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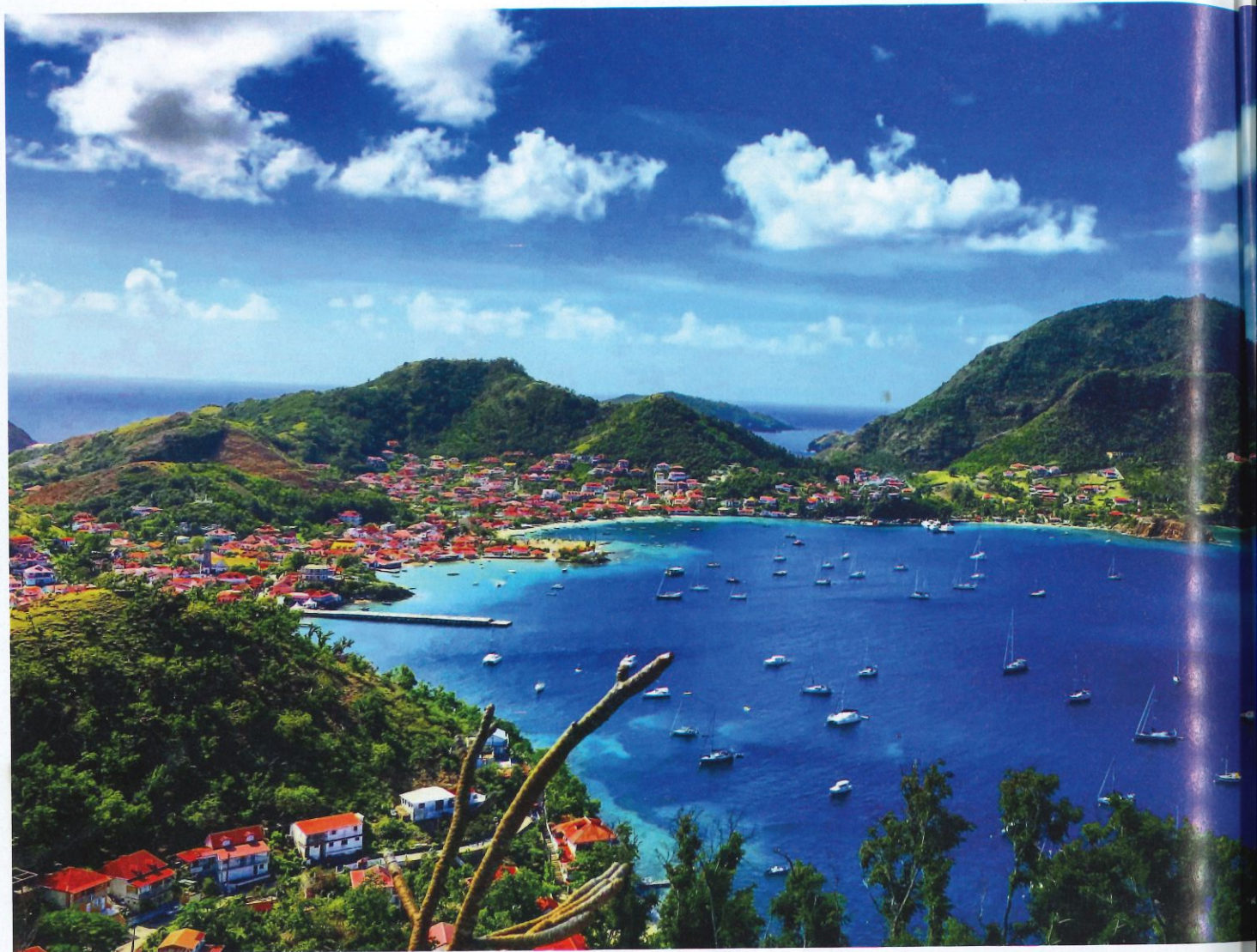
WOMEN'S ISSUE

Featuring Lori Loughlin

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GUADELOUPE

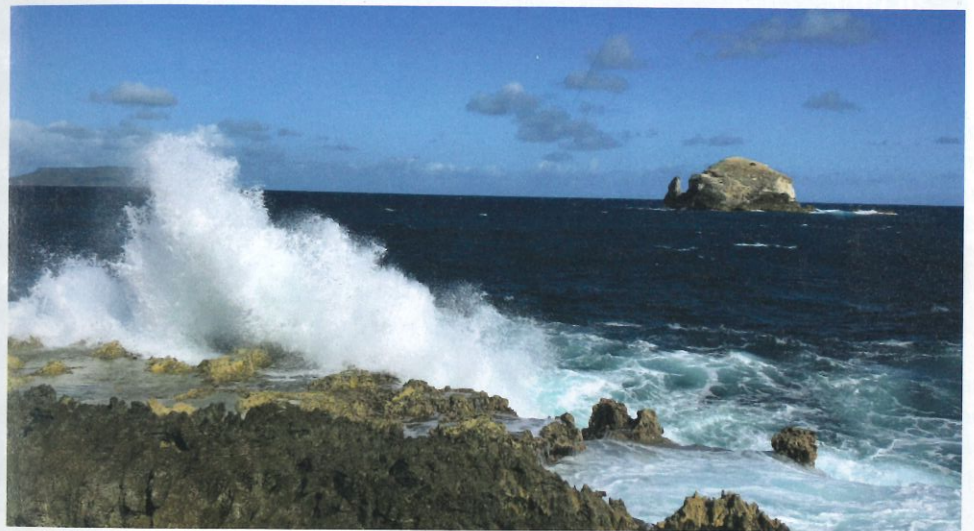
PRISTINE BLUE BEACHES, LUSH GREEN FORESTS, COCOA, AND WATERFALLS... THIS IS GUADELOUPE.

By *Amanda Mactas*

Located in the French Caribbean, Guadeloupe is comprised of a few small islands. The two main islands, Grande-Terre and Basse-Terre, form the shape of a butterfly. Friendly locals are quick to sport the national “madras” print of a red, green, orange, and yellow checkered pattern, and offer local delicacies, like Tourment D’Amour. Plus, it’s easy to get to from New York City, with direct flights on Norwegian Airways from JFK to Guadeloupe’s Pointe-a-Pitre Airport.

A quick ferry ride will take you to Terre-de-haut, where you can visit Fort Napoleon, now a museum dedicated to the history, culture, and environment of the island. From there, you can take in the breathtaking views of Les Saintes Bay, which has rightly been hailed as one of the most beautiful bays in the world. It’s truly a spot one could spend all day admiring.

The nearby Hotel Kanooa is a lovely place to have lunch on the water. Fresh seafood dishes and Guadeloupe’s famous Ti’Punch will only enhance the stunning views and make you never want to leave.



EXPLORE NATURE

The paradise that is Guadeloupe consists of many beautiful natural sites that can't be missed on your travels. La Pointe des Chateaux in Saint François is a rocky peninsula where the Atlantic Ocean meets the Caribbean Sea, and where tourists can watch the crashing waves or hike up the nearby hill for a better vantage point.

In Deshaies, the Cascade aux Ecrevisses Waterfall is an easy-to-access nook in the woods that opens up into a beautiful little waterfall, where visitors can swim or hike

nearby. If you're looking to relax, the Pompierre Beach on Les Saintes is secluded and has plenty of palm trees if you need some shade.

One of the biggest draws, however, is La Soufriere Volcano. It peaks at 1,467 meters, making it the highest point in the Lesser Antilles, meaning you'll have incredible views at the top.

The hike up takes about two hours and is not for the faint of heart, but once up top you can see into the crater of this active volcano (it last erupted in 1976!). Near the bottom, there are natural hot springs you can relax in.

SUPPORT THE LOCALS

Sainte-Anne is the spot to go if you want to check out the local markets. Art, clothing, and food all come together at this beachside outdoor marketplace and it is a great way to see some of the best that Guadeloupe has to offer. From handmade leather goods to fruit-infused rums, coconut sorbet, and incredible spice mixes, this is the place to pick up souvenirs.





RECOMMENDED HOTELS:

LA TOUBANA HOTEL AND SPA

TENDACAYOU ECOLOGE AND SPA



FESTIVAL FUN

The Caribbean is also well known for its fun Carnival season. If you plan your stay between the beginning of January and Ash Wednesday, you can experience it yourself. Each neighborhood celebrates the festival, making exuberant costumes and floats, and playing plenty of music. Dancing in the streets can last from early afternoon until late at night, but the liveliness and excitement will rub off on you, and you're sure to join in on the fun. The Carnival season seems to bring home everything that the island of Guadeloupe is about—culture, entertainment, and a boisterous outlook on life.

MUST-TRY LOCAL DELICACIES:

Bokit: Easily found all over the Guadeloupe Islands, this street food is likened to a fried hamburger, and is comprised of deep-fried bread filled with meats, cheese, and sauce.

Tourment D'Amour: Otherwise known as “lover’s torment”, this pastry tart’s recipe remains a well-concealed secret between the women of the island and is often filled with fruit like banana, pineapple, coconut or guava. The sweet treat got its name from a story in which a woman made this pastry while waiting for her lover’s return from out at sea, but ended up taking her life when he didn’t arrive on time.

Curry: This Creole staple, also known as Colombo, is one of the most common dishes on the islands.

Ti’Punch: Like any Caribbean island, Guadeloupe is big on rum. This cocktail is a strong dose of it—made with just rum, cane sugar, and lime juice.

Seafood: The fresh catches here are definitely worth trying. We probably had more seafood than anything else on this trip and it was all fresh and delicious.

