

before you arrive at
COSMOS ST LUCIA

We're looking forward to welcoming you to Cosmos St Lucia, a magical place where mountain, sea and sky meet. Before you leave home there are a few things needed to help you prepare and make the most of your vacation. Everyone coming to Cosmos will benefit from this information, so please share this with all guests in your party.

Welcome to the tropics

An extraordinary open air living experience awaits, with at least one wall in every room opening to the elements. Be prepared to experience the serenity of the natural environment, our exotic gardens and friendly wildlife (including birds that may pay you a visit at breakfast and tree frogs that will sing you to sleep).

The island of St Lucia benefits from a tropical balmy climate moderated by northeast trade winds that allow for enjoyable conditions year-round. Due to its location near the equator, St Lucia does not have very well defined seasons. There is, however, a rainy season that generally falls between June-November. November being the hottest month, with an average temperature of 83°F (29°C), and January the coolest at 79°F (26°C).

Like all tropical destinations, mosquitoes are present. In the dry season (December-May) they are less prevalent; in the rainy season (June-November) you can encounter midges and mosquitoes. To help counter bites during the day and night, our top tips are to cover up with long, loose clothing, use repellent with frequent re-application, and drop mosquito nets when resting or sleeping in bed.

The magical experience at Cosmos is only sustainable by being mindful of the environmental footprint on this beautiful island. As with all things in life, sustainable luxury is about striking a new balance. [Learn more](#) about eco luxury, Cosmos style.



Concierge Services

Upon arrival you will be looked after by Shermika, our trusted House Manager who lives on site in a separate private cottage with her children. She will be your principal point of contact and can assist in organising activities such as day trips, restaurant bookings and Covid tests prior to departure (if required). However, some of the better restaurants and larger boat trips should be booked directly by guests in advance of their stay. Get inspired by our blog post, [40 Activities to Make the Most of your Vacation in St Lucia](#).

Food and Drink

For the first few days of your vacation, we've prepared a form for you to specify your requirements for food, drink and spa treatments. **Kindly complete and submit this [Essential Checklist](#) at least 48 hours before arrival.** Please submit only one Checklist per group of guests.

Continental breakfast is included, while cooked breakfast, lunch and dinner are available at an extra cost. There is a fixed dinner menu for each day of the week that includes vegetarian options. See [Private Dining](#) for full details and prices, in addition to our special Celebration menus. Once you have arrived, you can inform the House Manager of any further meals and extras you require at two day intervals during your stay.

Some guests may wish to shop and cook for themselves during their time at Cosmos and this is allowed with the oversight of our staff. In addition to our cook's kitchen, there is a self-serve guest bar in the Villa with its own fridge, freezer, toaster, coffee and tea-making facilities as well as juicer and blender. The Lodge has its own fully equipped kitchen.

Directions and Transport

Follow these [detailed directions](#) to find Cosmos. Car rental is available from a number of agencies; Cool Breeze is a reliable company, based locally in Soufrière, with a desk at UVF airport. Note, 4x4 vehicles are best suited to the terrain. If you'd prefer to have a private driver, Craig Joseph is regularly booked by our guests. His minivan accommodates up to 15 people, or 11 people with luggage; he also has a small vehicle for 2-4 guests. Please contact Craig for all private transport needs - his details, and those of Cool Breeze, are in the Contacts section.

Private Driver Price Guide (US Dollars):

- To/from UVF International Airport: \$80 for 1 to 3 persons, \$15 for each additional adult, \$5 for each additional child (on arrival at UVF airport, Craig will meet you in the arrivals hall holding a sign with your name)
- For local rides to include nature trails, beaches, waterfalls and volcano (collect, wait, return): \$80
- Restaurants, markets and botanical gardens in Soufrière: \$60
- Anse Chastanet beach/restaurants: \$40
- North of the Island; Marigot Bay, Castries, Rodney Bay, Pigeon Island, Gros Islet Street Party: \$300 (Full day 9am-4pm or Full evening 5pm-12pm)



Spa Treatments

Your total relaxation and restoration is our mission at Cosmos. We've designed superb in-house spa treatments that ease tensions and unwind the mind, body and spirit. View the full list of [Spa treatments and prices](#) and use the [Essential Checklist](#) if you would like to book a treatment during your vacation.

Wifi, Music, Entertainment and Voltage

Cosmos has WIFI connectivity throughout the property at average download speeds of 50-100 MB per second pending the number of guests online simultaneously.

There are bluetooth speakers available on request, but do take care to keep the volume at reasonable levels in consideration of our neighbours on the hillside. Music must be switched off (or barely audible) between 10pm – 10am. In the Pavilion Lounge there is a projector available to connect to your laptop.

Voltage throughout the property is 230, sockets are three-pin (BS1363). Hair dryers, straighteners, curling iron, clothing iron and steamer are all available on request. Transformers are not available, but we do have adaptors and USB plugs. Please only bring dual voltage appliances for use at Cosmos.

Payments

On arrival, the House manager will ask for your credit card details for food, drink and spa treatments which will be billed at intervals during your stay. Cosmos accepts cash (US or EC dollars), Mastercard or Visa. We do not accept American Express. A 15% surcharge will be added to all transactions for local taxes. Please be aware that cash is required for the local markets and taxis. There is a bank, post office and ATM located in Soufrière.

Additional Resources

In addition to the information here, we've collated guests' most [frequently asked questions](#) and [blog posts](#) to help you make the most of your stay. However if you have further questions, please don't be shy about making enquiries, we're here to help.

Contacts

ENQUIRIES PRIOR TO ARRIVAL
[Anastasia Alexander](#)
Owner

ONCE YOU'VE ARRIVED
[Shermika Lawrence](#)
House Manager
+1 758 519 8476 (AST)

TRANSPORT
[Craig Joseph](#)
Private Driver
+1 (758) 719 1963 (AST)

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Don't forget to pack

Reusable water bottle

Snorkel, mask and flippers

Binoculars

Old swimsuit for mud bathing
at Sulphur Springs

Comfortable rubber-soled sandals or
sneakers

Light weight tote bag for the beach,
the market and poolside

Sketchbook and journal - let your
imagination flow

