

MAKING LIFE MORE FUN

Finding An Island Adventure On Martinique

(NAPSA)—If your idea of a “restful” vacation involves cycling, hiking and even canyoning, you may want to check out the Caribbean island of Martinique.

Although the beaches still remain Martinique’s most popular attraction, more and more visitors are coming to this little bit of France in the Caribbean to enjoy a variety of ecotourist activities.

With its remarkable variety of landscapes, Martinique lends itself well to ecotourism. The island boasts soaring mountains and dramatic volcanoes, cascading waterfalls, lush, tropical rain forests and more. Here’s a breakdown of popular activities:



Canyoning at Gorges de la Falaise.

Hiking And Walking

There are hiking tours for all levels, but the more serious ones include a two-hour climb up Mont Pelée, a dormant volcano. There is



also easier hiking in the coastal rain forest between Grand-Rivière and Le Prêcheur and on the Presqu’île de la Caravelle, a peninsula jutting six miles into the Atlantic.

Cycling

The island offers a number of biking itineraries. Cyclists can rent bikes in Fort-de-France or Pointe du Bout. For serious biking there is the annual “Tour de la Martinique,” a thrilling, weeklong race with international teams competing in a miniversion of the famous “Tour de France.”



Martinique’s coastal road.

Photos courtesy of Martinique Promotion Bureau/CMT USA

Canyoning

Tucked away in the heart of the northern tropical rain forest

are the Gorges de la Falaise, a remarkable “little canyon” with hiking trails leading to a beautiful waterfall. Absalon, Alma and the hot springs of Le Prêcheur also provide “not-to-difficult” climbing, with the added bonus of a waterfall to cool off in after the hike.

For more information, visit www.martinique.org.

Martinique At A Glance

- The French island of Martinique lies in the heart of the Caribbean Archipelago and is one of the many islands that make up the group known as “The Breezy Islands.”
- The 426-square-mile island has the Atlantic Ocean to the east and the Caribbean Sea to its west. It’s 1,400 miles from Miami and has a mean temperature of 79°.
- Martinique is home to a number of natural attractions, including the two peaks of Carbet and Mont Pelée—a dormant volcano spanning 4,586 vertical feet. The island is also home to a tropical rain forest, the majestic Lamentin Plain, and the beautiful Les Salines Beach.
- Visitors to Martinique shop for indigenous art, as well as fine clothing and wares. The island also has a number of fine restaurants and luxury hotels. The island’s events and street festivals provide a taste of its culture and hospitality.