

ZING

Caribbean LIVE LIFE TO THE FULL

TOP 5 ST LUCIA

THE ISLAND'S BEST BITS, FROM THE PITONS TO PIGEON ISLAND

ANTIGUA AGEING WELL

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DANCING TO A UNIQUE BEAT IN BARBADOS



SPORT

special

- ★ *On the start line with Kirani James* ★ *Meet the Caribbean Olympic hopefuls* ★ *Hot hotels for fitness and fun*
- ★ *Lowdown on Caribbean Premier League 2016*

HOT HOTELS

5 OF THE BEST super sport h

With the Rio summer games coming up in August, check into one of these fitness-focused retreats for some Olympic-inspired action!

Oil Nut Bay, BVI





Oil Nut Bay, BVI

01 OIL NUT BAY, BVI
WHERE NORTH

SOUND, VIRGIN GORDA
INFO +1 284 393 1000; WWW.
OILNUTBAY.COM; US\$750
OLYMPIC SPORTS CANOEING,
SAILING

There are few better places to get in a boat than the beautiful BVI. Warm, sheltered waters and perfect breezes make sailing here a dream. Oil Nut Bay is equally dreamy. Its scattered villas and suites, clinging to the eastern tip of Virgin Gorda, are movie-star glamorous, all with private plunge or infinity pools and high-end design. They also provide access to a state-of-the-art marina, where luxury yachts can moor and where hotel guests can head out in Hobie Cats or kayaks to test the water for themselves. A complimentary sailing lesson is included in your stay at Oil Nut Bay – an expert instructor will teach basic sailing skills and terminology as you zip across the amazing azure water. Or opt for a glass-bottom kayak to see the reef, turtles and stingrays without even getting wet.

TAKE ME THERE: LIAT FLIES
DIRECT TO TORTOLA FROM
BARBADOS, PUERTO RICO,
ST KITTS AND ST MAARTEN

**02 KITEBEACH
HOTEL, ST
VINCENT & THE
GRENADINES**

WHERE KITE BEACH,
CLIFTON, UNION ISLAND
INFO +1 784 527 8363;
WWW.KITESURFGRENADINES.
COM; FROM US\$97
OLYMPIC SPORTS KITESURFING

In May 2012, it was decided that kitesurfing – riding a modified surfboard while holding onto a kite – would replace windsurfing at the 2016 Rio Games. That is until, six months later, the Olympic committee changed its mind. But the debacle has led to calls for kitesurfing to feature at the next Games in 2020 – so why not start learning now?

Kite Beach, on Union Island, is one of the best places to learn the dynamic watersport. It's a jaw-dropping spot, with perfect weather conditions and shallow, clear waters; it's also home to the JT Pro Center, run by professional kitesurfer Jeremie Tronet. The centre offers beginner lessons and multi-day courses with private instructors and boats. Progression is fast – many novices get up on the board on their first lesson.

The Kitebeach Hotel, part of Anchorage Yacht Club and booked through JT, is located in the heart of the action. It offers accommodation for anyone wanting to kitesurf, or simply chill out in the Grenadines. Pick from ocean-view double rooms, close to the centre, and colourful cottages, with verandahs leading onto the beach and serenaded by the lap of the waves. The lively bars and restaurants of Clifton, Union Island's main town, are a short walk away.

TAKE ME THERE: LIAT FLIES
DIRECT TO ST VINCENT FROM
BARBADOS, GRENADA, ST LUCIA
AND TRINIDAD >>



HOT HOTELS



CuisinArt Golf Resort, Anguilla

03 CUISINART GOLF RESORT ANGUILLA

WHERE RENDEZVOUS BAY
INFO +1 264 498 2000;
WWW.CUISINARTRESORT.COM;
FROM US\$550
OLYMPIC SPORTS GOLF

Golf hasn't featured at the Olympics since 1904. However, it's making a comeback in Rio this summer, and Anguilla's CuisinArt Resort is a great place to hone your swing in preparation.

CuisinArt is home to an 18-hole Greg Norman signature-design championship course, which melts seamlessly into the island's curves. It was planned with the environment in mind, and care has been taken not to disrupt Anguilla's natural habitats while still opening up breathtaking vistas. Indeed, the first tee affords views across the Caribbean Sea to St Maarten.

The rest of the resort has a casual and cosmopolitan vibe. There are 98 suites and villas, all looking out on the water. Dining options are varied, with much of the produce – lettuces, tomatoes, peppers, herbs and more – sourced from CuisinArt's own hydroponic farm.

TAKE ME THERE: LIAT FLIES DIRECT TO ANGUILLA FROM ANTIGUA

04 THE BODYHOLIDAY, ST LUCIA

WHERE CARIBLUE BEACH
INFO +1 758 457 7800;
WWW.THEBODYHOLIDAY.COM;
FROM US\$500
OLYMPIC SPORTS ARCHERY, ATHLETICS, BEACH VOLLEYBALL, BOXING, CANOEING, CYCLING, DIVING, FENCING, GOLF, ROWING, SAILING, SWIMMING, TABLE TENNIS, TENNIS, TRIATHLON, WATER POLO, WEIGHTLIFTING – PHEW!

What can't you try at The BodyHoliday? This sport resort on northern St Lucia's secluded Caribblue Beach is heaven for healthy holidaymakers, offering an almost endless menu of exercise and activity options. That includes around 16 Olympic sports (or slight variations on them at least), not to mention an array of extras, from yoga to dance.

For instance, The BodyHoliday puts its own twist on the triathlon. Here, you can test yourself on a Quadrathlon: a mixed terrain 13km bike ride through the surrounding countryside; a 4km run to the top of Pigeon Island; a 30m abseil down to the sea; and a 2.5km kayak across turquoise waves back to the resort – where a cold Piton beer awaits!

Most activities are included, as is a daily treatment at the wellness centre – pick from options such as a lime-and-ginger scrub or aromatherapy massage. There's an endless supply of healthy food, too, such as fruit smoothies and salads. Or reward your efforts with a well-earned beach barbecue and glass of wine.

TAKE ME THERE: LIAT FLIES DIRECT TO ST LUCIA FROM ANTIGUA, BARBADOS, MARTINIQUE, ST VINCENT AND TRINIDAD

05 CURTAIN BLUFF, ANTIGUA

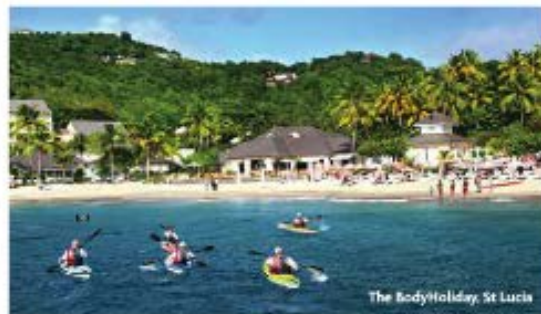
WHERE OLD ROAD
INFO +1 268 462 8400; WWW.CURTAINBLUFF.COM; US\$820
OLYMPIC SPORTS TENNIS

Poised on a peninsula between two tantalising beaches, Curtain Bluff is a gorgeous family-run retreat. All of its 72 rooms face the sea, and activities galore are included in the rate: everything from scuba diving to basketball and yoga. However, Curtain Bluff's real USP is its world-class tennis centre, which has four championship courts, set within a lob-shot of the sea. The three resident pros are qualified to teach everyone from beginners to semi-pros. The resort also hosts tennis events, including celebrity-run Tennis Camps and the lively Tennis Challenge (Nov 2016).

TAKE ME THERE: LIAT FLIES DIRECT TO ANTIGUA FROM ANGUILLA, BARBADOS, DOMINICA, GUADELOUPE, PUERTO RICO, ST KITTS, ST LUCIA AND ST MAARTEN ●



Curtain Bluff, Antigua



The BodyHoliday, St Lucia