

escapism

Winging It: St Kitts, the Caribbean



Kittitian Hill is a luxury accommodation option with an edible golf course

Forget Sin City, this week it's all about Sugar City. It's the nickname of the little Caribbean island of St Kitts, your new favourite holiday destination for reggae, rum and reeeelaxation. You're welcome.

WALK: SAND BANK BAY BEACH

St Kitts is dotted with spectacular beaches – Cockleshell Bay Beach is our favourite for swimming, sunbathing and chilling on the sand with a bottle of Skol. For something quieter, head south to Sand Bank Bay Beach, a windswept curve of white sand. Hold onto your trunks – the water's a little rough – but if you're looking for a raw, undeveloped Caribbean beach, this is it. Visit in October and you'll be joined by baby turtles on the sand. stkittstourism.kn

DANCE: THE STRIP

Affectionately nicknamed 'the Strip' by locals, it's essentially a stretch of beach lined with bars. Early evening it's the place to settle down with a plate of jerk chicken and plantain (Patsy's Bar does the best), but come midnight it's a rum-soaked reggae fest with late-night partying on the sand. The Kittitians will drink and dance you under the table: fact.

STAY: KITTITIAN HILL

The newest and most luxe accommodation option on St Kitts is Kittitian Hill. The dreamy guesthouses offer sparkly views over the sea and Kittitian Hill's edible golf course (if you're feeling peckish between the holes you can tuck into mangos and other fruit growing on the course - that's how we do golf). It is a splash out option, so for a less expensive way to see Kittitian Hill, visit for a brunch of epic portions. kittitianhill.com