

TRAVEL *guide*

St. Kitts

NEW *Horizons*





Local Tip:

The population of St. Kitts is around 40,000 and the island enjoys strong ties with the UK with English being the spoken language

St. Kitts is a tiny Caribbean island with a big punch – along with its sister isle of Nevis, just two-and-a-half miles south, it constitutes the smallest country in the Western hemisphere. This unspoilt and authentic sunshine escape delivers everything you'd expect from a Caribbean holiday – and then some. A World Heritage-listed fortress, a scenic railway, year-round events and activities aplenty from zip-lines and wreck diving to rainforest hikes to watersports and a fabulous golf course. There's excellent food, with fresh fish, lobster and tropical fruits to the fore, and a diverse choice of beach and inland hotels from international brands to locally-owned. The thermometer hovers at an inviting 25-28C year-round, Kittitians are a welcoming and charismatic bunch, and – most importantly – the rum punch hits the spot.

OUT AND ABOUT

Just 18 miles long, St. Kitts has a green landscape centred on a mountainous heart capped by the rainforest-cloaked volcano of Mt. Liamuiga. To the south-east lies a long, undulating peninsula scalloped with golden beaches and one resort – the five-star beachfront Park Hyatt St. Kitts. There are spectacular coastal vistas of neighbouring islands and iconic heritage sites left from the days of sugar (production only ended in 2005).

Hiking, ziplining and snorkelling are just some of the activities to keep the kids busy and get the adrenaline pumping

Today St. Kitts can be easily accessed by sea and sky thanks to the Robert L. Bradshaw International Airport, a private jet terminal Kayanjet, the superyacht marina at Christophe Harbour and Port Zante which is visited by international cruise ships.

FUN FOR ALL

To a child's eyes, St. Kitts is a blissfully warm and dreamy island of sandcastles, sailing and colourful fish. A trip can be educational too, as older children learn about the region's nature and the unique culture of the island. A few resorts offer Kids Club facilities to keep the little ones active. For adults, it is a place to grab some sunshine and relax on the beach. It is also considered a very safe country for solo travellers to visit.

BRITISH AIRWAYS

FLY AWAY TO A CARIBBEAN GEM

British Airways flies from London-Gatwick to Robert L. Bradshaw International Airport, St. Kitts. The flying time is around nine hours and 50 minutes



St. Kitts

CULTURAL *History*

Local Tip:

Brimstone Hill Fortress is also a national park and ideal for families – pack a picnic and enjoy views across the sea



St. Kitts is where the story of the modern Caribbean begins. In 1623 English adventurers established a fledgling colony at Old Road, with the French landing the following year. The colourful history of this tiny island is peppered with colonial battles and sugarcane cultivation, with places of interest recounting the story of the land.

The legacy of this era, along with that of the indigenous Arawak and Carib peoples, can be found in petroglyphs, gravestones, venerable trees, evocative ruins and place names from Sir Timothy's Hill to Belle Vue.

Basseterre is home to the Old Treasury Building and St. Kitts National Museum and historic spaces such as The Circus, inspired by London's Piccadilly, and Independence Square (formerly 'Pall Mall').

BACK IN THE DAY

Brimstone Hill Fortress National Park is home to a World Heritage-listed military fort dating from 1690. There are bastions, lime kilns and the engrossing Fort George Museum. The ruins of the first working estate and rum distillery in the Caribbean have been uncovered at Wingfield Estate, which dates back to the 17th century. There are also the gardens of Romney Manor to explore, which were once owned by a forefather of Thomas Jefferson.

Brimstone Hill Fortress National Park is home to a world heritage-listed military fort dating from 1690

AROUND AND ABOUT

You can explore St. Kitts in many satisfying ways: hire a car, take a taxi tour or join an organised excursion with a local expert.

A recommended half-day adventure is to drive clockwise round the south coast, with visits to the heritage sites mentioned, making further stops at the flora-filled St. Kitts Eco-Park and the wave-pounded Black Rocks.

For something unique to the Caribbean, book a tour on the double-decker carriages of the St. Kitts Scenic Railway. This three-hour tour departs from Needsmust Station and travels along the north coast to La Vallée Station in Newton Ground, affording spectacular views of the mountains, beaches, and plantations.





Shop for some richly-coloured, island-made batiks sold by Caribelle Batik at Romney Manor for the perfect keepsake



Wow MOMENTS

01

ARRIVE IN STYLE

You step off the plane into a waiting Porsche Cayenne. It whisks you straight to KayanJet, a standalone private terminal that provides a five-star fast-track in and out of Robert L Bradshaw International Airport. Relax with champagne and canapés while smartly-dressed staff deal with your luggage and entry formalities. There's no better way to touchdown in St. Kitts – and when you depart, there's an outdoor pool area with sun loungers.

02

IT'S A SWEET RIDE

Are they singing a cappella? On a moving train? Oh yes they are! As the carriages of the St. Kitts Scenic Railway trundles round the coast, a Kittitian choir in traditional dress serenades its delighted passengers. Running for 18 miles, this narrow gauge line was originally built in 1926 to transport sugar cane – now it's used for a memorable two-hour ride along the north coast, complete with guided commentary, drinks and sugar cakes.

Local Tip

Try and time a visit with the CPL T20 tournament to see regional and international cricket stars play their favourite sport and celebrate Caribbean style





03

THE ONLY WAY IS DOWN

Yee-ha! Once you commit to "De Boss", the longest of Sky Safari's five zip-lines strung through the rainforest canopy at Wingfield Estate, there's no turning back. Suddenly you're whizzing along, 250ft up in the trees and possibly screaming. Fortunately, they give you a helmet, training and safety briefing first, so by the time you reach the finale – the short but intense 'River Rocker' where a speed of 45mph is possible – you'll be flying.

04

PAUSE FOR FORT

Huge stone battlements, a line of rusty cannons pointing out to sea, ghostly barracks and a poignant cemetery, it's easy to see why Brimstone Hill Fortress National Park was made a UNESCO World Heritage Site in 1999. Once home to over a thousand soldiers, this formidable citadel is one of the most remarkable historical sites in the Caribbean. Get the audio guide and make time for the museum.



05

INTO THE RAINFOREST

Despite an early morning start, the steep climb up the flanks of Mt. Liamuiga, the crowning glory of St. Kitts, takes its toll. Standing at 3,972 feet, this dormant volcano is a challenging hike, but power through, and suddenly you're there, staring down into the rim of an intensely green, half-mile-wide volcanic crater known as "The Giant's Salad Bowl". Worth the struggle? You bet!

07

THE SOUND OF MUSIC

The lights are flashing, the band is on fire, everyone is singing along, and it's a hot, hot night. Held each June in the capital, Basseterre, the St. Kitts Music Festival has been running for over 20 years, so it's no surprise that it is now established as one of the best musical events in the Caribbean. Lionel Richie, Goo Goo Dolls, Shaggy, John Legend, they've all played at the festival. Time a visit to enjoy the island sounds.

06

IN GOOD TASTE

Caught the previous night, the tuna is moist and pink. It's been expertly pan-seared in coconut oil, served with an organic salad and a killer view of the sand, sea and blue sky. A glass of wine? Why not? After all, moments like this are precisely why you fly to the Caribbean. Have you tried the local Brinley rum? Mango, coconut, vanilla? When you hit St. Kitts' beach restaurants, there are some tough choices to be made.

08

RELAX AND REFRESH

From ultimate spa relaxation treatments using locally sourced ingredients to outdoor yoga and meditation whilst overlooking the crystal blue waters of the ocean, St. Kitts has it all. Indulge in The Emerald Mist Spa's signature bamboo massage treatment at St. Kitts Marriott Resort or unwind in the calming oasis of Sugar Mill Spa & Sanctuary at Park Hyatt St. Kitts Christophe Harbour's. All will rejuvenate the mind, body and soul.



Visit February through July as leatherbacks nest, or see hatchlings emerging through the end of September and beginning of October

09

WHAT A BREEZE!

The sails are up and the cat's tearing along at a jaunty angle. If only we could bottle up the warm sea breeze to take home! Book a day sail and you'll find its crew are eager to show everyone a good time out on the ocean wave. Once we reach the sister isle, they'll drop anchor for a barbecue lunch on the beach, rum cocktails essential.

10

CHANGE OF SCENERY

Fancy exploring sister island Nevis? Whether you go via the 45-minute ferry, the 20-minute car ferry or the 6-minute water taxi, Nevis is easily accessible and well worth a visit. Take an island tour and visit the Old Bath House, the historical museum, the beautifully landscaped botanical gardens and St. John's Anglican Church - where Lord Nelson and Fanny Nisbet were married.





SLEEP *Sensations*



PARK HYATT ST. KITTS

Nestled on the secluded beach of Banana Bay, the resort is home to 77 guest rooms and 47 suites with a private balcony or terrace offering unobstructed ocean views. Amenities include three signature restaurants, adult and family pools, a destination spa, beachfront, and children's activities.
parkhyattstkitts.com



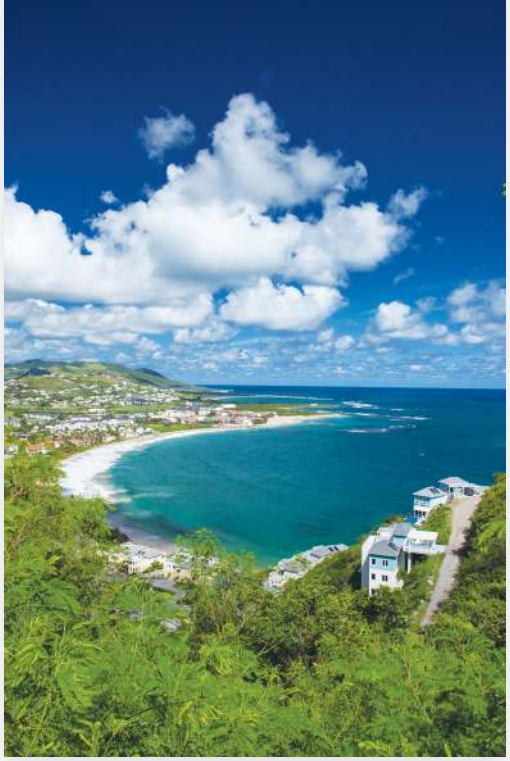
ST. KITTS MARRIOTT RESORT

In North Frigate Bay, the island's largest resort borders the Royal St. Kitts Golf Club and boasts 320 rooms and 69 suites, five restaurants, three pools, a dazzling white beach and a spa and casino. Geared to families, it's a popular one-stop resort with plenty of dining options close by.
marriott.com/skbrb



SUGAR BAY CLUB

Enjoying a five-acre oceanside site in North Frigate Bay, this family-friendly resort has 80 rooms, half of which were recently remodelled. Accommodation options range from studios to two-bedroom cottages, plus there are two pools and four restaurants, including Sushi and Indian cuisines.
sugarbayclub.com





BELLE MONT FARM

Part of Kittitian Hill, an organic farm and eco-minded resort development in the verdant hills of northern St. Kitts, this lofty and luxurious property has stunning coastal views, gorgeous accommodation, a terrific modern Caribbean restaurant, The Kitchen, as well as sea-to-fork beachfront dining at Arthur's.
bellemontfarm.com



ROYAL ST. KITTS HOTEL

A modern family-run resort with 229 luxury suites, studio's, 1-bedrooms, 2-bedrooms and 3-bedroom villas. Amenities available include 7 restaurants, a conveniently located grocery, 2 large swimming pools and an updated fitness centre. This resort has everything that guests need for a fun-filled holiday.
royalstkittshotel.com



TIMOTHY BEACH RESORT

Beside South Frigate Bay Beach and the watering-holes of "The Strip", this keenly-priced resort appeals to families and travellers – many of the 55 rooms have kitchen facilities and amenities plus a large pool, ocean view restaurant and The Dock bar with live music on Sundays.
timothybeach.com



KOI RESORT

Meaning "love" in Japanese, the "Koi" name is the inspiration behind the love and care that is put into every detail of the overall guest experience. From meticulously appointed guestrooms to delectable cuisine and poolside pampering, guests are sure to experience the ultimate in relaxation and indulgence.
koiresort.com



SUNSET REEF ST. KITTS

Life doesn't get much better than waking up in a luxury suite to sweeping Caribbean Sea views and the gentle sound of swishing palm leaves. And that's exactly what awaits guests of the new Sunset Reef St. Kitts, a secluded boutique villa-turned-hotel nestled at the lush base of a volcano.
sunsetreefstkitts.com



RAMADA BY WYNDHAM ST. KITTS RESORT

Located along the island's northern coast, this resort offers 280 rooms and villas with first-class accommodation, a variety of personalised experiences, outstanding views and an extensive range of amenities and services, such as restaurants, bars, pizzeria, pools and fitness centre.
ramadaresortstkitts.com



BIRD ROCK BEACH HOTEL

With views over Basseterre and the Caribbean Sea, this affordable property with 46 rooms offers two restaurants, a pool, a secluded beach and a private dock. The on-site St. Kitts Dive Centre organises day trips to explore the island's best wrecks, making it a popular choice with divers.
birdrockbeachhotel.com



VILLAS & CONDOS

Villa and condo accommodation range from developments in Frigate Bay such as Calypso Bay Villas, Ocean's Edge and Silver Reef which overlooks the Royal St. Kitts Golf Course, to individual villas offering private pools and stunning vistas. Ideal for those seeking privacy and flexibility.
visitstkitts.com

BEACH *Heaven*



Local Tip:

It's a six-mile scenic drive from the centre of the island to the beaches on the peninsula, so you'll need to hire a car or take a taxi



The best beaches on St. Kitts adorn its south-east peninsula and offer sheltered waters with fine views of nearby Nevis. Here Cockleshell Bay is the most popular but never feels over-crowded, with a good choice of bars, restaurants and watersports. Adjacent to this, crescent-shaped Banana Bay is home to Park Hyatt St. Kitts resort. As a rule, the sands on the southern, Caribbean Sea-facing side of the island are the most family-friendly. South Friars Bay is ideal for a long beachcombing walk with a supply of bars along the way. Beaches on the northern, Atlantic-facing side are wilder with few facilities, so better for a bracing walk or kiteboarding, with black volcanic sands in the north at Dieppe Bay.

MAKE A SPLASH

Cockleshell Bay, Friar's Bay and Frigate Bay are great spots for renting watersports – kayaks, paddleboards, jet-skis and fly-boards.

For snorkelling, try the clear waters of Whitehouse Bay while local operators can take divers to top sites like the wreck of the River Taw freighter and the fish-rich Monkey Shoals reef. The beaches on St. Kitts are visited by leatherback turtles that nest from February to July, with hatchlings emerging in late September. You can learn more about these endangered creatures on night-time eco-tours organised by the St. Kitts Sea Turtle Monitoring Network. They run from April to June and are free for children 12 and under.

'The Strip' at South Frigate Bay Beach is a run of casual bars that are a focus for the island's nightlife and live music

PARTY TIME

First, the sundowners, then the bonfire on the beach, and then the live band starts. Whether you're up for some casual cocktails or to dance under the stars to the beat of soca or reggae, you'll find the right vibe on The Strip in South Frigate Bay. Here, the bar names include Boozies, Vibes, Buddies and the bizarre-sounding Mr X's Shiggidy Shack. Everyone asks him for an explanation, but seldom remembers the answer. The Dock, situated at the extreme eastern end, is the newest hot spot on Sunday evenings to watch the sunset.



Kittitians love to hang out at the beach at weekends. If you want deserted sands try Major's Bay or Turtle Beach on a weekday



Tropical TASTES

01

COMFORT FOOD

Unassuming El Fredo's is where you'll find the locals. Fill up on hearty portions of homecooked goodness with conch fritters, plantain and grilled fish on the menu. This family-run business on the Basseterre seafront welcomes locals and visitors alike to enjoy an inexpensive meal in a relaxed environment. Friendly co-owners Jasmine and Ken offer service with a smile.

02

HEALTH KICK

Ital Creations in Basseterre specialises in healthy, vegan and vegetarian-friendly dishes, with most ingredients grown on the on-site organic farm. Sip a fresh juice or enjoy a rainbow lunch of beans, breadfruit and veggies under the shade of the mango tree. Take a walk around the grounds to see the fresh produce and farm-to-table process, or join one of the regular yoga sessions hosted here.

Local Tip

St. Kitts rum is inexpensive, delicious and a great souvenir - pick up a bottle in the duty-free shops in Port Zante or at the airport





03

DINNER WITH A VIEW

Elevated with a view looking across Frigate Bay and beyond to sister island Nevis is Marshall's. Enjoy an upscale dining experience with freshly prepared dishes, ranging from crab cakes to lobster thermidor, followed by a selection of house-made sorbets. This romantic restaurant is perfect for couples looking for an intimate dinner or friends enjoying a cocktail as the sun sets.

04

WINE AND DINE

Wine enthusiasts will be spoilt for choice at the Carambola Beach Club, with over 4,000 fine wines. Consistently rated among the top restaurants in the Caribbean, Carambola's menu offers grilled lobster, beef tenderloin and fresh sushi, with each dish paired with one of its cellar wines. Diners also enjoy sprawling views across the azure waters of South Friar's Bay.



05

BEACH BITES

When you think of the Caribbean, you instantly think of a beach shack selling chilled beer to the sound of reggae music. You think of Reggae Beach Bar and Grill on Cockleshell Bay. Relax to the reggae beats and while away the hours in this breezy beachside bar. On Friday's, stay for the Lobster Fest and gorge on lobster, shrimp and mahi mahi before the live band kicks in.

07

FIVE-STAR FARE

For something extra special, the Park Hyatt St. Kitts on Banana Bay offers a "Destination Dining" programme, with culinary experiences including a five-course meal as part of the Rampart Waterfall Cabana Dining, a candlelit al fresco Starlight Dining and Afternoon High Tea. Dishes are sustainable sourced, and there's an adults-only tasting menu at The Stone Barn.

06

WHERE'S THE RUM?

Located on the site of the oldest standing distillery in the Caribbean, with production dating back to 1675, Old Road Rum Co at Wingfield Estate offers an insight into the traditional rum-making process. This island favourite is aged in ex-Bourbon casks for 12 years to give it a distinct flavour. Visitors can enjoy a tasting and a tour of the distillery and sugar plantation ruins.

08

DISH OF THE DAY

Arthur's Restaurant & Bar is located on the black sand beach of Dieppe Bay in the north of the island. It offers an oceanfront sea-to-fork dining experience of tasty beach-style eats and fresh catch from the local fishermen. This is one of the culinary offerings of Belle Mont Farm, just 10 minutes away. Expect mahi-mahi, grouper, snapper, lobster, and more, paired with fresh produce from the resort's own farm.



The national dish of Saint Kitts and Nevis is Stewed saltfish with spicy plantains and coconut dumplings

09

BRING ON BRUNCH

A visit to Coconut Grove in Frigate Bay is always a great way to start the day. Known for its friendly service and fresh food, this bistro will satisfy your coffee fix or, for a boozy brunch, try a coconut mimosa. Brunch favourites include The Eggs Royale Benedict or gluten-free Huevos Ranchero.

10

STRAIGHT FROM THE SEA

In Old Road, Sprat Net has its fishing boats and serves grilled lobster in a no-frills seaside shed with live bands playing twice a week. Oceanside Spice Mill Restaurant at Cockleshell Bay also specialises in fresh seafood with a modern rustic atmosphere. It's also the home of locally made Hibiscus Spirits.





SUMMER *Loving*



Need a ring or romantic memento?
There's plenty of affordable dazzling jewellery on offer in the duty free shops in Port Zante



St.Kitts

Local Tip:



Enjoy a VIP arrival and departure by checking into the KayanJet, a private lounge at Robert L. Bradshaw International Airport

St. Kitts is tailor-made for love with its enchanting beaches, warm tropical climate and charming hotels.

This magical little island knows all about helping couples grow together, whether they are new friends, recently engaged, getting married, on honeymoon, renewing vows or celebrating a special milestone anniversary.

The secret of romance lies in enjoying memorable shared experiences. There's no shortage of those, from facing up to thrilling zip-line rides, rattling through the sugar cane fields on a scenic train, or cuddling up on a catamaran cruise as the sun sets.

TYING THE KNOT

Red tape is kept to a minimum on St. Kitts – and that includes marriages. There's no residency requirement and local wedding planners make everything run smoothly, so your special day is as stress-free as possible.

Many couples automatically think 'beach', with the immaculately-kept sand of North Frigate Bay a favourite, but there are plenty more options. Luxury villas and aboard a catamaran are popular choices for a small, intimate ceremony. Photogenic locations include the iconic Brimstone Hill Fortress, the exclusive Palms Court Gardens and Romney Manor, with its magnificent 400-year old saman tree.

Enjoy a memorable shared experience on St. Kitts, like an exhilarating zipline ride, a catamaran cruise or a horse ride in the hills

HONEYMOON HEAVEN

For serenity and privacy, hide away in the hills at Belle Mont Farm, where rooms have a private plunge pool and an al fresco roll-top bath. Or lounge with a good book in a rooftop pool suite at the Park Hyatt St. Kitts at Banana Bay.

Easily explored by hire car or taxi tour, St. Kitts offers couples plenty to discover à deux, from horse rides in the hills to a tutored rum tasting. Create a masterpiece of art at a class with Sasha the Artist, or dine under the stars at The Kitchen in Belle Mont Farm or Arthur's on the beach.

For an unforgettable experience, head out on a guided night dive in search of slumbering sea turtles who are prone to hunker down for the night under the wrecks.

Local Tips:

Locally crafted with natural ingredients, Pure Niceness by Winnielle promotes healthy skin and hair with its self-care products



FEELING *Good*



Take a deep breath and exhale. You're on island time now, which means slowing down and relaxing, or 'limin' as the locals say. From the fresh sea air to the medicinal plants growing in the rainforest, St. Kitts is a natural stress relief, but for those that are looking for a little extra pampering, the island's spas offer some additional ingredients to help rejuvenate the mind, body and soul.

St. Kitts is home to over 650 species of plants and animals, including monkeys and hummingbirds

TIME TO RELAX

Specialising in using natural, holistic ingredients, including sweet orange, sea salts, mango, coconut, and even volcanic rock, The Emerald Mist Spa at St. Kitts Marriott Resort will help brighten and refresh tired and dull skin. Its signature treatment is a bamboo massage to melt away any aches and pains. Meanwhile, set amongst palm trees on a sweeping cove is the Park Hyatt St. Kitts Christophe Harbour. Its Sugar Mill Spa & Sanctuary offers a calming oasis with treatments, including a Firestone Massage using local lava rock.

NATURAL APPEAL

Almost 25% of St. Kitts is dense rainforest, home to over 650 species of plants and animals, including monkeys and hummingbirds. A guided rainforest hike passes waterfalls, towering trees and the occasional fruit-stealing monkey as you climb Mount Liamuiga. Knowledgeable guides keep you on the right path while pointing out weird and wonderful plants and wildlife.

Living off the land is commonplace for Kittitians, and it's easy to find kitchens specialising in healthy, locally-grown dishes. One such place is Ital Creations at Fari Organic Farm, a vegan kitchen that grows its produce on-site. Visitors can stop by for fresh juice, a rainbow-coloured lunch or even an afternoon yoga session under the mango tree.

Regular outdoor fitness, meditation and yoga sessions are also offered at Park Hyatt St. Kitts and Belle Mont Farm and the St. Kitts Hash House Harriers running club keeps everyone in shape with island walks and runs arranged every three weeks.



If you're feeling brave after the hike, descend via rope into the crater itself and go for a soak in the lake before hiking back to town

VISIT *Nevis*



Taking place between 21 July – 2 August is Nevis Culturama which offers an authentic Caribbean carnival experience



Local Tip:



Take a three hour off-road 4 x 4 tour of Nevis with Funky Monkey Tours and explore the beach, rain forests and savannah

Take a day trip to sister island Nevis to experience an enchanting tropical oasis where time stands still. Located just over two miles from St. Kitts, Nevis is still considered a hidden gem in the Caribbean and has a lot to offer adventurous day-trippers.

MAKING WAVES

The Nevis experience starts with getting to the island, which is accessible by boat. Zip across the channel in a water taxi from Reggae Beach on the South East Peninsula of St. Kitts and dock at Oualie Bay, which sits on the north of Nevis, or catch a public ferry to Charlestown, Nevis' capital from Basseterre, St. Kitts' capital. For those that want to take a car across, there's also the option to take the Sea Bridge ferry from Major's Bay on St. Kitts to Cades Bay on the west coast of Nevis.

SEIZE THE DAY

Once on this pocket-sized island, it's time to explore. Although Nevis is considered off-the-beaten-track, it was a favourite hideaway of Lord Nelson and Princess Diana. Another famous link is Alexander Hamilton, America's founding father, who was born on the island. Head to Hamilton House to learn about his early life.

Nevis is a natural gem with lush rainforest and waters teaming with wildlife. Snorkel the shallow waters or time a visit between February through October for the chance to spot sea turtles nesting. A hike up Nevis Peak will reveal breathtaking views of the island and a range of flora and fauna, including 44 varieties of mango – the highest number in the Caribbean. There's even a Mango Festival each year in July to celebrate the beloved fruit.

A hike up Nevis Peak will reveal breathtaking views across the island and a range of flora and fauna, including 44 varieties of mango

A highlight of any stay in Nevis is to soak weary muscles in the healing waters of the natural hot springs, which originate from the volcano. The Nevisians have used these local baths for generations to soothe aches and pains.

As the day ends, head to Sunshine's Beach Bar for a Nevis staple, a Killer Bee cocktail, and watch the sun melt into the Caribbean sea.

St. Kitts

Local Tip:

Divers can explore wrecks off the shores of St. Kitts, the most popular site is River Taw, a 144-foot-long freighter sunk at 50 feet in 1985



WILD Things



From zipping through the rainforest canopy to riding the waves on a catamaran, St. Kitts is made for adventure.

A quarter of St. Kitts is covered in verdant forest, and all land above 1,000ft is protected. Everywhere you look there are flamboyant flowers and fruit trees, including red and yellow heliconias, towering royal palms and the scarlet-petalled poinciana, the national flower of St. Kitts & Nevis. A mixture of diverse landscapes, careful development and abundant historic attractions ensures that the island maintains its natural charm and authenticity.

PEAK VIEWING

Like to get on top of things? Then the two-hour hike up to the 3,972ft peak of Mt. Liamuiga is a must. This six-mile round-trip from Newton Ground is best done with a Kittitian guide who will be an entertaining and informative companion as you climb up through the cathedral-like rainforest. A decent level of fitness is required, and your reward is that the higher you go, the cooler it gets. For something gentler, local guides also offer educational, family-friendly off-the-beaten-track adventures on foot and by 4x4 vehicle. Birdwatchers should head to Romney Manor in Old Road to spy forest birds, while Half Moon Bay on the Atlantic coast is a good spot for pond and sea birds.

Like to get on top of things? Then take a two-hour hike with a Kittitian guide up to the 3,972ft peak of Mt. Liamuiga

THRILLS FOR ALL

Sky Safari, a well-established zip-lining course set high up on the Wingfield Estate, guarantees an adrenaline rush. Five lines are suspended up to 250ft above the ground, and children aged six and above are welcome. Start off small and work your way up to some exciting drops with views that you will want to keep your eyes open for!

Close by, there are off-road group trips by all-terrain vehicle (quad bike), a two-hour drive through the sugar fields and old plantations (minimum age 16). Horse-riding trips can be done along the beach and into the rainforest. Charter companies offer catamaran cruises that sail out of Basseterre and along the coast with stops to snorkel. Or book a full- day sail across to Nevis and back.



Garden-lovers should visit the St. Kitts Eco-Park near Sandy Point, which has the largest greenhouse in the Caribbean

SPORTING *Greats*



Warner Park Sporting Complex in Basseterre hosted all the Hero Caribbean Premier League (CPL) matches in 2021



Local Tip:



St. Kitts' sister island has a 18-hole championship course at the Four Seasons Resort Nevis

Open all year round, St. Kitts & Nevis feature two 18-hole, 71 par courses. The Royal St. Kitts Golf Club which is adjacent to the St. Kitts Marriott Resort & The Royal Beach Casino, runs between the island's Atlantic and Caribbean shores. It enjoys a prime location in the centre of the island's Frigate Bay hub. Not every day do you get to hit golf balls between two oceans.

You can play in the sunshine while blending natural beauty with stimulating challenges. Certified by the Audubon Society, the course is also a sanctuary for colourful native and migratory birds.

Players of all experience levels will be impressed with the 125 lush acres of palm-fringed fairways and those looking for a challenge will be tested at hole 6, a par 4 measuring 457 yards from the championships trees.

The second course is the Robert Trent Jones II Golf Course in Nevis, which is run by the Four Seasons Resort and lies adjacent to the beachfront property. You will be surrounded by vibrant, tropical foliage as you tee off to dramatic views of the sister island St. Kitts. Be sure to keep an eye out for the playful green vervet monkeys that call Nevis home.

There are weekly clinics to perfect your swing and private instruction to raise your game to the next level plus a pro shop so you can stock up on the latest clothing before hitting the fairways.

Royal St. Kitts Golf Club features 10 water hazards and 80 bunkers, with four sets of tees to appeal to golfers of all skill levels

CRICKET

St. Kitts is one of the Caribbean's premier cricketing destinations. The game is widely played across the island in parks and on the beaches.

The St. Kitts & Nevis Patriots team plays in the Caribbean Premier League (CPL), the region's leading T20 competition. Led by West Indies star Dwayne Bravo, the team won the championship in 2021.

Matches are played at Warner Park Sporting Complex, a stadium with a capacity of 10,000. This multi-sports athletic facility in Basseterre is one of the Caribbean's leading cricket venues. It hosted matches during the 2007 Cricket World Cup along with international matches against England, Afghanistan and Ireland.

Local Tip:

Cockleshell Beach's Spice Mill restaurant hosts April's three night Spice Fest featuring celebrity chefs, food, art and more



PARTY *Time*



St. Kitts has a year-round calendar of events that celebrates culture, cuisine, music and more. Time a visit around one of these celebrations for a party you won't forget.

CHANNEL SWIM (MARCH)

Run for over 20 years, the Nevis to St. Kitts Cross Channel Swim is considered one of the Caribbean's favourite open-water swimming events. Competitors from across the world swim the 2.5-mile-wide strait between the islands of St. Kitts and Nevis. Everyone is welcome to participate, with the average swimmer taking over an hour to complete the challenge.

THE ANNUAL ST. KITTS MUSIC FESTIVAL (JUNE)

Local artists and international stars perform side by side at this three-day annual party. Previous headliners have included John Legend, Damian Marley, French Montana and Goo Goo Dolls. Locals and visitors gather in Kim Collins Stadium to enjoy the festivities, with attendance growing yearly.

RESTAURANT WEEK (JULY)

Designed to showcase the best culinary talents on St. Kitts and Nevis, Restaurant Week tasks participating restaurants to create one-off menus, each incorporating a themed ingredient. In addition, the event celebrates Kittitian and Nevisian farmers who are passionate about locally grown produce and the chefs who get creative with their menus.

CARIBBEAN PREMIER LEAGUE T20 CRICKET (AUGUST/SEPTEMBER)

Cricket is the national sport of St. Kitts, and every year the home team represents the island at The Hero Caribbean Premier League, the region's leading cricket competition. There's an electric atmosphere as the teams battle it out to be crowned champions.

LATIN FIESTA (OCTOBER)

Every year St. Kitts and Nevis celebrate their Latin neighbours and residents with a Latin Fiesta. This arts and culture event focuses on a specific Hispanic country showcasing Spanish-language films, savoury food, theatrical plays, nightly entertainment, and prize giveaways, concluding with a Latin Fiesta – an evening loaded with music, dancing, and fun.

NATIONAL CARNIVAL (DECEMBER)

Running every year for around six weeks is the St. Kitts National Carnival – a festival to say goodbye to the old year and welcome in the next. The event reflects the island's heritage, celebrates African and Caribbean carnival traditions, and is filled with music, dance, costumes, folklore, food, and fun.



It's a Caribbean tradition to fly kites on Good Friday, with competitions and prizes for the best homemade versions

St. Kitts

British Airways flies twice weekly from London Gatwick

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