

## PRACTICAL SHEET STOPOVER 3

### THE MUST-SEES



#### MARTINIQUE IN COMPLETE FREEDOM - TOUR 10 DAYS

##### WATERFALL AND LUSH VEGETATION - NORTH CARIBBEAN

Stages: Balata - Depaz Distillery - Carbet Beach - St Pierre, by the Trace road that connects Fort de-France to Morne-Rouge.

This tour is punctuated by the **Basilica of the Sacred Heart of Balata**, partial replica of the Montmartre Basilica of Paris, the famous **botanical garden of Balata**, rich in tropical plants and flowers, the lush tropical forest, **the waterfall of Saut du Gendarme** (refreshing swimming), **the distillery and the castle Depaz, Saint Pierre, "city of art and history"**, **the beach of Carbet**, renowned for its calm sea, black sand and magnificent views of Mount Pelee.

##### THE ROUTE DES ANSES – SOUTH CARIBBEAN

The picturesque "Route des Anses" leads through a succession of small fishing villages and beaches to the Diamant. Stops: **the Dlo Ferré hot springs**, a real natural jacuzzi, **a view of the Diamond Rock**, **the Maison du Bagnard**, an ornamented wooden house, **the Cap 110 Memorial** that honours the tragic story of the sinking of a slave ship in April 1830.

## FUN AT SEA AND TRADITIONS – CATAMARAN DAY – NORTH CARIBBEAN

Dream day on the [Catamaran Bwa Drésé](#) from the port of Robert: navigation from islet to islet along the coral reef, swimming stops at Îlet Madame, meeting with the iguanas of the islet Chancel, "baptism of rum" in the bathtub of Trapèze, lunch on board, introductory workshops to traditional recipes.

## IN THE HEART OF NATURE – THE CENTRE

Visit by train of [the Belfort house](#) in Lamentin, then of [the Saint-Étienne house](#) in Gros-Morne, introduction to lasotè, Bèlè, tasting of the tasty fruits of Martinique in "Lakou a", Château Dubuc and Bonneville Garden in Trinidad.

In addition, sea bath on the beautiful beach of Tartane or in the natural basins of Coeur Bouliki.

Lakoua : <https://www.facebook.com/Lakou-A-1614315248842545/>

- ⇒ Suggested restaurants in Tartane:
- Cocoa Beach Café: <https://fr-fr.facebook.com/cocoa.beach.cafe/>
  - [Mamy Nanny's Table](#)

## SALINES BEACH - SOUTH

Visit of the Trois Rivières distillery, the Eco Museum of Anse Figuier, breathtaking view from The Morne Gommier on the Marin, on the neighboring island of Saint Lucia... Swimming in Les Salines, famous for its turquoise water, its huge beach of fine white sand, its coconut trees. Discovery of [the Habitation Clément](#) au François, tasting of rums, liqueurs...

- ⇒ Suggested restaurants in Sainte-Anne:
- Salines Beach
  - [The Dunette](#)

## NORTH ATLANTIC

Not to be missed, the Tombolo de Sainte-Marie (sand tongue that appears from January to May and allows you to connect on foot, by bike, on horseback the islet to the beach), the Rum Museum at the Saint-James distillery, the Banana Museum, the Cassava Hut in Lorraine, the JM Distillery and the Hindu Temple of Bellevue in Macouba, swimming in the great river of the eponymous commune, hiking in buggy or ebike through fields of flowers and plantations.

Ebike rides: <https://www.martiniqueactive.com/>

Buggy hikes: [www.trialcaraibe.com](http://www.trialcaraibe.com)

- ⇒ Suggested restaurants in Grand-Rivière:
- [At Aunt Arlette's](#)
  - The Grill Riverain in Grand Rivière. <https://www.facebook.com/Legrillriverain/>

### **SOUTH-EAST OF MARTINIQUE**

Kayaking on the beach of Cap Chevalier, excursions on Îlet Chevalier, Anse Michel, Anse Trabaud, to the Fonds Blancs.

⇒ Suggestion of restaurants on the route:

- [Chez Gracieuse](#)
- [restaurant Plein Soleil](#)

### **FORT DE FRANCE – TROIS-ÎLETS**

- Fort-de-France: discovery by electric Cyclo, visit of the large market,
- Trois-Ilets: visit of the Pottery Village, discovery of the mangrove by kayak, Savannah of slaves.

⇒ Suggested restaurants in downtown Fort-de-France :

- The Yellow: <https://www.facebook.com/theyellow972>
- [the Josephine](#) (Hotel Empress)
- the restaurants of the large market of Fort-de-France
- [the Bolibar](#) (Hotel Simon)
- Djol Dou Tel: +596 596 63 10 84



## BIODIVERSITY - 9 nights tour

Martinique is one of the 35 global biodiversity hotspots thanks to the richness of its natural forest, coastal, marine and river environments.

### ACCOMMODATION IDEAS

- North:
  - [Relais de la Maison Rousse](#) (Fonds-Saint-Denis)
  - [The Domaine de la Vallée](#) (Morne-Rouge) –
  - [The Hamlet of Le Morne des Cadets](#) (Fonds-Saint-Denis) –
  - [The CinnamonApple Village](#) (Preacher)
- South-east:
  - [Domaine du Puyferrat](#) (Marin) –
  - [The Domaine des Bulles](#) (Vauclin) –
  - [The House of L'Ilet Oscar](#) (François)
- South Caribbean:
  - [the domain of Robinson](#) (Anse Noire – Anse d'Arlet) –
  - [Moon Sphair](#) (Sainte-Luce) –
  - [Kawaida Glamping](#) (Sainte-Luce) –
  - [Eden Paradise Spa Ecolodge](#) (Sainte-Luce)
  - [Mango Lodge](#) (Rivière-Pilote).

## DISCOVERING THE CASCADE COULEUVRE – NORTH CARIBBEAN

Level: Medium – Duration: 1h15 – Length: 1.6 km – Elevation gain: 230 m.

Program: walk from Anse Couleuvre, up the river in the lush and majestic mesophilic forest to a superb waterfall about twenty meters high.

In addition: visit the restored former sugar factory of the Habitation Céron and its famous Zamana, swimming at the beach of Anse Couleuvre.

- ⇒ Restaurant ideas at Le Prêcheur:
- Lari Z'abime – Tel: +596 596 52 90 28
  - [Habitation Céron](#)

## DAY AT PELEE MOUNTAIN (RANDONNÉE, ROUTE IN THE BIOSPHERE) - THE NORTH

**Level** : Difficult – **Duration** : 4h00 – **Length** : 6km – **Elevation gain** : 700m, day with a mountain guide.

The highest peak on the island, Pelee is a majestic and radiant natural volcano, marked by exceptional biodiversity. Arrival at the top between the clouds: breathtaking view of the island.

- ⇒ Restaurant ideas:
- [La Chaudière](#) – Morne Rouge
  - [Bamboo](#) – Morne-Rouge
  - [The Domaine de la Vallée](#) (Morne-Rouge)-
  - [The Hamlet of Le Morne des Cadets](#) (Fonds St Denis)

## DAY IN LA CARAVELLE – ATLANTIC CENTRE

**Level** : Medium – **Duration** : 3h30 – **Length** : 8km – **Elevation gain** : 250m

The nature reserve (422 ha) can be discovered through 2 hiking trails: Caravelle lighthouse, magnificent views of cliffs and savannahs, geological riches, petrified thermal springs.

- ⇒ Restaurant suggestion: [La Table De Mamy Nounou](#) (Tartane)

## HIKING LA TRACE DES CAPS – SOUTH ATLANTIQUE

**Level** : Difficult – **Duration** : 12h – **Length** : 27km - **Elevation gain** : 400m

Very famous hiking. Its 27 kilometers can be covered in several stages: coconut trees, white sand, shades of blues of clear waters, swimming ...

- ⇒ Suggested restaurants in Sainte-Anne:
- Snack of the beach of Salines
  - Authentic : <https://fr-fr.facebook.com/Otantik-Ti-resto-nature-144290702407832/>
  - The Garden of Health: <https://www.facebook.com/lejardindelasante->

### ASCENT OF LE MORNE LARCHER – SOUTH CARIBBEAN

**Level :** Medium – **Duration :** 3h – **Length :** 3km – **Elevation gain :** 450m

Located in the town of Le Diamant, Morne Larcher is an ancient volcano, culminating at 478m. The shape and relief of the mountain and its surroundings earned her the nickname "lying woman". From its flanks, spectacular view of the Diamond Bay, on its rock, on the south coast of Martinique.

⇒ Suggested additional activities:

- snorkeling: the beach of Petite Anse to discover the underwater biodiversity.
- Cap 110 - Maison du Bagnard - Dlo Ferré (natural hot spring).

⇒ Restaurant suggestions:

- [With Cell](#) –
- The White Sail: <https://www.facebook.com/lavoileblanchediament>
- [Le Black Diamond](#)
- Jo'z le Gourmet : <https://www.facebook.com/Joz-le-gourmet-1712143822404066/>

### DAY WITH A FISHERMAN – THE NORTH

Many cetaceans live in the vicinity of Martinique. The Caribbean coast is the best place to observe them. Jean Guy, sailor, passionate about the sea, offers this walk on his yole Agoulou, from the Preacher to Grand Rivière.

### DAY DIVING– CARIBBEAN SEA

Martinique is a must-see diving destination: underwater biodiversity, Agoa sanctuary, Albert Falco Reserve, Cape Solomon underwater trail (snorkeling).



## THE ROUTE DES RHUMS - 8-day tour

### THE BEST ORGANIC RUMS

- Neisson (The Organic Spirit)
- A1710 (The Rare Pearl)

### THE MOST BEAUTIFUL GREENHAIRS

- HSE (park labeled remarkable garden)
- Clément (sculpture garden of 16 hectares)
- JM Crassous de Médeuil (in the heart of the tropical forest)

### THE MOST BEAUTIFUL HOMES

- Depaz (Château Depaz, completely renovated)
- Clément (Habitation du Domaine de l'Acajou, very nice contrast with the Fondation Clément, contemporary style)
- Dillon (Period dwelling in the heart of Fort-de-France)

### THE MOST PLAYFUL

- Saint-James (Rum Museum)
- JM Crassous de Médeuil (experience through the senses)



### THE MOST PHOTOGENIC

- Trois Rivières (the mythical mill)
- A1710 (Habitation Le Simon)
- Depaz (at the foot of the volcano)

### THE MOST AUTHENTIC

- Maison La Mauny (one of the oldest distilleries on the island)
- La Favorite (family and artisanal production).

### RUM AND BEACHES (DISTILLERIE TROIS-RIVIERES) - SOUTH

Visit of the [Trois-Rivières distillery](#), swimming and relaxation at the Beach of Les Salines

### RUM AND YOLE (DISTILLERIE LA MAUNY) - SOUTH

Visit of the [Distillerie la Mauny](#) and culinary workshop, introduction to the yole at the Marin

### RUM AND SEA WALK (CLEMENT DISTILLERY) – ATLANTIC CENTRE

Visit of the [Clément Distillery](#) and the museum then of the Habitation le Simon (Distillery A 17 10), walk at sea in the White Funds with a fisherman from the Marina du François.

⇒ Restaurant suggestions at Le François:

- [the Orchid Farm](#),
- [Kai Nono](#)
- [The Blue Frigate](#)

### RUM AND SAINT-PIERRE (NELSSON DISTILLERY / DEPAZ DISTILLERY) - NORTH

Visit of the [Neisson](#) and [Depaz](#) distilleries and the city of Saint-Pierre, return by the route de la Trace, visit of the Emerald [Garden](#)

Suggestion: lunch at the Moulin à Cannes of the Depaz distillery.

### RUM AND GREEN (SAINT JAMES DISTILLERY / JM DISTILLERY) – NORTH ATLANTIC

Visit the [Saint-James](#) and [JM](#) distilleries, [the banana](#) and St James Rum museums, walk through the cane fields and banana plantations (plantation train). Visit of the Cassava Mill in Lorraine.

Restaurant suggestion in Sainte-Marie: [Le Point de Vue](#).

### WALK IN THE HEART OF MARTINIQUE (HSE DISTILLERY)

Morning dedicated to visits to Habitations - [Belfort](#), [Saint-Etienne](#), [Denel](#) - : banana plantations, distilleries, gardens, juices and jams of local fruits on the program.

Afternoon: bath in Coeur Bouliki, relaxation in [Bouliki Bio](#).

### RUM AND FORT-DE-FRANCE - CENTER

Walk in the city center: Bay of Flamands, Fort Saint-Louis, Place de la Savane, Schœlcher Library, Saint-Louis Cathedral, Grand Marché (spices, madras, liqueurs ...).

⇒ Suggestion: lunch in a restaurant in the city center.

**Non-exhaustive list. More information:** [www.martinique.org](http://www.martinique.org)