



## **Coconut Bay Beach Resort & Spa Events Calendar Highlights Wellness Month, Pickleball in Paradise and the Annual Rum and Rhythms Festival**

VIEUX FORT, Saint Lucia (April 21, 2026) – Coconut Bay Beach Resort & Spa, Saint Lucia’s most popular Premium All-Inclusive, offers a calendar of wellness activities, special events and holiday traditions that showcase the best of the island’s hospitality. “We’ve created a calendar that adds more to the guest experience while still reflecting what makes Saint Lucia special,” said John Miles, General Manager of Coconut Bay Beach Resort & Spa.

The resort helps guests focus on their fitness goals year-round, making it easy to stay active while enjoying a vacation. These offerings all come together in June during the annual Health and Wellness Month, which features extra fitness classes, spa specials and multi-day spa packages. Staying active is easy with a Daily Activity Calendar including oceanfront yoga, beach volleyball and aqua fitness. The air-conditioned Fitness Center provides the perks of a gym membership with state-of-the-art equipment including new ellipticals and treadmills, in addition to classes like Pilates, Ab Lab and Body Burn. Guests can also explore Saint Lucia on guided excursions from cycling and nature walks through the rainforest to a therapeutic mud bath at the Sulphur Springs.

When it’s time to unwind, the Sanctuary Spa is a peaceful retreat that has been recently refreshed. Guests can book therapies in oceanfront spa cabanas or indoor treatment rooms, then relax on the new relaxation deck. The upgraded spa menu uses organic and locally sourced ingredients for a range of massages, facials, and rejuvenating scrubs. To complete their experience, guests can unwind in the newly remodeled saunas and steam rooms.

Dining is central to the resort experience across nine venues where a farm- and ocean-to-table approach features locally sourced fish brought from the boat to the plate the same day. Coconut Walk has introduced new menus offering an updated selection of fresh salads, fruits, and lighter fare in addition to guest favorites. While the resort has always offered plant-based menu items, Seasons Veggie Bistro is its first restaurant dedicated entirely to the cuisine serving bold flavors and wholesome non-processed ingredients. For a natural refresh, guests can sip coconut water harvested from the resort’s trees or enjoy fresh sugarcane juice poolside at the Jerk Treehouse.

Now in its third year, Pickleball in Paradise returns from April 26 through May 3, led by pickleball professional Eddie Aziz. A social way to stay active, the event features a full schedule of instructional clinics, casual matches and tournament competition for all skill levels on five freshly resurfaced, floodlit courts. Participants take home a commemorative event T-shirt, and tournament winners receive prizes.

Music and culture are featured throughout the year, including Jazz on Resort from May 3 to May 10. Celebrating the Saint Lucia Jazz Festival the week includes performances by the regions finest entertainers ranging from contemporary Caribbean jazz to steel pan sets.

From November 7–14, the 6th Annual Rum & Rhythms Festival takes center stage, transforming the resort into a celebration of Caribbean music and regional rums. Throughout the week, top regional performers bring soca, reggae, and steel pan to life. Guided tastings and signature cocktails from the resort’s bartenders feature award winning Saint Lucian and regional distilleries, while themed dinners highlight rum-infused dishes.

Beyond these signature events, the calendar features traditional celebrations. On July 24, the resort’s Carnival includes a parade, live music, and colorful costumes. From October 17–25, Creole Heritage Week, honors local traditions leading into Jounen Kwéyòl when guests enjoy authentic dishes like green fig and saltfish, cocoa tea, and callaloo soup, accompanied by traditional music and dance. On October 31, the Halloween Grand Monster Ball offers trick-or-treating for kids and themed evening entertainment for adults.

The year concludes with Christmas and New Year celebrations from December 24–31 including caroling, beachside parties and Santa’s arrival on the beach for younger guests. Holiday dining features a mix of traditional favorite and Saint Lucian specialties. On New Year’s Eve, the celebrations build with gourmet dining and champagne toasts, followed by live performances, oceanfront fireworks and a late-night party.

Guests can now save up to 55% on Coconut Bay Beach Resort & Spa’s Premium All-Inclusive, which offers both the family-themed Splash wing and the adults-only Harmony wing. Rates start at US\$399 per room, per night based on double occupancy, for stays of five nights or more, including airport transfers from Hewanorra International Airport. For an added romantic element, couples can take advantage of the exclusive Harmony Romance Package, available on seven-night stays in Harmony Concierge Junior Suite Club Level Oceanview accommodations when booked direct. The offer includes more than \$300 in added value, featuring a 30-minute massage for two, a Catamaran Sunset Cruise along Saint Lucia’s west coast, and a one-night romantic turndown service complete with sparkling wine.

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For more information call toll-free from North America at 877-252-0304 or visit [cbayresort.com](http://cbayresort.com). Follow @coconutbay on Facebook, @\_coconutbay on X, @coconutbay\_stlucia on TikTok, and @cbay\_stlucia on Instagram.

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For more information, images and interviews contact Roberta Garzaroli or Mary Brennan at The Atrebor Group / 212.764.0340 / [CoconutBay@AtreborGroup.com](http://CoconutBay@AtreborGroup.com). If you do not wish to receive future press releases, please [click here](#).