

St. Lucia

Naturetrek Tour Report

3 - 11 January 2014



St Lucia



Purple-throated Carib



Brain Coral



Fraser's Dolphins

Report & images compiled by Ed Drewitt



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Introduction

After a cool, wet Christmas in the UK, this holiday to St Lucia was the perfect cure for any winter blues. With temperatures up to 29 degrees Celsius daily, clear blue sea, a short walk to the beach and coral reefs, incredible dining, and daily trips to spot the endemic birdlife, sea life and plants, everyone had something to enjoy and savour during this 9-day tour. Up in the mountainous rainforest we were able to see all the country's endemic birds: St Lucia Parrot; St Lucia Warbler; St Lucia Oriole; St Lucia Pewee; and St Lucia Black Finch all put in a good appearance, while Banaquits, Lesser Antillean Bullfinch, Carib Grackles, and other common birds joined us at close hand at breakfast and lunch, attracted by sugar and the chance of a free lunch! Out at sea we saw over 150 Fraser's Dolphins and a small group of Pantropical Spotted Dolphins feeding close by, while a Brown Booby showed off some incredible diving skills around the boat. The boat trip to Castries and the rainforest skyride gave everyone the chance to see all the different levels of a rainforest – we even rose above the emergence level where we could see neighbouring Martinique! By sea, foot and vehicle, we were able to experience St Lucia at its best and savour some incredible local Caribbean foods – on the penultimate day we met with Chef Jonathan who gave us a unique cooking demonstration using many local fruits, vegetables, and fish. Snorkelling was very popular too and during the afternoons many of the group chose to snorkel off the beach, seeing hundreds of colourful fishes, corals, and other marine creatures

Day 1

Friday 3rd January

London to St Lucia

With some of the worst storms forecast in southern England this winter coinciding with high Spring tides, it was a good time to be leaving the UK and head off into some sunshine and calm weather. Heading west over Lands End, we continued over the Atlantic, south of Ireland, and then flew south-west past the Azores and on to the Caribbean. We arrived on a hot, steamy day at Hewanorra Airport on the southern tip of St Lucia, ready for our transfer to the hotel. Getting through security and customs took no more than fifteen minutes in total. We were soon heading north along the scenic tour along the south-west coastline of St. Lucia, passing through Vieux Fort, Laborie, La Fargue and Soufrière on the way. For most of the journey, the Gros Piton and Petit Piton, local volcanic landmarks, were always evident.

The recent heavy rains on Christmas Eve were evident with one road bridge washed completely free of its holdings, and a single Mango tree stood upright on its roots in the middle of a road. With the sun still bright and strong we were able to see Grey Kingbirds on electricity wires, Carib Grackles feeding by the roadside, and a Broad-winged Hawk. Over 50 Cattle Egrets were resting in trees near the airport, and others were seen under the feet of cattle along the journey.

The luxury hotel resort Anse Chastanet, lies just beyond the village of Soufrière. After a refreshing non-alcoholic cocktail known as the Bentley, amazing views looking down to the beach, and paperwork signed, we were all led to our luxury rooms to unpack and relax. Just before we headed to our rooms we watched a Tropical Mockingbird flashing its wings after getting a soaking in the recent light rain shower, or liquid sunshine as the St Lucians like to call it. Banaquits and Lesser Antillean Bullfinches were greeting us around our tables and balconies.

We met for dinner at 7.00pm in the Treehouse Restaurant, and despite the long day, it was a chance for everyone to meet informally, and enjoy some exquisite local food and courses from fresh, locally caught fish to scrumptious desserts. A creamy-coloured House Gecko stood vertically on a wooden beam above us while we ate, and during dinner and into the night the squeaks or bleeping calls of the whistling frogs were constant throughout the night along with the odd cicada.

Day 2

Saturday 4th January

29°C. Anse Chastanet and Anse Mamim

After a restful night we awoke to the sounds of Zenaida Doves. A gentle walk down to the Treehouse Restaurant for breakfast revealed some Purple-throated Caribs, Banaquits, and Carib Grackles. A fine breakfast of hot and cold foods greeted us, and during our dining we were able to get close views of the local avian residents – the Banaquits, bullfinches and grackles were used to getting a free snack, often in the form of a sugar sachet which they quickly snatched from tables. The odd iridescent Shiny Cowbird made a brief visit before the breakfast room got too busy, and Mike and Val had nice views of a Lesser Antillean Saltator, a green finch-like bird. A smart male Antillean Crested Hummingbird was feeding in the tree just outside reception.

After an orientation briefing from the duty manager Angel and a refreshing freshly squeezed lime squash, we met with our hotel wildlife guide Mano to explore Anse Mamim Beach and the forest estate adjacent to it. Equipped with fresh water we headed along the coastline – it is a short ten-minute walk to the Anse Mamim. It wasn't long before we were spotting a super male American Kestrel sat up in a tree in the bright sunshine. Above us one or two Scaly-breasted Thrashers were hovering to feed on the fruits of the Gommier Tree. The odd Great Southern White butterfly fluttered past while in tall grasses a pair of Black-faced Grassquits was feeding– the males look like they have been dipped into a pot of black soot! We spotted a few more further along the cliffs. A Green-throated Carib was also feeding in nearby tees. The cliffs themselves were fascinating – a conglomerate rock made up of pumice and other volcanic boulders of various sizes 'cemented' in with a fine mud. Over millions of years the whole mass of mud and boulders has turned into one whole lump of rock, and is now slowly being eroded by the sea and weather. There were various trees of interest too including Red Birch, Tamarind, and Mango. Yellow Allamander trees were in full bloom, splashing the rocks with their bright yellow flowers.

Two or three Common Ground Doves were feeding amongst the rocks, and closer to the path a female Antillean Crested Hummingbird was tending to some flailing plants stems, perhaps to make a nest. As we left the beach and walked along the stream, Mano quickly spotted a Green Heron, while a Spotted Sandpiper, found by Alec, was very well hidden as it rested at high tide on a large boulder.

We entered what is now an area of secondary woodland growth with some managed open areas and a small reservoir of water. Artefacts and remnants of buildings left in situ leave reminders of the once lucrative sugar trade and associated slavery that once took place here. The area is now full of Coconut Trees, Africa Tulip trees, Ginger Lilies, and the national tree of St Lucia, the Calabash Tree. Some of the larger, older tulip trees were planted during the sugar plantation times to shade the sugar cane plants. The distinctive fronds of the Vanilla Vine were hanging down from one of the old walls, while another was smothered by ferns and out of a crevice in the stony bricks emerged a beautiful flowering orchid with large, white-yellow petals. On the ground we touched the Mimosa plant, and were entertained as it retracted its leaves and closed up. We saw wild orchids growing as parasites from the bark of trees, including the Scorpion Orchid. Meno guided us through the plantation, telling stories about many of the plants his grandmother used to heal him with when he was sick. From rubbing and smelling local Bay tree leaves, to trying some fresh cocoa milk from a Cocoa pod, we got the chance to touch, smell and taste some of the locally grown fruits and nuts which we take for granted in supermarkets back at home. Mano also rubbed the green leaves of a wild Teak tree and as he did so the green juices turned to red – a useful red dye used for clothing in past times. Before we finished Mano showed us how to crack open a coconut using nearby rocks – the reward a sip of tasty coconut water and freshly cut coconut flesh!

As we explored the woodland further we saw Banaquits and Lesser Antillean Bullfinches in their natural habitat. Amongst them we spotted a St Lucia Warbler, a very obliging Lesser Antillean Saltator, a Mangrove Cuckoo, and a Black-whiskered Vireo. Antillean Crested Hummingbirds were frequently feeding close by, while the larger Purple-throated Caribs were occasionally spotted high in the canopy. A Cattle Egret was foraging on the woodland floor, and a Little Blue Heron was perched on a bridge giving excellent views of its powder blue plumage and pale yellow legs.

Before we turned back we also got to scrunch and smell the aromatic scents of the leaves of Lime, Grapefruit, and Tangerine trees. Meanwhile, other animals included Antillean Skimmer dragonfly, and Red Bees busily protecting a magnificent nest full of honeycomb. Apparently it has been there for 20 years, snugly fitting in the conglomerate rock. We also looked closely at the enclosed mud tunnels made by termites running up the trees – this helps to protect them from being eaten by birds. When broken up in places the tiny insects quickly get to work repairing the damage. Back at the hotel we met again later for a relaxing evening in the hotel's Apsara Restaurant – a delightful mix of East Indian cuisines Caribbean style. And for those wanting the beach grill menu, this was also available.

Day 3

Sunday 5th January

28°C. Des Cartier

After a night of heavy rain we gathered at 5.30am just as the showers were easing off. We headed south and then east to the rainforest track known as Des Cartier, part of the Quillesse Rainforest Reserve.

For the first half an hour the journey was in the dark, but as it got lighter we watched Grey Kingbirds flying out from electricity cables to snatch insects attracted to nearby streetlamps. Carib Grackles began to gather in villages at first light, and small groups of Cattle Egrets were seen in flight. As we passed Vieux Fort Wetlands over 50 Barn Swallows were swarming overhead. We passed two road bridges that had been swept away in the floods on Christmas Eve. The authorities had been quick to set up diversions across the rivers nearby while new bridges were being quickly put in place. Just after the second diversion we saw an American Kestrel perched on wires feeding on freshly caught prey. We meandered up hills and into the mountains passing various Banana plantations. In amongst the Banana plants there was plenty of the sought after Dasheen (a root vegetable), Plantain (look very similar to bananas), Cashew Nut, Avocado, and Mango trees. As we neared the reserve a few flowering pink ground orchids were on display by the roadside verge.

After an hour and a half we arrived at the reserve car park where we met our super guide Adams Toussaint. Adams is one of only five birders on the island and has learnt the birds and their songs by himself since he was young. We were in very good hands. He also works as a deputy chief officer for the Department of Forest and Lands Resources Development, and has excellent knowledge of the rainforest and its plants. We spent the next four hours walking a few kilometres and back exploring the tropical rainforest (c. 1800 feet above sea level) where we got to see some incredible trees, ferns, epiphytes, bromeliads, and other plants which looked a fresh, lush green colour in the dappled light. With a depression on its way from the east the subsequent weather was windy, and we watched as the trees swished in the wind across the valley. The forest close to our route was sheltered and therefore better placed for spotting some of the birdlife.

As we entered the forests Adams explained how many of the trees and other plants start off with larger, differently shaped leaves close to the forest floor to make the most of the little light penetrating through the canopy. As the plants grow into the emergence layer the leaves change shape and become better suited for a life of sunshine higher up. We passed huge Magnolia trees, Blue Maho trees, wild Fuschias with their red flowers, bromeliads, club mosses, vines (including Vanilla Vine), an array of ferns, lichens and Selaginellas or spikemosses. It wasn't long before we heard the distinctive single note call of the Red-throated Solitaire, helped by some mimicking by Adams. We heard three or four throughout the walk, but only one was obliging enough to show itself to some of the group. Even in the darkened forest the bird's beautiful blue-grey plumage and bright yellow legs were easy to see. Some very vocal, squeaky birds quickly revealed themselves as Lesser Antillean Flycatchers. They look like Grey Kingbirds but have a subtle infusion of yellow on their breast feathers and live in the forest. One had caught a cicada and proceeded to swallow it metres away from us. There were three or four around, and a little later one came within two metres to check us out. We had splendid views of its brown-edged wing feathers, slightly rufous tail, and bristly feathers around its broad bill.

As we continued our walk Adams magically spotted a St Lucia Parrot feeding quietly on the fruits of a palm tree. The bird was oblivious of us and this was a rare opportunity to see St Lucia's National Bird at such close range. There are thought to be only around 2,000 living in the rainforests of St Lucia, and they are found nowhere else in the world. This bird slipped away like an owl, gliding through the trees before it disappeared. From a few other open viewpoints looking out across the rainforest we saw and heard six or more other parrots. After a heavy downpour the wind suddenly dropped and the forest fell silent apart from the drips of rain from all the plant leaves. As this happened, parrots appeared out of nowhere, flashing their red wing patches as they flew past. The open clearings were also good for spotting the odd Scaly-naped Pigeon, Scaly-breasted Thrasher, and Pearl-eyed Thrasher.

Purple-throated Caribs were often flitting around the higher branches of trees and some fed out in the opening giving better views. During the heavy rain one or two Caribs sat out on a clear branch at separate times fluttering their wings to wash themselves. A few Antillean Crested Hummingbirds were also seen. Meanwhile, up in the canopy Lesser Antillean Bullfinches, the odd Banaquit, and singing St Lucia Warblers were common. Scaly-breasted Thrashers gave only brief views, while the Pearl-eyed Thrashers were even harder to see. However, one did stop to preen in a tree and we were able to appreciate its lighter bill and greater extent of white on the tail. Two Caribbean Elaenias nipped out of the trees, and a super male St Lucia Oriole gave brief views, showing off his bright yellow and contrastingly black plumage. We caught up with him or another male a little later giving everyone the chance to see one. The St Lucia Oriole is near threatened, with only as little as 1, 000 individuals thought to be left on the island. Pesticides, habitat loss, parasitism by Shiny Cowbirds, disturbance by Spectacled Thrushes, and predation by Pearly-eyed Thrashers are all thought to be playing their part in the species' decline.

As we headed on Adams and a few at the front of the group disturbed a Ruddy Quail Dove from the path but it didn't stay to show itself further. While we waited and watched across the openings in the forest the quiet but distinctive calls of whistling frogs and the odd tree frog could also be heard. On our way back we heard two or three St Lucia Peewees and spotted one fly-catching high above our heads. It flew out in a semi-circle to catch insects. An Antillean Euphonia flew away from us at the emergence level – Adams identified it on jizz. It was smaller and shorter-tailed compared to the other likely candidates such as the bullfinch. A Flambeau butterfly was also spotted.

After a delicious packed lunch of salmon or turkey with new potatoes, salad leaves, tomato and freshly sliced bread, we headed back towards Vieux Fort. We stopped briefly at a Banana plantation where we saw a Banaquit, a male Antillean Crested Hummingbird, and a Caribbean Elaenia. We also saw a few butterflies including White Peacock and Long-tailed Skipper, and a Fiery Broken Dash. Leaving Des Cartiers we followed Adams and headed for Vieux Fort wetlands, a large brackish lake just on the edge of the town. This was a real treat and a good chance to explore a rare habitat on the island. We were quickly setting our eyes on a mix of Snowy Egrets, a few Great Egrets, and Little Blue Herons, including at least two of the white phase variety. Meanwhile, over 100 Common Gallinules were feeding or resting together on the open water – quite a site when in the UK you would never see more than half a dozen Moorhens at any one time. Three Lesser Scaups, a Pied-billed Grebe, and smaller numbers of Caribbean Coot were amongst them. The Caribbean Coot is a near-threatened species worldwide and is only found in the Caribbean. They look very similar to a British Coot but have a much larger white beak shield extending up to their crown, and have small white patches on their under-tail feathers.

Nearer to shore another Pied-billed Grebe was fishing near some coots, while a Spotted Sandpiper was resting up on the shore. In the distance Val spotted two large birds in flight above some hills, and almost simultaneously Adams spotted another further left...they were Ospreys which are now common here at the lake and have even started to breed on St Lucia. These are mainly the Caribbean race but may also be joined by birds migrating south for the winter. We watched them flying for a short while and just before we left one flew past with a long fish dangling in its talons. As this bird caught our eyes a Belted Kingfisher, which we had heard earlier, also flew past! Back by the buses a Shiny Cowbird flew past. The wetlands is currently unprotected but Adams is hoping to change this, especially if the lake can be used more to show tourists the local waterlife.

We passed the airport on the way to our final location and stopped briefly to see one or two Eared Doves in some leafless trees – one of the best locations to see them on the island. Our last stop was Moule A Chique, a

large hill on the southern tip of the island. From here we had remarkable views of the island and could see the rain clouds, formed by the effects of the high mountains, drifting towards the west of the island (and our hotel!) in the prevailing wind. The sea below us was a lighter green colour while the sea further out was darker and blue. The contrast was a result of the mud washing into the sea from the rivers after the recent floods. From here we looked down to the sea and quickly spotted Red-billed Tropicbirds. These are white seabirds with long tail streamers, red bills, and a barred back. We saw around half a dozen as they flew across the sea towards the nearby cliffs. A single, dark Frigatebird also glided low over the water. We saw some wild cacti included one particular species *Melocactus intortus*, or Mother-in-Law's Pincushion which is heavily protected – it was flowering on an exposed area of rock on the cliff edge. We headed back to the hotel for a relaxing afternoon and finished the evening with a lovely meal in the Treehouse Restaurant before retiring for the night ready for a later 9am start to go dolphin-watching.

Day 4

Monday 6th January

28°C. Dolphin Watching off the coast of Anse Chastanet and Soufrière

This morning was another highlight of the holiday, a trip out to spot dolphins. We gathered at 8.45am and set off just after 9am heading north to along the coastline. At least six Magnificent Frigatebirds were gathering over the sea picking food off the water's surface – there was a lot of natural and man-made debris in the sea since the floods providing food for them. Further out two Laughing Gulls in breeding plumage were sat on the water – they had very dark red bills and dark, sooty grey wings. A Red-billed Tropicbird also passed by. For some time a juvenile Brown Booby took advantage of our boat which was disturbing the flying fishes just under the sea's surface. The bird was continually diving in at a 30 to 40 degree angles to catch them and was very successful – we often saw the fish quickly being swallowed down. After a catch the seabird would circle round the boat before repeating its feeding behaviour all over again. As we headed on we saw a few more Brown Bobbies, often associating with other boats. Flying fishes are the staple food for this species - we watched many fishes out from the sea and gliding for metres away from us, often with the booby in hot pursuit.

After an hour and a half the distinctive splashes of dolphins were spotted on the horizon and we headed towards the school. At any one time there was 50 – 60 plus dolphins surfacing, meaning there was at least double or triple this number under water. There was a mix of species, the large Fraser's Dolphins with pink bellies, and the smaller, sleeker Pantropical Spotted Dolphins present in smaller numbers. The school was feeding and was less interested in our boat, but we followed them for some time and before we left them one or two dolphins began showing off and jumping clear of the water before landing with a big splash. The odd Royal Tern was fluttering above the water, no doubt in hope of a fish for itself. As the clouds got darker and darker shrouding the island we headed back in towards Soufriere. The rain came down very heavy and just after a Pomarine Skua flew past showing off its distinctive 'spoon's, the round, spatula tips to its central tail feathers.

In the bay at Soufriere we headed for a special cave – just before we got there a Peregrine glided along the top of the cliff and landed at the top of a vertical section in the cliffs. This was right above the bat cave, a special part of the cliffs where over 5, 000 Antillean Fruit Bats reside and hide out during the day. There were easy to hear - no doubt the Peregrine feeds on the bats when they leave their roost at dusk.

There were hundreds just at the entrance to the cave, and we watched as some stretched their long wings, fluttered to a new perch, or tussled for a new space to hang. As we headed back to Anse Chastanet Michael pointed out the rare *Melocactus* living on the edge of the cliffs. The distinctive white guano of the Brown Booby

was evident along the cliffs – though none were present. They were probably out feeding like the one we watched earlier.

After a three hours at sea, it was time for lunch. Many of the group stopped for lunch at the Trou Au Diable beach restaurant before retiring for the afternoon on the beach. The reefs provided an excellent chance to see hundreds of different tropical fishes, and Michael and Valerie spotted a Caribbean Octopus. We met again in the bar to complete our checklist for the day, order some cocktails or wine, and then headed to the Treehouse Restaurant for a relaxing evening of food and drink.

Day 5

Tuesday 7th January

28°C. Millet Trail

We left at just after 5.30am and headed north to Millet Trail, a rainforest reserve. We were joined by our quietly spoken guide Justin who began his connection with nature as a child setting up sticky lines to catch local birds to eat. Now he works to protect these very bird species and has been working on restoring Millet's rainforest for over 20 years. Justin took us a little way into the forest where we quickly saw a female St Lucia Finch, another endemic bird on the island and an endangered species with less than 1, 000 individuals alive. This was a female which looks like a female Lesser Antillean Bullfinch but lacks the light brown edges to the wing feathers, and has pink legs. She was also flicking her tail, another diagnostic feature. We then spotted another female with only two tail feathers feeding on the coconuts put out for the birds. Since Hurricane Tomas in 2010 the forest services have been providing half coconuts wedged on spikes along the walkways – this has been to help supplement the local birds with food and has become very popular with them. Up in the trees there was a constant presence of Banaquits and bullfinches, and one tree also revealed a Scaly-breasted Thrasher. Meanwhile, the odd Red-snouted Tree Frog called for a short period – they sound like a mobile phone bleeping! A female Antillean Crested Hummingbird was also feeding close by and we heard an American Kestrel.

At a viewpoint we looked out across the reserve and down to a reservoir which provides water for the island. There were some incredible stands of tree ferns on the mountain slopes and behind us was Mount Gimie, the largest mountain in St Lucia. Its peak was shrouded in cloud. We watched a very tame St Lucia Anole Lizard sat on a bench. With its long tail and size it was probably a male. Another smaller lizard, perhaps a female, was sat up inside a wooden shelter, and a larger, brighter green male individual was on a tree where it was suitable camouflaged. Nearby a Broad-winged Hawk drifted out of view. Close by we looked at a Gwigwi tree, a type of palm tree with incredible spines covering all the way round its trunk. The marble-size orange fruits which hang down on thick threads are a favourite food of the St Lucia Parrot. We could hear one or two parrots behind us in the trees. However, the bus drivers back at base did spot two fly over! We retraced our steps and ventured down another route in the forest. Back in 1995 this area used to be cultivated by farmers with houses nearby. When the reservoir was built the government gave the local people money to move elsewhere as they didn't want the water becoming contaminated by chemicals from the farming practices. The area was replanted and now, 19 years later, the secondary woodland is tall and thick. Some of the original, older Mango trees still remain.

The coconuts here were attracting Bullfinches, but also Grey Tremblers. They have long, thick beaks are ideal for probing soft, dead wood and soil for insects, but they also work well on coconut flesh. At one point we spotted up to three tremblers while some had a brief view of a Pearly-eyed Thrasher visiting the feeding station. Higher in the trees a few St Lucia Warblers were singing and feeding. As we neared a stream Justin spotted two land

crabs – they were brown with yellow patches. Their pale pincers were held out at the ready – woe betide anyone who was to venture too close! Usually though they dash away faster than you can blink. We saw a few more during our walk, and stopped to see the opening seedpods of a Nutmeg tree – the fruits kernels appear yellow, but one was splitting open to reveal a red centre. At this point we turned back, heading up the steps and trail to the centre where we had a light lunch – some Black-faced Grassquits were feeding nearby. Mike had spotted a lovely flowering orchid low down on a tree where bromeliads were also growing.

As we left Millet we slowed down to see a dead Boa Constrictor which had sadly been run over by a car. A few road kill Southern Opossums were also seen on the journey – these are not thought to be native, introduced sometime during the past 2, 500 years. Grey Kingbirds and grackles graced the power lines on our way back down the Roseau Valley. We were able to see the effects of the recent floods – it was hard to imagine just how much water there had been. In Canaries a new bridge had already been built, but people's homes that had been flooded out were still being cleaned up. On our journey back we stopped at Plas Kassav in Anse La Verdure to savour some local Cassava bread made on site. There were a variety of flavours – many had the raisin and apple Cassava bread. We had beautiful views of the mountains and coastline on our drive back and just before Soufriere we stopped to take photos of the view of the towns and the pitons before heading back to Anse Chastanet for a rest.

After a rest in the afternoon we met together in the evening on the beach for a lovely meal, a unique menu for the evening, and cocktails (particularly good rum punches!) as part of Tuesday's Manager's Cocktail party! Before dinner we also got to chat with a few of the managers and Karolin, the owner of the hotel resort.

Day 6

Wednesday 8th January

28°C. Castries and Aerial Tram Tour, Rainforest Adventures, near Chassin

After an early breakfast we took a guided boat tour along the coastline north before being dropped off in Castries for our trip into the forest. Along our way we passed Canaries, Ti Kaye Village, Anse La Raye, the Roseau Valley, and Margot harbour (seeing some luxurious boats!) before being entering the port of Castries. Desir has a creative imagination and pointed out rock formations which looked like animals, objects or people. During the journey we saw small numbers of Magnificent Frigatebirds and Brown Boobies. Just outside Canaries we spotted up to a dozen Royal Terns perched on a large rock. As we got close to Castries, Ed spotted an Osprey. We managed to get very near the perched bird before it took flight to another tree. It then circled round overhead and retraced its steps back along the coast.

In Castries, we were met by two huge, cowering Cruise liners which we passed before docking and being greeted by our taxi driver, Junior, who drove us up into the mountains to the Rainforest Sky Ride in Chassin. Just prior to meeting Junior, we looked at a nearby Cattle Egret colony containing more than 50 nests. Most of the young Cattle Egrets were just fledging. In some other nearby trees Mike spotted five adult Black-crowned Night Herons and two juveniles.

Half an hour later we arrived at the Rainforest Adventures Aerial Tram tour and separated into two carriages which took us on a on a gentle one-hour tour through and over the rainforest. We were already 600ft above sea level and we travelled up to 1400ft passing from the forest floor, through the understory of ferns and tree ferns, into the canopy. As we came back down over the emergence layer we also had incredible views over the north of

St Lucia, seeing both the Caribbean and the Atlantic coast at the same time. It was also clear enough to see the French-speaking island of Martinique. The variety of plant and animal life was fascinating. Passing an area of introduced Norfolk Pines, originating from the Norfolk Island of the Pacific, we travelled through native forest and learnt about the different trees and their medicinal or everyday uses. We spotted all three species of hummingbirds. Purple-throated Caribs were most common at the canopy level. The odd St Lucia Warbler was singing, and St Lucia Pewees were calling throughout the rainforest. The Blue Maho, a tree introduced from Jamaica in the 1950s to replace those fallen in hurricanes or through deforestation, was in flower across the rainforest. They sported a mixture of yellow, orange and red flowers. Yellow is for when they just emerge, orange is when they are pollinated, and red is prior to them shrivelling up and developing in to a fruit. This whole process can happen within a single day. The tree wood itself is used in the furniture business.

Being at canopy level enabled us to see and appreciate the bromeliads living along the branches of many of the older trees, various fruits such as the nutmeg, and the green branches and leaves of the parasitic mistletoe. Water vines hugged the trunks of trees – so called because if cut at a 45 degree angle, water can be extracted from the vine and used for drinking. There were prehistoric-looking tree ferns, strangler figs, and vanilla vines. We also saw the Hummingbird Wood – a tree with yellow flowers that can only be pollinated by hummingbirds, and the aromatic Swizzlestick Tree used to make swizzlesticks for cocktails. After the ride we had a 15-minute walk through the forest to see the foliage from ground level, including the Incense Tree, the Honduras, the West Indies Mahogany Trees and various Heliconias. We also looked closely at the fallen skeleton of Strangler Fig minus the tree that used to be inside. The tree itself had died and rotted away leaving the fig with no support to stand on its own.

As we neared the end of our walk, we passed an area that had been planted specifically for hummingbirds, with lots of plants with colourful, tubular flowers. There were also nectar feeders attracting Purple-throated Caribs just metres away. The odd Bananaquit was also getting a look in and a Black-faced Grassquit was feeding on the ground. Once the two groups came back together we were able to swap notes – one group had also spotted a tame Green-throated Carib, and a Lesser Antillean Flycatcher which had come closer to the tram to look at it. Everyone was entertained by a Grey Kingbird which was devouring an insect while sat on the moving cable of the tram system.

After a quick refreshment and stop in the gift shop, we headed back down the mountains to Castries and our boat. We stopped for some fruit snacks and homemade flapjack. Just before we left some of the group walked a short distance to the Cattle Egret colony where we got very close views of male, female and young egrets. The males have a bright red bill and lots of yellow on their head feathers. A Common Gallinule disappeared behind some lilies. A heavy shower saw everyone shelter under a tree near where the egrets were nesting – sadly some of us came off a little worse for wear as an egret pooped down onto a hat and shirt! We made it back by boat to Anse Chastanet in just over 35 minutes, just in time for a refreshing lunch and a relaxing afternoon of sunshine. Later we met again for a relaxing evening in the hotel's Apsara Restaurant and to share stories of today's adventures.

Day 7

Thursday 9th January

27°C. Emeralds Estate and Sulphur Springs

After breakfast we met at 8.45am and prior to leaving had excellent views of a Mangrove Cuckoo in the tree by the bar. Its colours almost mimicked those of a Nuthatch, while the tail was barred black and white. We then

drove a short distance down the road to Anse Chastanet's very own 550-acre organic farm Emeralds, where all the fruits and vegetables for the hotel's restaurants are grown. One of the gardeners was Martin Joseph, born and raised on the estate, and whose grandfather also worked here. He showed us the different fruits and vegetables being grown here for Anse Chastanet and Jade Mountain hotels. We tasted a few including the fruits of the Surinam Cherry tree which are bright green, orange or red fruits and taste both sour and sweet. We saw the tropical American Soursop, the fruits of which are like an egg-shaped green melon with soft spines; a Cinnamon Tree; common herbs including garlic chives; banana and plantain trees; Sour Oranges, Ginger, Turmeric, Lemon Grass, fruiting Mango trees, micro salad (picked within four days of being sown) and other vegetables. We also tasted Golden Apples which are very sour pear-like fruits; the white-filmy paste covering Cocoa beans, and Shaddock, very similar to the Grapefruit but paler and less juicy. John spotted three huge black Spider Wasps about 3 inches long, one of which took flight past us.

The head chef, Jonathan, who oversees the menus for the whole hotel estate then did a cooking demonstration showing us how to make a simple savoury dish. The final result was: lightly browned sustainably-caught Kingfish accompanied with rice cooked in Coconut milk, and a salad of green tomatoes, and Grapefruit alongside freshly picked salad leaves. He added Passion Fruit vinaigrette and an accompaniment of lightly steam beans, baby Aubergines and Fennel. Jonathan was a brilliant presenter and along with his light humour he helped show how to make the dish ourselves, and tips on how to prepare a range of foods. We finished with small cubes of ripe Papaya and the sour-tasting yet very refreshing Tree Sorrel fruits. After we had the chance to ask more about how Jonathan sources his foods and how he works closely with the fisherman to source fresh, high quality fish. It was a fascinating insight and everyone felt inspired – he was certainly a very hardworking creative chef that seeks and finds brilliant solutions as well as helping local communities who are part of the production chain.

Around the estate there had been a few birds around too - mainly Scaly-breasted Thrashers, Common Ground Doves, Black-faced Grassquits, and a Grey Kingbird. We then set off to Sulphur Springs, the world's only drive-in volcano. It is in fact a collapsed volcano known as a caldera, rather than a coned volcano, which we may be more familiar with seeing on TV. The name comes from Spanish for large cooking pot and similar features are found in Yellowstone National Park in the USA and Rotorua in New Zealand. Our guide was Suzette and we had the opportunity to stand by the barriers to see the bubbling water and smell the hydrogen sulphide – the wind was carrying it in our direction as soon as we got out of the bus! The whole crater is 12 kilometres square, and includes the town of Soufrière. It was produced by eruptions 32 to 39, 0000 years ago, and today the hot magma is only 2.5 miles below the surface although the volcano hasn't erupted since 1766. The water itself (which is seawater) was a dark grey colour and takes up to 20 days to reach this point. The dark colour is a combination of the hydrogen sulphide reacting with iron to produce iron sulphide. It was bubbling up at 100 degrees Celsius and steam was rising up and across the rocks. On very high Spring tides the higher water pressure creates geysers. We looked across the Moon-like terrain made of pumice or calcium sulphate with some sulphur giving it a yellow tinge. There are 24 vents in total, and the activity of both the volcano here and other islands is monitored regularly by scientists based on Trinidad.

The Pitons that overlook our hotel and beach are in fact solidified lava plugs – thousands of years ago, the lava rose up and solidified to form the Pitons but never collapsed, unlike the caldera at Sulphur Springs. Meanwhile there were a few Broad-winged Hawks flying around over the terrain. We left the site as lots of cruise ships buses were arriving or leaving and headed back to the hotel for a relaxing afternoon in the sunshine and lunch. Later

we met together in the Treehouse Restaurant in the evening and enjoyed some amazing dishes, cocktails and conversations.

Day 8

Friday 10th January

27°C. Walk along road to Bouton

After a rainy night we had an early breakfast at 7am and headed out north a few miles from Soufriere towards Bouton to catch up with some more local birds. We picked up our hotel guide Meno on the way. The area around the top of the road we walked was very windy but as we walked down the gusts subsided. Our first bird was a female St Lucia Black Finch, followed by a Purple-throated Carib, and a pair of Black-faced Grassquits. Passing a cow with the obligatory Cattle Egret in toe, a dark-coloured Scaly-necked Pigeon flew overhead. The Mango trees here are up to 200 years old and one was bearing lots of ripe fruits. After half an hour we found an overgrown garden which seemed to be good for a tame Grey Kingbird and a super Green-throated Carib. A little further along we finally caught up with good views of a St Lucia Pewee after hearing a few more distant individuals. The bird was calling and flying out in circles catching insects. Nearby a St Lucia Warbler was feeding. As we walked back another pewee was in the overgrown garden. Further up the road some of the group briefly heard a St Lucia Parrot and one was seen in the blink of an eye; the wind was keeping them deep in the trees.

We headed back to the hotel picking up Val on the way through Soufriere after she had been exploring the local markets and shops. We were back at base by 10am and we had the rest of the morning and afternoon to relax, snorkel, sunbathe, and eat before checking out at 3pm. We then gathered for our farewells and checklist at 4pm. The sun was very strong this afternoon but provided some lasting heat before we departed. We headed out in the transfer taxis at 4pm leaving John, Banba, Geoff and Val behind – they were staying for extra days. During the afternoon Brown Boobies, Magnificent Frigate Birds, Mangrove Cuckoo, Little Blue Heron, and two Peregrines had been seen along with the common birds such as bullfinches and grackles. An American Kestrel spent an hour or more perched on the tree by the reception bar relaxing and preening close to where we were sitting. On the way to the airport the sunshine gave way to light showers and beautiful whole rainbows – we could almost see the pot of gold! A few Grey Kingbirds were seen, along with a Lesser Antillean Swift and a few Free-tailed Bats.

Day 9

Saturday 11th January

After a slightly shorter flight back to Gatwick Airport, everyone made their way home safely after a relaxing, hot, sunny holiday seeing St Lucia's endemic birdlife and many other plants and animals.

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Species List

Birds (✓ = recorded but not counted)

	Common name	Scientific name	January							
			3	4	5	6	7	8	9	10
1	Red-billed Tropicbird	<i>Phaethon aethereus</i>			6+			1		
2	Brown Booby	<i>Sula leucogaster</i>		2+		4+		6+	1	2+
3	Magnificent Frigatebird	<i>Fregata magnificens</i>			1	6+		6+	6+	5+
4	Great Egret	<i>Ardea alba</i>			2					
5	Little Blue Heron	<i>Egretta caerulea</i>		1	6+			1		1
6	Snowy Egret	<i>Egretta thula</i>			6+					
7	Cattle Egret	<i>Bubulcus ibis</i>	50+	1	✓		✓	100+	1	2+
8	Green Heron	<i>Butorides virescens</i>		1				1	1	
9	Black-crowned Night-Heron	<i>Nycticorax nycticorax</i>						7		
10	Yellow-crowned Night-Heron	<i>Nycticorax violacea</i>							1	
11	Osprey	<i>Pandion hallaetus</i>			3		1	1		1
12	Broad-winged Hawk	<i>Buteo platypterus</i>	1		2+		1	2	2	1
13	American Kestrel	<i>Falco sparverius</i>	1	1	2+		1			2
14	Peregrine	<i>Falco peregrinus</i>				1				2
15	Antillean Common Gallinule	<i>Gallinula galeata cerceris</i>			100+			1		
16	Spotted Sandpiper	<i>Actitis macularius</i>		1	1				1	1
17	Laughing Gull	<i>Leucophaeus atricilla</i>				2				
18	Royal Tern	<i>Sterna maxima</i>						12+		
19	Pomarine Skua	<i>Stercorarius pomarinus</i>				1				
20	Rock Pigeon	<i>Columba livia</i>			20+			1		
21	Scaly-naped Pigeon	<i>Patagioenus squamosa</i>		1	3+					1
22	Eared Dove	<i>Zenaida auriculata</i>			2			1		
23	Ruddy Quail-Dove	<i>Geotrygon montana</i>			1					
24	Zenaida Dove	<i>Zenaida aurita</i>	✓	✓	✓	✓	✓	✓	✓	✓
25	Common Ground Dove	<i>Collumbina passerina</i>		3+	1	✓	✓	✓	✓	✓
26	St Lucia Parrot	<i>Amazona versicolor</i>			6+		h			1
27	Mangrove Cuckoo	<i>Coccyzus minor</i>		1		h			1	2
28	Lesser Antillean Swift	<i>Chaetura martinica</i>			1	1				2
29	Purple-throated Carib	<i>Eulampis jugularis</i>		3+	6+		1	2+		1
30	Green-throated Carib	<i>Eulampis holosericeus</i>		2+				1		1
31	Antillean Crested Hummingbird	<i>Orthorhyncus cristatus</i>		4+	3+		2	2+	✓	2+
32	Belted Kingfisher	<i>Megaceryle alcyon</i>			1	1				
33	Lesser Antillean Flycatcher	<i>Myiarchus oberi</i>			3+			1		
34	Caribbean Elaenia	<i>Elaenia martinica</i>			3+				1	
35	St Lucia Pewee	<i>Contopus oberi</i>			1			h		2+
36	Grey Kingbird	<i>Tyrannus dominicensis</i>	✓	✓	✓		✓	1	1	5+
37	Barn Swallow	<i>Hirundo rustica</i>			50+					
38	Tropical Mockingbird	<i>Mimus gilvus</i>	1			1		1	h	h
39	Grey Trembler	<i>Cinlocerthia gutturalis</i>		h	h		3			
40	Scaly-breasted Thrasher	<i>Allenia fusca</i>		2+	2+		1	1	✓	1
41	Pearly-eyed Thrasher	<i>Margarops fuscata</i>			2+		1			1
42	Rufous-throated Solitaire	<i>Myadestes genibarbis</i>			1					
43	Spectacled Thrush	<i>Turdus nudigenis</i>			1	1	1	1	1	
44	St Lucia Warbler	<i>Dendroica delicata</i>		2+	3+		2+	2+		2+
45	Bananaquit	<i>Coereba flaveola</i>	✓	✓	✓	✓	✓	✓	✓	✓
46	Black-faced Grassquit	<i>Tiaris bicolor</i>		4+	6+		2+	2+	2+	2
47	St Lucia Black Finch	<i>Melanospiza richardsoni</i>					4			1
48	Lesser Antillean Bullfinch	<i>Loxigilla noctis</i>	✓	✓	✓	✓	✓	✓	✓	✓

	Common name	Scientific name	January								
			3	4	5	6	7	8	9	10	
49	Lesser Antillean Saltator	<i>Saltator albicollis</i>		3				1			
50	Carib Grackle	<i>Quiscalus lugubris</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓
51	Shiny Cowbird	<i>Molothrus bonariensis</i>		✓	1						3
52	Antillean Euphonia	<i>Euphonia musica</i>			1						
53	St Lucia Oriole	<i>Icterus laudabills</i>			1			h			

Reptiles and Amphibians

1	Watts' Anole Lizard	<i>Anolis watsi watsi</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓
2	St Lucia Anole Lizard	<i>Anolis luciae</i>						3	1	1	
3	Lesser Antillean or Johnstone's Whistling Frog	<i>Eleutherodactylus johnstonei</i>	h	h	h	h	✓	h	h	✓	h
4	Red-snouted Tree Frog	<i>Scinax ruber</i>			h			h	h		
5	Boa Constrictor	<i>Constrictor oraphias</i>						Dead			

Mammals

1	Fraser's Dolphins	<i>Lagenodelphis hosei</i>					150+				
2	Pantropical Spotted Dolphins	<i>Stenella attenuata</i>					20+				
3	Small Asian Mongoose	<i>Herpestes javanicus</i>			1						
4	Common Free-tailed Bat	<i>Molossus molossus molossus</i>	✓	✓	✓	✓	✓	✓	✓	✓	✓
5	Antillean Fruit Bat	<i>Brachyphylla cavernarum cavernarum</i>					500+		1		
6	Southern Opossum	<i>Didelphis marsupialis</i>				Dead		Dead			

Crabs

1	Ghost Crab	<i>Ocypode quadrata</i>		✓	✓	✓			✓	✓	✓
2	Mottled Shore Crab	<i>Pachygrapsus transversus</i>		✓	✓	✓			✓	✓	✓
3	Land Crab	<i>Gecarcinus ruricola</i>			1			4	✓		

Molluscs

1	Marbled Chiton	<i>Chiton marmoratus</i>							✓		
2	Giant African Land Snail	<i>Achatina fulica</i>								1	
3	Pancake Slug	<i>Veronicella sloanei</i>							1		

Other insects

1	Spider Wasp	<i>Pepsis sp.</i>								3	
2	Red Bee	-		✓							
3	Bush cricket sp	-						1			

Butterflies, Moths and Dragonflies

1	Large Orange Sulphur	<i>Phoebis agarithe</i>	✓					✓	✓	✓	✓
2	Caribbean Buckeye	<i>Junonia coenia</i>								1	2
3	The Julia or Flambeau	<i>Dryas iulia</i>			1						
4	Long-tailed Skipper	<i>Urbanus proteus</i>			1					1	
5	Great Southern White	<i>Ascia monuste</i>	✓		1				✓	✓	✓
6	Gulf Fritillary	<i>Agraulis vanillae</i>									
7	Painted Lady	<i>Vanessa cardui</i>									
8	Little Yellow	<i>Eurema lisa</i>			1			✓	✓	✓	✓
9	White Peacock	<i>Anartia jatrophae</i>	2		1			1		1	1
10	Fiery Broken Dash	<i>Wallengrenia ophites</i>			1						

	Common name	Scientific name	January							
			3	4	5	6	7	8	9	10
11	Antillean Skimmer	<i>Orthemis macrostigma</i>		1+						

Fishes

1	Flying Fish	<i>Cypselurus</i> spp				✓				
2	Bar Jack	<i>Caranx ruber</i>			✓	✓		✓		
3	Trumpetfish	<i>Aulostomus maculatus</i>			✓	✓	✓	✓	✓	✓
4	Houndfish	<i>Tylosurus crocodilus</i>			✓	✓	✓	✓	✓	
5	Yellowhead Wrasse	<i>Halichoerus garroti</i>			✓	✓			✓	
6	Redband Parrotfish	<i>Sparisoma aurofrenatum</i>							✓	✓
7	Stoplight Parrotfish	<i>Sparisoma viridae</i>			✓	✓			✓	✓
8	Princess Parrotfish	<i>Searus taeniopterus</i>			✓	✓				
9	Yellowtail Parrotfish	<i>Sparisoma rubripinne</i>			✓	✓			✓	
10	Queen Parrotfish	<i>Searus vetula</i>			✓	✓		✓		✓
11	Puddingwife	<i>Halichoeres radiatus</i>			✓	✓	✓	✓	✓	✓
12	Brown Chromis	<i>Chromis multilineata</i>			✓	✓	✓	✓	✓	✓
13	Sergeant Major	<i>Abudefduf saratilis</i>			✓	✓	✓	✓	✓	✓
14	Yellowtail Damsel	<i>Microspathodon chrysurus</i>			✓	✓	✓	✓	✓	✓
15	Dusky Damselfish	<i>Steastes fuscus</i>				✓	✓	✓	✓	✓
16	Yellowtail Snapper	<i>Ocyurus chrysurus</i>			✓	✓				
17	Palameta	<i>Trachinotus goodei</i>						✓		
18	Blue Tang	<i>Acanthurus coeruleus</i>			✓	✓	✓	✓	✓	✓
19	Blue Chromis	<i>Chromis cyanea</i>			✓	✓	✓	✓	✓	✓
20	Banded Butterflyfish	<i>Chaetodon striatus</i>			✓	✓				
21	French Angelfish	<i>Pomacanthus paru</i>			✓	✓			✓	
22	Doctorfish	<i>Acanthurus chirurgus</i>								
23	Bluehead Wrasse	<i>Thalassoma bifasciatum</i>			✓	✓	✓	✓	✓	✓
24	Slippery Dick	<i>Halichoeres bivittatus</i>								
25	Yellow Goatfish	<i>Mulloidichthys martinicus</i>			✓	✓	✓	✓	✓	✓
26	Spotted Goatfish	<i>Pseudupeneus maculatus</i>			✓	✓				✓
27	Fairy Basslet	<i>Grama loreta</i>							✓	
28	Smallmouth Grunt	<i>Haemulon chrysargyreum</i>			✓	✓	✓	✓	✓	✓
29	French Grunt	<i>Haemulon flavolineatum</i>			✓	✓				
30	Squirrelfish	<i>Holocentrus adscensionis</i>			✓	✓				
31	Ocean Surgeon	<i>Acanthurus bahianus</i>		✓	✓	✓	✓	✓	✓	✓
32	Peacock Flounder	<i>Buthus lunatus</i>			✓	✓				
33	Eyed Flounder	<i>Bothus ocellatus</i>				✓				
34	Sand Diver	<i>Synodus intermedius</i>				✓				✓
35	Flying Gurnard	<i>Dactylopterus volitans</i>				✓		✓		
36	Smooth Trunkfish	<i>Lactophrys triqueter</i>			✓	✓	✓	✓	✓	✓
37	Orange-spotted Filefish	<i>Cantherhines pullus</i>					1		1	
38	Porcupine Fish	<i>Diodon hystrix</i>			✓	✓				
39	Clown Wrasse	<i>Halichoeres maculipinna</i>			✓	✓				
40	Schoolmaster Snapper	<i>Lutjanus apodus</i>			✓	✓				
41	Spotted Moray	<i>Gymnothorax moringa</i>				1			2	3
42	Garden Eel	<i>Hetroconger halis</i>				20+	3			
43	Goldspotted Eel	<i>Myrichthys ocellatus</i>							✓	✓
44	Cleaning Goby	<i>Gobiosoma genie</i>			✓	✓				
45	Caribbean Reef Squid	<i>Sepioteuthis sepioidea</i>						✓		
46	Caribbean Reef Octopus	<i>Octopus briareus</i>				1				

	Common name	Scientific name	January						
			3	4	5	6	7	8	9

Coral/sponge/associated inverts

1	Finger Coral	<i>Porites porites</i>			✓	✓	✓	✓	✓	✓
2	Brain Coral	<i>Diploria labyrinthiformis</i>			✓	✓	✓	✓	✓	✓
3	Symmetrical Brain Coral	<i>Diplora strigosa</i>			✓	✓	✓	✓	✓	✓
4	Common Sea Fan	<i>Gorgonia ventalina</i>			✓	✓	✓	✓	✓	✓
5	Swollen-knob Candelabrum	<i>Eunicea mammosa</i>			✓	✓	✓	✓	✓	✓
6	Mustard Hill Coral	<i>Porites astreoides</i>			✓	✓	✓	✓	✓	✓
7	Massive Starlet Coral	<i>Siderastrea siderea</i>			✓	✓	✓	✓	✓	✓
8	Elkhorn Coral	<i>Acropora palmata</i>			✓	✓	✓	✓	✓	✓
9	Porous Sea Rods	<i>Pseudoplexaura sp.</i>			✓	✓	✓	✓	✓	✓
10	Split-pore Sea Rods	<i>Plexaurella sp.</i>			✓	✓	✓	✓	✓	✓
11	Sea Plumes	<i>Pseudopterogorgia sp.</i>			✓	✓	✓	✓	✓	✓
12	Giant Barrel Sponge	<i>Xestospongia muta</i>			✓	✓	✓	✓	✓	✓
13	Yellow Tube Sponge	<i>Aplysina fistularis</i>			✓	✓	✓	✓	✓	✓
14	Stinker Sponge	<i>Ircinia felix</i>			✓	✓	✓	✓	✓	✓
15	Red Boring Sponge	<i>Cliona delitrix</i>			✓	✓	✓	✓	✓	✓
16	Lumpy Overgrowing Sponge	<i>Holopsamma helwigi</i>			✓	✓	✓	✓	✓	✓
17	Green Finger Sponge	<i>Iotrochota birotulata</i>			✓	✓	✓	✓	✓	✓
18	Long-spined Urchin	<i>Diadema antillarum</i>			✓	✓	✓	✓	✓	✓
19	West Indian Sea Egg	<i>Tripneustes ventricosus</i>							2	
20	Christmas Tree Worm	<i>Spirobranchus giganteus</i>			✓	✓	✓	✓	✓	✓
21	Social Feather Duster	<i>Bispira brunnea</i>			✓	✓	✓	✓	✓	✓
22	Bearded Fireworm	<i>Hermodice carunculata</i>			✓	✓	✓	✓	✓	✓
23	Algae Hydroid	<i>Thyroscyphus ramosus</i>			✓	✓	✓	✓	✓	✓
24	Mat Zoanthid	<i>Zoanthus pulchellus</i>			✓	✓	✓	✓	✓	✓
25	Spanish Lobster	<i>Scyllarides aequinoctialis</i>				✓				
26	Florida Horse Conch	<i>Pleuroploca gigantea</i>				✓				
27	Flamingo Tongue	<i>Cyphoma gibbosum</i>				✓	✓		✓	✓
28	Spaghetti Worm	<i>Eupolymnia crassicornis</i>			✓	✓	✓	✓	✓	✓
29	Star Horseshoe Worm	<i>Pomatostegus stellatus</i>							✓	✓

Plants

1	African Tulip Tree	<i>Spathodea campanulata</i>		✓				✓	✓	
2	Almond	<i>Terminalia catappa</i>		✓		✓	✓	✓	✓	✓
3	Anthurium	<i>Anthurium andraeanum</i>			✓					
4	Avocado	<i>Persea americana</i>								
5	Bamboo	<i>Bambusa vulgaris</i>		✓	✓		✓	✓	✓	✓
6	Banana	<i>Musa x paradisiaca</i>	✓	✓	✓			✓		✓
7	Bayleaf	<i>Pimenta racemosa</i>		✓	✓		✓	✓	✓	✓
8	Bird-of-Paradise	<i>Heliconia psittacorum</i>						✓	✓	✓
9	Black Mangrove	<i>Avicennia germinans</i>						✓		
10	Blue Mahoe Tree	<i>Talipariti elatum</i>			✓		✓	✓	✓	✓
11	Breadfruit	<i>Artocarpus altilis</i>		✓	✓		✓	✓	✓	✓
12	Bromeliads sp.		✓	✓	✓		✓	✓	✓	
13	Cacti	<i>Agave caribaeicola</i>			✓	✓				
14	Cacti	<i>Melocactus intortus</i>								
15	Calabash	<i>Crescentia cujete</i>		✓				✓	✓	
16	Cashew Nut	<i>Anacardium occidentale</i>					✓	✓		
17	Castor Oil Plant	<i>Ricus communis</i>								
18	Chataignier sp	<i>Sloanea spp</i>			✓		✓	✓		

	Common name	Scientific name	January							
			3	4	5	6	7	8	9	10
19	Clusier tree sp	<i>Clusia</i> spp			✓		✓	✓		
20	Club Moss	<i>Lycopodiella cernua</i>			✓					
21	Cinnamon	<i>Cinnmomum verum</i>		✓			✓		✓	
22	Cocoa	<i>Theoboma cacao</i>		✓			✓	✓	✓	
23	Coconut	<i>Cocos nucifera</i>		✓			✓	✓	✓	
24	Dasheen	<i>Colocasia esculenta</i>			✓		✓	✓	✓	
25	Fuschia	<i>Crantzia cristat</i>		✓						
26	Red Ginger	<i>Alpinia purpurata</i>		✓			✓	✓	✓	
27	Golden Apple	<i>Spondias dulcis</i>							✓	
28	Gommier Tree	<i>Dacryodes excelsa</i>		✓	✓		✓			
29	Grapefruit	<i>Citrus x paradisi</i>		✓			✓		✓	
30	Hibiscus	<i>Hibiscus rosa-sinensis</i>					✓	✓		
31	Lansan Tree (Incense Tree)	<i>Protium attenuatum</i>			✓			✓		
32	Lemon Grass	<i>Cymbopogon citratus</i>								✓
33	Lime	<i>Phaeolus lunatus</i>		✓			✓		✓	
34	Mango	<i>Mangifera indica</i>	✓	✓	✓				✓	
35	Mimosa	<i>Mimosa pudica</i>		✓	✓					
36	Mistletoe	<i>Phoradendron trinervium</i>						✓		
37	Norfolk Island Pine	<i>Araucaria heterophylla</i>								✓
38	Nutmeg	<i>Myristica fragrans</i>								✓
39	Sour Orange	<i>Citrus x aurantium</i>								✓
40	Orange	<i>Citrus x sinensis</i>		✓						✓
41	Orchid	<i>Epidendrum anustilobum</i>					✓			
42	Orchid	<i>Spathoglottis plicata</i>			✓		✓			
43	Orchid	<i>Ornithidium coccineum</i>			✓					
44	Scorpion Orchid	<i>Arachnante</i> sp.		✓						
45	Plantain	<i>Musa x paradisisaca</i>	✓	✓	✓			✓	✓	
46	Poinsettia	<i>Euphorbia pulcherrima</i>								
47	Red Birch	<i>Myrcia citrifolia</i>	✓	✓	✓	✓	✓	✓	✓	
48	Rubber Tree	<i>Hevea brasiliensis</i>			✓	✓	✓	✓	✓	
49	Soursop	<i>Annona muricata</i>		✓			✓	✓	✓	
50	Spike Moss	<i>Selaginella flabellata</i>			✓		✓			
51	Strangler Fig	<i>Ficus</i> spp						✓		
52	Surinam Cherry	<i>Eugenia uniflora</i>								✓
53	Swizzlestick Tree	<i>Quararibea turbinata</i>						✓		
54	Tangerine	<i>Citrus reticulata</i>		✓					✓	✓
55	Teak Tree	<i>Tectona grandis</i>		✓						
56	Ti kannou	<i>Asplundia rigida</i>			✓		✓			
57	Tree Fern	<i>Cyathea arborea</i>			✓			✓	✓	
58	Vanilla	<i>Vanilla planifolia</i>		✓	✓			✓		✓
59	Yellow Allamander	<i>Allamanda cathartica</i>	✓	✓	✓	✓	✓	✓	✓	✓
60	West Indies Mahogany Tree	<i>Swietenia mahagoni</i>						✓		
61	Turtle Grass	<i>Thalassia testudinum</i>			✓	✓	✓	✓	✓	✓

Naturetrek Facebook

We are delighted to launch the Naturetrek Facebook page so that participants of Naturetrek tours can remain in touch after the holiday and share photos, comments and future travel plans. Setting up a personal profile at www.facebook.com is quick, free and easy. The [Naturetrek Facebook page](#) is now live; do please pay us a visit!