



2009 Press Kit

NEVIS FACTS & FIGURES

OFFICIAL NAME	Nevis is the smaller of the two islands which make up the Federation of St. Kitts and Nevis.
CAPITAL	Charlestown
AIRPORT	Vance W. Amory International Airport, Nevis
AIRLINES:	American Eagle, Liat, Winair (please note that the American schedule is on hold until fall 2009)
LOCATION & GEOGRAPHY	Latitude 17.10 degrees North, Longitude 62.35 degrees West 93 sq. km/ 36 sq. miles 8 miles in length, 6 miles in width
POPULATION	11,000
ETHNIC BREAKDOWN	94.9% of African descent, 5.1% Mixed/White/Indo-Pakistani
OFFICIAL LANGUAGE	English
GOVERNMENT	Constitutional monarchy with Westminster-style parliament
ENTRY REQUIREMENTS	Passport and airline ticket
CURRENCY	Eastern Caribbean Dollar (EC) Exchange rate: \$2.70 EC to \$1.00 US (Approx. \$4.54 EC to £1.00)
AIRPORT TAXES & FEES	Departure Tax: \$17 US (approx. £9.81), Environmental Levy Tax: \$1.50 US (approx. £0.87) Nevis Airport Security Fee: \$2.00 US (approx. £1.15)
HOTEL TAX & SERVICE CHARGES	9% room tax, 10% service charge

For further information call 1-866-55NEVIS from the U.S. or visit www.nevisisland.com

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NO NEED TO BREAK THE BANK IN NEVIS

This upscale Caribbean island offers travelers plenty of affordable activities

NEVIS, West Indies – April 8, 2009 – The island of Nevis is known for its upscale appeal with luxury accommodations, fine dining and classic Caribbean hospitality, but travelers on a budget can experience an authentic Nevisian experience full of history, culture and adventure for less than \$100. With these affordable activities, visitors can explore Nevis by land or water.

Free

- Walk into the rainforest above The Hermitage Plantation Inn in the early morning to see how many Green Vervet monkeys you can count
- Enjoy sun, surf and sand with a fruity rum drink in hand at Pinney's, Nisbet, Oualie and Lover's Beaches
- Hike Golden Rock Nature Trail to explore Nevis' tropical rainforest full of exotic plant life and indigenous fruit trees. Maps are available at Golden Rock Plantation Inn (www.golden-rock.com) / P: 869-469-3346)
- Visit the charming waterfront capital of Charlestown to browse the shops and photograph the town's well-preserved colonial architecture
- Wander the fruit and vegetable market in town on Saturday mornings
- Visit the Philatelic Bureau and view the beautiful stamp collection – some of the most sought-after in the world
- Visit the historic Cottle Church, near the Mount Nevis Hotel, which was built in 1824 for the former president of Nevis' family and slaves to worship together

Under \$50

- Learn about Nevisian heroes at The Museum of Nevis History and the Alexander Hamilton Museum - \$5 per adult. Visit one museum, admission is reduced at the second (www.nevis-nhcs.org)
- Visit the Nevis Botanical Gardens to stroll through and relax in the tropical gardens - Adults \$10 (www.botanicalgardennevis.com)
- Take a snorkeling lesson at the Under the Sea Sealife Centre - \$25 per person (www.undertheseanevis.com) / P: 869-469-1291)
- Taste the real tropics at Mansa's Last Stop organic farm – choose from his fresh pineapple and mango juices or gingerbeer. Juices cost approx.\$3

Under \$100

- Explore Nevis on horseback. Guided trail rides are available from The Hermitage Plantation Inn's stables - \$55 per person for 1½ hours (www.hermitagenevis.com) / P: 869-469-3477)
- Experienced snorkelers will enjoy the Under the Sea Sealife Centre's Touch and Go Snorkel Trip - \$55 per person (www.undertheseanevis.com) / P: 869-469-1291)
- Have some fun on an adventurous mountain bike tour tailored to intermediate cyclists - \$60 per person (www.bikenevis.com) / P: 869-469-9682)
- Go to the movies island-style...by boat. Scuba Safaris offers trips to St. Kitts on Sunday afternoons (times vary according to movie schedules) followed by a stop at Frigate Bay for a drink \$47 (www.scubanevis.com) / P: 869-469-9518)
- Unwind with an Indian head massage at the new Compassionate Touch Spa - \$50 (<http://www.compassionatetouchspa.com>) / P: 869-469-9748)

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DIVE INTO NEVIS HISTORY

Nevis Dive Shop and Hotels Offer a Unique Perspective of Island History

Nevis, West Indies – February 23, 2009 – Scuba Safaris, the only certified dive facility in Nevis, is putting Nevis on the Caribbean dive map with their new commemorative offshore diving experience to the largely unexplored Christena Ferry site, located between the two islands.

“The Christena, a local ferry servicing St. Kitts and Nevis, sunk to the ocean floor on August 1, 1970, taking the lives of 236 passengers. The tragedy is a big part of Nevisian history and it’s important that visitors know what a powerful effect it had on the island,” said Ellis Chaderton, Scuba Safaris owner/operator. “While wreck diving is always a unique experience for divers, we’re confident the Christena dive will become one of the most well-known sites in the Caribbean not only for its history, but for its beauty and variety of sea life.”

In a collaborative effort, Scuba Safaris and Oualie Beach Resort, which are both located on Oualie Beach, have minted and are selling silver (\$50 USD) and bronze (\$20 USD) collective coins aimed at establishing and maintaining a protected underwater sanctuary surrounding the vessel. In addition to the Christena Memorial Dive, St. Kitts and Nevis offer a wealth of historical dive options as more than 400 ships sank off the shores between 1493 and 1825. However, only a dozen have been identified.

Scuba Safaris offers daily one- and two-tank dives to relatively new, untouched dive sites for divers of all levels including Monkey Shoals, a two square mile reef; Devil’s Caves, where divers can navigate through deep caverns and overhangs; and the Thermal Vents, where water as hot as 100F fizzes up from the island’s dormant volcano.

Underwater explorers can take advantage of being on the beach for early morning dives by staying at Oualie Beach Resort, a classic Caribbean hotel featuring charming guestrooms, a beachfront bar with tables in the sand and live music twice a week. Oualie is now offering a special dive package priced at \$1,131 USD (including taxes and gratuity), which includes accommodations for seven nights and five daily two tank dives. For reservations, call 869-469-9735 or visit www.oualiebeach.com.

Hotel dive packages are also available at [Nisbet Plantation Beach Club](#), [The Hermitage Plantation Inn](#), [Golden Rock Inn](#), [Mount Nevis Hotel](#) and [Firefly Cottages](#). Please visit www.scubanevis.com for details.

Scuba Safaris also recently launched complimentary *Discover Scuba Diving Pool Dives* for visitors interested in dive lessons. Pool courses are available at The Hermitage Plantation Inn by appointment and Nisbet Plantation Beach Club every Tuesday at 11 a.m. For more information on scuba diving in Nevis, call Scuba Safaris at 869-469-9518 or visit www.scubanevis.com.

For more information about the island of Nevis, please contact the Nevis Tourism Authority toll-free at 1-866-55NEVIS or visit www.nevisisland.com.

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NEVIS GEOTHERMAL PROJECT ON TRACK

The island expects to be energy self-sufficient in 2010

NEVIS, West Indies – February 2009 – The completion of a geothermal power plant in late 2009 is expected to allow the island of Nevis to be 100 percent self-sufficient with renewable power. According to Kerry McDonald, CEO of West Indies Power, the company will begin construction of the 10 megawatt power plant in the spring of 2009, which is anticipated to supply power to Nevis in the first half of 2010.

West Indies Power Nevis Ltd. began drilling at the first of five viable sites on Nevis in January 2008 and after much success with the Spring Hill Reservoir, known as Nevis I, the company expanded the reserves of the reservoir at Drill Site Nevis 2 in Upper Jessups Village in the St. Thomas Parish. In October, the discovery of high temperatures at Nevis 3 at Hamilton Estate, 2.5 miles south of Nevis 1 at Spring Hill, confirmed the existence of a continuous geothermal reservoir between the two wells.

When the project is complete, it is predicted that Nevis will generate hundreds of megawatts of power. Ten to twelve megawatts will be devoted to Nevis and the rest would be for export via submarine electrical transmission cables. Cable technicians have been inspecting the crossing between St. Kitts and Nevis.

The potential of geothermal energy for small, developing nations such as Nevis is encouraging, especially as geothermal power is less expensive than other renewable and fossil fuel sources. Nevis has plans to sell its excess electricity to nearby neighbors such as St. Kitts, Anguilla, St. Maarten, and the US Virgin Islands. This initiative will establish Nevis as one of the least dependent nations in the world on fossil-fuels. It will allow for a rise in the standard of living, an increase in job opportunities and a cleaner environment for residents and visitors to enjoy.

The island of Nevis is located in the Leeward Islands of the West Indies archipelago. This tiny jewel is just eight miles long and six miles wide, yet it has a natural beauty that is unparalleled. The Spanish explorers called Nevis, "Nuestra Senora de las Nieves" (Our Lady of the Snows) as a tribute to the white clouds surrounding the island's central volcanic peak. Its green foothills support tropical rainforests, secluded valleys, historic plantations and the remains of sugar cane fields while its turquoise waters lap palm-fringed beaches. For more information about the island of Nevis, please contact the Nevis Tourism Authority toll-free at 1-866-55NEVIS and check out their website at www.nevisisland.com.

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SWEET NEVIS

What's the buzz about bees?

The island of Nevis provides an idyllic backdrop for this growing trend

NEVIS, West Indies – What's the buzz on bees? From kicking back and reading best selling books such as *The Secret Life of Bees* by Sue Monk Kidd, *The Absence of Nectar* by Kathy Hepinstall Putnam and *Bee Season* by Myla Goldberg to tasting the sweet nectar of golden honey, there's no better way to enjoy both indulgent pleasures than on the island of Nevis. Located in the Leeward Islands of the West Indies, Nevis is home to spectacular unspoiled beaches, ideal for reading and relaxation, and a beekeeping industry that produces honey with a sweet one-of-a-kind taste known only to Nevis.

Beekeeping has been practiced for centuries in Nevis. "Nevis takes great pride in the fact that we produce such a distinct natural specialty food," said Vincent Weeks, a Nevis Beekeeper. "The island's honey is unique because of the wild and tropical flowers found in abundance on Nevis that allow for a distinctive nectar and pollen mixture that creates the final product. The honey is also exceptional because Nevis bees do not suffer any of the bee diseases that affect bees elsewhere," said Weekes.

While in Nevis, visitors are welcome to visit the Nevis Beekeepers Cooperative and see honey extraction facilities and candle making demonstrations. Friendly Beekeeper Weekes and his wife, Ordett, are more than happy to explain and demonstrate the process of beekeeping and reveal the "secret lives of bees." With advance notice they can also demonstrate how honey is processed and packaged. For more information call 869-469-3263.

In keeping with the theme of bees, after a relaxing day of reading at the beach and touring the beehouse, visitors should stop at the infamous Sunshine's Beach Bar and Grill, located on a four mile stretch of Pinneys Beach, where the "secret recipe" beverage of choice is a drink by the name of "Killer Bee," a tantalizing rum concoction that carries a very big sting.

Known as a universal medicine as well as a cosmetic remedy, honey is mankind's oldest food and medicine. The most commonly used remedies are for sore throats and coughs. Honey is also believed to be a therapy to treat burns, sleeplessness, fatigue, and stress. Cosmetic treatments include a facial cleanser, hair conditioner, and skin moisturizer.

Here are some recipes to put Nevis Honey to use besides tantalizing the taste buds.

Burns

Apply Nevis honey freely over burns. The honey will cool the area and remove pain and will also aid in faster healing without scarring. Apart from being a salve and antibiotic, bacteria cannot live in honey.

Deep Facial Cleanser

Create a mixture containing half oatmeal and half Nevis honey. Mix until thick and then apply as a face pack. Leave the mixture on for a half hour and wash off thoroughly with warm water.

Cough Remedy

6 ounces Nevis Honey

2 ounces glycerin

Juice of 2 lemons

Mix ingredients well. Bottle and cork firmly. Use as needed.

Nevis is part of the Federation of St. Kitts & Nevis and is located in the Leeward Islands of the West Indies. The seven pristine beaches of Nevis offer white sand and crystal blue Caribbean waters along the 36 square mile island. The beaches are ideal locations to pull up a hammock, beach chair or beach towel along with a bottle of Nevis honey and join the swarming book trend and enthusiasm surrounding bees.

For more information about the island of Nevis, please contact the Nevis Tourism Authority toll-free at 1-866-55NEVIS (from US) or 0-808-234-2064 (from UK) and check out their website at www.nevisisland.com.

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Source:

Honey: Medicine in the Food Cupboard

www.earthhealers.co.nz/honey.htm



ENDLESS ADVENTURES

Nevis is not just for peace and quiet

NEVIS, West Indies – The Caribbean island of Nevis is part of the Leeward Islands, all of which are famous for their lush, subtropical beauty. But much more lies beyond the island's extreme tropical beauty; from the peak of Mount Nevis to the ocean and beyond, the island offers an endless abundance of activities. Nevis begs for bikinis, hiking boots, sunglasses and shorts. The welcoming tropical weather, with its warm sun and cool breezes, provides exceptional climate for the outdoor enthusiast. Visitors to Nevis often reminisce that the island evokes memories of the Caribbean as it used to be...yet now hosts all the modern amenities and a range of accommodations to satisfy the most discriminating traveler.

From pro to novice, Windsurfing 'n' Mountain Biking with Winston Crooke provides rentals and lessons and the opportunity to speed across the turquoise blue waters of Nevis or to cycle and explore the green foothills supporting tropical rain forests, secluded valleys, historic plantations and the remains of sugar cane fields.

Rainforest and hidden ruin hikes are offered by several experienced tour guides on the island. Lynell Liburd leads Sunrise Tours to little-known areas such as Devil's Copper, New River Spring, and three magnificent waterfalls. Biologists Jim and Nikki Johnson, of Top to Bottom Tours, offer 17 different educational hikes throughout the island, from a walk in the "green ghaut" to climbing Nevis Peak. The Nevis Equestrian Centre's trail horses ride through the foothills, skirting Nevisian villages and along the natural palm-fringed beaches, another opportunity to navigate the 35 square mile island. The Upper Round Road trail passes through local villages, quaint West Indian houses, a seasonal rain forest and locally grown fruit orchards and vegetable gardens.

Constructed during the 1600's, this 9-mile path was part of an extensive road system built to provide access to the estate cane fields and communities that once surrounded the Nevis Peak. Now, with the help of the Nevis Historical and Conservation Society and their very informative signage, the trail is a favorite for hiking, horseback riding and off-road mountain biking.

Visitors can enjoy the crystal blue waters for under water adventures with varied wrecks and sea life. At Under the Sea, a sealife educational center on Nevis, founder Barbara Whitman, a marine biologist and educator, acts as tour guide and teaches visitors all about the creatures they encounter. Touch and Go, Whitman's hands-on laboratory experience, offers a pre-snorkeling/Scuba diving experience that reveals the secrets to enhancing the beauty and knowledge about what one might discover.

This tiny jewel is just eight miles long and six miles wide, yet it has a natural beauty that is unparalleled. The Spanish explorers called Nevis, "Nuestra Senora de las Nieves" (Our Lady of the Snows) as a tribute to the white clouds surrounding the island's central volcanic peak. Nevis is a tranquil island paradise where relaxation is raised to an art form.

For more information about activities on Nevis, contact the Nevis Tourism Authority at (866) 55-NEVIS (from US) or visit their website www.nevisisland.com.

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NEVIS INVITES VISITORS TO GET THEIR FEET WET

Oualie Beach is the place to go on the island for water sports

NEVIS, West Indies – Oualie Beach on Nevis' northwestern coast is the ideal spot for those who love scuba diving, snorkeling, fishing, windsurfing and kayaking. Visitors from all over the island come to Oualie Beach for their water sports activities and guests staying at the Oualie Beach Resort can take advantage of all the action just steps from their guestroom door.

www.oualiebeach.com

Travelers interested in exploring the underwater vistas surrounding the island can schedule a trip with Scuba Safaris, based right on site at the Oualie Beach Resort. Scuba Safaris offers everything from basic open water certification courses to specialty courses such as deep, night, wreck and advanced diver. Ellis Chaderton, owner/operator, and his talented team offer daily, guided two-tank boat dives to wrecks, reefs, caverns and canyons, resort courses (for first time divers) and snorkel excursions. Scuba Safaris is the only dual facility in the Federation of St. Kitts and Nevis to offer both P.A.D.I. and N.A.U.I. certifications. For reservations, call 869-469-9518 and visit www.scubanevis.com for more information.

At the Sealife Education Center, known as Under the Sea, Barbara Whitman, a marine biologist, fascinates visitors with tales about the world beneath the waves. Ms. Whitman has three large touch tanks filled with sea animals including moray eels, sea turtles, brittle stars and sea urchins, allowing guests to get up close and personal. Her guided snorkel trips are designed to teach how to see things that even experienced snorkelers and scuba divers might swim right past. Programs are designed for adults, but modified for families. Please call 869-469-1291 for reservations or email terramar@caribcable.com. For more information, visit www.undertheseanevis.com.

For those who'd like to stay on top of the water, Windsurf Nevis offers plenty of opportunities for windsurfing. Champion windsurfer Winston Crooke is more than happy to show visitors the ropes from his headquarters on Oualie Beach. Lessons for all levels are available as well as rentals. For reservations, call 869-469-9682 or e-mail windsurf@caribsurf.com.

Nevis Water Sports Ltd operates game fishing boats out of Oualie Beach Resort and their main catch includes Wahoo, Mahi-Mahi and Tuna. Visit www.fishnevis.com for more information. Turtle Tours are also based at Oualie Beach and offer guided ocean kayak tours. Hobie Cats and Sunfish dinghy sailing is available and "Caona", a 40 foot Catamaran can take guests for fast sails across to perfect snorkeling spots in the Lee of St. Kitts.

Miles Denne, a marine biologist, also operates Nevis Yacht Charters which offers sunset cruises, full and half-day charters. Captain Denne can be reached at 869-664-9171 or visit www.nevisyachtcharters.com for more information.

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