

## Sports & Recreation

An exotic paradise, St. Kitts is distinguished by breathtaking natural beauty. Boasting crystalline waters, sandy soft beaches, untouched ecosystems, tropical forest areas, and a spectacular dormant volcano, St. Kitts offers something for everyone.

### Sports

The welcoming climate provides for a wide range of outdoor fun, including many water-based activities such as snorkeling, scuba diving, and sailing.

Students are encouraged to take advantage of the various activities on the island, including golf, basketball, tennis, jogging, cricket, and other outdoor sports. There are many intramural activities for students including intra-college competition in soccer, volleyball, basketball, and flag football. St. Kitts is also a perfect setting for hiking. There are hiking and climbing opportunities to a fortress, to waterfalls, caves, and even a volcanic crater.

## Recreation

The island of St. Kitts offers a diversity of culture and a treasure-trove of historic sites to explore. Sightseeing might include small towns that highlight colonial architecture, stately plantation homes, as well as quaint local shops.

Special annual events feature a colorful Carnival and a Music Festival. Special events are often held at the 10,000-seat stadium built for the 2007 World Cup Cricket Games.

For those interested in wildlife, St. Kitts has many interesting birds, including frigate birds, egrets, and herons. St. Kitts is also known for its green Vervet monkeys.

