

September 1, 2024

THE SUNDAY TIMES  
**Travel**  
TRAVEL SECTION OF THE YEAR

It's time to lime with **10** pages of  
insider picks: new hotels, cool  
hangouts and heritage Jamaica

# Caribbean special

**Plus** Spain's dreamiest islands **5** Switch off at an off-grid UK yoga retreat **6** Aalborg city guide **21**



STYLING: DEBORAH LOWN; COURTESY: B&amp;B

# 15 OF THE BEST

## NEW ESCAPES IN THE CARIBBEAN

From a chic Mustique masterpiece to overwater villas in Antigua and a seafront hotel in Puerto Rico, island expert *Nigel Tisdall* shares the exciting stays to have on your radar for a tropical break

I have been a frequent traveller to the Caribbean for the past 27 years and I'm constantly impressed with how the region always comes up with exciting new places to visit and stay. This year is no exception and after our stuttering summer many of us will be eager to plot a break to these islands with their winning blend of sunshine, dream beaches, luring sounds and, well, yes, delicious rum cocktails.

There are some impressive new hotels and villas to consider, although most of these are at the pricier end of the market. For families and the budget-conscious, booking a package to an all-inclusive resort is the smart way forward. If you're after a deal look to destinations served by multiple direct flights from the UK, such as Barbados, Antigua and Jamaica, and note that both British Airways and Virgin Atlantic have flight sales running until the end of this month.

Here's our pick of the best new places to pack your suncream for in the coming months.

### ROYALTON CHIC ANTIGUA

**Overwater villa bliss**  
Forget the Maldives. At this 235-room, adults-only all-inclusive, which opened on sunset-facing Dickenson Bay back in April, the star attraction is the 12 luxe overwater bungalows – the first on Antigua – that come with glass floors, an infinity plunge pool and butler service. It's all part of the upbeat pro-party ethos at

Royalton Chic resorts, which are already well-established in Cancun and Punta Cana. With five bars, seven restaurants, two pools, yoga and fitness classes and a spa there's plenty to keep you happy, while excursions include hikes, 4x4 tours and catamaran cruises.

**Details** Seven nights' all-inclusive from £1,879pp, including flights and transfers (bestattravel.co.uk)

From top: beachside at the Rockley, Barbados; the heart pool at Sandals Saint Vincent and the Grenadines; Six Senses La Sagesse, Grenada

### SIX SENSES LA SAGESSE, GRENADA

**Serenity and adventure**  
Wellness, sustainability and "rewilding your soul" are

key elements at this 71-room eco-luxury resort that

opened in April on the southeast coast of the much-loved Spice Isle. While the sands at La Sagesse aren't as spectacular as the island's best-known beach, Grand Anse, this spacious sanctuary offers plenty of me-time moments, from a tea tasting to a three-hour Caribbean cleansing ritual featuring a massage with warm coconut oil.

When it's time to explore, adventures include farm tours, ebike rides, waterfall hikes and rum tasting.

**Details** Seven nights' B&B

from £3,275pp, including flights and transfers (elegantresorts.co.uk)

### THE ROCKLEY, BARBADOS

**Beach party time**  
Opened in March in Hastings, on the island's south coast, this vibrant, all-suite beach resort is a good pick if you're up for some holiday fun Bajan-style. All 49 guestrooms feature a balcony and a sofa bed, while the lobby is filled with local art and the bar offers three happy hours every day. You'll find plenty of tempting places to eat and party close by and the hotel runs its own guided tour, visiting spots such as Hometown and Bathsheba. For more on the Rockley see p16.

**Details** Seven nights' B&B from £1,245pp, including flights and transfers (tropicalsksy.co.uk)

### SANDALS SAINT VINCENT AND THE GRENADINES

**Explore an underrated island**

Mountainous and piratical, St Vincent is a magnificent island that British travellers have been slow to discover, even

**Continued on page 10 →**



“Adventures include waterfall hikes and rum tasting”

Travel **CARIBBEAN SPECIAL**

→ Continued from page 9

though Virgin Atlantic flies in three times a week and you can now stay at this well-appointed 301-room beach resort that opened in March. This is Sandals' 18th Caribbean property but it's much more than the expected high-end, adults-only all-inclusive. Extra flourishes include two-storey overwater villas, a 90m linear pool and an excellent range of excursions, from a strenuous hike up La Soufrière volcano to snorkelling with turtles in the Tobago Cays.

**Details** Seven nights' all-inclusive from £2,625pp, including flights and transfers (sandals.co.uk)

**PRINCESS GRAND JAMAICA****Ocean fun with the family**

Just north of Negril at Green Island, this four-star, family-oriented all-inclusive will open on September 15 with 590 oceanview suites bordering the beach. Younger guests will enjoy the waterpark with slides, while grown-ups can treat themselves in the spa and beauty salon. Check out the junior suites with boat-shaped bunk beds, while activities include watersports, tennis, archery and a theatre with live shows. For a premium

experience, the Platinum Club offers exclusive perks including a rooftop pool and butler service.

**Details** Seven nights' all-inclusive from £1,566pp based on two adults and two children, including flights and transfers (tui.co.uk)

**TET ROUGE, ST LUCIA****Bag a villa by the Pitons**

Just a 15-minute walk from 800m-high Gros Piton, one of the most popular climbs on St Lucia, Tet Rouge is a six-suite, adults-only hillside resort close to world heritage-listed scenery and the tranquil beach at L'Anse L'Ivrogne, which is served by a complimentary shuttle. In May two new villas were added, Gone Tropical and Infinity, both with two bedrooms, a full kitchen and sea views. Further treats include a 70m pool and Ti Coco restaurant serving mango margaritas and fresh tuna ceviche.

**Details** Seven nights' self-catering at Gone Tropical for six from £7,042 (tetrouge.com). Fly to St Lucia

**SOUTH BANK, TURKS & CAICOS****Smart and secluded**

If you've never visited this low-lying, beach-rimmed British

Aer Lingus 

Fly *direct* from Manchester...  
to New York, Orlando, and Barbados!

**SALE**

Direct flights from

**£359**  
return

T&amp;C's apply



Book now



SHIMCON, ALEXANDRO MELI, ROBERTO G. GARCIA, TIGER

overseas territory next to the Bahamas, take advantage of Virgin Atlantic's direct flights from London Heathrow now, as they will be ending on February 21, 2025. Opening on the gateway island of Providenciales on November 1, South Bank is an upmarket 30-acre resort and marina on the less-developed southeast coast at Long Bay beach. Accommodation options range from a boathouse for two, which features a waterfront terrace and Italian kitchen, to six-bedroom villas. There's also a dedicated boat concierge plus a pool, spa, restaurant and pickleball court.

**Details** B&B doubles from £888 (slh.com). Fly to Providenciales

**WAVES HOTEL & SPA, BARBADOS**

**Revamped all-inclusive**  
With complimentary yoga, Pilates and circuit-training classes, this recently renovated beachfront resort on the island's west coast will keep you fit while you also enjoy its coffee bar and

restaurants serving Asian and Mediterranean cuisine. Rates include up to four spa treatments per stay, while activities range from waterskiing, tubing and Hobie Cat sailing to beach cricket, cooking demos and local excursions. Children under five stay free, while some of the 70 rooms are located in an adults-only enclave across the street. Guests can also dine at four more sister properties in the Elegant Hotels group.

**Details** Seven nights' all-inclusive from £2,027pp, including flights and transfers (firstchoice.co.uk).

“  
**Hike up La Soufrière volcano or snorkel with turtles**”

**VILLA COEUR DE PIRATE, ST BARTS**  
**Glamorous new villa**

Direct beach access and a heated pool with a panoramic coastal view are the trump cards at this six-bedroom luxury villa that opened beside Anse des Cayes in June following a significant makeover. Spacious, open-plan rooms in white and cream are tailored for indoor-outdoor living and there's a hot tub, massage room and fitness area. As you'd hope,



rates include concierge services as well as use of the beach club and watersports facilities at Le Barthélemy Hotel, a 15-minute drive away.

**Details** Seven nights' self-catering for twelve from £45,030, including breakfast and transfers (lebarthvillas.com). Fly to St Barts via Antigua

**From left: on the boat at South Bank, Turks & Caicos; poolside at Waves Hotel & Spa, Barbados; Gone Tropical villa at Tet Rouge, St Lucia; inside Villa Coeur de Pirate, St Barts**

**MARRIOTT RUMBAO, PUERTO RICO**

**Handy base in Old San Juan**  
With a colourful rooftop pool, 245 contemporary rooms and a prime location on the waterfront in Old San Juan, this nine-storey hotel, which opened in March, is an ideal choice if you're visiting the Puerto Rican capital pre- or post-cruise. The terminal is steps away and you're also close to popular sights such as Castillo San Cristobal and Calle de la Fortaleza. Local dishes served in the Kueros Island restaurant include chicharron (fried pork belly).

**Continued on page 12**

SAVE £100PP ON UPPER CLASS FLIGHTS\*

Sandals

FIND Your CARIBBEAN HERE

VOTED THE WORLD'S LEADING ALL-INCLUSIVE RESORTS

INDULGE IN THE ULTIMATE LUXURY WITH  
A BUTLER SUITE & UPPER CLASS FLIGHTS

SANDALS OCHI

SANDALS ROYAL PLANTATION

SANDALS OCHI, JAMAICA

Travel in September 2024  
Including Upper Class return flights with Virgin Atlantic

---

Staying in a One Bedroom Poolside Butler Villa Suite

<p style="font-size: 0.8em; color: #0070C0;">7 NIGHTS ALL-INCLUSIVE FROM</p> <p style="font-size: 1.2em; font-weight: bold; color: #0070C0;">£3,369PP</p>	<p style="font-size: 0.8em; color: #0070C0;">10 NIGHTS ALL-INCLUSIVE FROM</p> <p style="font-size: 1.2em; font-weight: bold; color: #0070C0;">£3,919PP</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------

SANDALS ROYAL PLANTATION, JAMAICA

Travel in September 2024  
Including Upper Class return flights with Virgin Atlantic

---

Staying in a Viceroy Honeymoon Oceanfront Butler Suite

<p style="font-size: 0.8em; color: #0070C0;">7 NIGHTS ALL-INCLUSIVE FROM</p> <p style="font-size: 1.2em; font-weight: bold; color: #0070C0;">£3,459PP</p>	<p style="font-size: 0.8em; color: #0070C0;">10 NIGHTS ALL-INCLUSIVE FROM</p> <p style="font-size: 1.2em; font-weight: bold; color: #0070C0;">£4,049PP</p>
-----------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------

WITH UPPER CLASS FLIGHTS YOU WILL ENJOY:

Extra large seats	2 x 32kg checked bags
Fast track security on departure	Access to Virgin Atlantic Clubhouses

0800 022 3443 | sandals.co.uk

100% FINANCIAL PROTECTION ON HIGH-INCLUSIVE PACKAGE HOLIDAYS

SCAN TO DISCOVER MORE

Prices are per person, based on 2 adults sharing a room on an all-inclusive basis, and includes return upper class flights with £100 savings per person when flying with Virgin Atlantic\* (unless otherwise stated) and all applicable savings. Book by 02 September '24. Prices are correct at time of submission/distribution, are subject to availability and can change or be withdrawn without notice. For more information and further terms and conditions visit [www.sandals.co.uk/specials/uk-offers](https://www.sandals.co.uk/specials/uk-offers). Unique Caribbean Holidays Ltd, registered office: 2nd Floor, Rumbao House, 21 Lower Plantation Road, Richmond, England, TW9 2JA, acts as an agent for Sandals and Beaches Resorts Intl. All holidays are AOTA (016-413) and ADEL (0074) protected.

# Travel CARIBBEAN SPECIAL

→ Continued from page 11

coffee-rubbed steak and Caribbean crème brûlée. **Details** B&B doubles from £170 (hotelumbao-sanjuan.com). Fly to San Juan via Madrid or Miami

## JOIA A RUBA BY IBEROSTAR

**Join the carnival**  
Served by a weekly British Airways flight from Gatwick via Antigua, this arid Dutch island lies 15 miles north of Venezuela and is outside the hurricane belt. Iberostar is due to open this grand five-star resort beside the spotless white sands of Eagle Beach at the end of 2024. All 240 suites feature a balcony with a whirlpool bath and guests have access to the nearby Tierra del Sol golf course. Time your visit to coincide with Aruba's carnival season, which runs January 11 to March 2, 2025, when the island will be in high spirits. **Details** Room-only doubles from £476 (iberostar.com). Fly to Aruba

## VILLA LA PALMA, MUSTIQUE

**Beachfront designer pad**  
Back on the market after three years, this restored deluxe masterpiece originally

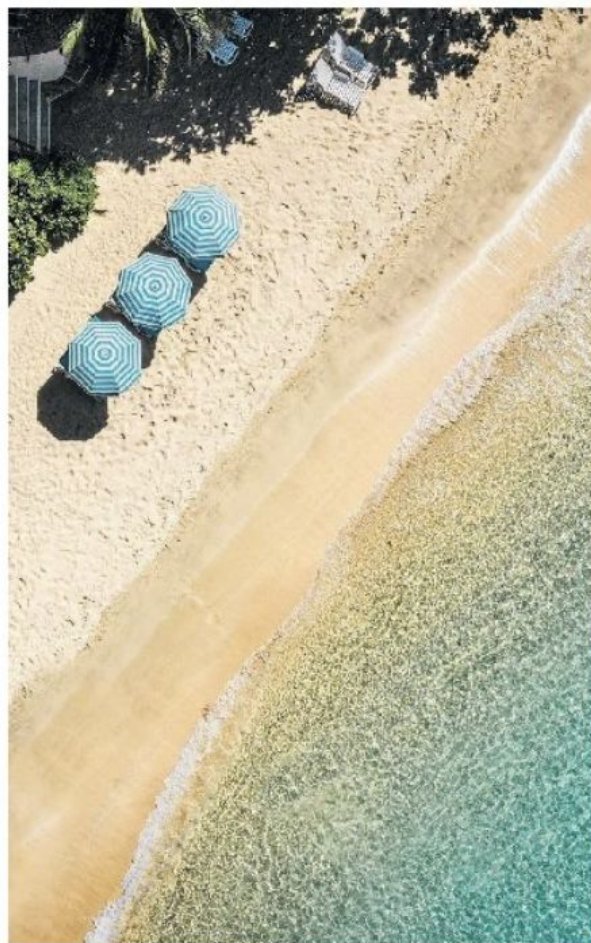


Left to right: the Potlatch Club, Bahamas; Joia Aruba by Iberostar; Hotel Indigo Grand Cayman; Villa La Palma on Mustique

designed by Oliver Messel sits by the perfect sands of L'Ansecoy Bay. Pairing Palladian grandeur with Asian accents, the immaculate residence features lush gardens with shell-lined paths plus a pool and library. There's room for twelve guests and the six staff include a butler and chef. Tommy Hilfiger's fabulous villa is right next door and there are two Kawasaki Mules (two-seater off-road vehicles) so you can whizz off to the Wednesday night Jump-Up at Basil's Bar in five minutes. **Details** Seven nights' self-catering for twelve from £48,560 (mustique-island.com). Fly to Mustique via Barbados

## THE POTLATCH CLUB, BAHAMAS

**Tranquil escape with a celebrity past**  
Beside a seven-mile pink sand beach on blissfully quiet Eleuthera, this luxury boutique hotel opened in June after a seven-year restoration. Sixty years ago this was a glamorous getaway for New



## Turquoise

The Turquoise Holiday Company

### Tailormade Luxury Holidays to the best islands in the Caribbean

For expert service, advice and offers, call our team.

#### BARBADOS

##### Fairmont Royal Pavilion

7 nights, with breakfast, in a Luxury Oceanfront Room from **£2,399** per person including international flights & transfers

#### ANTIGUA

##### Blue Waters

7 nights, with breakfast, in a Deluxe Beachfront Room from **£1,999** per person including international flights & transfers

#### JAMAICA

##### Jamaica Inn

7 nights, with breakfast, in a Deluxe Verandah Suite from **£2,299** per person including international flights & transfers

#### ST KITTS

##### Park Hyatt

7 nights, with breakfast, in a King Room from **£2,199** per person including international flights & transfers

#### BARBADOS

##### Little Good Harbour

7 nights, with breakfast, in a One Bedroom Garden Suite from **£1,799** per person including international flights & transfers

#### ST VINCENT & THE GRENADINES

##### Bequia Beach Hotel

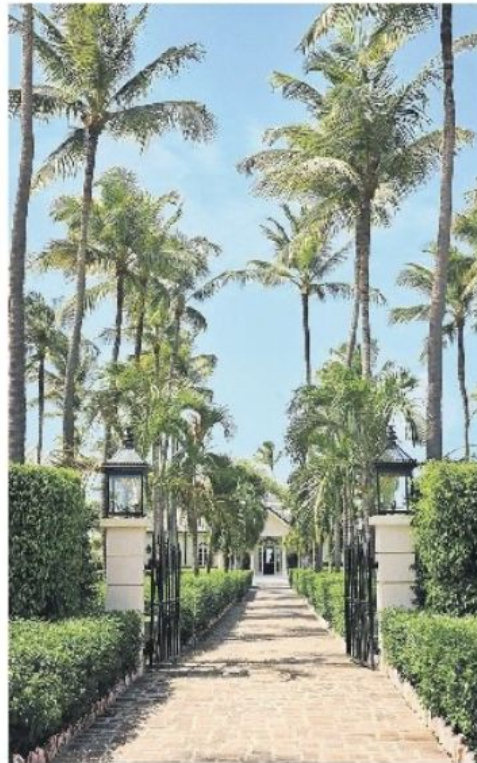
7 nights, with breakfast, in a Classic Room from **£1,899** per person including international flights & transfers

0207 147 7087

www.turquoiseholidays.co.uk

Prices are based on two people sharing. Please enquire for upgrades, solo, group and family pricing. Full offer details available online. Terms & conditions apply. E&OE.





York socialites and the resort has A-list pedigree – Paul McCartney honeymooned here in 1969 with his first wife, Linda, writing *She Came in Through the Bathroom Window* on hotel stationery. There are just 11 cottages and villas in 12 acres of landscaped grounds with a restaurant, pool and spa.

**Details** Seven nights' room only from £2,729pp, including flights and transfers (luxuryexplorer.com)

**HOTEL INDIGO GRAND CAYMAN**

**Kick back by the pool and beach**


Opened in May next to the broad sands of Seven Mile beach, this 282-room hotel has plenty to like, including tenth-floor Pom Pom, which is the newest rooftop restaurant on Grand Cayman. The Catalina bar and lounge has artworks celebrating the archipelago's female pilots, while the six dining options include Japanese and Latin American cuisines. Every guestroom features a private balcony and there are family suites with bunk beds, while amenities

include two infinity pools and a beach club. **Details** Seven nights' room only from £1,799pp, including flights (britishairways.com)

**EDEN ROC CAP CANA, DOMINICAN REPUBLIC**  
**Cenote-side luxury**

Two new super-villas will open on October 1 at this five-star Relais & Châteaux beach resort near Punta Cana that offers a Jack Nicklaus golf course, equestrian centre, kids' club and Natura Bissé spa. Fans of wild swimming will appreciate six-bedroom Villa Azuree with its private access to two cenotes (natural pools), while the 11-bedroom Founder's Villa will suit a multigenerational celebration. Both come with a private pool, chef and concierge, and the wide range of activities includes tennis, watersports and ecotourism safaris. **Details** Seven nights' self-catering for 22 from £57,260 at Founder's Villa, including breakfast (edenroccapcana.com). Fly to Punta Cana

“ Pom Pom is the newest rooftop restaurant on Grand Cayman ”



# DISCOVER INDIA...

**Vibrant, colourful and exotic**

Experience ancient city tours, scenic river cruises, great railway journeys, inspiring cultural heritage, and perfect breathtaking landscapes. Our meticulously planned itineraries promise to take you on a journey that will leave you with special memories to last a lifetime.


We seek not only to 'amaze and surprise' the first-time visitor to India but also to enthral the returning visitor with new and undiscovered treasures. Awe-inspiring Mughal architecture, dreamy shores, temples, the world's tallest mountains and magnificent palaces are but a few of the delights that tempt visitors to return to India time and time again.

**ALONG THE BANKS OF THE HOOGLY**

**10/11 NIGHTS FROM £3,845/£3,945 including flights**



- Explore Kolkata on a city tour • Set sail on a 7 night cruise
- Discover the last city of Gaur • Take a rickshaw ride in Kalna
- Explore Chandernagore's museum • Sail under the Howrah Bridge

**Call 020 3811 3227 to book today, or visit [vjv.com](http://vjv.com)**



ABTA  
ABTA No. V1661

Prices are correct at the time of going to press. If our specially negotiated airfares are unavailable at the time of booking, a supplement may apply.

SCAN ME