

cruising guide to the leeward islands

Cruising Guide to the Leeward Islands

The Leeward Islands, part of the Lesser Antilles, are a paradise for sailors, offering stunning landscapes, vibrant cultures, and a variety of activities that cater to every type of cruiser. This article serves as a comprehensive cruising guide to the Leeward Islands, detailing the best places to visit, essential tips for sailing in the region, and insights into local culture and cuisine.

Overview of the Leeward Islands

The Leeward Islands stretch from the British Virgin Islands in the north to Dominica in the south. This group of islands is known for its beautiful beaches, crystal-clear waters, and lush vegetation. Key islands in this region include:

- Saint Martin/Sint Maarten
- Anguilla
- Saint Barths (Saint Barthélemy)
- Saba
- St. Eustatius
- Saint Kitts
- Nevis
- Antigua and Barbuda
- Montserrat

Each island has its own unique charm, making the Leeward Islands an excellent destination for both novice sailors and experienced cruisers.

Best Islands to Visit

1. Saint Martin/Sint Maarten

Split between French and Dutch territories, Saint Martin/Sint Maarten is a bustling hub for sailing enthusiasts. The island features:

- Marigot: The French capital, known for its markets and gourmet restaurants.
- Philipsburg: The Dutch capital, famous for shopping and vibrant nightlife.
- Maho Beach: A unique beach where planes fly just overhead.

The island offers numerous mooring options and marinas, making it an easy

stopover for cruisers.

2. Anguilla

Anguilla is renowned for its stunning beaches and laid-back atmosphere. Key highlights include:

- Shoal Bay: Often ranked among the top beaches in the world.
- Meads Bay: A tranquil spot perfect for swimming and relaxing.
- Local Cuisine: Don't miss trying the island's famous grilled lobster and fresh seafood.

Anguilla's mooring facilities are generally less crowded, providing a peaceful anchorage experience.

3. Saint Barths (Saint Barthélemy)

Saint Barths is synonymous with luxury and glamour. This island is a favorite among celebrities and features:

- Gustavia: The capital with its chic boutiques and fine dining options.
- Shell Beach: A picturesque spot ideal for sunbathing.
- Festivals: The island hosts numerous events, including the Saint Barth Film Festival and the Bucket Regatta.

While the island is known for its upscale atmosphere, it also offers several marinas and mooring options for cruising boats.

4. Saba

Saba, often referred to as the "Unspoiled Queen," is a diver's paradise. Key features include:

- Diving: Exceptional dive sites surrounding the island.
- Hiking: The Saba Trail leads to the highest point in the Netherlands.
- Local Culture: Experience traditional Saban hospitality and cuisine.

Saba's harbor is small, and mooring options are limited, but the island's allure makes it worth the stop.

5. Antigua and Barbuda

Antigua boasts 365 beaches, one for every day of the year. Highlights

include:

- Nelson's Dockyard: A historic marina and cultural site.
- Half Moon Bay: A stunning crescent-shaped beach.
- Barbuda: Known for its pink sand beaches and bird sanctuaries.

The island is well-equipped for cruisers with numerous marinas and mooring buoys available.

Planning Your Cruise

Before setting sail in the Leeward Islands, consider the following essential planning tips:

1. Best Time to Sail

The ideal sailing season in the Leeward Islands typically runs from December to April. This period offers pleasant weather and calm seas. However, it can also be the busiest time, with many yachts flocking to the region.

2. Navigational Considerations

While the waters surrounding the Leeward Islands are generally safe, some key navigational points to keep in mind include:

- Coral Reefs: These are common, especially around shallower areas. Use caution when anchoring.
- Local Charts: Always use updated nautical charts for accurate navigation.
- Weather Conditions: Regularly check weather forecasts as conditions can change rapidly.

3. Customs and Immigration

Each island has its own customs and immigration regulations. It's essential to:

- Check In/Out: Always check in and out with local authorities when moving between islands.
- Documentation: Carry proper documentation, including passports, boat registration, and insurance.

4. Provisioning and Supplies

Most islands in the Leeward chain have grocery stores and markets, but provisioning can vary. Some tips include:

- Local Markets: Visit local markets for fresh produce and local specialties.
- Plan Ahead: If you're visiting smaller islands, consider stocking up on essentials at larger islands like Saint Martin or Antigua.

Local Culture and Cuisine

One of the highlights of cruising in the Leeward Islands is the opportunity to experience the rich local culture and cuisine. Here are some cultural practices and dishes to look out for:

1. Festivals and Events

The Leeward Islands celebrate numerous festivals throughout the year, including:

- Carnival: Celebrated with parades, music, and dancing, particularly in Antigua and Saint Kitts.
- Regattas: Various sailing competitions take place, attracting sailors from around the world.

2. Culinary Delights

The islands offer a diverse culinary scene influenced by African, European, and Caribbean flavors. Must-try dishes include:

- Conch Fritters: A local delicacy made from conch meat.
- Roti: A popular dish filled with curried meats or vegetables.
- Tamarind Sauce: A common accompaniment for fish and meats.

Dining at local restaurants not only supports the economy but also provides a genuine taste of island life.

Conclusion

The Leeward Islands stand as a premier destination for cruising, combining breathtaking scenery with rich cultural experiences. From the lively atmosphere of Saint Martin to the serene beaches of Anguilla, each island

offers something unique for sailors. By planning ahead, understanding local customs, and embracing the vibrant culture, your cruising adventure in the Leeward Islands will undoubtedly be memorable. Whether you're a seasoned sailor or a novice, the allure of these islands is sure to captivate your heart and soul.

Frequently Asked Questions

What are the top islands to visit in the Leeward Islands for cruising?

The top islands to visit in the Leeward Islands include St. Martin, Antigua, Guadeloupe, Dominica, and St. Kitts. Each island offers unique attractions, beautiful beaches, and vibrant local cultures.

What is the best time of year to cruise the Leeward Islands?

The best time to cruise the Leeward Islands is during the dry season, which typically runs from December to April. This period offers pleasant weather and is ideal for sailing and outdoor activities.

What are some essential tips for first-time cruisers in the Leeward Islands?

First-time cruisers should familiarize themselves with local navigation charts, check weather conditions regularly, understand customs and immigration procedures, and plan their itinerary to include popular anchorages and safe harbors.

Are there any notable events or festivals to experience while cruising in the Leeward Islands?

Yes, notable events include Carnival celebrations in various islands, such as St. Kitts and Antigua, the Antigua Sailing Week in April, and the St. Barth's Bucket Regatta. These events offer a vibrant cultural experience.

What are the best activities to do while cruising in the Leeward Islands?

Popular activities include snorkeling and diving in crystal-clear waters, exploring rainforests and hiking trails, enjoying local cuisine at beachside restaurants, and participating in water sports such as paddleboarding and kayaking.

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