



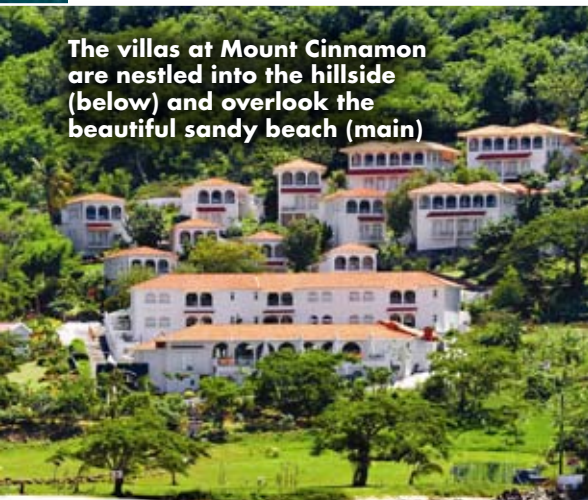
# Spice up your life

*OK! visits the scent-sational island of Grenada for a week of fragrant fun in the Caribbean sun*

**G**renada may be small in size – it's just 22 miles long by 12 miles wide – but it offers diverse scenery and a myriad of activities. So whether you want to relax on a white sandy beach, snorkel amid coral reefs or trek through lush flower-filled rainforests stopping to cool off under a cascading waterfall, this tropical island offers all this and much more. This tiny jewel in the southern Caribbean is far less developed and touristy than some of its neighbours and exudes a lovely sleepy charm.

Formerly ruled by both the French and British, expect to see beautiful pastel-hued and colonial buildings in the capital St George's, rated as one of the Caribbean's prettiest harbours, alongside other colonial legacies such as forts, red letter boxes, cricket and spice plantation estates. The scent of nutmeg, cloves, cinnamon and cocoa perfumes the air – hence its nickname, the Spice Island.

**The villas at Mount Cinnamon are nestled into the hillside (below) and overlook the beautiful sandy beach (main)**



## When should I go?

With an average year-round temperature of 28°C, Grenada is the perfect place to visit at any time of the year. An island highlight is the annual carnival that takes place in early August – the streets come alive with revellers and parades, while steel and calypso bands get you in the mood for dancing. Cricket is woven into the very fabric of Grenada, so try and catch a game. Every October cricket legends such as Allan Lamb and Viv Richards play in the Grenada Cricket Classics, to raise money for local charities.



By day all the action takes place by the pool (there is a gym and tennis courts and a spa for those who wish to be pampered) or down by the thatched Cabana Beach Bar on Grand Anse beach. It's here where you can have a rum punch at the bar, devour sizzling prawns for lunch, sign up for windsurfing or head off on a boat excursion.

## What can I eat?

OK! loved the views of the twinkling lights of St George's from Savvy's Restaurant at Mount Cinnamon. We feasted on pan-seared lobster and grilled red snapper topped with caper butter, finishing up with a tasty chocolate mousse. Fans of celebrity chef Gary Rhodes should dine at his restaurant the Calabash Hotel, where he prides himself on using local ingredients in his dishes. Try the duck confit with spiced Grenadian honey and the vanilla and nutmeg bread and butter pudding. If you're looking for a laid-back ambiance and great food try BB's Crabback on the St George's waterfront, where the British chef serves up fishy delights and curry goat, while The Aquarium Beach Club is renowned for its lively Sunday barbecue brunch.



## Where should I stay?

OK! checked into Mount Cinnamon, an all-villa and suite resort owned by British entrepreneur Peter de Savary. The 21 villas are built into the lush hillside, offering stunning views of the island's famous two-mile white-sand Grand Anse beach. This boutique resort is all about bold colour. At every turn you'll see splashes of vivid colour – in the cushions, bedspreads, wicker chairs and even the villas' Smeg fridges. The flexibility of the one, two and three-bedroom villas if you're travelling with extended family or friends is another big attraction. OK! loved the spaciousness of our two-storey villa with its sea-facing balcony and the well-equipped kitchen. Guests can even pre-order food for the fridge prior their arrival.



**Right: The views at Mount Cinnamon are second to none. Below centre: Michael Douglas and Catherine Zeta Jones are recent visitors. Facing page inset: Grenada's gorgeous harbour capital of St George's**



### Which celebs might I see?

Lewis Hamilton's grandparents are Grenadian and he visits regularly. *Strictly Come Dancing* star Ali Bastian has holidayed here, while the Duchess Of York and her daughters Eugenie and Beatrice have stayed at Mount Cinnamon. Michael Douglas and Catherine Zeta Jones recently dropped anchor at the new Port Louis Marina.

### What must I do?

If you want to jive with the friendly locals, head to the weekly Fish Friday at the fisherman's village of Gouyave, where you can drink rum, dance to live bands and eat from the barbecue stands. *OK!* tried everything from rum fish cakes and coconut bakes to fried bread fruit. The Saturday market at St George's is definitely worth a visit – *OK!* couldn't get over the abundance of fresh fruit and fish.

### What must I see?

Take the wonderful scenic drive up narrow, winding roads to the centre of the island to reach the Grand Etang National Park. This 3,800-acre nature reserve is packed with wildlife, waterfalls and a magnificent 13-acre lake formed in the top of an extinct volcano. With a little help

from our guide Mandoo's 'local dialect chanting', two Mona monkeys scampered out of the jungle and welcomed us with quizzical looks until we fed them bananas. Flora and fauna lovers should also visit Bay Gardens, a 20-acre private garden packed with more than 3,000 species of plants. While a fun water-based pursuit is the rubber tubing adventure down the Balthazar River.

### What excursion must I do?

It's not called the Spice Island for nothing and the aroma of nutmeg, cocoa and cinnamon is omnipresent. If you want to see a working cocoa and nutmeg plantation, head for the Belmont Estate. Here *OK!* got stuck in – feet first – helping to dry the cocoa pods by walking up and down on them. Our hard work was rewarded with a cup of delicious dark chocolate with nutmeg and cinnamon.

If you're staying at Mount Cinnamon you can visit the Mount Edgecombe Plantation, the de Savary family's private estate. It's also a boutique hotel where guests can stay in wood-beamed rooms with free-standing baths and four-poster beds. *OK!* squeezed in a quick dip in the double

infinity pool before lunch was served in the elegant Great Room overlooking the Caribbean.

We also took time to find out all about rum. The smell of neat alcohol greeted us on arrival at the River Antoine Rum Distillery, the world's oldest distillery, and luckily we got to try a tippie at the end of the tour.

### How do I get there?

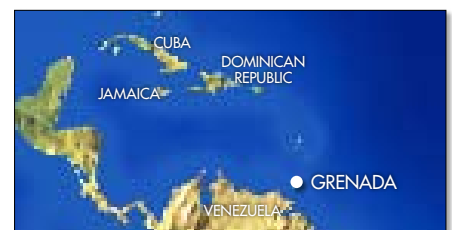
Golden Caribbean (0845 085 8080; [www.goldencaribbean.co.uk](http://www.goldencaribbean.co.uk)) offer a seven-night package, including return flights with Monarch Airlines, resort transfers and daily breakfast, staying in a one-bedroom villa at Mount Cinnamon from £999pp. Price is based on bookings taken between May 11 and June 22. Quote MC010K for a special rate. For more about Mount Cinnamon, visit [www.mountcinnamongrenadahotel.com](http://www.mountcinnamongrenadahotel.com). **OK!**

REPORT BY DANNY LEDGER EDITED BY ANNABEL MACKIE,  
OK! TRAVEL EDITOR PHOTOGRAPHS BY ALAMY,  
XPOSURE, WENN



**We took a dip in Mount Edgecombe's infinity pool**

### Where is Grenada?



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