



Eats Around Guadeloupe

With Norwegian Airlines new super low flight cost (sometimes \$49 one way!) to Guadeloupe from JFK, we jumped on the chance to get a long weekend getaway this winter to this small bit of France in the Caribbean. We definitely were not disappointed! This archipelago is quite large (you will spend 3-4 hours in a car if you want to drive the whole thing) with many different options for different types of vacationers, and, of course, wonderful food options for over eaters like us! We stayed on the two largest islands, Grande-Terre and Basse-Terre, which are connected by a bridge, and both offer completely different and awesome options. Since these islands are part of France, they speak French with very, very few people who live there or visit who speak English, so it was a bit tricky to do research before we went. We also went before the height of the tourist season, so many places were closed until the start of the season, something to keep in mind for your travels. So, here's what we figured out and wish we would have known!



Grande-Terre

Grande-Terre is your classic Caribbean getaway. White sand beaches, larger resorts and it has more options for party goers and families with young children. This is the place for folks who want to sit on the beach and relax.



Basse-Terre

Basse-Terre is the volcanic island. It has black and pink sand beaches and more of a wild feel to it with lots of waterfalls and hiking in the Parc National, a huge rainforest that takes up most of this island. Towns are far between here, so many of the places to stay are small B&Bs hidden in the mountain or rainforest. It's get for those more adventurous!

Where We Stayed:

On Grande Terre.. we stayed at La Creole Beach Hotel, a very large hotel with lots of amenities. This was a great jumping off point and finishing point because it was only 30 minutes to and from the airport, which we needed because Norwegian flies you in late and leaves early. So, we started and ended our trip there. It has a wonderful pool and a very nice spa, which we were all about after hiking for several days! It has a pretty white sand beach and is very close to many locally owned restaurants in the nearby towns of Pointe a Pitre and Gosier, which are both very lively.



On Basse Terre... we stayed in Le Jardin Malanga. This was our secluded get away, and one of the best places we have ever stayed. It's a former banana plantation turned B&B, high up in the rainforest and facing south with an infinite pool looking upon Les Saintes, a smaller archipelago which is not to be missed. Everyone has their own little cabin, and our favorite part was that the couple who owns in, Claire and Laurent serve a 3-course dinner every night combining their French cooking techniques with local food he picks up at the market in the morning. Everything was to die for, and 38 euros for the whole meal.



What We Did:

Our Favorite Beaches



Pan Au Sucre (Les Saintes)



Plage Malandre: Black Sand (Basse Terre)



Petit Anse, Pink Sand

Our Favorite Waterfalls



Saut D'Acomat (Tricky to get to)



Cascade Aux Ecrevisses (Very easy to get to)



Night Market

Saint Francois
Night Market
(Tuesday nights):
Lots of food
vendors and local
artisans

Day Trip to Les Saintes

Rent a scooter and
drive the island to
visit Fort Napoleon
where the views of
the UNESCO



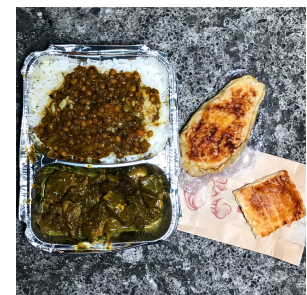
World Heritage Site bay is on full display!

What We Ate and Drank:



Bokit, Food Trucks, and Food Stalls: There are tons of trucks selling Bokit, a fry bread sandwich topped with French ingredients like ham and cheese all over Guadeloupe! Find one with a deep line and get it Complet (with all the fixings!) Most of the food we ate on

island were at food stall along roads and beaches; when we saw a line, we stopped and I highly recommend that strategy as it led us to the best food. We ended up getting some of the best food that way like Bokits, Tourment de amour, a local pastry, Goat Colombo, curried crab patties and many more.



Guadeloupe's Rum Cocktails: Ti Punch and Planteurs are the cocktails of choice and available almost everywhere on Guadeloupe made from rum distilled on island using sugar cane grown on island as well. Ti Punches are great for those who like things straight up while Planteurs are for those who like more of a mixed drink.



Ti Kaz La: One of the few sit down restaurants we hit up, this little beach shack right on the bay on Terre de Haut on Les Saintes serves up some really delicious French food using Caribbean ingredients. Not to be missed are the Accras, the local codfish fritters, the boudin or blood sausage, and the Mango Souffle for dessert.



La Toubana: This was our treat ourselves, splurge restaurant of the trip. High up on a cliff overlooking Saint Anne and its famous white sand beach. This is a higher end restaurant serving Creole classics. We opted for the less pricey lunch option and got enjoy the gorgeous daytime views of the sea and beach. We loved the conche ceviche, the goat curry, and the filet. Don't miss their coconut cream and ice cream dessert. It was absolutely amazing.



Le Jardin Malanga: When choosing a hotel on Basse Terre, make sure you choose

one that has delicious food as the roads at night down the mountains are not easily drivable unless you are skilled and brave. It was a main reason we stayed at Le Jardin Malanga because the food is unbelievable and it's a different



chef's menu every night, with every other night alternating fish or meat. They have a wonderful wine selection and you eat with only 8 other tables under the stars and next to their beautiful infinity pool. Keep your fingers crossed the chef serves the local crayfish because they are delicious but either way there will be French pastries each night so you can't go wrong.



To view all our of pictures from the trip on Instagram, use the hashtag:
#queenseatsingadeloupe

For those who would like to do more research, here are resources we liked using
and very, very helpful:

- **Guadeloupe Guide, <http://www.guadeloupeguide.com>**
- **Vogue Article: <https://www.vogue.com/article/guadeloupe-french-island-travel-guide>**
- **New York Times Article: <https://www.nytimes.com/2017/01/17/travel/guadeloupe-caribbean-food-french.html>**
- **Zig Zag on Earth, Guadeloupe Beaches: <https://www.zigzagonearth.com/best-beaches-guadeloupe/>**

If you have any more questions, please email us at
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