

The inside story

LOCAL TIP

The population of St Kitts is around 40,000 and the island is in close proximity to the USA and Canada



HIKING, ZIPLINING AND SNORKELING ARE JUST SOME OF THE ACTIVITIES TO KEEP THE KIDS BUSY AND GET THE ADRENALINE PUMPING

islands and abundant heritage sites left from the days of sugar (production only ended in 2005). Today, St Kitts has a private jet terminal the YU lounge, the superyacht marina at Christophe Harbour and Port Zante, which is visited by many cruise ships.

FUN FOR ALL

To a child's eyes, St Kitts is a blissfully warm and dreamy island of sandcastles, sailing and colorful fish. A trip can be educational too, as children can learn about the region's nature and the legacies of slavery and colonialism. With an abundance of things to see and do, the island is particularly suitable for active families.





UNITED AIRLINES

t 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 vacation - and then some. An UNESCO World Heritage-listed fortress, a scenic railway, cultural events and activities aplenty from ziplines and wreck diving to rainforest hikes 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 luxury to affordable. The thermometer hovers at an inviting 80°F average year-round, Kittitians are a welcoming and charismatic bunch, and - most importantly - the rum

OUT AND ABOUT

punches hit the spot.

Just 18 miles long, St Kitts has a green landscape centered on a mountainous heart capped by the rainforest-cloaked volcano of Mt Liamuiga. To the southeast lies a long, undulating peninsula scalloped with golden sand beaches and the island's newest resort, the new five-star Park Hyatt St Kitts. There are spectacular coastal vistas to neighboring

Past presents

LOCAL TIP

Brimstone Hill Fortress is also a national park and ideal for families - pack a picnic lunch or snack



BRIMSTONE HILL FORTRESS NATIONAL PARK IS HOME TO AN UNESCO WORLD HERITAGE-LISTED MILITARY FORT

AROUND AND ABOUT

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

A recommended half-day adventure is to drive clockwise around the north 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 cars of the St Kitts Scenic Railway. Departing from Needsmust Station, the train travels around the north coast to La Vallée Station in Newton Ground with a 45-minute bus ride completing the circle.

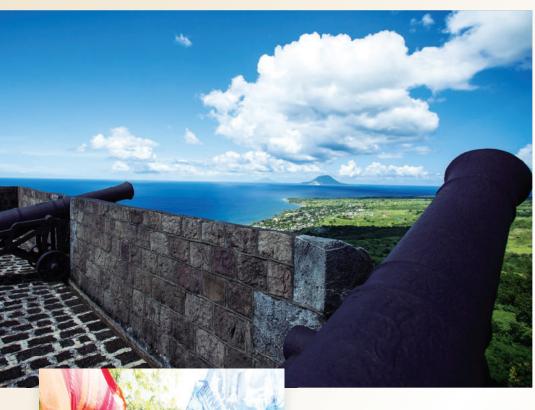


Basseterre is home to the St Kitts National Museum and historic spaces such as The Circus, inspired by London's Piccadilly, and Independence Square (formerly 'Pall Mall').

Sir Timothy's Hill to Belle Vue.

BACK IN THE DAY

Brimstone Hill Fortress National Park is home to an UNESCO World Heritage-listed military fort dating from 1690. There are bastions, lime kilns and the engrossing Fort George Museum. Nearby, at Sandy Point, the Amazing Grace Experience explains the link between St Kitts and the hymn composed by former slave trader John Newton in 1779. History lovers will also enjoy Wingfield Estate, where the ruins of the first working estate and rum distillery in the Caribbean have been uncovered, as well as the gardens of Romney Manor, once owned by a forefather of Thomas Jefferson.



LOCAL TIP

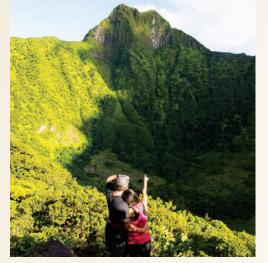
Shop for some richly-colored. island-made batiks sold by Caribelle Batik at Romney Manor



The wow factor



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



PAUSE FOR FORT

Huge stone battlements, a line of rusty cannons pointing out to sea, ghostly barracks and a poignant cemetery make it easy to see why Brimstone Hill Fortress

National Park was designated an UNESCO World Heritage Site in 1999. Once home to over 1,000 soldiers and their families, this formidable citadel is one of the Caribbean's most remarkable historical sites. Get the excellent audio guide and explore the museum.

■ ARRIVE IN STYLE

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



Yee-ha! Once you commit to "De Boss," the longest of Sky Safari's five ziplines strung through the rainforest canopy at Wingfield Estate, there's no turning back. Suddenly, you're whizzing along, 250ft up in the trees and quite 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 –

Despite an early morning start, the steep climb up the slopes of Mt Liamuiga, the crowning glory of St Kitts, takes its toll. Standing at 3,972 feet, this dormant volcano is a tough 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!

vou'll be flying.





LOCAL TIP

Kittitians love cricket - top level international matches are played in Basseterre's Warner Park Stadium and it's usually easy to get a ticket.



LOCAL TIP

Feeling lucky? The Royal Beach Casino in the St Kitts Marriott Resort has gaming tables and slots - but you'll need to take along an ID.

Caught the previous night, the tuna is moist and pink. It has been expertly pan-seared in coconut oil, served with an organic salad and a killer view of 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 Gold rum? Mango, coconut, vanilla?

When you hit St Kitts' beach restaurants there

are some tough choices to be made.

IN GOOD TASTE

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 biggest and best parties in the Caribbean. Kool and the Gang, Roberta Flack, Shaggy, John Legend

and more have played at the festival.

Time a visit to enjoy the island sounds.

ONCE WAS LOST 1754 was a landmark year for an English foul-mouthed, slave trader called John Newton. On a visit to St Kitts. he fell into conversation with a captain of a Scottish ship. Alexander Clunie, who re-aligned him to the Christian cause. Back home. Newton joined the clergy and composed hymns, including one that begins "Amazing Grace, how sweet the sound." For the full story, visit the Amazing Grace Experience Visitor Centre in Sandy Point.





WHAT A BREEZE!

The sails are up and the catamaran is tearing along at a jaunty angle. If only we could bottle up the warm breeze, frame that view of the gorgeous green peak of Mt Nevis ahead... Book a sail with Leeward Island Charters and you'll find its crew is a hoot joking, dancing and showing everyone the good times that await out on the ocean wave. Once you reach the sister isle, they'll drop anchor for a barbecue lunch on the beach, rum cocktails essential.

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 historic museum, the beautifully landscaped botanical gardens and St. John's Anglican Church where Lord Nelson and Fanny Nisbet were married.

ACCOMMODATION

The fest places to stay



PARK HYATT ST KITTS

St Kitts' newest hotel sits on Banana Bay beach on the southeast peninsula, offering 126 sophisticated rooms including 48 suites, some with rooftop

pools. Treats include three signature restaurants, two pools (one adults-only), a destination spa and a rum bar, plus watersports and children's activities. stkitts.park.hyatt.com



BELLE MONT FARM

Part of Kittitian Hill, an organic farm, golf course and ecominded resort development in the verdant hills of northern St Kitts, this lofty and luxurious

property has stunning coastal views, gorgeous accommodation and restaurants, The Kitchen. The Farm, the pool bar and Arthur's on a nearby beach. bellemontfarm.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 golden sand beach and a spa and casino. Well-geared to families, it's a popular one-stop resort with plenty of alternative dining options just a stroll away. *stkittsmarriott.com*



OCEAN TERRACE INN

Within walking distance of Basseterre, this four-star boutique hotel in Fortlands has 34 contemporary rooms set on several levels around a

lagoon-style pool with views over the harbor. Fresh fish is served in the Fisherman's Wharf restaurant and it attracts both business and leisure travelers. oceanterraceinn.com



ROYAL ST KITTS HOTEL

Backing onto a private lagoon, this newly refurbished, familyrun resort in North Frigate Bay has a mix of 215 studios, one- and two-bedroom suites,

all with well-equipped kitchens and contemporary furnishings. There are two restaurants, a large pool and laundry facilities.

royalstkittshotel.com



SUGAR BAY CLUB

Enjoying a five-acre oceanside site in North Frigate Bay, this family-friendly resort has 89 rooms, half of which were recently remodeled.

Accommodation options range from studios to twobedroom cottages, plus there are two pools and four restaurants including Japanese and Indian cuisines. sugarbayclub.com



TIMOTHY BEACH RESORT

Set on South Frigate Bay beach beside the lively watering holes of "The Strip", this keenly-priced resort appeals to families and sociable travelers. Many of the

55 rooms have kitchen facilities and amenities include a large pool, relaxed ocean view restaurant and The Dock bar with live music on Sundays.

timothybeach.com



BIRD ROCK BEACH HOTEL

With views of the Caribbean Sea and Basseterre, this affordable accommodation features 46 rooms in two-story blocks with two restaurants, a pool,

secluded beach and private dock. It is popular with divers as it gives them easy access to the on-site Dive St. Kitts, which organizes day trips to explore the island's best wrecks. *birdrockbeach.com*

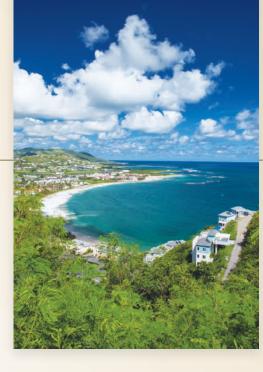


ROCK HAVEN

This colourful B&B with an authentic Caribbean charm sits in the hills of Frigate Bay with two spacious suites, one with a fully-equipped kitchen. A breezy

terrace offers fine views and rates include a generous breakfast featuring local dishes plus airport or ferry transfers, laundry, phone calls and internet.

rock-haven.com





PRIVATE VILLAS

Villa accommodation ranges from complexes such as the hillside Calypso Bay Resort near South Frigate Bay, with a choice of one- to three-bedroom

residences overlooking the Caribbean Sea, to awayfrom-it-all Turtle Beach House on the southeast peninsula with three bedrooms and a 22ft infinity pool. *stkittstourism.kn*



CONDOMINIUMS

Frigate Bay offers the greatest choice of condos, including Silver Reef with one- to threebedroom options overlooking the Royal St Kitts Golf Course.

The beachside Sealofts has two- and three-bedroom townhouses set in tropical gardens with a communal pool, while Island Paradise Beach Village includes one-bedroom units. *stkittstourism.kn*



CULTURE & CUISINE

Sugar and spice

LOCAL TIP

Held every July, St Kitts & Nevis Restaurant Week showcases the flavors of the islands with bars and restaurants offering special menus

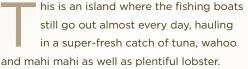


SPRAT NET HAS ITS OWN FISHING BOATS AND SERVES GRILLED LOBSTER IN A NO-FRILLS SHED WITH LIVE BANDS TWICE A WEEK

at Reggae Beach Bar and Grill on Cockleshell Bay pulls in a party crowd. Healthy drinks and vegetarian snacks are on offer at Ital Creations, an organic farm near Basseterre with a truly uplifting, 'life is good' attitude.

THE SMART CHOICE

For a romantic dinner, there are elegant venues such as Marshall's in Basseterre and the Pavilion Beach Club at Christophe Harbour. For top notch seafood, head to Spice Mill Restaurant at Cockleshell Bay beach, while The Kitchen at Belle Mont Farm has a 'new Caribbean' menu featuring dishes such as lemongrass-poached lobster with dasheen risotto and cinnamon-braised goat loin.



The hills are equally rich with tropical fruits - mango, papaya, guava, avocado - and organic vegetables grown on small, handtended plots.

Farm-to-table, sea-to-plate, that's the way it goes here from beach bars to fine dining restaurants. On the drinks front, there are rum-based cocktails, Caribbean beers and a host of exotic juices.

Menus are priced in US or EC dollars, so check first if it's not clear and if a service charge has not been included, leave a tip.

GO LOCAL

Stewed saltfish with fried dumplings and spicy plantains is the St Kitts & Nevis national dish, but that's just the appetizer for authentic Caribbean cuisine which includes conch fritters, goat water, jerk chicken and johnny cakes. El Fredo's, a small restaurant on the Basseterre seafront, is inexpensive and welcoming. In Old Road, Sprat Net has its own fishing boats and serves grilled lobster in a no-frills seaside shed with live bands twice a week, while the Friday night Lobster Fest



LOCAL TIP

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

Love island

LOCAL TIP

Enjoy a VIP arrival and departure by checking into the YU Lounge private jet terminal at Robert L. Bradshaw International Airport



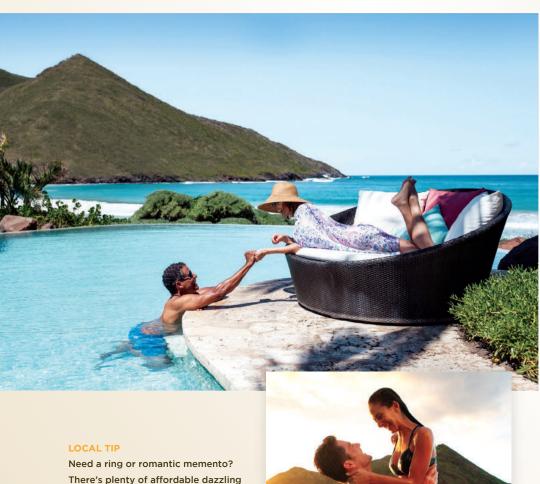
ENJOY A MEMORABLE EXPERIENCE ON ST KITTS, LIKE AN EXHILARATING ZIPLINE RIDE, A CATAMARAN CRUISE OR A HORSE RIDE IN THE HILLS

Palms Court Gardens and Romney Manor, with its magnificent 400-year old saman tree.

HONEYMOON HEAVEN

For luxury and privacy, hide away in the hills at Belle Mont Farm, where most rooms have a private plunge pool and an al fresco bath. Or, lounge in a rooftop pool suite at the new Park Hyatt St Kitts at Banana Bay.

Easily explored by rental car, or taxi tour, St Kitts offers couples plenty to discover à deux, from horseback rides in the hills to a tutored rum tasting. At night, try the craft cocktails served on the deck at Salt Plage in Christophe Harbour, or a dinner under the stars at The Farm in Belle Mont Farm.



vibrant green interior, warm tropical climate and variety of hotels, St Kitts is tailor-made for love.

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 an anniversary.

The secret of romance lies in enjoying memorable shared experiences and there's no shortage of those, from facing up to thrilling zipline 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.

Many couples automatically think 'beach' with the immaculately-kept sands of the St Kitts Marriott Resort in North Frigate Bay a favorite, but there are plenty more options. Luxury villas and aboard a catamaran are popular choices for a small, intimate ceremony, while photogenic locations include the lofty Brimstone Hill Fortress, the exclusive

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

Sandy shores

LOCAL TIP

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



'THE STRIP' AT SOUTH FRIGATE BAY BEACH IS A STRETCH OF CASUAL BARS THAT ARE A FOCUS FOR THE ISLAND'S **NIGHTLIFE AND MUSIC**

February to July, with hatchlings emerging in late September. You can learn more about these endangered creatures on nighttime eco-tours organized by the St Kitts Sea Turtle Monitoring Network. They run from April to June and are free for children 12 and under.

PARTY TIME

First the sundowners, then it's the bonfire on the beach, then the live band starts. Soca or reggae, both are good for dancing under the stars at 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 few remember the answer.



LOCAL TIP

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

he best beaches on St Kitts adorn its southeast peninsula and have pristine sands, sheltered waters and fine views of nearby Nevis. Cockleshell Bay is the most popular but never feels overcrowded, with a good choice of bars, restaurants and watersports. Adjacent to this, crescentshaped Banana Bay is home to the new 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 number of bars along the way. Beaches on the northern, Atlantic-facing side are wilder with few facilities, so they're better for a bracing walk or kiteboarding, while there are black volcanic sands in the north at Dieppe Bay.

MAKE A SPLASH

Cockleshell Bay is home to St. Kitts Water Sports at Reggae Beach where you can rent kayaks, paddleboards, jet skis and flyboards. For snorkeling, try the clear waters of Whitehouse Bay where 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

ADVENTURE & NATURE

Natural highs

LOCAL TIP

Never tried kiteboarding? It is time to give it a go with Beach Addiction St Kitts & Nevis



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 ziplining course set high up on Wingfield Estate, guarantees an adrenaline rush. Five lines are suspended up to 250ft above the ground and children aged six and above are welcome.

Close by, Spectrum ATV Tours runs off-road group trips by all-terrain vehicle (quad bike), a two-hour drive through the sugar fields and old plantations (minimum age 16).

For horseback riding, Trinity Inn Stables in Palmetto Point has trips along the beach and into the rainforest. Leeward Island Charters offers catamaran cruises out of Basseterre that sail along the coast with stops to snorkel. Or, book a full day sail across to Nevis and back.



LOCAL TIP

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

f you like to explore and get close to nature. St Kitts is rewarding due to its diverse landscapes, managed development and abundant historic attractions.

A quarter of St Kitts is covered in verdant rainforest and all land above 1.000ft is protected. Everywhere you look there are flamboyant flowers and fruit trees, including red and yellow heliconias, breadfruits, towering royal palms and the scarlet-petalled poinciana, the national flower of St Kitts & Nevis.

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, Greg's Safaris offers educational, family-friendly, off-thebeaten-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 viewing pond and sea birds.

Timefortees



LOCAL TIP

Want more? St Kitts' sister isle has an 18-hole championship course at the Four Seasons Resort Nevis

t's not every day you get to hit golf balls between two oceans. Running between the island's Atlantic and Caribbean shores, the Royal St Kitts Golf Club & Championship Course enjoys a prime location in the center of the island. Here, emerald fairways of seashore paspalum grass are set amid 125 acres of tropical lushness with coconut palms and exhilarating views that extend out to the shimmering blue waves and inland to the green volcano of Mt Liamuiga.

Blending natural beauty with stimulating challenges, Royal St Kitts guarantees a satisfying round in the sunshine. Certified by the Audubon Society, the course is also a sanctuary for native and migratory birds.

FAIRWAYS TO HEAVEN

Established in the mid-1970s then remodeled by Thomas McBroom in 2004, the par-71 course plays 6,851 yards. It opens inland and features ten water hazards and 80 bunkers, with four sets of tees to appeal to golfers of all skill levels. The final stretch is oceanside and it does get windy, with Hole 17 being one of the course's toughest tests. Relief awaits at the Clubhouse Grille, while the club has locker rooms, rental equipment and a pro shop with branded merchandise. Junior golfers are



EMERALD FAIRWAYS ARE SET AMID 125 ACRES OF TROPICAL LUSHNESS WITH SWAYING COCONUT PALMS AND EXHILARATING VIEWS

welcome to join the fun, with children aged 15 and under invited to play free after 15.00 when accompanied by a paying adult.

TOURNAMENT PLAY

Run by PGA-accredited professionals and set beside the St Kitts Marriott Resort & The Royal Beach Casino, the St Kitts Royal Golf Club welcomes group outings and special events. Competitions take place in high season, including the St. Kitts & Nevis Couples Golf Classic, the St Kitts 2Ball Invitational, the St Kitts & Nevis Admiral's Cup Pro-Am Golf Tournament and the St Kitts Open. The course is open year-round, with reduced green fees from June to October (low season).

Eventscalendar

FEBRUARY - St Kitts & Nevis Admiral's Cup Pro-Am Golf Tournament A five-

MARCH/APRIL - Nevis to St Kitts Cross-Channel Swim A two-and-a-Nevis Blues Festival Oualie Bay hosts

MAY - Johnny Walker St Kitts Golf *Open* A two-day tournament on the

JUNE - St Kitts Music Festival

JULY - Nevis Mango Festival St Kitts & Nevis Restaurant Week

AUGUST - *Culturama* Traditional folklore

OCTOBER - Latin Festival St Kitts

DECEMBER/JANUARY - St Kitts-Nevis National Carnival (Sugar Mas)



