

Below are a few pointers compiled from our personal experiences which we hope will make your stay a little more enjoyable!

Check out The Visitor magazine for things to see and do in St. Kitts. There should be a copy inside the unit or you may pick up a current one from the office.

Taxi drivers at Robert L. Bradshaw International Airport (SKN) all know Sealofts. They charge approximately \$11US/\$29.70EC (\$16.50US/\$44.55EC after 10pm to 6am) and it takes 5 minutes to drive to the condo. Rates are also posted at the Airport once you exit Customs.

Within a short walking distance of the condo, you will find gift and duty-free shops (at the Marriott), a convenience store, several restaurants, and a golf course.

Groceries: (Note: Prices are in EC \$'s)

1. In town:
 - Ram's and C&C on Bay Rd. at the waterfront
 - Another Ram's on Bird Rock Rd.
 - Another C&C food Market near Independence Sq. (open Sundays until noon)
 - Horsfords IGA Valu-Mart on Wellington Rd., near Airport (open Sundays until noon)
 - Best Buy Supermarket (just west of Carib Breweries on island main road at Buckleys; open until 10pm; closed Saturdays)
2. The American Bakery on Fort St., one block above Cayon St., as well as Island Bakery on Fort St. (just a couple of blocks up from the Circus) are good places for your breads and rolls. There is another Island Bakery on Bay Rd. before you get to Bird Rock Rd.
3. You can also purchase breads and baked goods at the Marriott.
4. Fruit/Vegetable/Fish Market at Bay Rd. at the waterfront. There are usually a few vendors out every day but Saturdays are when all the vendors come out and you'll get the greatest variety. Although market day is Saturday, there are still people selling their goods at and around the market on most days.

Restaurants within walking distance –

- PJ's Pizza (closed Mondays) – next door to Sealofts
- Rock Lobster
- Beach restaurants on Caribbean side – Sunset Café at Timothy Beach Resort, Shiggity Shack, Buddies, and Docks
- Several restaurants at the Marriott. (Sunday Brunch is excellent)

Tipping Policy

Most restaurants include a 10-15% service charge (usually 10%).

An additional 9% government tax is also included.

The bill should indicate if service charge is included (usually is). The menu also will indicate if service charge is included.

Remember not to double tip. If you feel the service has been very good, you may want to leave a little extra.

Suggestions if you are considering bringing some of Your Own Food:

Most foods are readily available at the stores. Our recommendation is to bring with you only those food items which you think you cannot do without. Coffee is expensive so you may want to bring some with you. For late evening arrivals, a suggestion is to bring something for a meal or snack that night and perhaps for breakfast the next morning.

The meat selection is not too bad in St. Kitts but do not expect the same as at home. Also, all the meats are frozen. You can purchase freshly caught fish from the fishermen at the waterfront outside the market. For a nominal fee, the fish can be cleaned and filleted.

Kittitian Customs:

We have always had to open one or two pieces of luggage for inspection. Do not be alarmed if you are requested to do so.

Departure Tax:

You will be required to pay a departure tax of \$52.00EC or \$28.00US in addition to a \$1.50US Environmental Levy upon leaving St. Kitts. If traveling on charter, this is usually included in your air fare.

Dress Code:

"CASUAL". However, short shorts, bikinis and bare chests are not permitted in public places. There is no nude beaches/swimming in St. Kitts. Beach attire is not appropriate in town, shops, and restaurants.

Beaches:

There is a bit of an undertow at some of the beaches (ours included), so please exercise basic water safety rules! There are no lifeguards on the beaches or at our pool. Remember to use plenty of sunscreen. Do not underestimate the intensity of the sunrays.

Vendors:

Soliciting by vendors is somewhat less in St. Kitts than other Caribbean islands. Whether you purchase anything from them is entirely your choice. However, vendors are not permitted on Sealofts' premises. If you have business to conduct with them, please do so outside the confines of Sealofts. There now is a new area designated for Vendors with individual stalls at Port Zante as well as at the Marriott – beachfront and downstairs level.

Sightseeing:

There is plenty to see and do in St. Kitts. If you decide to sightsee and explore, we suggest that you pack a snack/lunch/drinks. From personal experience, we have found that you get so wrapped up in sightseeing and picture taking that you can easily succumb to the sun and heat. When hunger/thirst strikes in the middle of your touring, it seems like a long drive back to find a restaurant or grocery store.

OR

Just lay back, relax, and drink in the sunshine and beauty of the island.

Enjoy St. Kitts, her people, and her history.

Have a wonderful time!

Household Tips

- Keep butter refrigerated until needed; it will melt if left out.
- Just as you would at a cottage, keep foods in containers with tightly fitting lids.
- Flour: Every so often you'll get a bag of flour that is "buggy". The grocery stores will take it back.
- Try the local brown sugar. It makes a nice cup of coffee and is very good on cold/hot cereals. We always bring some home too.
- The water is safe to drink but does not get really cold. I keep a pitcher full in the fridge.
- A couple of nice hot-weather drinks are 1) CSR mixed with Ting, and 2) Rum mixed with equal portions of orange juice and pineapple juice. Ting is a nice lemony soft drink on its own and the locally made Carib beer is very good.
- If you're out on the balcony or around the pool with your drink and nibbles, you may get uninvited guests. The birds will eat right out of your hand and drink out of your glass. Do not leave out food for the birds on the balcony as it attracts unwanted critters as well.
- Putting garbage out daily for pickup will lessen the chances of bugs and keeps odours at bay. Rinsing out empty pop and beer bottles is also a good prevention against attracting bugs.
- We do not have daily maid service. But there is In-and-Out cleaning between guests. After you vacate, the unit will be prepared for the next guests.
- If you need access to a computer, we have an Internet Café at Sealofts' office. There are also several in town. For those bringing their own computer, we are equipped with Wireless Internet.
- Electricity - St. Kitts is on 220V but at Sealofts, we are on 110V. When staying with us, there is no need to bring transformers.
- Please do not hang beach towels over the balconies.
- Sudden Showers - when retiring for the evening or vacating the unit, please remember to close both patio doors and the windows in the main level bedroom as the rain comes into these windows.

Island Tips:

- **Restaurants** use evaporated milk as creamer for coffee/tea. In some restaurants, if you've noticed that you've been sitting for a while and they have not brought your bill, you may have to request it. They feel it rude to bring the bill if you have not asked for it.
- For **photography** buffs, St. Kitts & Nevis are a photographer's delight. However, for people shots please extend the courtesy of asking before taking their picture.
- Occasionally, you may be approached by **children** asking for money or "allowing you" to take their picture for a dollar or two. The Kittitian people do not approve of this type of behaviour and do not like to see it encouraged.
- If you're **history** buffs, Brimstone Hill Fortress is a must. There is lots of information to be read inside the fortress so do allow yourselves plenty of time. This could be a day's trip in itself. The churches and graveyards along the way, as well as in town, are also interesting to go through. The St. Christopher Historical Society is located in the Old Treasury Building on Bay Rd. and is also worth a visit.
- Taking the ferry to **Nevis** is a nice day trip. There are plantations and historical sites to visit. You can either take tours or rent a car on your own and explore. A nice relaxing day can be spent at Pinney's beach or Nisbet beach (also a good spot for lunch). The Bath Hot Springs is good for soaking your feet or body. Just up the hill from there is the Nelson Museum. Old Fort Charles is also worth a look.
- There is a great new **telescope on Nevis**, which was donated by Greenpeace for whale watching. Fin whales migrate to the West Indies from New England in the winter. Even if the whales aren't there it's still a great thing to do while visiting Nevis. The telescope is located at Herbert Heights on Saddle Hill - the historic site of Nelson's lookout. Mr. Herbert and his family have laid trails to the telescope and built a small visitor centre as well as a shelter for the telescope. On a clear day the views are incredible, and the trails are pretty easy. Mr. Herbert is very knowledgeable about the flora and fauna of the island, as well as its fascinating history. The site is a little hard to find so call ahead first. 869-469-2501. for a small fee he'll give you a great tour.
- **Catamaran** trip: This is a fun experience. A good day to do this is a Sunday as many hotel guests are arriving and departing on a Sunday and the boat is less crowded.
- If you like the **batik** clothing, you will enjoy a visit to Caribelle Batik. Prices of the clothing are the same both at CB and Island Hopper in town. At Caribelle Batik you may find better choices as the clothing is made there.
- Wednesdays, the **boat from Dominica** arrives with produce. Thursday morning is a good day to do your grocery shopping.
- **Snorkeling** - South Friar's Bay is the best, Shitten Bay at the southeast end of the island is also good. White House Bay is another good spot. Check out the locations on the map when you get there. For those who are not good swimmers, you can do some shallow water snorkeling at the beach in front of the Marriott. You can see the reefs from our beach.
- **Driving:** Remember driving is on the left-hand side of the road. You will need a St. Kitts License. It is \$64.00EC/\$24.00US for 3 months or \$125EC/\$46.30US for 1 year, and can be obtained from either the Fire Dept. or the Police Station.
- **Safety** - St. Kitts is a relatively safe country with a low crime rate. However, do use common sense and the same safety precautions as you would at home. When vacating the unit or retiring for the evening, remember to lock up the windows and patio door at the balcony level.