

**Basse  
Terre**  
*Majestic*

**Grande  
Terre**  
*Fascinating*

**Marie  
Galante**  
*Authentic*

**Les  
Saintes**  
*Mind Blowing*

**La  
Désirade**  
*Surprising*

# Vacay in the Guadeloupe Islands

YOUR MINI GUIDE

**GUADELOUPE  
ISLANDS**

*The French Caribbean Archipelago*



Basse  
Terre  
*Majestie*



**UNESCO Biosphere Reserve**

**GUADELOUPE  
ISLANDS**

*The French Caribbean Archipelago*



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# Welcome to the Guadeloupe Islands!

We are very happy to offer you this mini guide.

If you are a first timer, there is no doubt you will find our insider tips useful.

We have tried to make it as practical as possible by covering the essentials such as tips about driving, where to go out, what to do and more.

Be ready to sit back, relax and enjoy "La Belle Vie" in the Guadeloupe Islands.

**Enjoy your Vacay!!**

Come and visit us at our new  
Tourist Information Center

Location: Place de la Victoire  
Pointe-a-Pitre

Open Monday To Friday: 9am-5pm

Saturday: 9am-5pm

Sunday (winter season only): 9am-1pm



**FOLLOW US ON SOCIAL MEDIA**



Guadeloupe Islands



Guadeloupeislands



@visitguadeloupe

[www.guadeloupe-islands.com](http://www.guadeloupe-islands.com)

Credit photos mini guide: J. Davenport, P. Giraud, Memorial Acte

# OUR 5 TIPS

TAXI

## TIP 1 TAKING A CAB

Unlike cabs on most Caribbean islands, the majority of taxis in Guadeloupe are metered. An additional 40 percent surcharge is added to fares between 9:00 p.m. and 7:00 a.m. everyday as well as on Sundays and holidays. If the car is not metered, travelers are advised to agree on a fare with driver prior to leaving. Note that credit cards are not always accepted thus make sure to always carry some change with you. Also, be aware that your cab driver may not be familiar with English so it is always recommended to write down the address on a piece of paper.

*Recommendations on average taxi ride fees (one way)*

AIRPORT - POINTE-À-PITRE	: 20 €	AIRPORT - SAINTE-ANNE	: 67 €
AIRPORT - ABYMES	: 20 €	AIRPORT - BASSETERRE	: 122 €
AIRPORT - GOSIER	: 25 €	AIRPORT - DESHAIES	: 92 €
AIRPORT - BAIEMAHAUT	: 25 €	AIRPORT - BOUILLANTE	: 82 €
AIRPORT - SAINT-FRANÇOIS	: 82 €		

## TIP 2 USEFUL APPS

You have opted for a car rental to discover the islands like a local! Download our favorite GPS and navigation app



## TIP 3 PLUGGING YOUR STUFF

We have the same voltage than in mainland France (220V) so make sure to bring a couple of adaptors.

## TIP 4 HOW TO GET EUROS & BEST WAY TO PAY

Euro is the official currency in France. The currency exchange desk will be about to close at your arrival, so we recommend to arrive in Guadeloupe with some change in order to be able to pay for your taxi ride from the airport and any other small expenses you might have, such as a first taste at our delicious pastries in a "boulangerie"! For the rest of your journey you can withdraw money from the numerous ATM ("Distributeurs de billets" in French) located at the airport and everywhere else on the archipelago. Note that you will be asked to enter your pin number at the ATM at all times. In malls, restaurants and stores major credit cards are accepted.

## TIP 5 BRUSH UP ON YOUR « FRANÇAIS »

Your basic French will take you a long way! However, do not worry if you don't speak French as Guadeloupeans are always happy to help even if it is with a broken English! They may feel shy and self-conscious at first to speak English as it is not their forte, but here is the best way to approach them: just tell them in French "Je ne parle pas beaucoup le Français" (meaning I do not speak a lot of French), by doing so, you are opening yourself to them and the communication will easily follow, trust us! Also the magic word in the Guadeloupe Islands is BONJOUR!! It will soon become a funny game to you. We say Bonjour all the time to everyone that crosses our path, crazy right? This is how we acknowledge each other. If you are asking for something and you have never met the person before, what do you say? BONJOUR!! Oui Oui!.

# Driving

This denotes a one-way street. Do not enter.



Blue and red sign indicates you are entering a "No Parking" or "No waiting zone".



It means that you are on a "route prioritaire" (priority route) and have priority over drivers on intersecting roads.



Circular arrows in an isosceles triangle indicate that you are entering a roundabout; stay right; yield to all traffic in the circle.



If the triangle has an "X" it means you are coming to a junction where traffic on the right has priority - give way to the right.



This sign means you are coming to a junction of a minor crossroad. You have priority.



The symbol identifies scenic overlooks and parking spaces.



# Getting around

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## ISLAND HOPPING

Do you know what makes a stay in the Guadeloupe Islands so unique? It is because there is not ONE Guadeloupe, but **an entire archipelago of contrasts formed by FIVE ISLANDS**. All are located within 20-45 min of each other, allowing for a premier island hopping experience. The largest islands, Basse-Terre and Grande-Terre are connected by a bridge and modern smooth roads reminiscent of highways in France. The outer islands Marie-Galante, Les Saintes and La Désirade **are connected by an efficient ferry service**, the furthest being 45 minutes. You can Island Hop just for the day!



Round trip ferry tickets **range from 25 to 45 euros**. Every day ferry companies connect Grande Terre and Basse Terre to Marie-Galante, Les Saintes, La Désirade or Petite Terre Natural Reserve. Departures from the following ports: POINTE-A-PITRE, TROIS RIVIERES, or SAINT FRANCOIS (**just book online or buy a ticket at the counter an hour before departure**)



La Désirade

# Getting around

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**Here are the ferry companies information:**

## **L'Express des îles**

Gare Maritime de Bergevin  
Pointe-à-Pitre  
Tel: +590 (0)590 91 52 15  
[www.express-des-iles.com](http://www.express-des-iles.com)

## **Jeans for Freedom**

Gare Maritime de Bergevin  
Pointe-à-Pitre  
Tel: 0825 01 01 25

## **Val Ferry**

Gare Maritime de Bergevin  
Pointe-à-Pitre  
el: +590 (0)590 91 45 15  
[www.valferry.fr](http://www.valferry.fr)

## **CTM Deher**

Trois Rivières harbor  
Tel: +590 (0)590 99 50 68  
[reservation@ctmdeher.com](mailto:reservation@ctmdeher.com)  
[www.ctmdeher.com](http://www.ctmdeher.com)

## **Beatrix**

14 rue du Phare  
Trois Rivières  
Tel: +590 (0)590 25 08 06  
[billetterietroisriviereseptic@gmail.com](mailto:billetterietroisriviereseptic@gmail.com)

## **Comatrilé**

Saint François harbor  
[www.comatrilé.com](http://www.comatrilé.com)

# Taking the bus!



## **Awesomeness:**

Public transportation is getting better and better in Guadeloupe! If you are located in Gosier, Pointe-à-Pitre, les Abymes or Baie Mahault, you will come accross modern buses for sure. The bus ride is maximim 1.80 euro one way and the network connects the main cities to Pointe-a-Pitre center, Destrelland's Mall, the hospital, activity zones and to the airport (note that the last departure from the airport leaves at 5.30pm). All stops are clearly indentified on board so you will not feel lost.

[www.karulis.com](http://www.karulis.com)

# Shopping

## WHERE TO SHOP IN THE GUADELOUPE ISLANDS

You will find your favorite French brands in our modern shopping malls. From Mango to Lacoste, take the opportunity to buy French and European fashion at the Paris pricepoint. For grocery shopping we have CARREFOUR as well as other large supermarkets such as GEANT, or CHAMPION. Our biggest mall is **DESTRELLAND** with 180 boutiques located in Baie Mahault.



## *French pharmacies?* *Oui oui!*

You will find them everywhere.  
Time to stock up on your fav  
French beauty products  
and more!



## *Local Flavors*

Our vibrant and colorful markets are the best places to shop for local products. The **Sainte Anne market** is open everyday all day. Do not miss **Friday night market in Gosier** and of course the **Saint Antoine market** in Pointe -a-Pitre!



# What to bring home



## GIFTS TO TAKE HOME

Unique jewels, sarongs, spices, clothes, chocolate, colorful homemade Rum Punch, local hot sauce and fruit jams and our international award winning rums, be ready to bring the Guadeloupe Islands back home with you!



### **Chocolate delights**

At “la Maison de Cacao” you will find a variety of freshly made organic chocolates, cocoa beans, cocoa liquors and incredible chocolate cakes.

### **Spice it up!**

In any of our colorful markets, you will find amazing spices that will give a Guadeloupean touch to your dishes. Also look for our local hot sauces in supermarkets, “Dame Besson” or “Man Féfé” are excellent brands.



### **Savory Coffee**

Bring with you our 100% Arabica coffee, “Bourbon Pointu” type. The quality is comparable to Jamaica’s Blue Mountains. Today, production quantities are very small, hardly coping with the local demand.

## **Rum, rum and RUM!**



“Rhum Agricole” is especially coveted for its pure and unique flavor, as a result of its unique distillation process using fresh sugar cane juice as opposed to molasses. We have nine distilleries: Damoiseau, Bologne, Bellevue, Pere Labat, Bielle, Domaine de Severin, Longuetau/Karukera, Reimonenq and Montebello. **Bringing home some of our international award winning rums is a Must!**



# What to do



## CHOOSE FROM A PLETHORA OF ACTIVITIES

The islands of Guadeloupe offer countless activities and adventures for all ages and tastes. From Green to Blue, cultural to culinary, sporting to wellness and shopping to architecture/heritage, our French-Caribbean archipelago has an experience for everyone. With its natural assets, safe environment and modern French infrastructures, the Guadeloupe Islands are just the perfect Caribbean Gateway for outdoor activities! **JUST GO EXPLORE!** Discover the five islands by sea or make our friendly rain forest your own. You can also travel through time on our coffee trails and sugar cane fields, enjoy memorable rum tastings and so much more. We offer more than 100 activities so please make sure to download the free mobile APP **THE GUIDE GUADELOUPE** to access E-VE-RY-THING! This app will become your new BFF!

Highly functional and informative, the Guide Guadeloupe puts our archipelago at your fingertips. A skobbler map helps locate sites – restaurants, beaches, rivers, hotels - and a wide selection of activities. In your app store look for **THE GUIDE GUADELOUPE** by Jean-Marc Claret, it is free and 100% offline!



## Blue

### DIVING

LES HEURES SAINES  
Rocher de Malendure  
Bouillante, BASSE TERRE  
Tel. 05 90 98 86 63  
@heures-saines.gp

### GLASS BOTTOM SEA BOAT

LE NAUTILUS  
Malendure Beach  
Bouillante  
@lesnautilus.com

### CATAMARAN SEA EXCURSION

PARADOXE CROISIERES  
Discover Petite Terre  
Marina, St Francois  
@paradoxe-croisieres.com

### ANGLING

CAPTAIN TONY  
Tel. 05 90 23 98 52  
Cell. 06 90 40 15 01  
Basse Terre  
@captaintonyb.com

## Green

With 77% of its territories classified as a Natural Reserve, the Guadeloupe Islands are definitely an Eco-Tourism destination. Environmental interests have always been at the heart of concern of Guadeloupe's authorities, who set up the protection of the ecological heritage as a priority: protecting sea turtles for 35 years, installing national days dedicated to cleaning sea beds, the coastline and rivers. The Guadeloupe archipelago is also a proud UNESCO BIOSPHERE RESERVE since 1992. With over 110 miles of hiking trails spread all over the archipelago, the Guadeloupe Islands can easily be explored by foot. One of the most scenic hikes is La Soufriere, a gently active volcano, reaching 4800 ft! Start your climb at the famous hot spring "Les Bains Jaunes", and make your way through the rainforest by taking the trail "Le Pas du Roy". Once you have reached the bottom of the volcano, the path "Chemin des Dames" will take you all the way to the top. This hike will take you about 4h30, so if you are looking for a less athletic option, you can choose to take the trail "Maison de la Foret" and then follow the path "Saut d'Eau de Matouba", this trail should take you about 2h30 to go and return.

### HIKING

VERT INTENSE  
Contact Laurence  
Saint Claude, Basse Terre  
TEL. 06 90 55 40 47  
@vert-intense.com

### BOTANICAL GARDEN

JARDIN BOTANIQUE  
Villiers, Deshaies  
Basse Terre  
@jardin-botanique.com

### ZIP LINING

LA TAPPEUR  
Route de la Traversée  
Pointe Noire  
Contact: Jerome  
Tel. 06 90 44 17 51

### HORSEBACK RIDING

RANCH DES 2 ILETS  
Metiviers Bas Vent  
Deshaies  
Contact: Louisbert  
Tel. 05 90 28 51 93

# What to do



## Culturaholic

Located in front of the harbor overlooking the Caribbean Sea, Pointe-à-Pitre is the beating heart of the Guadeloupe Islands. Soak up the lively atmosphere of the city nicknamed the New Orleans of the Caribbean. Admire the colonial buildings or shop for spices at **Marché Saint-Antoine**. Discover the history of the city by visiting **St-Pierre and St-Paul Cathedral**, the **Saint John Perse Museum**, the colorful district of La Darse and its traditional Creole houses. Step back in time and visit the **Memorial ACTe Museum**, part of UNESCO's Slave Route Project, a global initiative to promote the rapprochement of people through the shared legacy of slavery. If you are up for it delve into **GwoKa**, our traditional Music and dance now part of the **UNESCO List of the Intangible Cultural Heritage of Humanity** since November 2014.



### Some other cool cultural things to do:

- Visit one of our forts: Fort Delgres in Basse Terre , Fort Napoleon in Les Saintes or Fort Fleur D'épee in Gosier
  - Check out our Amerindian encaved rocks park in Trois Rivières (Call 05 90 92 91 88)
  - Take a GwoKa class with the Akademie du Ka in Pointe-a-Pitre ( call 06 90 64 16 51)

## Agro-Tourism



**Agro-Tourism is a strong asset of our archipelago, here is what you can do:**

- Visit and enjoy rum tastings at one of our 9 RUM DISTILLERIES
- Rediscover the true flavor of cocoa at LA MAISON DU CACAO in Pointe Noire (Route Nationale 2 - Tel. 05 90 98 25 23)
- Step back in time and visit our self sustaining COFFEE PLANTATION LA GRIVELIERE located in Vieux Habitants ([www.habitationlagriveliere.com](http://www.habitationlagriveliere.com))
- Shop for fresh ingredients and take a COOKING CLASS with Chef Ruddy Colmar in Saint Francois (Call 06 90 30 70 11 - [www.auwiddys.com](http://www.auwiddys.com))

# Where to eat

FOR 2016: "2ND BEST CARIBBEAN DESTINATION FOR FOOD" BY USATODAY 10 BEST

In the Guadeloupe Islands, "culinary scenes" are a way of life. Time honored cooking traditions of French and Creole dishes, co-exist deliciously with contemporary styles and flavors - producing mouthwatering specialties called Nouvelle-Creole Cuisine – a modern interpretation of Creole dishes enjoyed by both locals and visitors. Sea-to-table and Farm-to-table dishes are the norm in the Guadeloupe Islands. Your Mahi-Mahi, Lobster and even seaweed goes from the ocean to your plate in a mere few hours, resulting in a delicious awakening of your taste buds. With more than 250 restaurants across the archipelago you will be in good hands with us! Also, do not forget to taste our local delicacies such as our "Bokit", our "Sorbet coco" or our "Tourment d'Amour". It was very hard to come out with a small selection of restaurants, please make sure to download the **FOODILES APP on your phone**. It will give you the location and description of the restaurants near you, very handy!! Bon Appetit!

## CHEZ SYLVIE - \$\$

Traditional French Creole Cuisine  
Right on the Malendure Beach, Bouillante  
BASSE TERRE  
Tel: 05 90 26 27 17 (lunch only)

## L'AMER - \$\$

Traditional French Creole Cuisine  
Facing the bay of Deshaies  
7 rue de la Vague Bleue, Deshaies  
BASSE TERRE  
[www.l-amer.fr](http://www.l-amer.fr)

## LE RIVAGE - \$\$

Traditional French Creole Cuisine  
Right On the Bananiers Beach  
Capesterre Belle Eau, BASSE TERRE  
Tel: 05 90 86 02 40

## LA RHUMERIE DU PIRATE - \$\$

Traditional French Creole Cuisine  
Route de la Pointe des Châteaux,  
Saint François, GRANDE TERRE  
[www.larhumeriedupirate.com](http://www.larhumeriedupirate.com)

## AN CHODYE LA - \$\$

Soup Restaurant with a warm & cosy atmosphere  
59 rue Gilbert de Chambertrand  
Open on Thursdays, Fridays and Saturdays only  
Pointe-à-Pitre, GRANDE TERRE  
Tel. 05 90 82 59 72 (dinner only)

## L'ORCHIDEA - \$\$\$

Nouvelle Cuisine Creole, Semi-gastronomic  
Over looking the Golf course.  
12 Lotissement du Golf, Saint François  
GRANDE TERRE  
[www.orchidea-restaurant.fr](http://www.orchidea-restaurant.fr)



# Foodiles

Download the app  
and be on your way!

## AU BON VIVRE - \$\$\$

South of France in the Caribbean, Semi-gastronomic  
31 rue Jean Calot, Terre de Haut  
LES SAINTES  
[www.aubonvivre.com](http://www.aubonvivre.com)

## CHEZ HENRI - \$\$

Traditional French Creole Cuisine  
8 avenue des Caraïbes, Saint Louis  
MARIE GALANTE  
[www.chezhenri.net](http://www.chezhenri.net)

## LE NATUREL - \$\$

Traditional French Creole Cuisine  
Lotissement CATO, Pointe-Noire, BASSE TERRE  
Tel. 05 90 60 14 21

## AU WIDDY'S - \$\$

Contemporary French Creole Cuisine  
Located at the Marina, Saint François  
GRANDE TERRE  
[www.auwiddys.com](http://www.auwiddys.com)

## COCO KAFE - \$\$\$

Contemporary French and fusion cuisine  
Gosier Marina - Right next to the Aquarium  
GRANDE TERRE  
[www.coco-kafe.restaurantguadeloupe.biz](http://www.coco-kafe.restaurantguadeloupe.biz)

# Going out

## YOU ARE A PARTY ANIMAL? WE'VE GOT YOU!

You will find your happiness in Grande terre and particularly in the cities of Gosier and Pointe-a-Pitre where the nightlife is concentrated. **The Marina** in Pointe-a-Pitre will become your favorite spot with its trendy restaurants, bars, lounges and clubs. Note that we also have two casinos, one in Gosier and the other one in Saint Francois. Here is a list of cool places to hang out:



### Zoo Rock cafe

Marina Pointe-a-Pitre  
Bar, restaurant and club  
Music: Top 40's, Electro,  
International



### La Boca

Marina Pointe-a-Pitre  
Tapas bar with music on  
Thursdays,  
Salsa, Caribbean beats,



### L'appart

Rue Becquerel, Baie Mahault  
Club - Music: Zouk, Reggae,  
Dance hall, Top 40's



### KAMA CLUB

**Kama Club**  
Le Village de Jarry,  
Baie Mahault  
Music: Top 40's, Electro,  
International  
Afro-Caribbean Beats

### LE PETIT NEW-YORK

**Le Petit New York**  
Gosier, by St Felix Beach  
Bar serving tasty food  
Music: R&B, hip hop,  
Afro-Caribbean beats

### SKY LOUNGE

**Sky Lounge**  
Bas du Fort, Gosier  
Bar, Lounge  
Music: Top 40's, Electro,  
International  
Afro-Caribbean Beats

# Calendar of Events



## NOVEMBER

**1st:** All Saints' Day (Morne a l'eau)

**17th:** Kassav Concert at the "palais des sports" (Gosier)

**25-27th:** on the Road to Coffee at La Griveliere plantation (Vieux Habitants)

## DECEMBER

### ADVENT PERIOD

**NOEL KAKADO:** CHRISTMAS CAROLS AND ANIMATIONS IN ALL CITIES

**1ST FRIDAY OF ADVENT:** REKNOWNED NWEL KAKADO (Vieux Habitants)

**3rd:** Bubble Day race in Guadeloupe (Baie mahault)

**5-11th:** IloJazz festival (Pointe a Pitre)

**18th:** the International Marathon of Guadeloupe

**Jou a Tradisyon:** CHRISTMAS artcraft, cooking and flower fair (Baie mahault)

**24th:** Christmas Eve

**31st:** New years eve



## JANUARY

**CARNIVAL** begins : Parade every Sunday afternoon in one city in guadeloupe

**27-29th:** Gozieval carnival parade (Gosier)

**27th - Feb 4th:** FEMI, our International Film FESTIVAL

## FEBRUARY

**26th:** Sunday preceding Ash Wednesday,

**PARADES** in the streets (Pointe a Pitre)

**28th:** Fat Tuesday, Largest parade with marching bands in the capital city (Basse Terre)

## MARCH

**1st:** Ash Wednesday, black and white

'grand vidé val' parade marking the end of carnival (Pointe a pitre)

**23rd:** Half-Lent procession in Pointe-a-Pitre, Basse-Terre and many others cities in the archipelago

## APRIL

**1st-9th:** Karujet- Jet Ski World Championship (Petit Bourg)

**15th -23th:** 2017 Guadarun raid adventure, 6 stages all accross the archipelago

**Easter Sunday:** Crab Festival (Morne a l'Eau)



#Thegoodlife #Labellevie  
#Guadeloupeislands #Vacay  
#Frenchcaribbean #Archipelago



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# Map

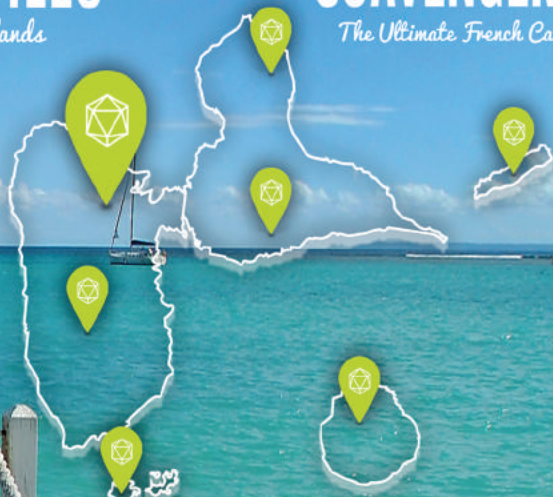


# YOU CAME ON NORWEGIAN AIR ? COME & PLAY WITH US!

TAKE PART IN THE SELFFILES SCAVENGER HUNT ALL ACCROSS THE GUADELOUPE ISLANDS.

SELF  ILES  
Guadeloupe Islands

SCAVENGER  HUNT  
The Ultimate French Caribbean Experience



## GET ONLINE AND GET STARTED NOW!



CONNECT TO

[HTTP://SELFFILES.GUADELOUPE-ISLANDS.COM](http://selffiles.guadeloupe-islands.com)



**RIDDLES, GEMS** TO FIND AND **AMAZING PRIZES** AWAIT.

WELCOME TO THE GUADELOUPE ISLANDS

GUADELOUPE  
ISLANDS

The French Caribbean Archipelago



[norwegian.com](http://norwegian.com)

