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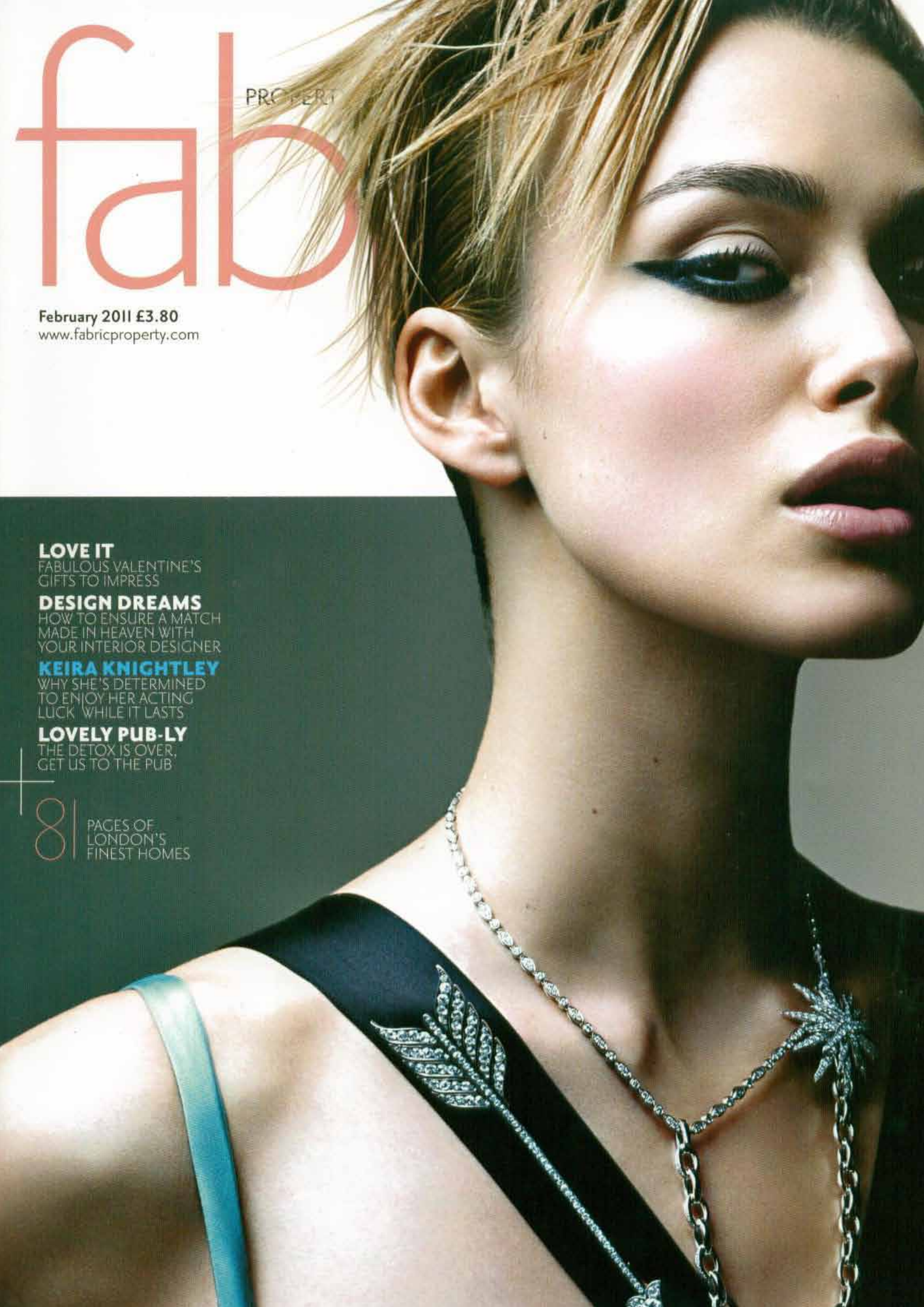
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Sun, sea and sensational food: **Liz Newman** jets off for a relaxing Caribbean break

MOUNT CINNAMON RESORT, GRENADA

THE GRENADIANS MIGHT not be as turned on to tourism as some of their Caribbean neighbours, but in our book, that just adds to the charm. We expected pristine white sand beaches, rum cocktails and winter sun – we got so much more...

Fans of Peter De Savary's laid-back style, we'd booked a one-bedroom villa at his Mount Cinnamon resort. It was one of only seven Caribbean hotels to make the illustrious Sunday Times Top 100 Hotels in the World list last year, so we were expecting great things. We weren't disappointed.

Our one-bed villa was easily big enough for a family of four, and cheerfully decked out in colourful Caribbean style. We particularly loved the bright blue Smeg fridge in place of the usual minbar, and a huge 'Princess and the Pea'-style four-poster bed, which we had to take a running jump onto every night. A large veranda off the living room, and a balcony leading from the master suite both afforded breathtaking views of the sparkling sea below. We hadn't been given special treatment, manager Laurence winked; all rooms shared the same vista.

Hugging the lush green hillside, Mount Cinnamon boasts panoramic views of Grand Anse Bay, and the award-winning beach is only a short stroll away. A public beach it may be, but the hotel's position at one end of the two and a half mile stretch of sand, and the residents' Beach Cabana – which serves a selection of food, soft drinks and the obligatory Carib beer – ensured a feeling of exclusivity.

Dinner at Savvy's was equally special; typical Grenadian food with a gastro pub twist, cooked up by the local chef, and served overlooking some of the best night-time views of Grand Anse Bay. We tucked into local lobster, and a criminally delicious chocolate mousse (the Island produces some of the best



cocoa beans in the world). In some ways it was a relief to leave after just five blissful days, we're not sure some of the items in our slinky resortwear wardrobe would've fitted if we'd stayed for much longer.

We flew to Grenada with Virgin Airways. Double occupancy rates for a one-bedroom villa start at £217 per night, and include continental breakfast.

FAST FACTS

RELAX: Ask the Mount Cinnamon team to organise a day trip to Mount Edgecombe, a beautifully restored plantation house. You'll be transferred directly from the hotel, served a delicious lunch, and left to relax by the tranquil infinity pool – heaven... (mountedgecombegrenada.com)

SEE: Book a tour of the island with Mandoo, what he doesn't know about the spice isle, frankly, isn't worth knowing (www.grenadatours.com)

DO: Sample the local nightlife, and seafood, at Gouyave. Every Friday, vendors line St. Francis and St. Dominic streets with their grills and fryers, serving authentically mouth-watering Grenadian fare, and the music goes on until the early hours

EAT: It's hard to drag yourself away from Savvy's, but a trip to the intimate beachside Italian restaurant at Laluna is worth it (www.laluna.com). For a more local flavour, we loved The Aquarium (www.aquarium-grenada.com)



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