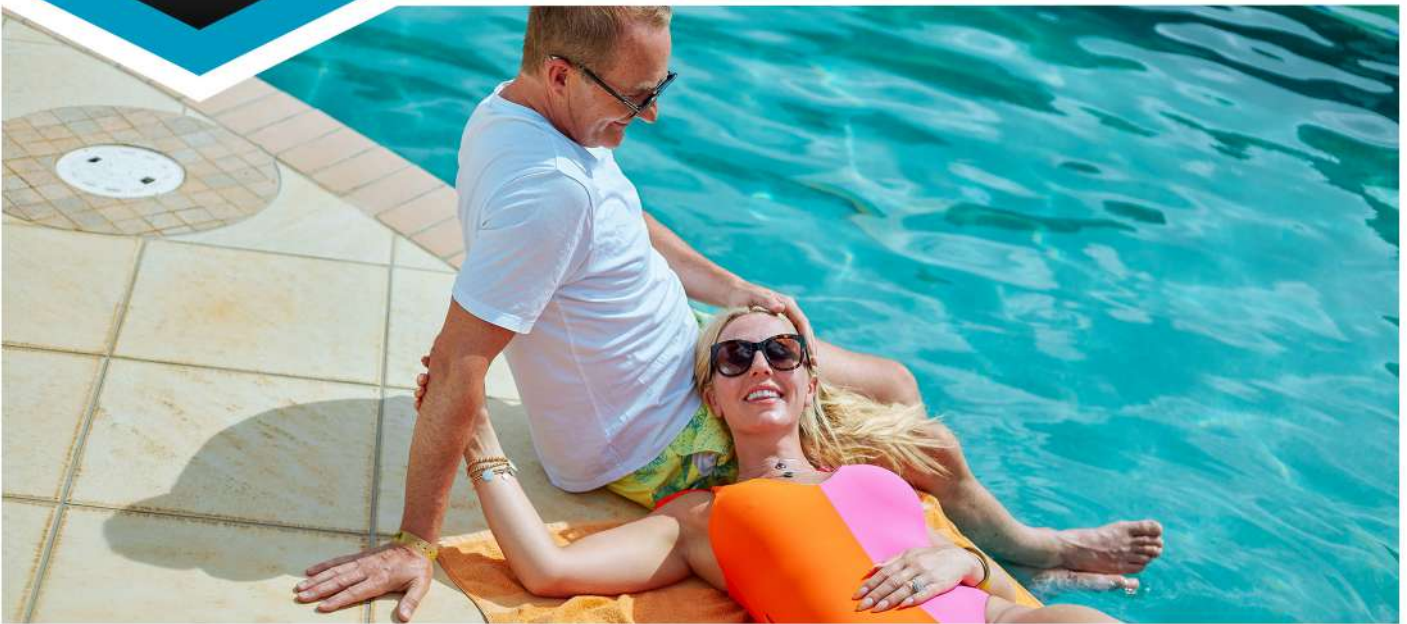


CHECK OUT OUR  
CALENDAR  
OF EVENTS

# BAY GARDENS RESORTS NEWSLETTER

JUNE 2024



## *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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## Saint Lucia Carnival 2024 – A Festival Like No Other!



The vibrant and exhilarating St. Lucia Carnival is just around the corner, promising a sensational celebration of culture, music, and pure Caribbean spirit. Officially slated to begin on July 1st, 2024, it is one of the most anticipated events on the island's calendar. St. Lucia Carnival captivates both locals and visitors alike with its colorful parades, captivating costumes, pulsating music, and contagious energy.

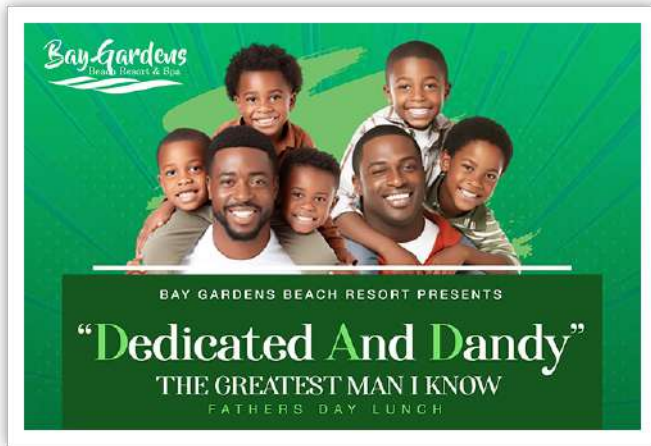
Get ready to immerse yourself in the magic and splendor of this world-renowned festival that showcases the true essence of St. Lucian culture. For the next few weeks, patrons can expect an immersive collection of pageantry showcases, calypso, and soca competitions as well as parties and concerts featuring local and international artistes.

At the heart of St. Lucia Carnival, is the culmination on July 15th and 16th. This dazzling parade brings the streets to life with a kaleidoscope of colors and infectious energy. Spectators line the streets to witness the procession of vibrant bands, each adorned in elaborate costumes that showcase the incredible craftsmanship and creativity of local designers.

Feathers, sequins, glitter, and vibrant fabrics combine to create awe-inspiring ensembles that reflect the spirit and theme of each band. As the parades wind their way through the streets, the air pulsates with the rhythms of calypso, soca, and steelpan music, creating an electrifying atmosphere that is impossible to resist.

Be sure to stay tuned to our social media pages for updates and highlights

## Father's Day Celebration Recap at Bay Gardens Resorts



Father's Day is a time to honor and celebrate the incredible dads in our lives. This year, Bay Gardens Resorts created a memorable and special experience for fathers and their families. From exciting activities to indulgent dining options, the resorts pulled out all the stops to ensure a truly remarkable Father's Day celebration at each of the properties.

Delicious food is synonymous with celebrations at Bay Gardens and all three events offered guests an extensive, yet delectable brunch buffet, which featured various meat options, a carving station, soups and so much more. Overall, the guys came out and had an amazing time, enjoying the engaging entertainment.

DJ Pressure kept guests on their toes at the Bay Gardens Beach Resort & Spa with a cadre of local and international beats, while Ozzie the Pianist had the crowd grooving at the Bay Gardens Hotel & Inn. The guests of the Bay Gardens Marina Haven's King of the Grill BBQ brunch lounged poolside while enjoying rhythms from Jason the Steelpan Man.

Of course, no celebration at Bay Gardens Resorts is complete without competitions for dads including dance-offs, best dressed and more, with amazing prizes given to winners such as dinners, spa treatments, and day passes. Father's Day celebrations at Bay Gardens Resorts were nothing short of extraordinary. With a perfect blend of relaxation, gourmet dining, and family-friendly fun, dads were treated to a well-deserved day of appreciation and joy. Bay Gardens Resorts continues to exemplify its commitment to creating unforgettable experiences and memories for its guests, making every occasion truly special.

## Exciting News! The Bay Gardens Resorts Blog is Back!

We are thrilled to announce the reintroduction of our blog page on the Bay Gardens Resorts website. This revitalized space is your go-to destination for the latest updates, insights, and stories about all things Saint Lucia and Bay Gardens Resorts. Stay updated on exciting events and immerse yourself in the vibrant local culture with posts about festivals, heritage events, and unique traditions. Planning your trip to Saint Lucia? Check out our detailed itineraries, such as the Ultimate 3-Day Saint Lucia Itinerary, which offers a perfect blend of relaxation, adventure, and cultural immersion. Learn about must-visit spots, local cuisine, and activities that will make



your stay unforgettable. Be the first to know about our special packages and exclusive deals. From romantic getaways to family vacations, our blog will keep you connected and informed about the best ways to experience Bay Gardens Resorts at unbeatable prices.

Visit our [blog](#) here regularly to catch the latest updates and insider tips. Don't forget to follow us on social media and sign up for our newsletter to get the freshest content delivered straight to your inbox.

## Cricket, Lovely Cricket – Saint Lucia Hosts ICC T20 World Cup



Saint Lucia recently had the honor of hosting matches for the ICC Men's T20 World Cup, and the island came alive with cricket fever! Fans from all over the world flocked to the Darren Sammy Cricket Ground to support their favorite teams, creating an electrifying atmosphere that celebrated the spirit of the sport.

The matches not only showcased top-tier cricket but also highlighted the vibrant culture and

hospitality of Saint Lucia. We had the opportunity to host the Scotland Cricket Team at the Bay Gardens Beach Resort & Spa and was the main caterer for all the teams' players.

The excitement doesn't end with the T20 World Cup. Saint Lucia is gearing up to host matches for the Caribbean Premier League (CPL) later this year. The CPL is known for its thrilling matches and a carnival-like atmosphere, drawing cricket fans and tourists alike. With teams like the Saint Lucia Kings ready to battle it out on home turf, it's an event not to be missed. Located just minutes away from the Darren Sammy Cricket Ground, Bay Gardens Resorts is the ideal accommodation for cricket fans.

Our convenient location means you can easily travel to and from the stadium, allowing you to immerse yourself in the cricket festivities without any hassle. Join us at Bay Gardens Resorts and make the most of Saint Lucia's cricket season. Whether you're a die-hard cricket fan or simply looking to experience the island's vibrant culture, our resorts offer the perfect base for your stay.

Visit our [website](#) to learn more about our special offers and to book your stay.

## Summer Savings - Save Up To 35% Off

Bay Gardens Resorts is offering guests Major Summer Savings when you book at the Bay Gardens Beach Resort & Spa, Bay Gardens Hotel, Bay Gardens Inn, and Bay Gardens Marina Haven.

### The Offer Includes:

- Complimentary breakfast daily (at the Bay Gardens Hotel, Inn & Marina Haven)
- Welcome cocktail on arrival
- 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



For more information on this amazing sale and to book your island getaway, visit our website [click here](#).

## Spa Feature – Teen Rejuvenation Package



Treat her like a princess for the day with this spa package comprises of a 3-hour spa experience for ages 13 - 19.

**This amazing spa experience cost USD\$250 and is a combination of the following:**

- Teen Facial
- Soothing Massage
- Manicure and Pedicure

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

## Tour Feature – 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.

To learn more about this tour and to book [click here](#).

## Featured Employee – Narisa Auguste

Our featured staff member for this month is Ms. Narisa Auguste. This fun and cheerful young lady has only been a part of the Bay Gardens family for a little over 13 months, but her vibrancy has afforded her the opportunity to work with the teams at both the Bay Gardens Beach Resort & Spa and the Bay Gardens Marina Haven, where she is currently stationed as a waitress.

Narisa describes her time at Bay Gardens Resorts so far as an enjoyable experience, where she feels comfortable and is passionate about showing up to work. Her teammates describe her as a joy to work with, as she is always willing to help and goes above the call of duty.

Narisa explains her most memorable moment at Bay Gardens Resorts was during a sad period in her life, when she mourned the passing of her father. She explains that she is grateful for how much support and encouragement she felt from her teammates and management. In her free time, Ms. Auguste enjoys cooking new recipes she learns on YouTube, with her two sons. She noted that the bond she and her sons built from these cooking experiences are amazing. When asked what her inspiration was, she mentioned, "I do everything for my sons, and they give me the motivation I need to keep going." She further went on to say, "every morning when I wake up, I thank the heavenly father for life. My motto



is, if I can dream it, I can do it”.

While she continues to work diligently and develops herself, Narisa is excited about her future with Bay Gardens Resorts and mentions that soon she would like to see herself advance into a supervisory or managerial role. The Bay Gardens Resorts thanks Narisa for her service and commitment, and we look forward to more great things from her!

## Recipe - Lucian Curry Goat



### INGREDIENTS:

- 1 lb Goat Meat cut into cubes
- 2 tbsp Curry Powder
- 1 tbsp Turmeric
- 1 tsp Cumin Seeds
- 1 tsp Salt
- 1 Cinnamon Stick
- 1 tsp Black Pepper
- 1 tbsp Coconut Oil
- 1 Medium Onion, chopped
- 3 Cloves Garlic, minced
- 1 tbsp Fresh Mined Ginger
- 3 Sprigs Thyme
- 2 Stalk Chive, roughly chopped
- 1 Hot Pepper (optional)
- 1 Potato, peeled and diced
- 1 Medium Carrot, peeled and diced
- 2 Cups Bone Broth or Water
- 1 Tin Coconut Milk
- Lime Juice or Vinegar (for washing meat)

### INSTRUCTIONS:

- 1.) **Prepare the goat meat:** Wash the goat meat with lime juice or vinegar and rinse with water. Season the meat with salt, black pepper, turmeric and half of the curry powder. Let it marinate in the refrigerator (preferably overnight).
- 2.) **Cooking:** Heat the coconut oil in a large pot over medium heat. Add the remaining curry powder and cumin seeds to the hot oil and stir for about 1 min until fragrant. Add the marinated goat meat to the pot, allowing all sides to get brown, roughly 5-7mins.
- 3.) **Add Vegetables and Spices:** Add the chopped onion, garlic, ginger, thyme, chives, and hot pepper (optional), cinnamon stick. Stir well and cook for 7-10 minutes.
- 4.) **Simmer:** Add the diced potato, water or bone broth, and coconut milk. Mix to combine. Bring to boil, then reduce heat to low. Cover and let simmer for about 1hr 30mins to 2hrs, or until meat is tender and sauce is thickened. Stir occasionally to prevent sticking.
- 5.) **Final Seasoning:** Taste and adjust seasoning, salt and pepper to preference. Serve with rice, or fried plantains, or as a roti.
- 6.) **Serve and enjoy!**

## Our Guest Experience

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

### **BAY GARDENS BEACH RESORT & SPA**

Reviewed by: [Danni Garton - Sheffield, United Kingdom](#)

#### **“Get yourself on a plane.”**

“We arrived at this beautiful place for our Honeymoon and what a place it is. Staff are so nice and friendly the service was top notch. Clean & tidy resort. Lots to do on the resort and plenty to do away from the resort. We arrived as strangers but left as friends and we will be returning again!!”



### **BAY GARDENS HOTEL & INN**

Reviewed by: [Markkela - South Slovan, Canada](#)

#### **“Great service!”**

“We really liked this hotel! The rooms are comfy, the 3 pools were clean. The staff was very welcoming and kind. The food at the restaurant was very good and the waitresses were efficient and attentive. As guests of the hotel we had access to the Splash mountain at the Resort! We had a blast! They offer shuttles between the hotel and Resort all day. The concierge was very helpful with taxi booking, tour pick up, etc., he was on it!. We recommend this place.”

### **BAY GARDENS MARINA HAVEN**

Reviewed by: [sinclairryan1 - London, United Kingdom](#)

#### **“A team who cares”**

“A young team who took time out to make our stay special, management who looked after their team like family and it came across in their care for us. Nothing was too much trouble. The food was great and the fun factor was off the charts. Music noise from a nearby site outside of the hotel was a pain at weekends though.”