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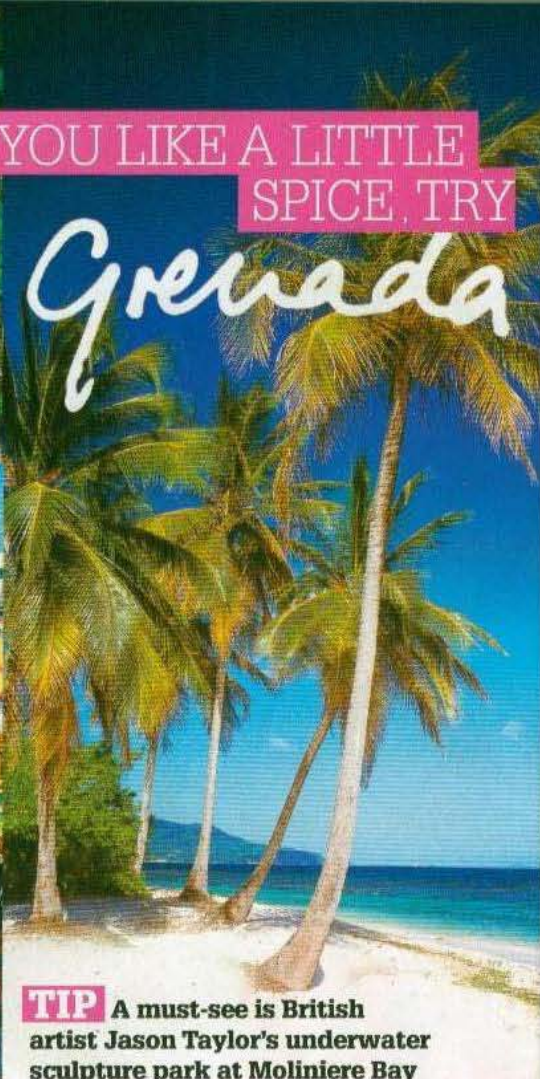
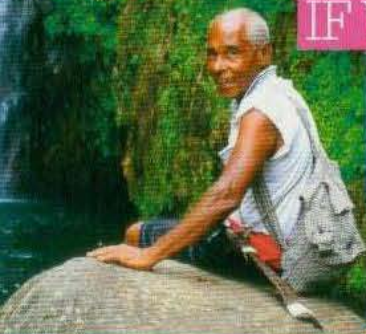
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IF YOU LIKE A LITTLE
SPICE, TRY

Grenada



TIP A must-see is British artist Jason Taylor's underwater sculpture park at Moliniere Bay

WHY GO? Grenada, the spice island of the Caribbean, has tropical rainforest, 40 sandy beaches and crystal clear seas.

WHAT TO DO Enjoy the hustle of the spice market in the charming, sleepy capital of St Georges.

- Visit Belmont Estate, a 300-year-old working plantation, to learn how chocolate is made and sample delicious local dishes.
- Snorkelling and diving in the clear blue seas is heavenly.
- Sail into the sunset on a catamaran cruise or treat yourself to a spa treatment at the True Blue Bay Resort.
- Hike through the lush rainforest to discover stunning waterfalls with expert guide Telfor Bedeau.
- Sample the rum at the River Antoine Rum Distillery, the oldest working water-propelled distillery in the Caribbean.

FOOD AND DRINK La Sagesse Nature Centre is a stunning beach resort with tropical gardens and a great restaurant.

- Sample a mix of European and West Indian cuisine at the Aquarium Restaurant at Maca Bana, reached via a cave.
- La Luna has the wow factor and a tempting Italian menu.
- Le Phare Bleu offers fine dining on an old lighthouse ship.

FACTS Mount Cinnamon is a boutique resort set in tropical gardens overlooking Grand Anse Beach. Seven nights cost from £1218 per person, including B&B and flights. Visit www.goldencaribbean.co.uk or call 0845 085 8080. For more on Grenada, visit www.grenadagrenadines.com.

Clockwise from top left: On a waterfall tour; Sandy Island in the Grenadines; St George's Market in Grenada

FOR TRANQUILLITY, BEAUTY AND
A FRIENDLY WELCOME, TRY

Barbados

WHY GO? Barbados is an easy introduction to the islands. The language is English and no visa or jabs are needed. Bajan people are very friendly – plus, lovely beaches and a gentle pace make this a peaceful holiday retreat.

WHAT TO DO Hire a Mini Moke car – they drive on the left!

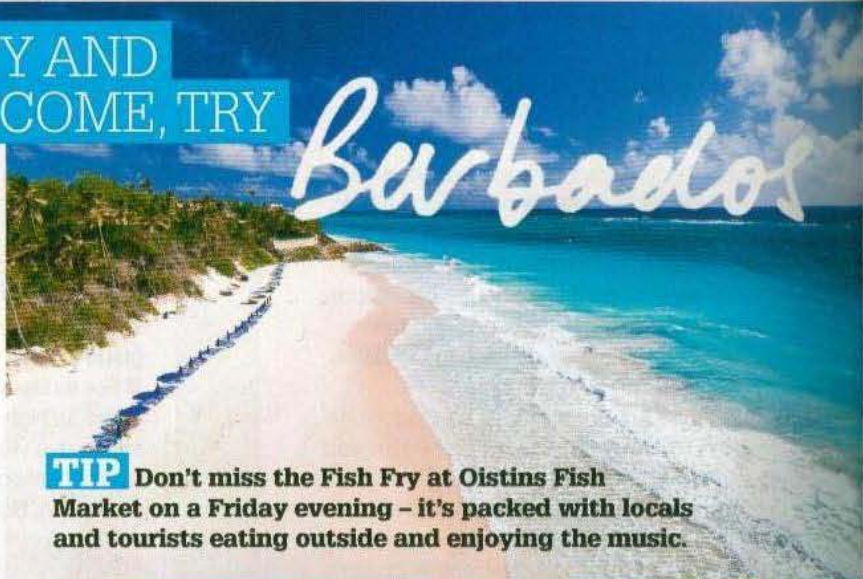
- The south coast is bustling, the west coast exclusive, the north coast is quiet and the east coast is good for surfing. Inland are lots of sugar-cane plantations used for the local rum.
- Visit Animal Flower Cave, where the sea has created caves out of the coral, and go surfing at Bathsheba on the east coast.
- Take a catamaran trip, a jeep safari, a Mount Gay Rum tour, go horse riding, diving or take a plane trip to the nearby Grenadines.

FOOD AND DRINK Eating out can be expensive, so the all-inclusive hotel option is a good solution.

- The Fisherman's Pub on the water at Speightstown offers a cheap and cheerful lunch (about £6 with a beer).
- At Lobster Alive on the beach at Bridgetown, choose your live lobster and have it cooked to order.

FACTS Sugar Cane Club Hotel and Spa lies on the west coast near Port St Charles Marina. Virgin Holidays offers seven nights all-inclusive for £1010 in October, including flights. Visit www.virginholidays.co.uk or call 0844 557 5825.

Clockwise from top right: Crane Beach; Mullins Bay, Speightstown; Broad Street, Bridgetown



TIP Don't miss the Fish Fry at Oistins Fish Market on a Friday evening – it's packed with locals and tourists eating outside and enjoying the music.

