



Actress Angela Bassett visited the Caribbean island this year, during spring's Antigua Sailing Week regatta.

Antigua

STAR ESCAPES

Dip your toes in the vibrant culture of this dreamy Caribbean island
By Kaysey Davis

EXPLORE

Set between the Caribbean Sea and the Atlantic Ocean, Antigua is the ideal holiday destination for sun worshippers with its 365 white-sand beaches – one to see each day of the year. For the ultimate visit, join an all-terrain buggy tour on a trek to heritage sites, national parks and more. End the day at Shirley Heights, a restored military vantage point with idyllic sunset views over English Harbour (1).

INDULGE

Seeking a luxurious escape? Look no further than the exclusive Carlisle Bay resort, on the south side of the island, where you can reserve a day pass for access to the beach, gym and tennis facilities. The fee includes a massage at Cara Organic Beauty Spa and a three-course lunch. Just a short drive away, a menu of relaxation treatments awaits at the Spa at Curtain Bluff (2), a seaside venue with vistas of neighbouring St. Kitts and Nevis.

TRIP TIPS Consider visiting Antigua's sister island, Barbuda – day trips depart from the capital, St. John's • Wildlife lovers will enjoy seeing the tortoises and tropical birds of the Laviscount Island sanctuary • U.S. funds are accepted, along with the local East Caribbean dollar



TASTE

Eat like the locals by taking a cooking class at Nicole's Table (3). Here, you'll learn how to create classic Caribbean dishes, such as jerk chicken, plantains, and rice and peas, while sampling traditional rum punch – one of the nation's most popular drinks. For a beverage-focused tour (and some souvenir shopping), stop in at Antilles Stillhouse. The small-batch distillery, owned by a Canadian-Antiguan family, offers an array of botanical spirits made with local ingredients.

STAY

With three pools, eight restaurants and the island's only overwater bungalows, Royalton Antigua (4) is a must-stay all-inclusive resort, just a 30-minute drive from V.C. Bird International Airport. There are plenty of activities for kids and grown-ups alike, making it perfect for families. Over in Mamora Bay, visitors want for nothing at the upscale St. James's Club & Villas Antigua, a secluded hideaway – boasting two beaches and five restaurants – on a sprawling 100 acres. **H**



What To Pack



Gia Lace-Up-Back Swimsuit in Brown, \$195,
hilarymacmillan.com



Cay Skin Deepwater Dew Body Serum, \$52,
sephora.ca



Hampton Bag in Sand, \$1,264,
gladstinlondon.com

CLOCKWISE FROM FAR RIGHT: MATT WINKELMEYER/GETTY IMAGES; ISTOCK; NICOLE'S TABLE INSTAGRAM; ROYALTON ANTIGUA FACEBOOK; CURTAIN BLUFF INSTAGRAM