

THE OFFICIAL ANNUAL MAGAZINE FOR THE ST. KITTS AND NEVIS ISLANDS

# *Your St. Kitts & Nevis*







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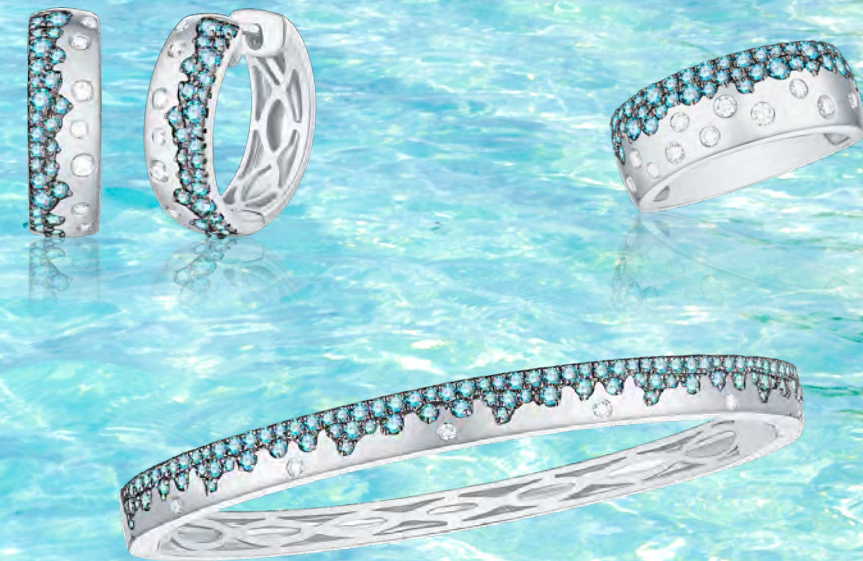


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# LA CASA DEL HABANO

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La Casa Del Habano St. Kitts offers a luxurious, immersive cultural experience in the heart of Port Zante, Basseterre. This premier cigar lounge blends the elegant ambience of a high-end cigar establishment with the casual, relaxed environment of a Caribbean port-view terrace. Patrons can expect a sensory feast marked by the rich scents of artisan Cuban cigars, the intricate taste profiles of high-quality rums and whiskeys, and the enticing appeal of the finest Mojitos in St. Kitts.



This establishment offers more than just indulgence; it's a vibrant adventure underpinned by the age-old traditions of tobacco curing, rolling, and ageing. The Cuban cigars, meticulously crafted by expert torcedores, provide an evocative array of experiences that stimulate all the senses.

La Casa Del Habano St. Kitts is also home to the largest cigar humidor in the East Caribbean, holding a diverse selection of premium cigars from renowned brands like Cohiba and Montecristo. To enhance the cigar smoking experience, the lounge offers a superb collection of aged rums and fine whiskeys, paired expertly by knowledgeable bartenders and cigar specialists.

Visitors can't miss out on their Mojitos, known to be the best on the island. These drinks are crafted meticulously with a variety of exotic flavors that offer a delightful homage to the lively spirit of the Caribbean.

The lounge boasts plush comfort and sophisticated interiors, providing a relaxing space for guests. An open-air terrace offers additional seating with magnificent views of the Caribbean Sea and Port Zante, enhancing the smoking experience. The establishment also features a selection of exclusive, high-end accessories like handcrafted humidors, professional-grade cutters, lighters, and ashtrays, epitomizing luxury in every detail.

La Casa Del Habano St. Kitts invites all to savor the exotic and extraordinary, embodying the authentic luxury of the Cuban cigar experience. Whether for a first-time smoker or a seasoned enthusiast, the journey promises a memorable experience richly steeped in smoke and time. The invitation is to explore, indulge, and immerse oneself in this truly exceptional establishment, living the Cuban way.

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St. Kitts & Nevis Restaurant Week

**August**  
Nevis Culturama Festival

**Aug.-Sept.**  
Caribbean Premier League (CPL) T20 Cricket Tournament

# 2023 Calendar of Events

**St. Kitts** | ST. KITTS TOURISM AUTHORITY  
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# Your St. Kitts & Nevis

Your St Kitts and Nevis Magazine  
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Welcome to YSKN

## CONTRIBUTORS

Our team presents a curated guide for relaxation and renewal...



**W**elcome! We are so happy you followed your heart to our island paradise. I love waking up on the first morning of my vacation, settled in and ready to explore anything my heart desires. Take care of yourself and our islands, and remember to stamp your footprints into the sand. We look forward to your return visit!

Wishing you wellness,  
*Salisha Aya*, Publisher

### Sarah Freeman

Sarah's peripatetic profession as a travel and conservation journalist takes her to all corners of the globe. But that doesn't stop her returning regularly to our sun-kissed shores, eight years after her first fairytale visit.



### Katherine Barry Verano

Work brought Katherine to St. Kitts in 2007, and the island soon became her second home. She loves hearing her four-year-old say that St. Kitts and Nevis is his favorite place ever. She concurs.



### Tina Papies

Inspired by life and the natural beauty that surrounds us on St. Kitts & Nevis, Tina is rarely without her camera, which she uses to provide a visual slice of our twin island paradise for you... enjoy

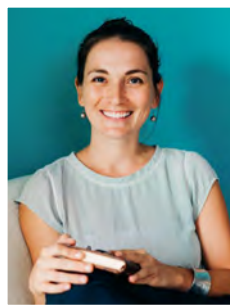
### Adam Aya

A recent transplant, Adam Aya is a new comer to island life and admits to still feeling like he's on holiday. Dramatic landscapes, ocean swims and rainforest hikes remind him daily how lucky he is to live here.



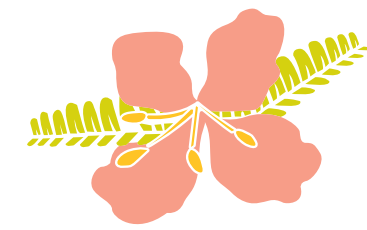
### Sandra Eibl

From Germany, travel concierge Sandra (Sandy) Eibl's passion for island life and watersports led her to St. Kitts. Through her business, she unveils the Caribbean's hidden treasures to explorers from all over the globe.



### Nicole St. Pierre

Nicole St. Pierre has lived in St. Kitts for the past five years with her family. She is a writer, teacher, and traveler, with a love of history and psychology. She loves getting out and about with her family.



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# YSKN 2024 Welcome ST. KITTS & NEVIS

St. Kitts Minister of Tourism and the Premier of Nevis wish you a warm welcome to our twin-island shores, which offer more than just sand and sunshine writes *Sarah Freeman*

**"IT'S THE CLOSEST THING** to paradise here," Minister of St. Kitts Tourism Marsha Henderson tells me of her Kittitian home, which she describes as a relative newcomer when it comes to tourism in the Caribbean. But that's no bad thing as far as Henderson's concerned. "We only closed the sugar industry two decades ago, which still makes us more or less untouched," continuing "we don't want to be just "another Jamaica." Rather, the Tourist Board's vision is to celebrate the unique character of St.Kitts, whilst delivering a comprehensive package to visitors that extends beyond the sun, sand and sea. "We have a rich culture and history... who we are as a people, where we come from, what we eat, how we live and our culture as a whole," Henderson explains, adding "we pride ourselves in those 'off the beach experiences'".

Ever conscious of the island's environmental footprint and becoming a more sustainable destination, Henderson reveals that St. Kitts' emission-reducing Port Zante Pier enables docking cruise ships to "turn off their diesel engines" and connect to shore power. Meanwhile, a bee and butterfly-friendly habitat has been cultivated at Eco Park (a popular stop on the Scenic Railway). This is also where St. Kitts is set to launch its cannabis tourism with a coffee-shop-style experience. "We want to remain relevant as an island," Henderson explains, adding, "which is why our namesake music festival [a three-day event held every June] was 420-friendly this year!" When she's not in the boardroom, you'll find the Minister of Tourism slurping a natural green smoothie at Frigate Bay's Sweet and Savoury Bistro, or drinking in her favourite view of the Atlantic and Caribbean waters meeting at the island's northern-most tip.

Hon. Marsha Henderson, Minister of St. Kitts Tourism



**"OUR PEOPLE..."** that's the main asset to our tourism industry," Mark Brantley tells me over bottomless coffee at Cafe des Arts with a broad smile. "It's a lovely little oasis in the heart of Charlestown. I come here and read a book, or have an [alfresco] meeting," he says of one of his favourite haunts. "And it's historic because it's where Alexander Hamilton was born," Brantley continues, referring to the grounds of the Museum of Nevis History where Café des Arts nestles and which marks the birthplace of the Revolutionary War hero and American statesman.

One a rare day off, the self-confessed foodie tells me he likes to head to one of Nevis' hole-in-the-wall joints for curried conch or Johnny Cakes and saltfish. "All the restaurants here cook local food on Saturdays," he reveals, adding "on Nevis we don't allow fast food chains. We also don't have any traffic lights." Rather, road signs are emblazoned with monkeys and free-roaming goats are the usual cause of a traffic jam! It is precisely this authenticity and laid-back charm that Brantley is hellbent on preserving. "Nevis is how the Caribbean used to be," he reveals, continuing "we want to retain that quintessential Caribbean experience."

But that's not stopping the 36-square-mile isle from embracing innovation and looking to the future. "I think we're well on the path to being one of the greenest places on planet earth!" Brantley says of Nevis' ambition to become the world's first carbon neutral island. Exploratory drilling of its vast deposits of geothermal energy are already underway. "Once geothermal energy is fed into our grid, we will have enough [renewable] energy to supply all of Nevis, St. Kitts and the potential to export energy to neighbouring islands," Brantley tells me, adding "Nevis could become the Norway of the Caribbean!"

Hon. Mark Brantley, Premier of Nevis

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**COMING & GOING**

Valid passports are essential. Visas are required for citizens of numerous nations, with more than 100 visa-exempt – among them the U.K., all EU countries, Australia, Canada, India, Japan and the United States. You'll be issued the necessary paperwork on your incoming flight or at the airport upon arrival. All visitors must have a return ticket. Cruise ship passengers staying for less than 24 hours do not need a visa.



**SIZE** At approximately 17°N, 62°W, St. Kitts is 69 square miles; Nevis is 36 square miles. Our population is slightly more than 50,000, with 80 percent living in St. Kitts.

**TOPOGRAPHY**

Volcanic, with mountainous interiors and rolling coastal plains. Highest points are Mount Liamuiga at 3,792 feet on St. Kitts and Nevis Peak at 3,232 feet – both of which can be climbed.

**CLIMATE** Average temperatures between 79°F (26°C) and 88°F (31°C) by day and 72°F (22°C) and 77°F (25°C) at night. Tropical downpours are more likely between August and October, but even those tend to be short and sweet.

**FERRIES**

Taking about 45 minutes, passenger ferries shuttle between Port Zante in Basseterre on St. Kitts and Charlestown on Nevis. The Sea Bridge car ferry goes between Major's Bay on St. Kitts' Southeast Peninsula and Cades Bay on Nevis. Frequently booked by hotels for their guests, speedy water taxis operate mainly between Reggae Beach, Park Hyatt and the Christophe Harbour Marina in St. Kitts and Four Seasons Resort, Oualie and Pinney's Beaches on Nevis.

**NATIONALITY**

The fully independent twin-island Federation of Saint Christopher and Nevis (universally known as St. Kitts and Nevis) is one country separated by the two-mile wide Narrows. Part of the Commonwealth, King Charles III is head of state.

**HISTORY**

Several European powers fought over our islands, which have been primarily British for 360 years leading up to full independence. On September 19, 1983, we became the smallest independent nation in the Western Hemisphere.

**GETTING HERE**

We're well served by international and regional flights: Delta flies direct to SKB (St. Kitts) from Atlanta; American from Miami, New York JFK and Charlotte; Continental from Newark. British Airways flies direct from London Gatwick, and Air Canada from Toronto. Regional airlines Seabourne, Winair, interCaribbean, Tradewind, LIAT, Silver, Sky High, FlyMontserrat, Air Sunshine, Caribbean Helicopters (fixed wing) and TransAnguilla connect either Nevis (NEV) or SKB to San Juan, St. Maarten, Anguilla, St. Barths, Montserrat, USVI, BVI, Dominica, Antigua, Aruba, Barbados, Dominican Republic, St. Lucia and St. Eustatius.

**LANGUAGE** English, often spoken with a strong accent, is peppered with local idioms – but we'll speak 'standard' English if you're baffled. Christianity is the principal religion.

**ETIQUETTE**

Islanders of all ages appreciate courtesy and manners. You'll often be greeted with a polite 'Good morning' or 'Good day', and a general acknowledgement of those around you is appropriate when entering a waiting room.

**DRIVING** Rental cars and taxis are plentiful. Front seat belts are mandatory, and drivers cannot use cell phones. We drive on the left-hand side of the road, and driver permits are required and available at the Inland Revenue Department or car rental agency.

**DRESS**

It's the Caribbean, so mainly casual, but that doesn't mean swimwear or revealing attire is appropriate in towns and villages. As for going topless on beaches: it's a no-no.

**TELECOMMUNICATIONS**

Our international dial code is: +1 869; from the US: +1 869. Cell phone networks are Flow (Cable & Wireless) and Digicel. Most hotels have high-speed internet, and 4G data roaming is widely accessible. We're on Atlantic Standard Time (AST).

**CURRENCY** We're part of the Organization of Eastern Caribbean States and use the Eastern Caribbean dollar, which is pegged to the US dollar at ECS\$2.6882 to US\$1. U.S. dollars are accepted nearly everywhere, while Euros, Canadian dollars and UK sterling can be changed for EC dollars at banks. Hotels, bigger restaurants and stores as well as car rental firms accept credit cards. Cash is useful for taxis, at the beach, for souvenirs and in smaller bars. ■

*The Essentials*

Everything you need to know about St. Kitts and Nevis – from climate and currency to flights and telecommunications

Looking for more information about our twin-island paradise? St. Kitts and Nevis Tourism Authorities have plenty of helpful details on their websites:  
 ST. KITTs TOURISM AUTHORITY • [www.stkittstourism.kn](http://www.stkittstourism.kn)  
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*"Brit-born artist  
Kate Spencer's  
art is set to enliven  
even more  
wall space"*

**A SWEET ARTISTIC ADDITION**

Designed as a community-focused creative hub, cheerfully-painted Sugar Apple Studio (whose name pays tribute to the island's sugar heritage) is the brainchild of Kittitian-born fashion designer Judith Rawlins. Bringing together local talent and showcasing their work, the studio, along with its greened lawns, will be open to all come this October. Conveniently, it's located a breezy 10-minute stroll from Port Zante cruise terminal or a quick 10-minute drive from Frigate Bay. +1 (869) 662-7650

**A slice of la dolce vita**

Molti Mediterranean flair meets mouthwatering, wood-fired pizzas and homemade pastas at Orchid Bay Restaurant, a.k.a the newest addition to the Southeast Peninsula's upscale dining scene. +1 (869) 762-1991



# WHAT'S NEW!

From a community-centered art studio to a curative cacao ceremony, we've rounded up five new reasons to fall under our twin islands' hypnotic spell BY SARAH FREEMAN



**EXTENDING THE F(R)AME**

An island soul who splits her time between St. Kitts and Sicily, internationally acclaimed Brit-born artist Kate Spencer's art is set to enliven even more wall space when Nevis' gingerbread-trimmed Riviere House's gallery expands later this year. Government Road, Charlestown

*"Molti  
Mediterranean  
flair meets  
mouth-watering  
wood-fired  
pizzas"*

**ELIXIR OF THE GODS**

Ceremonialist Salisha Aya offers a unique practice involving the 5,000-year-old ritual of cacao tea drinking. The powerful, heart-opening experience lasts from one hour to 90 minutes. salishaaya@gmail.com



**FEAST ON FETED FARE**

Named after the traditional barns that once cached the island's crops during the rains, Park Hyatt's Stone Barn restaurant is not just a hit with hungry hotel guests and fine-dining locals. Last year, the restaurant scooped up the coveted World Culinary Award for the Caribbean's Best Fine Dining Hotel Restaurant. +1 (869) 468-1234

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**OCEAN BEAUTY**

Recipient of the 2023 Excellence in Design Award, Kay's Fine Jewelry's Ocean Collection features tropical-inspired rings, pendants and earrings. This exclusive Ocean Collection bangle features blue and white diamonds clad in 14KT white gold. Rose and yellow gold are also available, and carat weights range from 1.50 to 3. Take back a piece of this exquisite tropical blue collection to always remember your St. Kitts vacation. +1 (869) 465-4068, [www.kaysfinejewelry.com](http://www.kaysfinejewelry.com)



# Duty Free SHOPPING

**THE RUMTINI**

Introducing the Rumtini cocktail, masterfully created by Hibiscus Spirits St. Kitts in July 2022. This refreshing tropical drink is swiftly gaining acclaim as one of the Caribbean's most sought-after RTD cocktails. Crafted with precision, the Rumtini combines the rich flavors of Hibiscus Spice Rum, Triple Sec, zesty lime juice and passion fruit syrup. Its flavor profile dances on the palate, delivering a delightful fusion of sweetness, tanginess and aromatic spice. [rumtour@HibiscusSpirits.com](mailto:rumtour@HibiscusSpirits.com), [www.hibiscusspirits.com](http://www.hibiscusspirits.com)

Don't miss bustling Basseterre's main port terminal, Port Zante, where high-quality, duty free shops offer everything from rum, cigars and spirits to jewelry, clothing and souvenirs BY ADAM AYA



**DEEP DIVER**

Ulysse Nardin's affinity for the marine world dates back to 1846. Its first marine chronometers provided precise navigation and sea positioning upon which explorers' lives depended. As part of its commitment to ocean conservation and sustainable environmental resource management, the watchmaker designed a watch to celebrate World Ocean Day: Diver Net Azure, 44mm, 50 jewels, self-winding movement, small seconds and power reserve indicator, titanium case, water-resistant to 300m. +1 (869) 465-2030, [www.colorsdufreejewellers.com](http://www.colorsdufreejewellers.com)

**COOL CRAFTS**

A wonderfully creative medium, Batik is both an art and a craft that is growing in popularity among contemporary artists all over the world. The art of decorating cloth using wax and dye has been practiced for centuries in many parts of the world. These folding, packable fans by Caribelle Batik make really "cool" gifts. Available in a variety of colors, each fan is uniquely made by hand using bamboo and batik fabric. +1 (869) 465-6253, [www.caribellebatikstkitts.com](http://www.caribellebatikstkitts.com)



## Caribelle Batik

Step into history at Romney Manor, a haven with roots tracing back to the 1600s - Sam Jefferson II, the great, great, great grandfather of Thomas Jefferson, built part of today's property in 1625.

Romney Manor is set in 6 acres of lush botanical gardens. Dominating the area is a huge 400 year old saman tree. Cascading down from tropical rainforests through terraced landscapes, your memorable experience represents centuries of human and horticultural evolution.

Your experience will include a retail facility and a demonstration area where you will have the opportunity to see the process of batik creation, learning first hand the intricate steps and techniques that bring this art form to life. Each unique piece is handmade and fully washable.

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“Crafted from upcycled scrap fabric, these topsy-turvy dolls make for a treasured toy gift or ornament”

2



# Going on (a shopping) Safari

Ready yourself (and your wallet!) for an alternative shopping spree that promises more than just souvenirs, says Sarah Freeman

3



champions local creatives like self-taught ceramicist Carla Astaphan, whose striking pottery collection includes this cardinal-red mug (\$30) and soup bowl (\$25). [bougainvillea-books-gifts.business.site](http://bougainvillea-books-gifts.business.site)

### 4 ANIMAL ATTRACTION

Cap your visit to Basseterre's bijoux National Museum with a gander around its gift shop that is housed in the capital's volcanic rock-hewn Old Treasury Building, dating back to 1894. A tribute to the charismatic wildlife of St. Kitts, these dry-grass **place mats** (\$20) are guaranteed to be a talking point at any dinner party. And don't miss this playful **porcelain trio** (\$60) by Adeline Webb that recalls our islands' resident vervet monkeys. [www.facebook.com/ScnTrust/](http://www.facebook.com/ScnTrust/)

### 5 OFF TO (AN ARTISANAL) MARKET

Take an easy breezy 15-minute stroll to Port Zante's Pier, trading a trawl of its duty-free shops for a mooch in the more authentic Amina Craft Market. Peddling everything from fused-glass jewellery to island-made essential oils, the market's refreshingly navigable stalls are often manned by their artist-owners. Crafted

### 1 AN INTOXICATING READ

Begin your browsing on the island's sun-kissed Southeast Peninsula, where Spice Mill restaurant's thoughtfully curated boutique doubles as a microdistillery. Rum happens to be the base spirit of tiki, to which this terrific tome – authored by the founders of San Francisco's famous Smuggler's Cove – is dedicated. *Smuggler's Cove: Exotic Cocktails, Rum, and the Cult of Tiki* (\$30). [www.spicemillrestaurant.com](http://www.spicemillrestaurant.com)

### 2 SPLURGE ON CERAMICS

A five-minute drive from Cockleshell Beach skirting the Great Salt Pond delivers you to Christophe Harbour, which boasts a superyacht marina and chic stores to

match. Be prepared to max out your credit card at Dale Original Art & Style. Founded by Kittitian artist Dale Kelley, the gallery's bespoke pieces include this two-toned vase and eye-catching ceramic-adorned hat [www.facebook.com/dalekelleyart](http://www.facebook.com/dalekelleyart)

### 3 A CUP OF CREATIVI-TEA

Continue northwards to our charming capital and one of the island's more storied shopping addresses: Shadwell Great House. The oldest standing stone foundation on St. Kitts, Shadwell is also home to Basseterre's Bougainvillea Books and Gifts, where you can fill your bags with locally-grown floral bouquets and hand-crafted tassel earrings. The shop



from upcycled scrap fabric, these topsy-turvy dolls make for a treasured toy gift or ornament, while German émigré Sigrid Patrick's hand-painted bamboo flamboyant tree and coconut shell trinkets celebrate St. Kitts' cheerful Caribbean colours. Flip dolls start at \$9, calabash-tree pot (\$20). Port Zante, Basseterre

### 6 TEXTILES TO WAX LYRICAL ABOUT

Although we can't promise any wild animal encounters, the safari does end on the edge of a rainforest – an expanding one at that! A St. Kitts must-see, history-steeped Romney Manor and its sprawling



5



6

gardens are home to a unique boutique studio. Inspired by the island's bountiful nature, Caribelle's one-of-a-kind batik homeware and accessories have been crafted onsite since 1976 and include this colourful **cushion cover** (\$32) and stylish **tote bag with matching pouch** (\$72). [www.caribellebatikstkitts.com](http://www.caribellebatikstkitts.com)



# BOLD

*the*



## and the Beautiful

Take a fashionable walk on our island's wild side in clashing prints, tribal accessories and bold colors

PHOTOGRAPHY: TINA PAPIES, ART DIRECTION: SARAH FREEMAN

**NATURE'S MUSE**  
(Opposite Page); Winnielle wears Silk Dress with Scarf, \$89, The Galleria Gift Shop at Nevis Botanical Gardens; Earrings, \$28, Island Fever; Ebony cuff Bracelet, \$65, Bananas Boutique; Straw hat (scarf not included); \$45, Indigo Blue; Gold 'Nahua' bag, \$220, Bananas Boutique.

**COLOR POP**  
(Opposite and this Page); Destinee wears 'Sugar Babe' trousers, \$82 and 'Samson' crop strappy top, \$59, both The Arthouse at Hermitage; Pink Lemon's floral coverup, \$79, The Arthouse at Hermitage; Patterned tassel strap clutch, \$90, Island Fever; Pink 'Capri Fashion' Sunglasses, \$40, Chrishi Beach Club Boutique; Coral necklace, \$42, Island Fever; Parasol, \$45, The Galleria Gift Shop at Nevis Botanical Gardens.

**TRIBAL FORCE**  
(This page and following page); Winnielle wears 'Nikita Mhaisalkar' dress in black, \$395, Bananas Boutique; Tin Indian bag, \$165, Bananas Boutique; Tassel earrings, \$30, The Arthouse at Hermitage; Beaded cuff, \$24, The Arthouse at Hermitage; Silver cuff, \$295, The Galleria Gift Shop at Nevis Botanical Gardens.





**ROCK STAR**

(This Page): Destinee wears 'Surf Gypsy' beach dress, \$68, Island Fever; Necklace, \$30, Bananas Boutique; 'Shiraleah' gold pom pom beach bag, \$52, 'Shiraleah' gold metallic tote \$74, both The Arthouse at Hermitage; Turquoise scarf, \$55, The Galleria Gift Shop at Nevis Botanical Gardens; Butterfly earrings, \$35, Chrishi Beach Club Boutique.

**SPINNING AROUND**

(This Page): Winnielle wears 'Nikita Mhaisalkar' dress in green, \$420, Bananas Boutique; Tasselled earrings, \$30, The Arthouse at Hermitage.



Photographed on location at Golden Rock Inn, Nevis. [www.goldenrocknevis.com](http://www.goldenrocknevis.com)  
 Models: Winnielle Pereira and her daughter, Destinee Guilbert  
 Styling: Sarah Freeman and Tina Papies  
 Stockists: The Galleria Gift Shop at Nevis Botanical Gardens ([www.botanicalgardennevis.com/galleria-gift-shop](http://www.botanicalgardennevis.com/galleria-gift-shop)), Chrishi Beach Club Boutique ([www.chrishi-beachclub.net](http://www.chrishi-beachclub.net)), Island Fever (+1 (869) 762-8799), Bananas Boutique ([bananasnevis.com/bananas-boutique](http://bananasnevis.com/bananas-boutique)), The Arthouse at Hermitage ([www.hermitagenevis.com](http://www.hermitagenevis.com)), Indigo Blue ([www.facebook.com/rivierehouse](http://www.facebook.com/rivierehouse))





# A First Class Arrival

St. Kitts and Nevis offers a first-class arrival experience custom-crafted for visitors arriving by air and by sea BY KATHERINE BARRY VERANO

With a growing luxury tourism sector that includes veteran resorts such as Four Seasons Nevis and new upscale destinations such as Park Hyatt, Koi Resort, and Belle Mont Farm, St. Kitts and Nevis is opening its doors to an upscale clientele with discerning tastes. To meet these ever-expanding needs, a host of luxury service providers have emerged on the scene to provide a first-class arrival experience that is second to none in the Caribbean.

**BY AIR**

St. Kitts is home to **Kayan Jet**, the finest private air terminal in the Caribbean and one of only two private terminals in all the Leeward Islands. Located adjacent to St. Kitts' RLB airport, **Kayan Jet (www.kayanjet.com)** is available to passengers of private and commercial flights and offers a



Kayan Jet

uniquely-crafted, door-to-door arrival and departure experience. "Our fleet of luxury vehicles meets arrivals on the tarmac for a best-in-class transfer to the private terminal," says Nija Edmeade, Head Concierge. "Our team provides hassle-free customs and immigration clearance and luggage handling while guests enjoy champagne and canapés in a cool, comfortable environment." A quick in and

out experience is also available for private charters landing at the smaller Vance W. Amory Airport in Nevis, where FBO services are provided by Signature Flight Support, one of the world's preeminent aviation companies.

**BY SEA**

For those arriving by sea, **The Marina at Christophe Harbour** is the country's premier yachting destination. "Guests arriving into the marina can expect a seamless entry experience," says Marina Manager Melanie Bennett. "Our marina guest services team is well suited to anticipate guest and crew needs, so those onboard can spend their time enjoying all St. Kitts and Nevis have to offer." The state-of-the-art marina is located on the Southeast Peninsula and can accommodate vessels up to 300 feet in length. ([www.christopheharbour.com/marina](http://www.christopheharbour.com/marina))



Islander Watersports

**POST-ARRIVAL**

Once the champagne and canapés have been cleared, **St. Kitts/Nevis Luxury Taxis & Tours (stkittsnevisluxurytaxitours.com)** is on hand to whisk guests away to their island destination in a spotless Cadillac Escalade. As the country's premier luxury transport provider, **Luxury Taxis & Tours** offers on-call, luxury ground transport services on both islands.

"We have a fleet of well-maintained Cadillac Escalades, smartly dressed, knowledgeable and welcoming drivers and

**"Our fleet of luxury vehicles meets arrivals on the tarmac for a best-in-class transfer to the private terminal"**


complimentary WiFi in all vehicles," says Chief Executive Officer Russell Gregory. "It's our pleasure to offer a stress-free and enjoyable ride for guests to their destination, around the island or over on

Nevis for a day trip."




If your destination is Nevis, but your arrival is in St. Kitts, fear not. Top-notch and reliable water taxi services are available for private and group transfers between the twin islands. Several companies offer water transfer service, but the most dependable and well respected providers are **Islander Watersports (+1 (869)-662-7081)** and **Blu Waves (www.bluwavesnevis.com)**. Both outfits offer clean, modern and safe vessels, complimentary beverages and courteous, knowledgeable crew that make crossing The Narrows an enjoyable outing all on its own. ■

Kayan Jet's Reflection Pool





## ISLANDER WATERSPORTS NEVIS

**Islander Watersports is the premier water taxi service in St. Kitts & Nevis.**

We offer highly professional, fast and friendly boat-based transportation services between the most popular ports in the federation, making your inter-island transfers exceptionally convenient. Shuttle across The Narrows between Reggae Beach in St. Kitts and Oualie Beach in Nevis in as little as six minutes! Our regularly scheduled runs and private charter services have you fully covered!

Our welcoming team is up for any job to ensure your experience with us is top notch. Our clients know that we stand behind our work, putting your satisfaction as our number one priority, always. The hallmarks of our service are dedication, reliability, punctuality, great prices and genuine service with a smile.

Islander's water-based services extend to include kayaking, snorkeling and scuba diving lessons and excursions to bring out the true island explorer and adventurer in you! Come join us for a fun-filled water sports for the whole family!

**We don't just meet expectations, we exceed them!**

[www.islanderwatersportsnevis.net](http://www.islanderwatersportsnevis.net)  
1-869-662-7081



# Life's a Beach!

Island life comes with serious perks, including plentiful sea, sun

and beaches. Read on to discover our top beach picks BY NICOLE ST. PIERRE

## St. Kitts

### Sandy Bank

**Best For... ROMANTIC EVENING STROLLS**

Sandy Bank sits behind Christophe Harbour on the Southeast Peninsula, with only one restaurant – The Pavilion – gracing its otherwise untouched shores. Little shade means it's best explored on an evening walk or for short periods of time. 🌴 🌊 🌅

### Timothy Beach

**Best For... NIGHTLIFE**

This beach boasts "The Strip" – a line of beach bars stretching almost the entire length of sand. The vibe here is high-energy on a Friday night, and the bars don't disappoint during the daytime either. 🌴 🌊 🌅 🍹 🍺

## South Friar's Bay

**Best For... A SUNDAY AFTERNOON LIME**

South Friar's Bay beach on the Southeast Peninsula is home to charming watering holes with beautiful views. The water is usually calm, and the beach is great for a leisurely stroll. 🌴 🌊 🌅 🍹 🍺

## Reggae & Cockleshell

**Best For... NEVIS VIEWS**

Bookended by Reggae Beach Bar and Grill and Spice Mill restaurant and microdistillery, a number of small bars in between ensure you'll be a repeat customer at these beaches. 🌴 🌊 🌅 🍹 🍺

## Major's Bay

**Best For... EXPLORING**

Located adjacent to the car ferry on the Southeast Peninsula, this quiet beach has white sand and no bars. A shipwreck just off the beach makes for good snorkeling and exploring! 🌴 🌊 🌅 🍹 🍺

## Nevis

### Pinney's

**Best For... ALL-ROUND APPEAL**

Three miles of gorgeous golden sand and a host of dining establishments ranging from the Four Seasons to the infamous Sunshine's Beach Bar give this beach its claim to fame. Soak up some sun, bar hop, grab a bite to eat or watch the sunset. 🌴 🌊 🌅 🍹 🍺

### Oualie

**Best For... ACTIVITIES**

Catch the passenger ferry or a water taxi directly to this beach from St. Kitts, and sit and relax at Oualie Beach Resort while you watch the boats drift in and out of the bay. This beach is home to sailing, snorkeling, scuba diving and much more. It's also a great starting point for island adventures. 🌴 🌊 🌅 🍹 🍺

## Lovers

**Best For... SECLUDED "ALONE TIME"**

If you want to pretend you are marooned on a gorgeous and remote desert island, this is your beach. The mile-long Lovers Beach has white sand, dense jungle foliage and crystal-clear Caribbean waters. 🌴 🌊 🌅

## Herbert's

**Best For... MORNING WALKS**

Located on the Atlantic side of Nevis, Herbert's is a great place for a morning power walk or afternoon stroll. The water can get choppy, and it's windy. However, the views are gorgeous, and you'll rarely have to share this beach with anyone else. 🌴 🌊 🌅

## Windward

**Best For... BEACHCOMBING**

This sometimes wild, but always breathtaking,

beach is great for finding beach treasures, but not for swimming (beware riptides). Watch giant waves roll in, and discover large driftwood while wandering the shore. 🌴 🌊

Loungers 🌴 Bars 🍹

Swimming 🏊 Restaurants 🍴🍷

Watersports 🏄 Snorkeling 🤿

On the western or Caribbean side of both islands, the sea tends to be calmer. 🌊

On the eastern side facing the Atlantic, there can be bigger waves coming in. 🌊

*"Soak up some sun, bar hop, grab a bite to eat or watch the sunset"*

Photo © Tina Peoples



# REWINDING THE CLOCK

Rich in history, The Federation has a number of well preserved historic sites sure to please antiquarians of all ages BY NICOLE ST. PIERRE

## TRUNDLING THROUGH TIME

### St. Kitts and Nevis Scenic Railway

Perfect for families of all ages, this relaxing three-hour journey takes visitors on a breathtaking tour of the island. The railway was built in the early 20th century to transport sugar cane from the countryside to the now-defunct sugar factory in Basseterre. Today, you can enjoy the unspoiled ocean and mountain scenery. Be sure to wave hello as you roll through quaint, countryside villages. Note the tour is via bus and railway; both narrated by knowledgeable guides. [www.stkittsscenicrailway.com](http://www.stkittsscenicrailway.com)

## The OG

### Wingfield Estate and Romney Manor

Located in Old Road, this area encompasses the site of the first plantation settlement by British colonizing forces in the early 1660s. There is also strong evidence of spiritual and cultural significance to the indigenous Kalinago, who inhabited St. Kitts before the European arrival.

Here, you will find a treasure trove of activities including rum tours, a zip line and walking paths.

[www.caribellebatikstkitts.com](http://www.caribellebatikstkitts.com)

## THE GIBRALTAR OF THE CARIBBEAN

### Brimstone Hill

St. Kitts and Nevis were one of only two places in history colonized at same time by both the British and French (can you name the other country?). Brimstone Hill National Park is a living legacy of the brutal history of colonialism, as well as an epic place to take in island views. Construction began in 1690 and took more than 100 years to complete. A UNESCO world heritage site, Brimstone is a must-see for its history and beautiful skyline. [www.brimstonehillfortress.org](http://www.brimstonehillfortress.org)

## BUSTLING BASSETERRE

### Strolling Through the Capital City

Established by French colonists in 1627, Basseterre is one of the oldest settlements in the Eastern Caribbean. By 1660, Basseterre was the capital of the French West Indies and became a bustling port city for the region. Today, the port city is as busy as ever with shopping – everything from local artisan goods to diamonds – and historic sites including the old Treasury Building (home to the National Museum). Take a short walk up Fort Street to enjoy Independence Square. ■

This page: Photo courtesy of Shutterstock.com. Facing page: Photo © Tina Papias

# Echoes in the Dark

Many visitors hear the story of the Bloody River massacre, but few know how the Kalinago were finally set free BY NICOLE ST. PIERRE

In 1626, the French and English colonial forces - banding together for this particular colonial brutality – met the approximately 2,000 remaining indigenous Kalinago people of St. Kitts in a battle and slaughter so consuming it is said the waters of the river ran red with blood of the slain for three days.

Today, there is a plaque in this spot to commemorate the event and a trailhead for a beautiful hike up the old river ravine where you will find petroglyphs carved by nameless Kalinago hands into rock.

According to official histories, while indigenous Kalinago survive in Dominica, Belize, St. Lucia and many other Caribbean nations, there are no Kalinago people living on the islands of St. Kitts and Nevis today. For many visitors and even for some island residents, this is where the story ends.

However, for years, people living in the area heard things and saw things that made them believe that many of the Kalinago were still present.

To find out more, I tracked down Dwyer Astaphan, the former Minister of Tourism for St. Kitts, who had much to add. And that is when the Kalinago story truly came to life.

“It was one of the most revealing, transforming experiences of my life,” Astaphan said from his law office in Port Zante, his voice fresh with wonder as he recalled the memories.

According to Astaphan, while drumming up investment opportunities for the Ministry of Tourism and an upcoming festival, he invited the chief of the Mashantucket Pequot Tribal Nation to come and visit St. Kitts. While on a tour of the island, and with no prior knowledge of the massacre, the chief asked his driver to stop at the mouth of the Bloody River site.

**“A howling wind tore through, shaking roots hanging down the ravine and whipping up fallen leaves in the jungle night”**

Later that day, the Pequot chief told Astaphan that the souls of the Kalinago murdered there had not left, and that they needed to clear the block for the ancestors to continue on their spiritual journey.

In a powerful gesture, Astaphan and the then Department of Tourism, Culture and

Environment invited delegations from the indigenous Kalinago peoples of Belize, Dominica, Suriname and other Caribbean nations to help the spirits of the departed leave the island and continue on their spiritual journey.

Later that same year, in a pasture just across the island’s Main Road, Kittitians and Kalinago of different countries held an all-night celebration while a smaller group traveled up the Bloody River ravine. “It was still that night,” Astaphan recalls, “and there was a bright moon.”

As they settled in, a howling wind tore through, shaking roots hanging down the ravine and whipping up fallen leaves in the jungle night. The ceremony began. And about an hour later, as they left the ravine, it started to rain, and all was quiet. ■





**1 HIT THE TRAIL**  
Nevis Heritage Trail

Hit the trail simply by getting in your car and driving the island's main road. Watch for blue roadside markers that indicate a number of historic sites. A Heritage Trail pamphlet is available at the tourism office and in island museums with a list of sites and locations. [www.nevisheritage.org](http://www.nevisheritage.org)

**2 BIRTHPLACE OF HAMILTON**  
Museum Of Nevis History

Devoted to the late and great Alexander Hamilton (born in this building in 1755), this museum is located in Charlestown and showcases the Founding Father's early years on Nevis. [www.nevisheritage.org](http://www.nevisheritage.org)

**3 ALL-WELCOMING WORSHIP**  
Cottle Church

This beautiful ruin (c. 1824) has the privileged distinction of being the first church in the Caribbean where any person, regardless of color, could come and worship. [www.cottlechurch.org](http://www.cottlechurch.org)

**4 HAUNTED HAUNTS**  
Eden Brōwn Estate

If you're searching for the supernatural, you may find it at this old sugar plantation. Dubbed the most haunted place on-island, the ghost of a young widow, whose husband and best man killed each other after a heated duel, is reported to still make her presence known.

Photo © Tina Papayas

*"Hit the trail simply by getting in your car and driving the island's main road"*

**5 NELSON'S NEVIS**  
Horatio Nelson Museum

British commander Horatio Nelson met and married Fanny Nisbet, a local widow, on Nevis before leading the victorious British at the Battle of Trafalgar in 1805.

**6 THE JEWISH-CARIBBEAN LEGACY**  
Jewish Cemetery

In the early 18th century, Jewish immigrants arrived in Nevis after being expelled by the Portuguese from Brazil. The immigrants brought with them the knowledge of growing sugarcane, which changed these islands forever.

**7 A PILGRIMAGE WORTH MAKING**  
St. John's Fig Tree Church

Built in 1680, this stone church holds the marriage certificate of Horatio Nelson and Fanny Nisbet, as well as the tombstones of many island notables from the 1700s in the center aisle.

**8 NEVISIAN SOCIAL HUB**  
Bath Hotel and Spring House

Now home to government offices, this stone-clad hilltop structure (c. 1775) was the first hotel and spa in the Caribbean. It was the hub of Nevisian social life throughout the 19th century.

**9 END OF AN ERA**  
Hamilton Estate Ruins

Enjoy beautiful views of Charlestown and stroll the ruins of the Hamilton family sugar estate, which includes the Great House, sugar mill and boiling house.

**10 HISTORY THROUGH HOUSING**  
Nevisian Heritage Village

This museum showcases life on Nevis from the time it was inhabited by the local Kalinago people up until the present. An open-air stroll features everything from Kalinago dwellings to slave houses and a blacksmith's shop. ■



*The* small island *with a* big history

History abounds around every corner on Nevis. Read on to find our top 10 favorite, must-see historic sites on the island BY NICOLE ST. PIERRE





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# Breathe In What's Next.

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PARADISE. MAHOGANY HILL ESTATES  
FOUR SEASONS RESORT NEVIS

*"Ridge Road above Oualie Beach has drop-dead gorgeous views"*



**"IT'S A BEST-KEPT SECRET IN SOME WAYS,"** British-born Cochrane says of Nevis, which the real estate agent has called home for the past 12 years. "It's a combination of history and gentility, but it has the advantage of not being backward," she continues.

When the St Kitts Nevis Realty partner can snatch a few hours away from her busy schedule, she enjoys long walks on Lovers Beach with her dog or hiking around Montravers Estate ruins. Meanwhile, turtle spotting while getting a trim at Tanya's Hair Salon (located at Newcastle Bay on the island's northern tip) remains one of Cochrane's favorite weekend

indulgences. Not surprisingly, she's privy to some of Nevis' most cinematic lookouts. "Ridge Road above Oualie Beach has drop-dead gorgeous views," she reveals.

As for Nevis' big sister isle, St. Kitts' rich musical heritage and authentic culture are what lure her across the channel. Before selling homes, Cochrane had a long public relations career in the music business and lived in Notting Hill, one of London's most multicultural neighborhoods, best known for its namesake annual carnival. These days, the Caribbean-ophile is a loyal attendee to St. Kitts' spirited summertime music festival. ■

**CAROL COCHRANE**  
*The MUSIC-LOVING PROPERTY GURU*





Been contemplating a move to the islands? Read on to learn how St. Kitts and Nevis tick all the boxes

BY KATHERINE BARRY VERANO

**THE THREAD THAT BINDS**

"I came to St Kitts to visit and fell in love." "I came here for a holiday and never left." "Something about this place keeps drawing me back." "I knew I had to figure out a way to live here."

The words may be different, but the message – from people all over the world and from all walks of life – is always the same. People come to St. Kitts and Nevis for a variety of different reasons, but what ultimately unites them is their desire to make this place a part of their lives forever.

**SEARCHING FOR A SIMPLER LIFE**

"Well, there are the obvious financial benefits, like tax-free status and the Citizenship by Investment program that are attractive," says Carol Cochrane of St. Kitts Nevis Realty, "but what really drives buyers is the lifestyle." "Many people are fed up with international politics and looking for a simpler way of life," adds Shelley Buffett of Island Life Properties. "They find that simpler life here."

Beyond the island's

slower pace, the island's newest residents credit the warmth and friendliness of the people, the strong sense of community and the dramatic natural beauty, which stuns and awes from nearly every vantage point, as the main attractions. And, as Brian Kassab of Brian Kassab & Associates notes, "You get two paradises for the price of one. Each is quite different, each

**"You get two paradises for the price of one. Each is quite different, each has a different vibe"**

has a different vibe." Nevis is the smaller, more relaxing island while big sister St. Kitts is larger with more amenities, more development. But it's hard to consider them separate entities when getting back and forth between the two is so easy.

**A SHIFTING LANDSCAPE**

"The real estate market in St. Kitts is making a comeback after the pandemic," says agent Bernadette Williams. "People are coming here to buy." The post-Covid market has seen an influx of younger families in their mid- to late 40s and retirees ready to leave the hustle and bustle of work life behind. "Folks came out of Covid and had an epiphany about their lives," says Cochrane. "They're feeling less rooted to where they were born, less rooted to traditional long-term employment and less rooted to traditional schooling for their kids."

This change in mentality, coupled with the rise of remote work -- where you can now literally work from anywhere -- is driving a new wave of lifestyle buyers.

"The market is shifting," says Kassab. "Previously,

we had a lot of citizenship buyers, and developers focused on that. Now, we are starting to see savvy developers recognizing the demand for lifestyle buyers and offering more products to meet that need."

**SOMETHING FOR EVERYONE**

The twin islands offer something for every predilection. There's hillside estates, beachfront condos and ocean view villas. You could find a fixer upper or start fresh with a custom build. Choose the amenities of a five-star resort or the charm of a local village. There are fractional ownership villas along the golf course, even marina slips for your floating home.

"St. Kitts and Nevis offer luxury destination properties at a price below the Caribbean average, which presents an opportunity for buyers," says St. Kitts & Nevis Sotheby's International Realty CEO Neybis Sanchez. "When you consider the price of water view homes in South Florida, for example, where inventory is very limited," notes Kassab, "we become a more affordable, more attractive option." "And with daily, direct flight service, St. Kitts and Nevis also becomes a convenient option," adds Scott Jaynes of The Estates on Sundance Ridge.

While most buyers want a private home, many choose an investment property with rental income. And some buyers want both. "We have a wide range of owners who use their property for a vacation home and opt to place their unit in our rental pool," says Vacation for Life's Darren Thompson.

**READY TO CALL SUGAR CITY HOME?**

There's no shortage of talented, knowledgeable and professional real estate agents to help you find your dream home and reliable property managers to oversee it while you're away. "Look for comprehensive property management services," notes Williams. "You want someone who can manage the property, check it weekly, pay bills when needed, source renters, perform maintenance, manage repairs and basically do whatever is needed while you're away!" ■



**FEATURED PROPERTIES**

Whether you're searching for a hillside hideaway, beachside bungalow or seaview stunner, our twin-island paradise has just what you're looking for.



**CAPISTERRE ESTATE St. Kitts, \$3.3 million**

Capisterre occupies 19.5 acres in northern St. Kitts with spectacular views of neighboring St. Eustatia, St. Barths and St. Maarten. With four charming cottages, this estate is perfect as is or could be redeveloped as a wedding venue or boutique hotel. [www.stkittsnevisrealty.com](http://www.stkittsnevisrealty.com)



**UNIT 2015 - VILLAS AT PINNEY'S BEACH Nevis, \$4.55 million**

Caribbean modern with the distinguished five-star service of the Four Seasons Resort. Steps from the beach, this luxuriously appointed, 4-bedroom villa is fully furnished with a pool and guest cottage. [www.stkittsnevis.com](http://www.stkittsnevis.com)

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With quality construction and a prime location in the heart of Frigate Bay, this new home overlooks both the Southeast Peninsula and the Caribbean Sea. The main house offers an open-concept design with three ensuite bedrooms. Two two-bedroom apartments are located on the lower level. [www.ilprealestate.com](http://www.ilprealestate.com)







# After the Sale

## A Post-Closing Checklist

Photo courtesy of Kayan Jet

So you've found your dream home, now what? Let our post-closing checklist take some of the guesswork out of the process BY KATHERINE BARRY VERANO

**W**hen it comes to moving to a foreign country, preparation and planning is everything. From visas to vehicles, taxes to telecoms, there's a lot to consider. Luckily, many resources are only a click away, and there's no better time to lean on trusted, local advisors like your real estate agent, who can guide you along the way. Additionally, there's a strong expat community on both St. Kitts and Nevis that's always ready and willing to share their experience, lend a helping hand and offer advice.

### BEFORE THE MOVE

The busy work of moving takes up so much of our time and attention. Be sure to carve out some time for these big picture items, which can have a huge impact on your family's quality of life in St. Kitts and Nevis.

■ **Know the Immigration Laws** Be familiar with The Federation's immigration laws and have visas sorted well in advance. ([www.gov.kn](http://www.gov.kn))

■ **Set up Financial Services** Have your investment and retirement plans in place and know how to access your money.

■ **Préparez your Pets** Make sure your furry friends meet the immigration requirements. ([nevisanimalspeak.org](http://nevisanimalspeak.org))

■ **Plan for Education:** If moving with young children, know your on-island education options and curriculum. Have long-term solutions in place for education beyond primary school.

■ **Consider Tax Implications** St. Kitts has no wealth, income or inheritance tax. Consider your home country's tax implications and how living and working abroad may affect your family's specific tax situation.

■ **Determine Healthcare Needs** Understand your healthcare requirements and have a plan for getting your medicines and other medical needs sorted. Invest in an emergency air transport service, such as MASA ([www.masamts.com](http://www.masamts.com)).

■ **Hire Reputable Shipping Services** Find a reputable moving service and one with experience on St. Kitts and Nevis, such as Tropical (+1 (869) 465-1065 or [stkitts@tropical.com](mailto:stkitts@tropical.com))

### AFTER THE MOVE

Life on an island is not without challenges. A little preparation and planning goes a long way to ensuring a smooth sail into your new life.

■ **Water Retention** Have a plan for capturing fresh water onsite. If your property doesn't already have a cistern in

place, consider installing one. Rain barrels are great options for capturing water for garden use.

■ **Power Generation** Invest in a generator that can power critical areas of your home, and consider alternative methods of power generation, such as solar panels.

■ **Post Office Box** Applying for a post office box via the St. Kitts Nevis Postal Service is quick and easy. Forms are online at the postal service website ([post.kn](http://post.kn)).

■ **Driver's License** Driver's licenses are distributed via Inland Revenue ([www.skniird.com](http://www.skniird.com)), and residents must pass both written and driving tests. If moving from a country that drives on the opposite side of the road (i.e. the U.S.), driving lessons are prudent prior to taking the tests.

■ **Telecoms** 4G mobile phone service and fast-speed internet are plentiful via several service providers, including Digicel ([www.digicelgroup.com](http://www.digicelgroup.com)) and FLOW ([discoverflow.com](http://discoverflow.com)).

■ **Vehicles** Importing a vehicle can be expensive, so buying on-island is best. Used vehicles are plentiful and hold value, and there are several new car dealerships on-island. Consider buying a vehicle for which you can easily find parts and one that can be repaired on-island. ■

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# Repeat Customer, Forever Citizen

Kathie and Bobby Shero share their experience buying, building, and living on St Kitts... twice BY KATHERINE BARRY VERANO



*"I now get to have my coffee with a side of sea forever"*



It was 1983 in Buffalo, New York, and Kathie and Bobby Shero were knee-deep in customers at their busy, family-owned sports pub. One of their regulars, Valerie, told Kathie she needed a day off and invited her to join them in St. Kitts. "I had no idea where St. Kitts was back then," said Kathie. "I just knew I was getting a week off in the Caribbean."

Kathie packed her bags and soon landed in sunny St. Kitts. "The airport was a little hut back then, and goats and chickens were everywhere. I said to Valerie, 'Where

have you taken me?'" Kathie laughs. One week later, she returned to Buffalo and proclaimed to Bobby that they were moving. And so began their St. Kitts story.

Kathie returned to St. Kitts the next year and was ready to buy a piece of property near Jack Tar (now Royal St. Kitts). "So I was hanging out at the Monkey Bar and chatting with Rudy Valentini, a local builder," she recalls. "He asked about the property I was planning to buy, and when I told him where it was and who I was buying it from, he said 'Wait! That guy doesn't own that property!

So he contacted a local attorney and set me up with a reputable, local realtor. The realtor and I walked up the hillside in Bird Rock (way before the road was built). There were five lots for sale, and he said, 'Which one do you want?' So I took the one in the middle, and the rest is history!"

Bobby and Kathie vacationed in St. Kitts for a decade before building. On New Year's Eve 1994, they moved permanently into their dream home. Kathie was 42, Bobby was 48, and they were ready to settle into their new life. "I would not recommend moving on New

Year's Eve because the entire country had shut down for Carnival," she laughs. "Our friends were nice enough to drop off a bed, so we could sleep that night."

Eleven years later, work took them back to the United States, but St. Kitts remained in their hearts. "I didn't want to leave," said Bobby, "but Kathie got a good job offer in Tampa, so we moved back."

Fast forward to 2022. Now in their 70s and retired, Kathie and Bobby were weary of life in Florida and looking for their next move. They considered Buffalo (too cold), Canada (even colder) and decided it

*"The airport was a little hut back then, and goats and chickens were everywhere"*

was time to return to Sugar City.

"We started searching online and found a property we liked," says Kathie. "We contacted Island Life Properties, and our agent Shelley [Buffett] did the lion's share of the work. Shelley is a real hustler and a great communicator. It was all very easy.

Their new home in Calypso Bay is just over the hillside from their first home. "We watched Calypso going up from our old home, and I told Bobby I wouldn't mind living over there some day," Kathie laughs. "And here we are!"

Their three-level villa has a seaside pool and multiple verandas that overlook the Caribbean. "My favorite part of retirement is getting to sit with my coffee on the porch without rushing off to work," muses Kathie. "I upgraded that experience and now get to have my coffee with a side of sea forever!" ■



# A lighter footprint

Building a sustainable home in the Caribbean may be easier than you think. Architect John MacDonald tells us how BY KATHERINE BARRY VERANO

Upcycle. Carbon Neutral. Zero Waste. Eco-friendly. The buzzwords are endless! As overwhelming as it may seem, all the buzz means living more sustainably has never been easier. Making simple changes in day-to-day life like composting and recycling are easily manageable nowadays, but how do you apply sustainable thinking on a larger scale – like building a home?

“The answer is intelligent, passive design,” says John MacDonald, Principal of Boston-based architectural firm Morehouse MacDonald and Associates. “That’s where you start.”

MacDonald, who has spent the last decade designing homes in St. Kitts and Nevis, notes the many misconceptions of “green” design. “There’s green, and there’s the illusion of green,” he says. “Many clients come in with an interest in being green until they find out what some of these green technologies and materials cost.”

But you don’t need to spend a fortune. Good, passive design takes advantage

## IN THE Sand

of land, view, orientation and where the weather is coming from. “Where’s the sun? Where’s the wind? How do you maximize your views, but also protect your house in a way that’s respectful to the earth?” he adds. “In St. Kitts, for example, we use huge overhangs, stone, and masonry to protect the house from



John MacDonald

overheating. We built into the hill to use the earth’s ambient temperature to keep the home cool. In Nevis, we installed geothermal pumps for cooling, designed large outdoor living spaces and covered walkways and used drought-resistant plantings and trees to soften the sun’s impact on the house.”

Beyond good design, material selection is also important to a home’s long-term sustainability, and you not only want to choose maintenance-free products like mahogany and stucco that will hold up in the Caribbean, but also ones that are locally and regionally sourced. “It’s all a series of little steps that add up to something big,” advises MacDonald. “We source Wallaba shingles from Guyana, mahogany from South America, doors and windows from Guatemala. That’s a much smaller footprint than shipping bamboo floors from Asia!”

**“Good, passive design takes advantage of land, view, orientation and where the weather is coming from”**

Luckily, St. Kitts and Nevis has its fair share of quality craftsmen and materials. “We use a lot of upcycled plantation stone and coral stone, and the block and concrete work here is some of the best I’ve seen in the region,” says MacDonald. “We use local artisans who craft coconut husk countertops, create beautiful bronze light fixtures, and produce stunning sculptures from ballast stone. The result is something really endemic. It’s character you can’t find elsewhere.”

And while there is certainly much to consider, creating a sustainable home doesn’t have to be overwhelming. “If you can’t do anything else, do this one thing,” encourages John. “Understand the predicament we’re in as a society, and ask yourself: ‘What can I do with my little piece of land that’s responsible?’ Use rainwater effectively. Take advantage of government initiatives that support renewable energy sources like solar. Make intelligent, informed choices. Everything makes a difference.”

[www.morehousemacdonald.com](http://www.morehousemacdonald.com) ■



**THIRD-GENERATION FISHERMAN**  
Tod Peets quite literally enjoys a unique perspective of St. Kitts, and he has it almost entirely to himself for a few short hours every day. “It’s magical to see the moon setting in the morning and to look back at the islands behind you,” he says of his crack-of-dawn start aboard Moola: a Maine-built, 32-foot Crowley Beal that Peet calls his baby.

## TOD PEETS

*the* **LOBSTER WHISPERER**

lobsters. “We’re blessed with lobsters here,” he says. “They thrive in both the island’s Atlantic and Caribbean waters.” The native fisherman sets his homespun, baited traps just south of Nevis and in the

channel between St. Eustatius (which you can eye from Arthur’s Restaurant) and St. Kitts.

Visitors can taste his prized catches for themselves at Sprat Net or Reggae Beach Bar and Grill. “I love St Kitts!” Peet proclaims, adding, “the people here are very friendly and they always try to help you. The fishing is great, as is the snorkeling and the food.” ■



*“I still have the same excitement I had when I started”*

Photos courtesy of MMA, Inc. Henry Dowling





**A Smooth(ie) Start at COCONUT FARM**

Kick off your culinary coastal adventure on the southern tip of St. Kitts' easy breezy Southeast Peninsula. After filling your baskets with this three-acre working farm's organic eggs and artisanal breads like cheesy jalapeno, get your caffeine or smoothie fix at the onsite Harvest Hideaway café. Convivial owner and juicing genius Juli whips up 10 daily-changing blends like Mellow Yellow (concocted from carrot, banana, ginger, turmeric and pineapple juice) that you can fortify with chia, flax, hemp or even (for the less virtuous) rum! Slurp with bamboo straws beneath mango and moringa tree-shaded tables or while swinging from a striped hammock. Laid back and community-focused is the vibe here. +1 (869) 668-0423

# Coast to COURSE

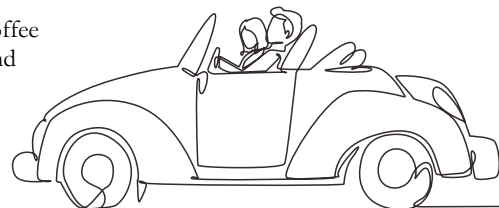
Gallivant like a gourmand along our island's Atlantic and Caribbean coastlines from dawn to dusk BY SARAH FREEMAN

**A Heart-Full Breakfast at COCONUT GROVE**

The next pitstop on your foodie foray is Frigate Bay, reached via a cinematic drive that takes in stunning lookouts over both Atlantic and Caribbean waters. Here you can satisfy your appetite with a bountiful breakfast at another coconut-inspired eatery.

Decorated in uplifting tropical lemon yellow, lime green and tangerine hues, Coconut Grove's sunny interior matches the disposition of its Aussie owner Julian "Jules" Armstrong. The veteran barista's impressive coffee menu features iced mochas and double espressos made with Antiguan-roasted beans.

Meanwhile, breakfasts run the gamut from clean-living, Swiss-style Bircher muesli to belt-loosening, buttermilk banana pancakes. There's no skimping on ingredients or freshness, with applewood smoked bacon, house-cured Atlantic salmon and Angus beef peppering the eclectic menu with house-made sauces like pico de gallo. Order Julian's Kit Kat Crumble Double Chocolate Cupcakes to go, and hit the road aaaall the way to the island's northernmost tip. +1 (869) 465-2777



All Photos © Tina Papies unless otherwise stated, Car illustration: Shutterstock.com



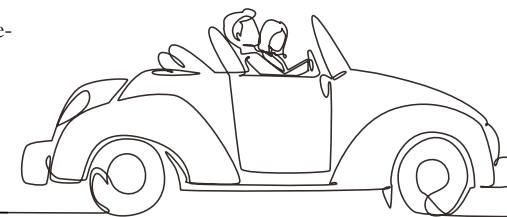
*"From the refined to the rustic, make your last hungry drive-in of the day the most local and lively"*

**Secluded Sundowners at SUNSET REEF'S SANDBAR**

Embrace island time and take the scenic route along the island's Caribbean coast, making an afternoon out of visiting the family-favorite St Kitts Eco Park and brooding Brimstone Hill. Softening light is your cue to make a beeline for Fairview Great House and Gardens and nearby Palmetto Point reached via an unnamed side road. The bumpy ride is a small price to pay for Sunset Reef's seclusion.

Bunkered into a rugged hillside, the sprawling villa-turned-exclusive-all-suite-hotel (which opened last August) has already earned itself a reputation for the island's best sunsets! Clink glasses around its geothermal-heated infinity

pool or snake down a wild ylang-ylang scented path bordered by native flora to its sea-spritzed Sandbar. Outfitted with wooden bar stools and not a lot else, the simple set-up lets the unobstructed sea views do the talking. With no less than three sunset-themed cocktails to choose from (the red-wine-suffused sour is a standout) and creative bar bites like Salmon Jerky to nibble on, you're guaranteed to be well-watered and fed! +1 (877) 688-7333



**An Authentically Caribbean Dinner at SPRAT NET**

From the refined to the rustic, make your last hungry drive-in of the day the most local and lively. A seven-minute hop north, Sprat Net is situated in Old Road, the historic fishing village that is also the site of the Caribbean's first British settlement. It's fitting that this no-frills eatery should be owned by a fishermen duo who've held true to their motto: "We only eat the ones we catch!" for three decades now. You only need to peer into their lobster-filled fishing boat to be convinced.

Straight-off-the-grill dishes like Cajun Grouper, Mahi-Mahi and Spare Ribs (served with sides like corn on the cob, baked potato and johnny cakes) are stacked high on paper plates. Soak up the beach shack-like-atmosphere from its communal-style, wooden picnic tables, either outside with grass between your toes, or under its tin-roofed rafters strung with nautical paraphernalia. Live music is also on the menu every Wednesday and Friday night.

+1 (869) 466-7535 ■



Photo © Sarah Freeman





Orchid Bay Beach House Restaurant

# LOVE ISLAND

Make a date with St. Kitts' five most eligible dining haunts BY SARAH FREEMAN

## MARSHALL'S

**The celebration or special occasion date**  
A fine-dining stalwart, Marshalls' marries warm Kittitian hospitality with old-school elegance. Its elevated address on Frigate Bay's Fort Tyson delivers sweeping ocean vistas, while its illuminated pool amps up the "romance factor". This is a venue that goes the extra mile for birthdays and anniversary celebrations with Jamaican owner and self-made chef Verral Marshall venturing regularly from kitchen to restaurant floor to greet guests. His expansive menu serves up steakhouse classics like Double Filet Mignon for two alongside Caribbean staples such as Ackee and Saltfish and labors-of-love like the house-smoked Marlin Starter.  
[www.marshallsdining.com](http://www.marshallsdining.com)

## THE VIEW, PALMS COURT GARDENS

**The accessible "keep it casual" date**  
Don't let this harbour-view restaurant's lackluster roadside entrance discourage you. A short stroll among trickling fountains and twinkling lights tucked between soursop and starfruit trees leads to this hidden oasis. Arrive early to enjoy its botanical gardens and onsite boutique, where Swiss owner Claudia crafts unique jewelery. Then indulge in a pre-prandial Pink Grapefruit Spritz from the shingle-roofed infinity pool bar before making yourself at home on its Moroccan-styled terrace. Caribbean-European fusion starters like Okra and Plantain Tempura and Spicy Mango Meatballs shine, while decadent desserts like the Flourless Chocolate Cake keep gluten-free guests well fed.  
[www.palmscourtgardens.com](http://www.palmscourtgardens.com)



Photo © Sarah Freeman

Marshall's

## CARAMBOLA BEACH CLUB

**The affordable 'n sexy date**  
Named after St. Kitts' orange-yellow star fruit, this high-end hacienda-style beach club reels in a buzzy crowd of locals and vacationers. And no wonder. Nestled on a picture-perfect, sandy sweep of blonde sands along the northern reaches of South Friar's Bay, it's the closest beach to the port. Come nightfall, Carambola reinvents itself as a 128-seater, fine-dining destination with eat-in wine cellar. Alongside a veggie-leaning sushi buffet and meat-centric à la carte menu, it serves up a wallet-friendly, three-course special for just \$40. Don't miss the Farmer's Mixed Garden Salad, Lemongrass and Thyme-Roasted Chicken and a rum-added Pineapple Trifle.  
[www.carambolabeachclub.com](http://www.carambolabeachclub.com)

## ORCHID BAY BEACH HOUSE RESTAURANT

**The exclusive date with Italian flair**  
Cantilevered out over a greened hillside on the Southeast Peninsula's western edge, reservation-only Orchid Bay is akin to a private dining experience. The newest addition to St. Kitts' upscale restaurant scene, their Italian family-style dinner concept brings a grande slice of la dolce vita to the island. Olive oil is harvested

Spice Mill



from the restaurant's family-owned groves, Italian pours (priced at \$75 a bottle) dominate the wine list and pastas like Butternut Squash-filled Agnolotti are homemade. Even the alfresco restaurant's Caesar salad's sourdough croutons are baked in-house! Be sure to leave room for their Pistachio-Sprinkled Cannoli – one of two Sicilian-inspired desserts served.  
[www.orchidbaybeachhouse.com](http://www.orchidbaybeachhouse.com)

## SPICE MILL

**The "ticks all the boxes" date**  
One of St Kitts' most beloved dining haunts, this boho-chic, bi-levelled, breezy beachside restaurant really does have the whole package. Scenically set on the island's sun-drenched southern tip (a coconut's throw from the recently-opened Park Hyatt), it promises patrons a front row seat to Nevis' chameleonic peak, a sight to behold under star-studded skies. As for Spice Mill's daily-changing menu, it champions local produce and St. Kitts' fiercely proud Eastern Caribbean roots. Savor fresh-off-the-boat Wahoo with Coconut-Infused Rice, Slow-Roasted Jerk Pork and Vegan Bowls washed down with the restaurant's own blend – Hibiscus Rum cocktails. Weekends welcome wood-fired pizzas and yet another opportunity to practice the fine Kittitian art of limin'!  
[www.spicemillrestaurant.com](http://www.spicemillrestaurant.com)

Orchid Bay and Spice Mill photos © Tina Papies



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Ital Creations



Fisherman's Village



Reggae Beach

# FAMILY TIME (& Dine)

## 1 Best Burgers MICHAEL'S BURGERS

With a convenient location near the airport, Michael's Burgers features handmade gelato and a variety of burger options. With picnic tables and a small swing set, it's the perfect place to spend some time with your family before or after a flight, when you don't want to cook or anytime really. Their rosemary fries are an absolute delight as is the secret dipping sauce. There's plenty of space inside and out, and they are dog-friendly. The owners also have a gelato-only location (with milkshakes) at The Retreat.  
\$ Airport roundabout +1 (869) 465-3939

Veteran diner and mom *Nicole St. Pierre* shares her secret seven family-friendly spots for dining with the wee crowd

## 2 Veda's Top Pick REGGAE BEACH BAR AND GRILL

Although this would have made my list regardless, the famous Reggae Beach Bar and Grill is my four-year-old daughter Veda's top pick. Located beachfront on Cockleshell Bay, overlooking Nevis with delicious local food and a watersports company onsite, could you really ask for anything more? It's a great place to spend

an entire afternoon. Don't miss Friday night's Lobster Fest – it sells out quickly!  
\$\$ Southeast Peninsula +1 (869) 762-5050

## 3 Something For Everyone THE RETREAT

A recent addition to the local food scene, The Retreat features six different food containers, a swing set and plenty of room for kids to run around. There's something for everyone: Mexican, Thai, Indian, Chinese, and its proximity to Timothy Beach calls for a quick jump in the ocean before or after dinner!  
\$\$ Marriott roundabout, close to Timothy Beach Resort

## 4 The Local Hangout SHIPWRECK BAR AND GRILL

The food at this relaxed beach bar is some of the tastiest on the island, and the service is some of the best. We are a familiar family at Shipwreck, and the staff have watched our daughters grow. Our oldest daughter's favorite menu item is the rice and beans (a side to most dishes). It's a popular haunt for expats and locals alike, and it's at the beach, so you don't have to worry about spills!  
\$ South Friar's Bay Beach +1 (869) 764-7200

## 5 Breakfast Buffet CALYPSO AT THE MARRIOTT

Open at 7:00 am, the Calypso breakfast buffet at the St. Kitts Marriott Resort is a good place to go when you're up way too early because you have small children. It's great for families with older kids too.

We went there with four adults and four children, and our server was kind and attentive. They offer a special kid's menu, and kids under four eat for free. Best of all, if you're hungry from chasing after your kids, did I mention it's a buffet?  
\$\$ Marriott Resort +1 (869) 466-1200

## 6 A Fine Experience PARK HYATT FISHERMAN'S VILLAGE

My husband and I were both a little apprehensive about bringing our two children (both under four years of age) to the Park Hyatt's Fisherman's Village restaurant for an evening date. I quickly realized there was no need for apprehension. Not only was the food superb, but the server and everyone in the restaurant was kind and helpful. They had coloring books for the children (literally the only place on the island we have found to

offer this), a kid's menu, and special kid's dessert. We walked out onto the pier and watched the moon come out over a still ocean. It was a beautiful night.  
\$\$\$ Southeast Peninsula +1 (869) 468-1234

## 7 Vegetarian Faré ITAL CREATIONS

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The Retreat, Ital Creations, Reggae Beach and Shipwreck Bar photos © Time Papries; Michael's Burgers courtesy of Shutterstock.com



The Retreat



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# BEACH to PEAK

Eat and drink your way around sombrero-shaped Nevis in two toothsome days, says Sarah Freeman

## Day 1 BREAKFAST AT YACHTSMAN GRILL

Arrive with an appetite to this nautical-themed, beachfront beauty bordering Cades Bay and sandwiched between Pinney's and Oualie beaches on the island's wind-ruffled western coast. Founded by aeronaut and Funky Monkey Tour owner Greg Slagon, Yachtsman Grill serves up home comfort food par

excellence and easy breezy service to boot.

Snag a table on its covered deck or bury your toes in the sand under azure blue parasols for a breakfast of Caribbean champions! All-American favorites like pillowy Apple Cinnamon French Toast topped with caramelized apples feature alongside Vegan Porridge and homemade pastries like Pain au Chocolat. Work off all that indulgence with some barefooted beach volleyball, then cool down with a post-workout swim. [www.yachtsmangrill.com](http://www.yachtsmangrill.com)

## LUNCH AT DRIFT

After a morning of beach hopping and flopping, wash up at Drift, where the salty-haired, kaftan look will fit right in! Nestled on Nevis' northernmost tip, this strait-fronting restaurant is the epitome of castaway chic. Straw chandeliers sway gently in the sea breeze, driftwood rests against white-washed pillars and its wonderfully wonky walls are hung with artist Vikki Fuller's oils of the resident green vervet monkeys.

Fuller is one-half of the husband and wife team who welcome guests like old friends to their intimate restaurant. Nevisian

chef Ricky Finch turns out plates like Old English Fish Pie, Coconut Curry Shrimp and Lobster Sourdough sandwiches, all complimented by a small, but perfectly formed, wine list.

Soak up the slo-mo vibe while drinking in views of Booby Island: an iconic sailing landmark cast halfway between St. Kitts and Nevis. And be sure to take a trip to the restroom to marvel at the restaurant's "hat wall" where patrons can donate their weather-worn headgear in exchange for a rum punch on the house! [www.driftnevis.com](http://www.driftnevis.com)



## SIP SUNDOWNERS AT THE CABANAS AT LIME

Reef-protected Pinney's has a four-mile stretch of saffron-hued sands that is primed for sundowners, which taste even better in these sheer-curtained dining cabanas. Golf buggies shuttle patrons over from its long-established sister restaurant-bar Lime.

While the venue's local Tomato-made Salsa Nachos and Alfredo Meatball Pasta may be mouth-wateringly good, we're here for the super-strength craft cocktails! Sip from an imaginative list that includes a Snake in the Grass Rum Punch infused with island-grown lemongrass, a beachy Banana Piña Colada and a Moscow Mule made with home-brewed ginger beer.

After the sun drops into the ocean, you can toast skewered marshmallows on its beach bonfire while watching a moonrise over the island's volcanic peak. This is also a choice spot to eye the ever-elusive green flash phenomenon. [www.facebook.com/thecabanasatlime/](http://www.facebook.com/thecabanasatlime/)

## DINNER AT BANANAS

To change up your perspective of the island's shimmering Caribbean waters, head inland to the foothills of Nevis' namesake mountain. Nestled above the historic Hamilton Plantation is Bananas: reached via a tiki torch-lit walkway that threads through its jungle-like and jasmine-scented one-acre gardens. The menu is as playful as the restaurant's interior: a glorious hodgepodge of carved pineapple chairs, Turkish rugs, striking regional artwork and Caribbean-

English antiques. Most have been amassed by its owner Gillian Smith, a roving British chef and retired Moulin Rouge dancer. Reserve a table on Bananas' cheerfully painted wraparound veranda and feast on their signature Thai Curries or Nevisian Goat Water: a flavorful Western Caribbean dish served in a locally-made, coal-fired pot. Come for the live jazz band (normally playing on weekends), and stick around for the stellar aged rum selection! [www.bananasnevis.com](http://www.bananasnevis.com)



## Day 2

### BREAKFAST AT THE HERMITAGE

Sate your morning hunger pangs on the latticed porch of this 17th-century plantation inn that's owned by the Philadelphia-born and very personable Lupinacci's, who you'll likely bump into at the breakfast buffet.

Pile your plate high with fruit plucked straight from the hotel's orchards, Morning Glory Muffins and homemade Lemon Bread before ordering the creole-style, Farm-Fresh Egg Omelette or Full Planter's Breakfast. Many dishes are cooked in the island's only traditional wood-burning oven.

Perfumed by tropical blossoms and sprinkled with gingerbread trim cottages that look good enough to eat, the Hermitage's English Romantic-style gardens make for a dreamy backdrop. Breakfasts here are an unhurried affair where you can linger over bottomless lemongrass tea and fresh fruit juice (indigenous golden apple is our favorite), without feeling like you've overstayed your welcome. [www.hermitagenevis.com](http://www.hermitagenevis.com)



## LUNCH AT GOLDEN ROCK

After working up an appetite on Nevis' jungle trails, make your next peak pitstop one of the island's most elevated and eccentric. The passion project of art world power couple Helen and Brice Marden, modernist design meets Caribbean charm at this storied sugar estate.

Helmed by former Four Seasons chef James Eaton, the relaxed and refined restaurant launched a brand-new menu this past February that champions local produce. Sink into scarlet red director's chairs between volcanic stone pillars or under 'The Rocks' shaded tarp, and graze on unpretentious plates like Lime 'n Rum Glazed Shrimp, Buttermilk Chicken Sandwiches and Grilled Fish Tacos. Diners overlook tranquil, tiered fish ponds that reflect orange and lime green from the hotel's flamboyant furniture and sculptures.

Don't leave without touring its glorious gardens, tamed by world-famous, Miami-based designer Raymond Jungles. [www.goldenrocknevis.com](http://www.goldenrocknevis.com)

*"Soak up the slo-mo vibe while drinking in views of Booby Island: an iconic sailing landmark cast halfway between St. Kitts and Nevis"*







Photo © Christian Horan

**SIP SUNDOWNERS AT ON THE DUNE**

Trading Nevis' wild interior for its sheltered west coast, chase the last light of the day with a tropical tippie at On the Dune. Sandwiched between two of the Four Seasons' three infinity-edged pools and affording sweeping views of The Narrows and St. Kitts, it's the island's primo oceanfront spot to drink in a sunset.

Debuted as part of the five-star resort's 2019 multi-million-dollar facelift, the open-sided restaurant effortlessly walks the line between laid back and luxury. Order a Kendie's Kick (named after the hotel's award-winning, self-taught master mixologist Kendie Williams) from its mahogany bar, then skip down the open-sided ballroom steps straight into the sands. Ordering bar bites like Vegan Ceviche grants you snagging rights to the restaurant's stargazing seating beneath its retractable canopied roof. [www.fourseasons.com/nevis](http://www.fourseasons.com/nevis)

**DINNER AT LUNA**

There are more celestial surprises in store at Luna, located three miles north at the exclusive Cliffdwellers community. Paper-lantern-lit tables encircle a central pillared courtyard; an invitation to look lovingly into your dinner date's eyes or the stars!

Opened in 2020, Luna is Drift's more romantic big sister restaurant. Drawing on his Portuguese heritage and Grandmother's cooking for culinary inspiration, head chef Kamal D'costa's creates creole-spiced Caribbean dishes spliced with Middle Eastern, French and even Italian influences. This eclecticism extends to the interior: a vision of bold bovine canvases (by Vikki Fuller), zebra print upholstery, giant potted plants and walls ornamented with handwoven African bowls. Tuck into tapas-inspired starters like Slow Roast Pork Pâté, Eggplant Rollatini and Bruschetta Italiano, followed by D'costa's fire-grilled, hand-dived Local Lobster, leaving room for the devilishly good Chocolate Mousse Tart. [www.lunanevis.com](http://www.lunanevis.com)



**AFTER-DINNER DRINKS AT SUNSHINE'S**

Pass by Pinney's for a nightcap (or two!) at beach shack-styled Sunshine's, which is splashed in the island nation's distinctive red, green and yellow colors.

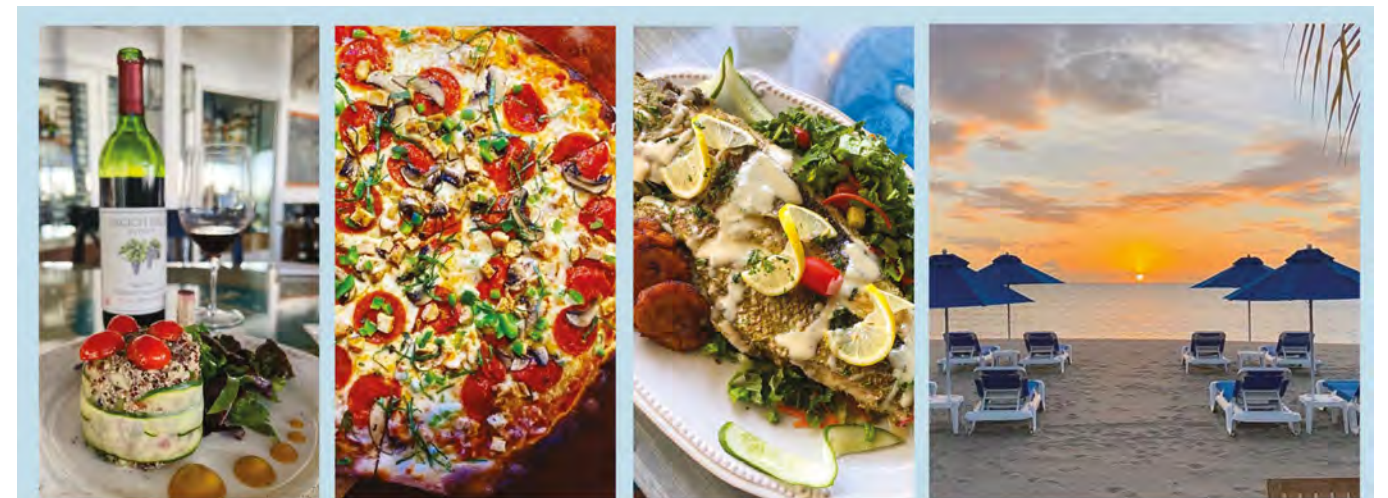
Its larger-than-life Kittitian owner Llewellyn "Sunshine" Caines gives a warm welcome to anyone and everyone who steps into his raffish, reggae music-playing bar-resto. As well as attracting

a lively and loyal local crowd, the occasional celebrity drops in. Britney Spears, Justin Trudeau and acting royalty like Meryl Streep are all immortalised on its Wall of Fame. If you order just one drink, make it Sunshine's signature rum punch. Known as the Killer Bee, the potent, apricot-hued drink's recipe remains a closely guarded secret. **+1 (869) 469-5817** ■

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Rum Tasting at Wingfield Estate

# spirited away

Innovation, island flavors and local passion prove to be a winning formula for two new immersive island rum experiences. Sarah Freeman discovers



Original coppers amongst the ruins at Wingfield

“For so long, the site was a forgotten place on the island,” Jack Widdowson muses as we admire a giant copper still in the shadow of the island’s loftiest stone sugar chimney. The charismatic founder of Old Road Rum Company, Widdowson tours me around his family’s estate: one of 200 that earned St. Kitts the nickname “Sugar City” in the mid-1600s. Not only does this one hold the title of being England’s first land grant in the West Indies, it’s also the earliest known place of rum production in the Caribbean.

Nestled at the foothills of the island’s forested peaks, Wingfield’s fascinating history is made all the more tangible by its remarkably preserved ruins: a boiling house

(where sugar was crystallized), a lime kiln, mill house and aqueduct system.

“The challenge is that nature wants to take this place back,” Widdowson remarks, gesturing to the tropical jungle that envelops the eight-acre site that his father (an emigrant from Yorkshire, England) took ownership of 50 years ago. But nature has also nurtured the estate. “Water was really important here because we had a free-flowing river throughout the year for an aqueduct,” Widdowson explains. The island’s distilleries are unique in being powered by water versus wind. As we duck our heads to enter the firing tunnel, which Widdowson helped excavate by hand over the course of five years, he tells me that we are “underneath the coppers [which

would have boiled the chopped-up cane] now.” The light at the end of the tunnel is Widdowson’s newest obsession: an ageing room for the first 500 bottles of Old Road Rum, which are reserved for its founders.

I settle for sampling Wingfield’s 6,000-and-something bottle of small batch rum in its atmospheric bottling-blending-tasting room as part of my three-hour-long Kittitian RumMaster tour. “Fermentation is where the flavors really come through,” Widdowson says as I make the rookie error of sticking my nose right into the glass. Being a wine enthusiast, I do a better job of looking for the legs; gently swirling the deep, amber-hued spirit – made from all natural sugars, dyes and flavors – around the base of the glass, so as not to agitate

it. With the help of a rum flavor wheel, I conclude that my first tasting was silky on the palette, while the third and final pour feels crisp and dry with orange peel aromas.

Named after the island’s first English settlement (which you can eye from the estate), Old Road is crafted from imported, molasses-based rum that’s aged in bourbon casks for 12 years. Widdowson reveals that his ambition is to return rum distillation to the storied site and eventually plant sugar cane to bring the whole operation in-house.

## “The challenge for us is knowing why the rum production began and why it ended”

As we peer down into the oldest part of the distillery (concealed under a road until its chance discovery in 2013), Widdowson explains that it was thanks to the intact masonry that archaeologists were able to date it to 1681. “The challenge for us is knowing why the rum production began and why it ended,” he says with a steely glint in his eye.

Less mystery surrounds Spice Mill restaurant’s shiny new microdistillery located 20 miles away on the Southeast Peninsula’s picturesque Cockleshell Bay. A cut-out window in its subterranean gift shop reveals the lab-style set up, complete with apothecary-style bottles that Spice Mill owner and master blender Roger Brisbane describes as “his first experiments.” Those early tinkering paid off with the world’s first hibiscus gin created here in 2019.

But I’m here to wrap my head (and lips!) around their signature spiced rum for part

two of my RumMaster tour.

“I’ve always loved [the taste of] sorrel,” Brisbane says, scooping up a handful of the dried flowering plant that’s responsible for his bespoke blend’s pinkish hue. A childhood craving that stuck. In 2015, he found a Kittitian farmer who could harvest seasonal sorrel year-round. Brisbane reveals his “aha moment” happened in 2019 at a Wine and Spirits trade show in Minneapolis where he discovered a hibiscus tincture. No sooner had he acquired his blending license when the pandemic struck, so Brisbane resolved to repurpose his high proof spirit as hand sanitizer for the island. It wasn’t until late 2022 that rum production resumed. “We’re a floral rum made specifically for the cocktail market,” Brisbane says, lifting the lid on his spiced rum recipe and the 200-liter stainless steel tank where ruby red rosella is mixed with an Antiguan-distilled base spirit.

Perched on a high stool, I’m transported



Roger Brisbane hosting part two of the RumMasters Experience

back to school chemistry class (albeit a more entertaining one!) as I set to work decanting and mixing an assortment of curiously colored liquids with flasks, measuring cylinders and pipettes. They are, in fact, extracts of spices like ginger, clove, vanilla and black pepper. The highlight of the 90-minute spirited session is vigorously shaking my creation a la Tom Cruise with fresh mint, muddled lime, passion fruit syrup and triple sec. “The final ingredient that is most overlooked in a cocktail is ice,” Brisbane says as we taste test the fruits of our labour: a Hibiscus rumtini punch. In a nice touch, the surplus is poured into a branded cork-stopper bottle that’s vacuum-sealed for my journey home – a liquid souvenir by which to remember the island’s remarkable rum revival. ■

[www.oldroadrum.com](http://www.oldroadrum.com)  
[www.hibiscusspirits.com](http://www.hibiscusspirits.com)  
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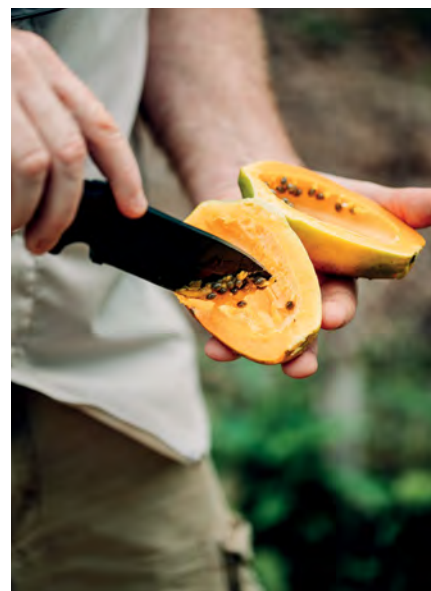
# Seeding a sustainable Future

An immersive new tour proves to be a special(ity) blend of coffee, adventure and farm-to-table fine dining, says Sarah Freeman



First my shoulders, then my ears are tickled by feathery grasses as we wend through wind-ruffled banana plantations. “The first thing we had to do was clear the road that was overgrown for four decades,” Irish-Kittitian Seamus Kelly remarks as our jeep (a repurposed military truck) negotiates yet another bump. This snaking 10-mile stretch of road, which climbs steadily from Molineux to the foothills of Mount Liamuiga, still feels wonderfully wild. It makes for an intrepid start to a new, five-hour culinary agri-tour curated by construction company owner Seamus Kelly. The son of a farmer, Kelly is reconnecting to his roots through his latest venture, Liamuiga Natural Farm. Kelly describes his early exploration of this lost-world paradise of north-central St.

Kitts as Jurassic Park-meets-Christopher Columbus. “We hadn’t realized that coffee was growing up here in the 80s,” he reveals as we journey deeper into the rainforest, the shimmering ocean views gradually giving way to a sea of green. Despite



sitting squarely in the earth’s famous coffee belt – located 25 degrees north of the equator and 30 degrees south – it was impossible to find a cup of Kittitian-brewed coffee on island, until now that is. “Coffee won’t grow where ferns [of which St. Kitts claims 145 species] don’t grow,” Kelly explains as our group of six clammers out of the jeep to funnel down the farm’s avenue of indigenous Emperor ferns. No ordinary ferns, these fallen Emperors (known locally as damandue) have been artfully carved by Franklyn Govia like totem poles. Nicknamed “Migo,” the native islander helped propagate the farm’s arabica coffee plants from his own garden. A veritable feast of farm-grown delights like Eggplant Ratatouille, Papaya Jam, Pickled Pumpkin and eggs laid by the 80 hens that happily munch on the island’s invasive frenchweed awaits us on a sun-dappled table. The hearty breakfast is washed down with a restorative bush tea: a blend of lemongrass, mint and basil picked fresh that morning. We follow our noses past the fragrant tea garden to supersized

beetroot, golden apple, breadfruit and yellow yam, which all look as if they’ve been grown on steroids! The reality is anything but. “We’re trying to create an environment that’s all natural,” Kelly says as he crouches over a series of horizontal logs positioned to prevent soil erosion. Based on permaculture, the pesticide-free farm’s sustainability credentials are seriously impressive. Collected rainwater is filtered with UV, solar powers everything from hot water to the kitchen’s fridge, while the all-important soil is enriched with mulch recycled from fallen leaves. In just three short, but fruitful years, the farm’s dedicated team of eight have stripped the site of non-native bamboo and rewilded it with some 350 plants.

**“We’re trying to create an environment that’s all natural”**

Harvesting coffee, however, requires a little more persistence and a lot more patience. So far, the team have succeeded in producing several micro batches of the notoriously slow-maturing shrub. “We take the bean and put it in water and change the water every three days,” Kelly says while squeezing a green arabica bean between his forefinger and thumb.

After being guided by farm manager Kerryn “Tiem” Williams for 40 minutes or so, we reach the 25-acre farm’s highest point and the island’s loftiest

All Photos © Tina Papiés



Migo and one of his carved damandues



Seamus Kelly peels a freshly harvested carrot



Breakfast is served on naturally antimicrobial banana leaf



green onion soup is ladled into a local type of dried gourd called calabash. Known as Yaka Mein, and supplemented with shrimp and chicken, the dish is slow-cooked in an earthenware yabba pot that’s often used in Rastafarian cooking.

The languorous lunch wraps up with coffee-flavored ice cream; a welcomed caffeine hit that I feverishly scoop up with a coconut wood-carved spoon. In many ways, the dessert perfectly sums up the tour experience: sweet, rich and very addictive. [www.visitLNF.com](http://www.visitLNF.com)

accommodation, modestly named Cabin in the Forest. From the two-bedroom Airbnb’s sweeping veranda, I admire the literal fruits of the team’s labor. Fanning out beneath us are citrus fruit and avocado trees and row upon row of edo (a native potato cooked-up into a delicious soup), backdropped by the rainforest-clad hills of Phillip’s Estate. “We never suffer from drought up here. We have dew in the morning and fog in the evening,” Kelly says as I brush past a spider web strung with glistening droplets.

Back at the farm’s halcyon headquarters, a welcoming committee of 20 head-bobbing, tail-wagging yet non-quacking Muscovy ducks greet us. Saving a swing in one of the striped hammocks for later, I settle under a shaded tarp for some communal-style dining. The very definition of farm-to-table fare, freshly-foraged salad is served up on naturally anti-microbial banana leaves, while a carrot, cabbage and





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## A TERRIFIC TRIP-TYCH

This trio of plantation inns marry heritage with heavenly grounds on Nevis, says Sarah Freeman

### NAUTICAL NUPTIALS

A storied address with regal ties, charming Montpelier Plantation was where Princess Diana holidayed with her young princes in 1992. Three decades later, the Relais and Châteaux property continues to lure a loyal Brit crowd. That could have something to do with Britain's greatest naval hero, Lord Horatio Nelson, who wed Fanny Nisbet (the Nevisian Jackie Kennedy) in 1787 under the boughs of Montpelier's still-standing silkwood tree.

Blending old with new, its Great House – a replica of the former sugar plantation's 18th-century original – is outfitted with Canadian artist Kirk Mechar's contemporary canvases, while the hotel's 300-year-old stone windmill now hosts six-course candlelit dinners.

You can literally lap up volcanic views from Montpelier's 60-foot-long cerulean-tiled pool, or get even closer to its cottage rooms' windward ocean vistas from the property's private beach (reached via 15-minute transfer). Set in a picturesque cove and dotted with six sea-breeze-fanned cabanas, it hosts weekly sunset BBQs that are open to non-guests too. **Don't Leave without...** getting a sloppy kiss from Montpelier's lovable Labrador, Cosmo. [www.montpeliernevis.com](http://www.montpeliernevis.com)

### AGEING GRACEFULLY

Steeped in West Indies charm, The Hermitage lays claim to the Caribbean's oldest wooden house, which is hewn from indigenous lignum vitae wood that's said to be as heavy as the doomed Titanic's



*"Come for the rum punch and stay for a slumber in its four-poster beds"*

steel plates. This family-run, hillside hideaway's original Great House is filled to its 17th-century creaking rafters with antiques, oriental rugs and chintzy sofas - its elegant drawing room setting the scene for an afternoon tea fit for royalty. Britain's new Queen paid a visit here in 2019 don't you know.

Meanwhile, the plantation inn's vervet monkey-filled grounds – scattered with fruit trees, lily-strewn copper bowls (originally used to boil sugar cane) and millennia-old volcanic boulders – host its perennially popular Wednesday night West Indian buffets. Come for the rum punch

(concocted from a 350-year-old recipe) and a shopping spree in its arthouse gift shop, and stay for a slumber in its four-poster beds.

**Don't leave without...** tucking into a slice of their homemade carrot cake.

[www.hermitagenevis.com](http://www.hermitagenevis.com)

### TROPICAL SECLUSION

The loftiest of all Nevis' surviving sugar plantations, Golden Rock scenically stretches up the windward slopes of Nevis Peak. A ruined, 19th-century working sugar mill, the low-fi property is a merge of past and present, masterfully executed



by artist owners Brice and Helen Marden.

An ancient cistern has acquired a second life as a freshwater swimming pool, while its cut-stone conical mill has been reimagined as a Rapunzel-esque honeymoon suite. On a clear day you can eye Antigua and Monserrat from the colonnaded restaurant. It serves up lip-smackingly-good lobster sandwich lunches overlooking sculpture-studded reflective ponds designed by Aman alum Ed Tuttle.

But it's nature that really has the final word here. The launchpad to several hiking trails including "The Source," Golden Rock's 100-acre grounds are beautified with 50 species of palms, prehistoric ferns and neon blossoms that enwrap its Crayola-coloured cottages

**Don't leave without...** taking a tour with chief gardener Keith Huggins. [www.goldenrocknevis.com](http://www.goldenrocknevis.com)



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# PERCIVAL HANLEY

*The* CELESTIAL SAVANT

HANLEY IS A WEARER of many impressive hats. In addition to being the General Manager of Brimstone Hill Fortress National Park, the island's foremost birding guide is also an amateur astronomer. "On St. Kitts, I'm probably a lone wolf!" Hanley says, referring to the fact that he's one of only a few local hobbyist astronomers. "In these islands, it's not difficult to find a spot where you can still find nice dark areas [which are essential for studying celestial bodies]."

His fascination with the night sky started when he was a young boy. In those earlier years, Hanley nostalgically recalls taking tours of faraway countries and the universe through his uncle's clunky plastic view-master, which for many children of the 50s and 60s was their first taste of virtual reality.

Some six decades later, the native islander continues to see St. Kitts and Nevis through a refreshingly different lens. "There's an area on the Southeast Peninsula that I call 'the lookout,' which is my favorite spot to take my telescope," Hanley reveals, adding, "I could study the moon's craters for hours and hours."

Alongside his personal observations, the in-demand stargazer hosts astronomy events at venues like Nevis' Four Seasons Resort and St. Kitts' newest luxury addition: Park Hyatt. ■

*"Some six decades later, the native islander continues to see St. Kitts and Nevis through a refreshingly different lens"*



WORDS BY SARAH FREEMAN, PHOTOGRAPHY BY TINA PAPIES



# Earth Bound

Whatever your reasons for heading out into the wild, St. Kitts has a variety of nature-based activities sure to satisfy mind, body and soul

BY ADAM AYA

St. Kitts, with its lush rainforests, stunning waterfalls, dramatic coastlines and majestic mountains, is not only a haven for nature enthusiasts and adventure seekers, but also a place for those looking to reconnect to Mother Earth and to their own sense of inner peace and calm.

Spending time in nature offers us much-needed respite from the relentless demands of our fast-paced digital and work lives. It provides a sanctuary for rejuvenation and balance, helps to reduce stress, anxiety and depression and promotes health and mental well-being.

Being outside allows us to unplug from screens, breathe in fresh air and immerse ourselves in the soothing sights and sounds of the natural world. Moreover, nature nurtures physical health by encouraging physical activity, fostering a healthier lifestyle and improving overall fitness.

Beyond these personal advantages, reconnecting with the Earth can instill a profound sense of responsibility for our environment, motivating us to become better stewards of our planet. In essence, our connection to nature is not just a luxury, but a necessity, offering solace from the daily hustle and a renewed commitment to preserving the Earth for future generations.

St. Kitts and Nevis is committed to conservation and eco-tourism, which ensures that its natural treasures are well-preserved and accessible. And the island's relaxed pace of life and friendly locals contribute to a welcoming atmosphere for nature enthusiasts, making it a destination

where one can truly connect with and appreciate the beauty of Mother Earth.

One of the most popular activities on the island is hiking, and the rainforests of St. Kitts are an enchanting tapestry of nature's splendor. Lush, emerald-green canopies stretch as far as the eye can see, and towering trees adorned with vibrant orchids and bromeliads create a breathtaking vertical landscape. As you explore deeper into this tropical paradise, you'll encounter a diverse array of wildlife, from playful monkeys swinging through the branches to colorful butterflies fluttering about. St. Kitts' rainforests are not only a testament to the island's natural beauty, but also a sanctuary for biodiversity and a source of wonder for all who are fortunate enough to behold their majesty.

*"The rainforests of St. Kitts are an enchanting tapestry of nature's splendor"*

With a variety of trails to choose from, hikers can embark on a journey that suits their skill level and interests. The trail to Dos d'Ane Pond, for instance, is a moderate hike that takes you through dense rainforest and offers stunning views of the surrounding landscape. The trail ends at a serene pond, which is a perfect spot for a picnic or a refreshing swim. For the more adventurous, the trail to Tobora Falls is a must. This challenging hike takes you through rugged terrain and dense vegetation, but the reward is worth every

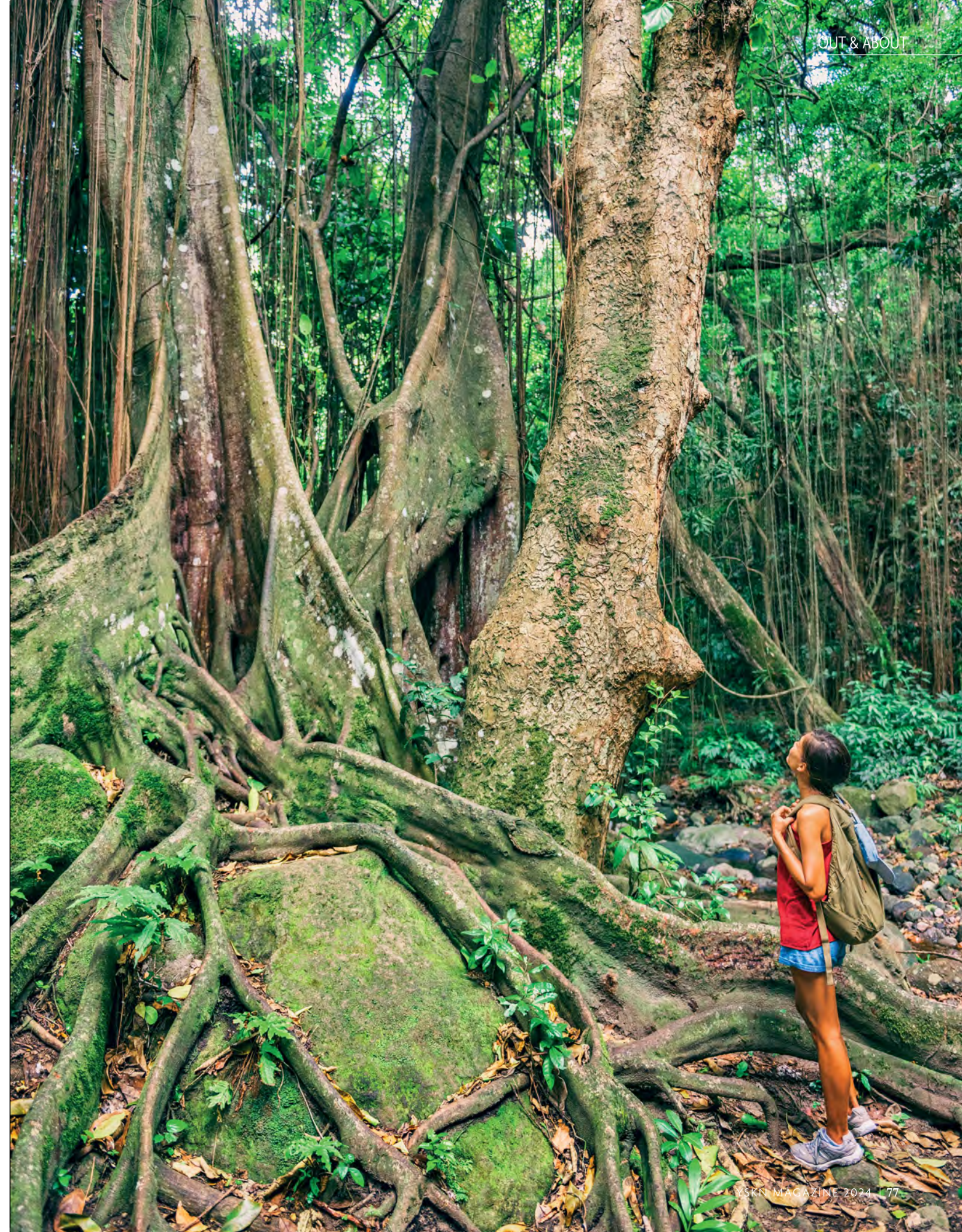
step. The waterfall, cascading down a steep cliff into a crystal-clear pool, is a sight to behold. The sound of the water hitting the rocks, the cool mist on your face and the lush greenery all around make this hike a truly immersive nature experience. **Island Buzz Tours Nevis** offers an array of guided rainforest hikes on both St. Kitts and Nevis. ([www.islandbuzztoursnevis.com](http://www.islandbuzztoursnevis.com))

For those who prefer a motorized adventure, ATV tours are a popular choice. These tours take you off the beaten path, allowing you to explore parts of the islands that are inaccessible by foot. You'll traverse rocky trails, cross shallow streams and climb steep hills, all while enjoying breathtaking views of the island's interior. For one of the most popular adventure companies with locations on both St. Kitts and Nevis, check out **Funky Monkey Tours** ([www.funkymonkeytours.com](http://www.funkymonkeytours.com))

**The Hash House Harriers**, a "drinking club with a running problem," offers a unique way to explore St. Kitts. This group organizes weekly runs (or walks) through different parts of the island, followed by a social gathering. It's a great way to meet locals and fellow travelers while enjoying the island's natural beauty. ([www.stkittshash.org](http://www.stkittshash.org))

Finally, horseback riding tours offer a unique way to explore the island. These tours take you along the beach, through sugarcane fields and up into the mountains, offering stunning views along the way. Whether you're an experienced rider or a beginner, these tours cater to all skill levels. Take a tropical horseback excursion with St. Kitts-based **Fun In The Saddle**. ([www.facebook.com/funinthesaddlekn](http://www.facebook.com/funinthesaddlekn)) ■

Opposite page: Photo courtesy of Shutterstock.com





# THE STORY OF THE ST. KITTS RAILWAY

Sugar cane was introduced in St. Kitts in 1643, and it became as valuable as oil is today. Control of the Caribbean sugar islands sent European armies and navies to war, and sugar built empires. By 1775, with 200 estates producing sugar, St. Kitts was the wealthiest of the British possessions. But the introduction of the sugar beet and international market competition drove prices steadily downward.

Believing that profitability could be achieved with economies of scale, in 1912 a group of investors built a modern central sugar factory near Basseterre and began construction of a narrow gauge railway around the island to bring in cane from the outlying estates for processing. Completed in 1926, the railway ran seasonally from February to June for the annual sugar harvest, called "Crop".

The new system allowed sugar production to continue on St. Kitts much longer than on other islands. The island of Nevis stopped growing cane in the mid-1930s. Antigua ended sugar production in 1971. But with a now antiquated factory and railway, diminishing acreage, and intense international competition, losses mounted. The last "sugar train" rattled into the marshaling yard and the steam-powered factory machinery was shut down on July 31, 2005, bringing an end to over 350 years of sugar production on the island.

But the "Sugar Train" survived. In a partnership agreement between Government and private enterprise, the privately-owned St. Kitts Scenic Railway started running tourist excursions on January 28, 2003. The locomotives and passenger cars of the "Last Railway in the West Indies" proudly carry the national flag, a living link to the bygone days of sugar. As St. Kitts works to complete the transition from the old economy to the new, the little railway has transitioned from Sugar Train to Scenic Train, providing a shining example of how a destination can take an otherwise outdated heritage asset and turn it into a sustainable, successful, and unique anchor attraction.

On the train you can hear this story from the Kittitian people, hear the songs we sing, have a cool drink with us, and wave at our children as the train passes through the villages where many of us live. This is the real Caribbean, the way it has always been, on an island that most

people have never seen or heard about. Our story is told in the warm trade winds, and in the clickety-clack of the wheels on the rail joints. Come with us on a journey of beauty and discovery. It is an honor and a pleasure to show you our home.

is an honor and a pleasure to show you our home.



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railway was built between 1912 and 1926 for transporting sugar cane. Today the railway provides visitors an unsurpassed opportunity to experience the scenery and culture of this unspoiled country. 30-mile tour operates 18 miles by rail and 12 miles by highway to circle the island.



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# water world

Adventures are to be had in, under and above the calmer Caribbean and choppy Atlantic waters, which are blessed with plentiful cays and coves, says Sarah Freeman

With water temperatures rarely dipping below 80°F (27°C) and two starkly different coastlines, St. Kitts is a year-round watersports playground. Most activities center around the Southeastern Peninsula, where **St. Kitts Water Sports** ([www.stkittswatersports.com](http://www.stkittswatersports.com)) – run by German émigré Sandy and her friendly team – offers everything from snorkeling and surfing to stand-up paddleboarding and parasailing.

Their barefooted beachside HQ is Reggae Beach on Cockleshell Bay. A two-mile stretch of champagne-colored sands overlooking Nevis' cloud-wreathed peak, Cockleshell is characterized by still waters flanking The Narrows. A popular way to take the plunge, St. Kitts Water Sports' three-hour jet ski and snorkel excursion (\$300 per person) contours the craggy coastline to nearby Shitten Bay, where yellow trumpetfish, ribbon-like eels and brain corals color its boulder-strewn seabed.

If you prefer keeping your head (more or less!) above water, their two-hour, guided paddleboarding outing (\$75) whisks you downwind from White House Bay on the west coast to beach-bar-dotted South Friar's Bay Beach. And the wet 'n wild adventures needn't end at sundown. The only tour of its kind on-island, St. Kitts Watersports' glass-bottomed kayaks use LED lights to illuminate otherworldly marine life as you ply the Caribbean waters by night on a 1.5-hour roundtrip tour from Carambola Beach Club.

If your interest in communing with creatures of the deep has been piqued, **Ballast Bay Outfitters** ([www.ballastbayoutfitters.com](http://www.ballastbayoutfitters.com)) arranges night dives during which nocturnal eels, octopi, lobsters, rays and even snoozing turtles can be spotted.

From sunken ships to swim-through caves, St. Kitts' underwater explorations are endless. There are plenty of places to snorkel unguided straight from the shore on the Caribbean side of the island, which is shielded from the northeasterly wind. Two of our favorites are South Frigate Bay Beach's sheltered lagoon and White House Bay, where you can snorkel over not one, but two shallow shipwrecks. They're just a few of the 400 galleons, frigates and freighters that are thought to have been claimed by St. Kitts' mysterious ocean depths over the centuries. Most impressive is Frigate Bay's River Taw, which sank in nearly 50 feet of water in 1980 and was split in two by Hurricane Hugo nine years later. The 144-foot-long ship, which is also one of 20 dive sites on St. Kitts, is best explored as part of an organized excursion with the likes of

**Pro Divers** ([www.prodiversstkitts.com](http://www.prodiversstkitts.com)), located a short stroll from the Cruise Ship dock or **Bird Rock Beach Hotel** ([www.birdrockbeachhotel.com](http://www.birdrockbeachhotel.com)) a.k.a the island's only dive resort. Sitting in the shadow of Brimstone Hill Fortress, Sandy Point Marine Park remains one of the most popular scuba dives for good reason. Home to a 98-foot-deep protected reef that's brimming with marine life, you can find everything from tiny seahorses to shrimp-eating hawksbill turtles here.

Journey 18-miles south and you can catch some surf at cliff-wrapped Sandy Bank Bay. Better known for its powdery white sands and exclusive private villas, this

uncharacteristically calm U-shaped Atlantic-side bay boasts great baby waves for beginners. St. Kitts Watersports offers two-hour lessons (starting at \$180) on their brand-new surfboards, which are also available to rent for \$75 a day.

A fitting way to either begin or end your watery discoveries of fish-shaped St. Kitts is with a classic catamaran cruise. A company that's been faring our fair Caribbean seas for four decades now is **Leeward Islands Charters** ([www.leewardislandscharters.com](http://www.leewardislandscharters.com)). As their name suggests, you scenically sail along St. Kitts' Leeward side in one of their three-strong fleet: Spirit of St. Kitts, Caona and Eagle. Their perennially popular three-hour "sail and snorkel" (from \$50) skirts the Southeastern Peninsula, dropping anchor at Shitten Bay, which is blessed with shoals of reef fish, superb visibility and waving sea fans. Back onboard, passengers flit from sipping rum punch on the open deck to sprawling out on the catamaran's sunning nets. The drinks flow just as freely on **Blue Water Safaris'** ([www.bluewatersafaris.com](http://www.bluewatersafaris.com)) sybaritic sunset cocktail cruises, which cast off from Port Zante Marina. Their canary yellow cats can also be exclusively used for customizable private charters. ■

*"St. Kitts is a year-round watersports playground"*

*"You can find everything from tiny seahorses to shrimp-eating hawksbills here"*



Contrary to its name, Turtle Beach, on the island's southernmost tip, is as much a hotspot for frolicking dolphins as it is for foraging hawksbills. The inviting, warm, shallow waters together with our cooling and reliable trade winds also make it perfect for quite literally learning the ropes of kiteboarding. A one-on-one lesson with Beach Addiction's IKA-certified instructor Nicholas Dupre ([www.beachaddictionstkittsnevis.com](http://www.beachaddictionstkittsnevis.com)) can cover everything from body positioning to riding etiquette.

If you're craving an adrenaline rush requiring zero exertion or experience, parasailing nearly 600 feet up in the sky at neighboring Cockleshell Bay – which overlooks Nevis' cloud-wreathed peak – could just be the answer. Soaring like a brown pelican for 10 exhilarating minutes is the highlight of St Kitts Water Sports' ([www.stkittswatersports.com](http://www.stkittswatersports.com)) hour-long tour aboard their shiny new speed boat, which launches you and your parachute-like canopy high above the Southeast Peninsula.

They're also the island's only outfit to offer a trio of extreme hydroflight sports, which are ideally suited to Reggae Beach's windless waters. Also known as hydrofoiling, soundless foilboarding is the latest addition. The closest thing to riding on a magic flying carpet, you'll learn how to "fin with wings" as part of a half-hour lesson, priced at \$130.

*"Speed fiends, meanwhile, can try their hand at hoverboarding"*

If you prefer your feet firmly strapped in, flyboarding shoots riders a gravity-defying 72 feet up in the air on twin jets of pressurized water (dipping daredevils under the waves as well), all powered by jet ski. Speed fiends, meanwhile, can try their hand at *Back to the Future II*-style hoverboarding in the sea. Propelled by a single column of water, a wheel-less skateboard lets you ride above the waves up to 16 miles an hour, gaining you a whole new perspective of our Caribbean-lapped shores.

St. Kitts' sun-kissed southern coast isn't the only place to get airborne. 18-miles north, a storied sugar estate and ruined rum distillery is the unlikely launchpad to a rousing ride through one of the world's only expanding rainforests. Demanding a squirrel's head for heights, Wingfield's two-and-a-half hour Sky Safari ([www.skysafaristkitts.com](http://www.skysafaristkitts.com)) tours transport thrill-seekers almost 250 feet above the ground across five cables (the longest being "The Boss" at 1,345 feet), reaching speeds of up to 50-miles-an-hour. The zipline's sling-like seats mean you can soar hands-free through the cloud-piercing mahogany trees of the "Valley of the Giants" while lapping up views of Brimstone Hill Fortress. For fans of soft landings with a splash, you can cap the ride with a refreshing dip in a river pool after racing a fellow zipliner along the River Rockets dual line. ■

# Let's get some air!

Experience our rainforest-clad peaks, black and white beaches and atmospheric ruins from a new, adventurous perspective with some serious elevation, says Sarah Freeman



# Into the Fire

Our country owes its very existence to volcanic eruptions, which have gifted St. Kitts with fertile green valleys and a rugged backbone that are ripe for exploration, says Sarah Freeman

Nowhere are our island's fiery origins more evident than the weird and wonderful rock formations at Black Rocks. Sandwiched between Saddlers and Tabernacle villages on St. Kitts' northeastern coast, they're the combined result of hot lava meeting frigid Atlantic waters some 1,800 years ago and centuries of battering breakers. The deafening sound and sight of waves crashing against basalt rocks is the highlight of a wind-whipped walk along a raised platform that hugs part of Black Rock's two-mile-long cinematic coastline. On a clear day, you can even eye the neighboring isles of St. Eustatius, St. Maarten and St. Barthelemy. Snacking on foraged sea grapes straight from cliff-clinging trees is a novel way to refuel before hydrating with a fresh coconut from one of the nearby chattel house-styled booths.

Ancient volcanic activity has also endowed some of our Atlantic-facing shores with charcoal-colored sands. Wash up on reef-protected Dieppe Bay (a seven-minute taxi hop north of Black Rocks) or unspoiled Conaree Bay, which is a popular body surfing spot.

Once known as "Mount Misery," the island's now-extinct stratovolcano may

be slumbering, but you can still feel Liamuiga's heat several feet underwater. Thermal vents warm several pockets of our ocean, like the lobster-rich crevices of Camps Reef and the coral-encrusted bow of Frigate Bay's River Taw wreck. Pro Divers ([www.prodiversstkitts.com](http://www.prodiversstkitts.com)) leads excursions to both of these sites and to Nag's Head, where divers can weave between huge volcanic boulders smothered in sponges, with one fin in the Atlantic and one in the Caribbean.

*"Scaling this sleeping giant is not for the faint-hearted"*

Our island's foremost landmark happens to perch atop a twin-peaked volcanic mound that continues to bubble sulphur into the crystalline Caribbean waters below. Brimstone Hill Fortress ([www.brimstonehillfortress.org](http://www.brimstonehillfortress.org)) is one of the region's best preserved historic forts. Scrambling up and down the multi-level national park UNESCO site, which is hewn from volcanic stone and bulwarked by 10-foot walls, is a workout in itself. But all the huffing and puffing up to its

highest point – aptly called Monkey Hill – is worth it for the peerless views that stretch as far as the islands of St. Maarten and St. Barthelemy on a cloudless day. The views are best enjoyed between the antique cannons lining the fort's battlements.

Consider Brimstone a warm-up for the heart-pounding hike to 3,792-foot high Mount Liamuiga. Scaling this sleeping giant is not for the faint-hearted. Some visitors attempt to do it unguided, but an organized 6-hour roundtrip trek with a trusted outfit like Grey's Island Excursions ([www.thenfordgreytours.com](http://www.thenfordgreytours.com)) comes highly recommended. It's not uncommon for a troop of curious green vervet monkeys to accompany hikers along the uneven trail that's strewn with slippery boulders and supersized banyan trees that form natural root ladders to climb. You'll snake through rain, then bird-filled cloud forests at higher elevations, before emerging from the canopy to the lip of Mount Liamuiga's mile-wide sunken crater. It's filled with foliage, earning it the nickname "Giant's Salad Bowl." A final 787-foot push delivers hikers to the summit, where your scenic slog will be rewarded with a panorama of Saba, Statia, St. Barths and our very own sombrero-shaped Nevis. ■

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# UNVEILING NEVIS

Welcome to Nevis, the smaller sister island to St. Kitts, where time slows down and the true essence of the Caribbean unfolds BY SANDRA EIBL

The lush green paradise of Nevis is often shrouded in misty clouds atop its majestic peak.

Its laid-back atmosphere is the ultimate Caribbean chill vibe, and as you'll discover, it's also a place of natural beauty, rich history and a warm, welcoming spirit. Let's embark on an unforgettable journey, experiencing the best of Nevis through exhilarating sea adventures, breathtaking hikes, off-road adventures and pure relaxation on pristine beaches.

To reach Nevis, you have several options. The first is by sailing across Caribbean waters on one of the island's charter boats or catamarans. Crystal-clear waters invite you to splash, snorkel or simply bask in the

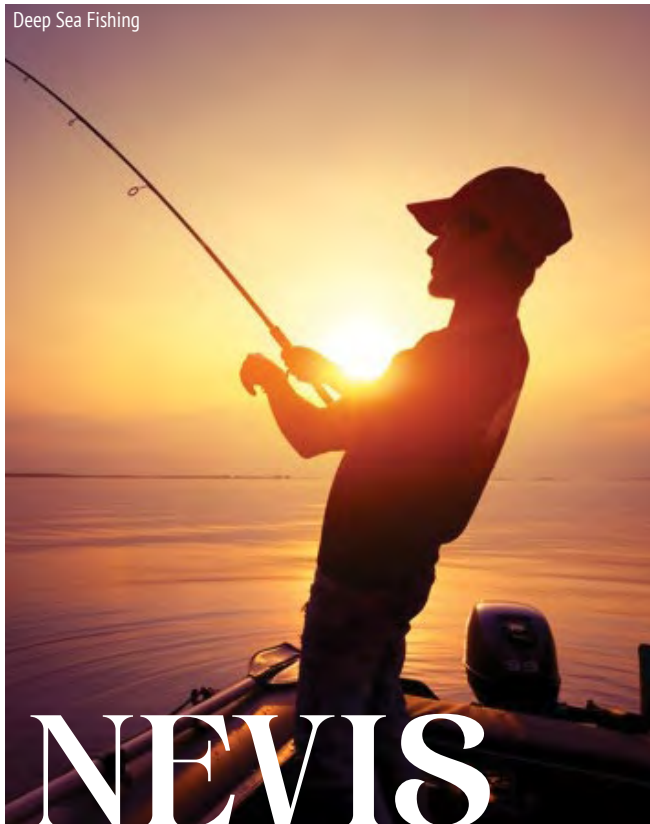
sun. After a dip in the sea, dive into a beach barbecue picnic featuring local dishes. Alternatively, you can take a quick 5-7 minute water taxi across the two-mile channel from St. Kitts to Nevis. Once you arrive, an exciting world of exploration opens up. Consider renting a buggy to venture through the island's popular sights at your own pace, or hop into a taxi and let a local guide lead the way. For an extra dose of adventure, **Funky Monkey Tours** ([www.funkymonkeytours.com](http://www.funkymonkeytours.com)) offers thrilling off-road buggy tours with pick-up from the water taxi dock at Oualie Beach. Buckle up and get ready to witness the hidden gems of Nevis – from charming villages and the famous hot springs to

breathtaking viewpoints and beaches.

Abundant options also exist for exploring the wonders of Nevis from the sparkling waters that surround it. With a range of boat charters available, you can tailor your maritime experience to suit your desires. For those seeking an adrenaline rush, embark on an exhilarating deep sea fishing expedition with **Pinnacle Marine** ([www.nevismydream.com](http://www.nevismydream.com)). For a more leisurely pace, opt for a coastal charter that combines sightseeing and snorkeling and explore hidden coves and coral reefs teeming with marine life. For those craving the epitome of luxury, indulge in a lavish yachting experience aboard a sleek, stylish vessel with a crew who caters to your every



St. Kitts Yacht Charters



Deep Sea Fishing



Charming Charlestown



Lunchtime at Chrishi Beach



Hiking on Nevis Peak

whim. To discover the best boat charter options on Nevis, look no further than the first class service of **St. Kitts Yacht Charters** ([www.stkittsyachtcharters.com](http://www.stkittsyachtcharters.com)).

Back on land, the Nevis capital of Charlestown lies on the western coast. Charming Charlestown transports visitors back in time with its picturesque waterfront promenade and streets lined with colorful Georgian-style buildings. This quaint town feels like an old colonial settlement with remnants of the island's rich history woven into its very fabric. As you explore the streets, don't miss the opportunity to visit the hot springs, which are about a five-minute walk from town center. Soak in the hot, mineral-rich waters to smooth your skin, revitalize and detox your body and mind. I recommend coming here in

Funky Monkey, Charlestown & Nevis Peak hiking photos © Sarah Freeman; Deep sea fishing courtesy of shutterstock.com

**“Rent a buggy and venture through the island's popular sights at your own pace, or hop into a taxi and let a local guide lead the way”**

the evening or on a rainy day to be able to really embrace the healing warmth of the naturally hot spring water.

The legendary Nevis Peak hike is a must-do experience and using a knowledgeable local guide like **Reginald Douglas** (+1 (869) 664-0992) is recommended. The 4-5 hour scenic hike takes you through verdant forests and across challenging terrains. As you ascend, the cooler mountain air refreshes and invigorates, and the sense of accomplishment at the summit is second only to the panoramic views that stretch out before you.

After the hike, it's time to recharge your battery with some delectable delights. **Chrishi Beach Club** ([www.chrishibeachclub.net](http://www.chrishibeachclub.net)) beckons with its European-inspired beachfront ambiance and tantalizing cuisine. Nestled on a private beach, this hidden gem offers spectacular views of neighboring St. Kitts. Whether you indulge in a sumptuous breakfast or a leisurely lunch, Chrishi Beach Club guarantees a delightful dining experience. Enjoy the complimentary beach loungers and sip on a refreshing cocktail or glass of rosé while you soak up the sun. ■



# Riding High

Sarah Freeman saddles up for a wet 'n wild ride that proves to be a surprising portal to Nevis' eventful past



A heady bouquet fills the air as our horses' hooves kick up the scent of wild sage. Always in view, the island's postcard-perfect volcanic peak – whose summit is haloed in fluffy clouds this particular morning – takes on an even more magical quality from horseback.

Contrary to her "Little Princess" name, my stout-hearted steed is more easy-going than diva-like. A 17-year-old retired Nevisian racehorse with a glossy chestnut coat, she's one of a mixed herd of 11 mounts owned by California-émigrés Erika Guilbert-Archibald and her father John Guilbert, who run long-established stables: Nevis Equestrian Centre. Suitable for novices and seasoned riders, their guided treks are a chance to view this charmingly time-warped isle – where donkeys roam free and old cashew nut groves sway gently in the breeze – from a refreshingly different perspective.

Our nine-strong group's 90-minute-long 'Beach 'n Trail' ride sets out from Cotton Ground village (so-named for the cash crop once grown here), continuing steadily uphill past trees swollen with mangos (a favorite horsey snack!), before turning into a former sugar plantation. Backdropped by sweeping views of St. Kitts' Southeast Peninsula, Paradise Estate's cinematic beauty belies its conflicted past. Between the ruins lie 1,000-year-old rocks spewed out by Nevis' (now dormant) volcano, which our sure-footed steeds snake between. "This is the St. Kitts tree of life!" Erika exclaims

*"Contrary to her 'Little Princess' name, my stout-hearted steed is more easy-going than diva-like"*



with a broad smile as Little Princess showers me with confetti from its periwinkle flowers. As well as being a cure-all treating everything from tonsillitis to toothache, the island's remarkable lignum vitae tree is fire and rot-resistant. This is also an excellent vantage point to marvel at Nevis' white-shuttered hilltop church. The Caribbean's first Anglican church, St. Thomas served the island's original capital of Jamestown, which was swallowed up by sands from a tsunami in 1690 according to local lore.

Patrolling the skies above us are a squadron of Brown Pelicans, a sure sign that the sparkling Caribbean Sea – where our equine foray continues – is in striking distance. Little Princess and pals playfully pad down to the sugary-soft alabaster sands of aptly-named

Paradise Beach, which nestles on the island's sheltered west coast. Far from being a lazy, sea-spritzed stroll, within minutes we're wading saddle-deep through gin-clear waters, which offer up some welcome respite from the midday sun.

When our mounts are done frolicking in the waves, we retreat to dry(ish) land again at Cotton Ground, near where Royal naval commander Lord Horatio Nelson was stationed in the 1780s. A small lagoon marks the spot of 'Nelson's Spring' where the captain's men would replenish their ship's freshwater supplies, and the end of our motley crew's own voyage. [www.nevishorseback.com](http://www.nevishorseback.com) ■

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**"INSPIRATION CAN BE EVERYWHERE** and anywhere on the island!" says German-émigré Papiés, who is one of the few professional female photographers residing on St Kitts. What began as a hobby when she washed up on our sun-kissed shores in 2008 has evolved into a full-fledged successful business. "My photography journey began with landscapes," says the former marketer, whose passion for her craft was stoked by her weekend forays with Hash House Harriers: a local walking and running group that meets up every three weeks. "Whenever I go

back to landscapes, it's like a sort of meditation," Papiés says. Recognized for her candid style of photography, but not boxed into any one subject, the self-taught talent shoots everything from food to festivals and families. "I'm an observer, so I like to capture people in the moment." The dog and beach-loving snapper's favorite way to spend a lazy Sunday is flopping on South Friar's or Majors Bay, stocking up on fresh veggies and bread from the Coconut Farm, then hitting one of the rainforest trails near Wingfield Estate. "I like that you're in nature in no time here," she says, singling out White House Bay as one of the most sublime spots to photograph a classic Kittitian sunset. ■

# TINA PAPIÉS

*The* QUEEN OF CANDID

*"Whenever I go back to landscapes, it's like a sort of meditation"*





## Deborah Tyrell

*the ZERO-WASTE ARTIST*

A gallerist and cloth-collage artist, Toronto-School-of-Art-educated Tyrell is best known for her unique hand-sewn wall hangings. Painstakingly created from small scraps of fabric overstitched with colorful threads, they depict the island's vibrant sea and landscapes.

The talented Trini artist's love affair with textiles really took hold in her teens when she started making quilts. The self-described re-user always considers an object's second life. "I use cloth [upcycled from offcuts] as if it was paint," she says. Ever the resourceful artist, her latest project sees her fashioning accessories from her sheeps' Kittitian-made animal feed bags! Visitors can shop for Tyrell's applied clutches, sleep masks, place mats and wall art in her Charlestown Gallery's onsite boutique gift shop.

Forever pushing the boundaries of fabric, the cloth innovator's next collection is a series of decorative bowls, created by stiffening swatches of cloth over coconut husk moulds. [www.deborahtyrell.com](http://www.deborahtyrell.com)

## Vaughn Anslyn

*the CREATIVE CHAMELEON*

A jack of all artistic trades, Nevisian-born Vaughn Anslyn's art adorns everything from tomb interiors to school libraries. Dabbling in different techniques and mediums including charcoal, acrylics, pencil and oils, he says "I try not to be confined to a style." What remains a constant is his muse: his motherland's bountiful nature and its resident critters from hummingbirds to hawksbill turtles.

Luckily for visitors, Anslyn's art is accessible to all. The painting skills he perfected during his early fantasy art years are put to good use in his murals, which beautify unloved corners of the island (think underpasses and crumbling facades) as well as landmarks like Charlestown's Ferry Pier. The self-taught talent even creates wearable art with his Caribbean line of clothing: V Wear, which first made a splash in St Kitts' annual iFlamboyant Fashion Show.

Meanwhile, Anslyn's home and studio near the Nevis capital is akin to a giant art installation. The self-designed staircase seemingly floats, wild animals emblazon walls and canvases painted with seascapes and superhuman creatures fill every nook and cranny. [thev52@hotmail.com](mailto:thev52@hotmail.com)



## Dale Kelley

*the HOMECOMING (HAT) QUEEN*

Milliner, potter and sculptor. There's seemingly no end to the talents of this accomplished homegrown artist. Born in Cayon town, Kelley returned to her roots in 2007 after working abroad in London and NYC, stints that helped launch her fashion career.

These days, the worldly soul draws daily inspiration from her doorstep, specifically the sea. Necklaces are molded from beachcombed shells, while Kelley's signature blue palette colors everything from hand-plaited and dyed straw hats to sculptural fruit bowls. Her work is showcased in her eclectic Marina Village gallery alongside other West Indian artists.

She created the non-profit art collective iFlamboyant to give a much-needed platform to local aspiring artists. Her most personal work to-date is arguably her collection of twelve busts, born out of her breast cancer diagnosis 15 years ago. "Pottery is like therapy, and working with straw is meditative," she says. Poetic then that Kelley's next project is set to unite the two. [www.facebook.com/dalekelleyart/](http://www.facebook.com/dalekelleyart/)

# MATERIAL GOLD

From clay to cloth, these celebrated island creatives' passion for experimenting with materials and dedication to their craft is cultivating a rich artistic scene, says Sarah Freeman

## Carla Astaphan

*the SELF-TAUGHT CERAMICIST*

2023 marks three decades since the former interior designer molded a new career path... from clay. Her passion ignited by attending a hand-building workshop, Astaphan is now both pottery tutor and artist.

St. Kitts is a constant source of inspiration for her lead-free, glazed earthenware plates, cups, bowls and vases, which are washed in the island's tri-colors and designed with sun, wave, poinsettia and hibiscus motifs, along with her signature dancing sugarcane.

"Pottery is something you really have to love to stick with it," she says. A testament to this is her terracotta-painted garden studio, filled with the artist's early African-inspired masks, freestyle experiments and



no less than 10 pottery wheels!

Astaphan teaches everything from Paint-your-own-pottery classes at the Park Hyatt hotel to wheel-throwing workshops and therapeutic sessions that celebrate the art of playing with clay versus crafting a take-home creation. Her next handmade collection is slated to have an Afro-centric

"Wakanda-ish" theme.

In the meantime, you can browse or buy her vibrant vessels at Basseterre's Immaculate Conception Co-Cathedral gift shop, Pelican Plaza's Sugartown Organics, Basseterre's Bougainvillea Books and Gifts or Nevis' Olive Tree Gift Shop.

[www.thepottershouselkitts.com](http://www.thepottershouselkitts.com)



*"These days, the worldly soul draws daily inspiration from her doorstep"*

## Leslie Nisbett

*the DRESSMAKER DREAMING BIG*

Fashion is something this 32-year-old native islander and marketing graduate fell into, rather than masterminded. After being taught to sew by her seamstress mother, Nisbett launched Elle Couture six years ago and hasn't looked back.

The in-demand fashion designer recently opened the doors to her studio-showroom on Basseterre's College Street, from which she sells everything from babydoll and prom dresses to ready-to-wear garments, such as custom-mesh corsets and maxi dresses.

But bridalwear is where the vintage fashion lover – who upcycled her own wedding dress from her mother's 25-year-old gown – is fast making a name for herself. "The goal is to have a dress that you're absolutely in love with," she says, citing Balmain as inspiration for her Jasmine and Sapphire lines. While no one dress is the same, Nisbett's penchant for elegant bridal satin and denim-like stretch twill fabrics, together with pearl embellishment, have come to define the designer's signature style. [www.facebook.com/ellecouturebyleslie](http://www.facebook.com/ellecouturebyleslie)



**DESPITE HOSTING** retreats and workshops the world over, these intuitive husband and wife healers revel in returning to the nourishing, energizing and grounding embrace of home.

Trinidad-born Salisha says “our work is really connected with nature: the spirits of animals, plants and Pachamama or ‘Mother Earth’.” Yoga teacher and plant medicine facilitator Adam adds, “The geothermal activity on both islands creates almost a vortex here.” To reset and re-energize, they both quite literally head to the hills with their overnight hammocks in tow. “Nevis’ Source Waterfall [reached via a trail that begins at Prison Farm] is a place that awakens all the senses,” Salisha reveals.

The dynamic duo is committed to guiding people towards inner transformation through their yoga practice, life coaching programs, mindful movement and shamanism that stems from

Native American cultures. “We help people alchemise the old stuff inside and turn the spiritual lead into gold,” Adam explains.

When it comes to personal practice, Salisha’s choice spot for meditation on the island is a hidden cave on St Kitts’ Atlantic-spritzed North Friar’s Beach. Adam, on the other hand, likes to unfurl his mat seaside at White House Bay on the Southeast Peninsula.

The local bush tea medicine tradition is still very much alive and well here too. As a health and nutrition coach, Salisha concocts restorative brews that treat everything from migraines to menstrual cramps. She credits nurturing native foods like hibiscus, moringa and “superfruit” soursop with health-giving powers. ■

*“We help people alchemise the old stuff inside  
and turn the spiritual lead into gold”*



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Photo © Tina Paplles

# The Island Path to WELLNESS

Salisha Aya shares 10 on-island ways to meet your health and wellness goals

## 2 FOREST BATHING

An ancient Japanese process of relaxation and mindfulness practice, Forest Bathing involves walking slowly through the forest while engaging all your senses. **Salisha Aya** guides you through the rainforest incorporating various nature-based observation techniques to rejuvenate your spirit. A certified yoga teacher and life coach, Salisha also guides wellness retreats and online “reset challenges, and coaching programs for sustainable mind, body and spirit transformation. [www.activateyouralchemy.com](http://www.activateyouralchemy.com), [salishaaya@gmail.com](mailto:salishaaya@gmail.com)

## 3 SWIMMING

Swimming in the crystal clear waters of St. Kitts offers a unique, refreshing connection with nature. It also enhances cardiovascular health, improves mood and provides a full-body workout.



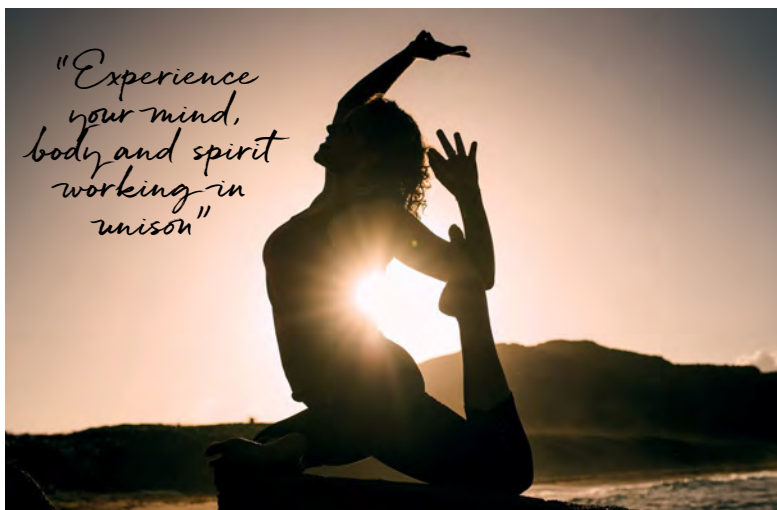
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Photo © Tina Paplles

## 1 GOOD POSTURE

Why does good posture matter? Good posture plays a role in digestion, breathing, and much more, and the slightest shift can wreak whole-body havoc. With mind-body alignment, healing is possible, and quality, chiropractic care can be transformative. A licensed physician who specializes in energy medicine, **Dr. Miranda Fellows**, founder of **Carib Wellness and Eden Life Rejuvenation Centre**, is a must-see for realigning mind and body. Call for an appointment **+1 (869) 663-9355** and ask about her signature “Six Steps to Wellness” program.



*“Experience your mind, body and spirit working in unison”*

## 4 YOGA

Experience your mind, body and spirit working in unison with an outdoor detox and nature flow. Situated beneath the Coconut Farm’s swaying palms or poolside at Timothy Beach Resort, **Cara Diskin** of **Yoga Divine St. Kitts** leads an invigorating yoga flow with movement meditation to open the heart and bring balance. All levels welcome. [www.yogadivinstkitts.com](http://www.yogadivinstkitts.com)



## 5 FITNESS

This **Dynamic Duo (Storm and Zen)** are not just passionate about fitness, they are deeply committed to their clients’ well-being. If you’re on vacation and want to stay in shape or need some help getting back on track, contact them at [info@crossfitliamuiga.com](mailto:info@crossfitliamuiga.com). Classes are held outdoors at Timothy Field in Frigate Bay.



## SKIN CARE

Healthy skin may come from within, but what’s on the outside matters. It’s your first line of defense. **Pure Niceness by Winnielle** is a locally handcrafted, all-natural line of skin and hair care products made with love and pure good vibes right here in St. Kitts. Look for Pure Niceness products at the Four Seasons Nevis gift shop, Park Hyatt spa or call Winnielle at **+1 (869) 762-6423**.

## 9 JOURNALING

When practiced regularly, journaling not only preserves memories, but also fosters personal growth and mental clarity. Grab a special journal at **Harpers Office Depot** in Basseterre **(+1 (869) 466-6500)** and make a goal to write several minutes a day.



Opposite Page: Swimmer by Shutterstock.com. This page: Fitness, massage and journalphotos all by Shutterstock.com

## 10 SOUND HEALING

Led by Gong Master **Dale Amory**, **Imagine Yoga and Sound Therapy** offers a seamless blend of yoga and sound healing. A peaceful sanctuary in the heart of Frigate Bay, Imagine has everything you need for transformative and restorative sound therapy. Drop in or schedule a private session. [www.imagineyogastkitts.com](http://www.imagineyogastkitts.com) ■

## MEDITATION

When practiced regularly, meditation and mindfulness promotes emotional resilience, enhanced focus, and overall well-being. **Adam Aya** has been teaching various meditation techniques for more than 20 years. Beginners and advanced practitioners welcome. Contact Adam at [adamshiva.aya@gmail.com](mailto:adamshiva.aya@gmail.com) to schedule a 60-minute meditation session.

6



## 7 MASSAGE

Regular massage provides numerous benefits, including tension relief and increased immune function. Indulge in a full body massage or another delicious service at any one of our top island spas. Walk in or call to book a special service at **The Chop Shop Salon & Spa**, with locations in Basseterre and Frigate Bay. **+1 (869) 465-7243**

8

Photo © Tina Paplles





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Ideal for discerning travelers, the upscale Park Hyatt spans the entirety of the Southeast Peninsula's Banana Bay. Unencumbered views of twinkling Nevis make this resort feel worlds away, yet the beach bars and restaurants of Cockleshell Bay are all within walking distance. \$\$\$ [www.hyatt.com](http://www.hyatt.com)

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*Sensory Delight*  
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A Hilton Curio Collection property, Koi commands a prime, oceanfront location in Half Moon Bay. A treat for all the senses, guest rooms have floor-to-ceiling windows and private terraces with views of the Atlantic Ocean, verdant hillsides and emerald green fairways. \$\$\$ [www.hilton.com](http://www.hilton.com)



St Kitts Marriott Hotel

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*Perpetual Favorite*  
**SUGAR BAY CLUB**

This toes-in-the-sand resort has a loyal following of guests who return year after year to enjoy this beachfront bolthole. Close to South Friar's Bay beach and steps from Frigate Bay fun, the five-acre property has five onsite restaurants, two freshwater pools and duty-free shopping. \$\$ [www.sugarbayclub.com](http://www.sugarbayclub.com)

*Affordable and Accommodating*  
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*Villa Rentals*  
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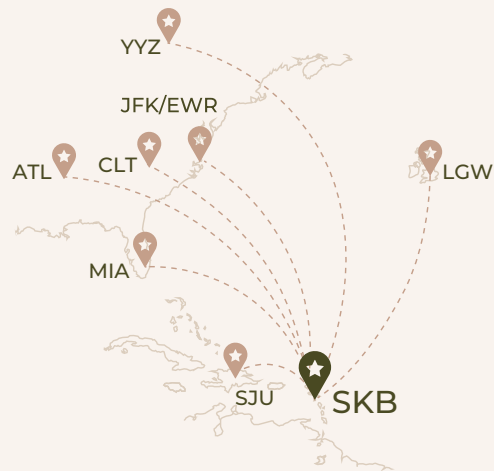
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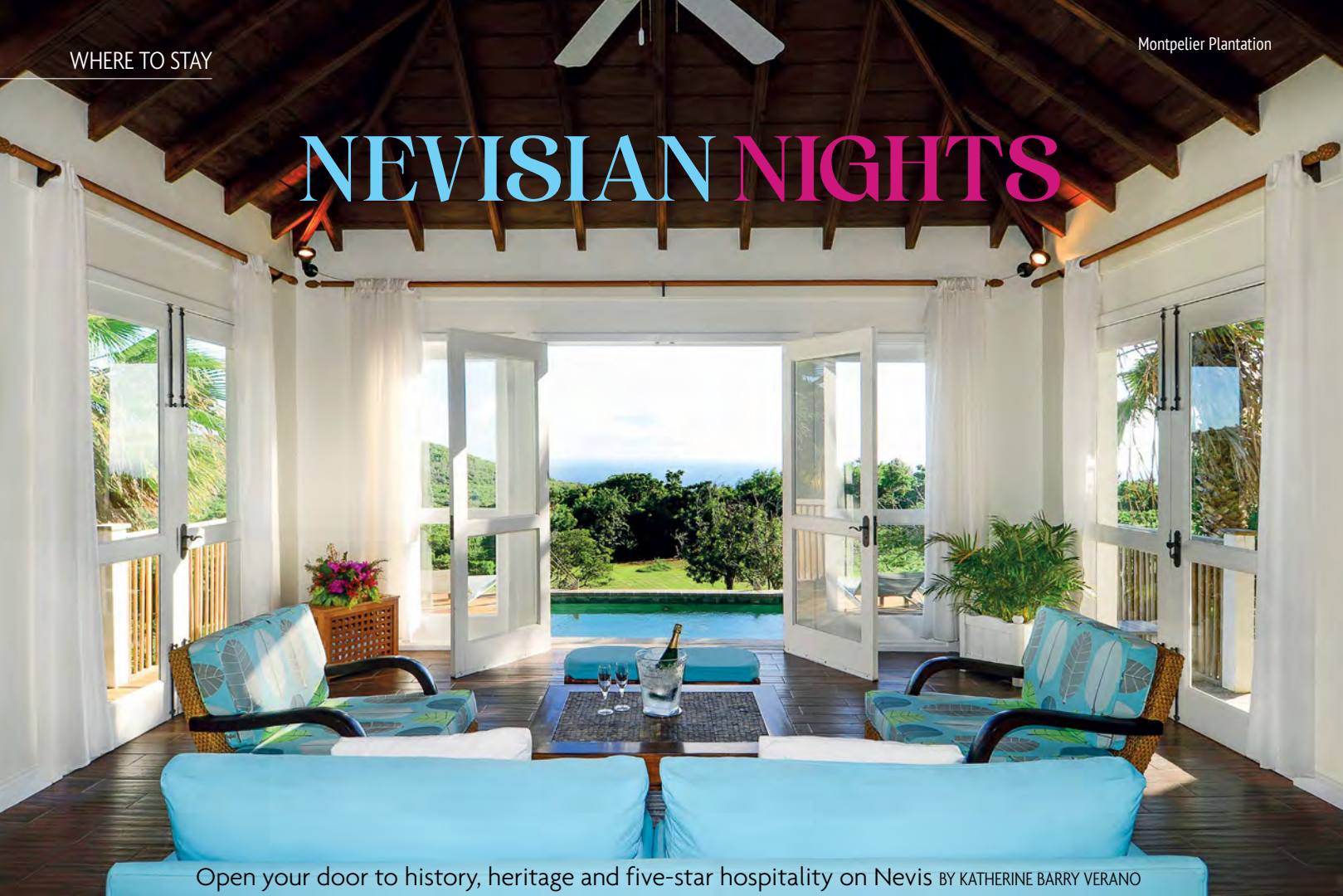


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### The Newcomer

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Tucked into Pinney's Beach, The Hamilton Beach Villas and Spa is one of Nevis'



The Hermitage Plantation Inn

newest resort properties. Each villa has spacious bedrooms and fully equipped kitchens. \$\$ [www.thehamiltonnevis.com](http://www.thehamiltonnevis.com)

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The 44-room Mount Nevis Hotel sits on 17 acres of the former Round Hill Estate. From charming fretwork balconies and patios, its guest rooms offer long views of both the Caribbean Sea and neighboring St. Kitts. \$\$ [www.mountnevishotel.com](http://www.mountnevishotel.com)

### Traditional Style

**OUALIE BEACH RESORT**

Overlooking coconut-lined Oualie Beach, this eco-friendly and family-owned resort is located on a calm, sheltered cove. Its tropical-colored cottages are styled in



Paradise Beach

the traditional Caribbean manner with gingerbreading, and mahogany four-poster beds. \$\$ [www.oualiebeach.com](http://www.oualiebeach.com)

### Villa Rentals

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Sugar Mill Real Estate offers villa rentals that are perfect for experiencing island life. Popular rentals include villas at Four Seasons Resort Estates, SEASIDE at Cliffdwellers and Hamilton as well as private homes and cottages. \$\$-\$\$\$ [www.nevishouses.com](http://www.nevishouses.com)



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# SAYING "I do" IN PARADISE

Your Destination Wedding Primer

Well-seasoned experts and vendors across St. Kitts and Nevis are ready to make your big day perfect in every way BY NATALIE JOHN

The benefits of having a destination wedding are countless – from cost savings compared to planning locally and greater control over a guest list to a more intimate ceremony with loved ones surrounding you. Coming in at the top of the list (and something that many couples don't consider) is a well-seasoned, expert team of vendors that eliminates the hassle and stress of flying solo during the planning process.

Conceptually, jetting off to a beautiful

Caribbean destination such as St. Kitts is a no-brainer for any couple that dreams of an ethereal location to say "I do."

### WHY ST. KITTS

St. Kitts is home to some of the most beautiful year-round weather, and it's a destination that can easily double as a romantic wedding venue and honeymoon vacation. Not only does it allow for an amazing stay in its sister island of Nevis, St. Kitts also has branded hotels, such as

Marriott, Hyatt, and Hilton, that offer familiarity and a sense of comfort to those planning their wedding from afar.

Couples particularly love the beaches, with the beach at Cockleshell Bay being a fan-favorite. Its gorgeous, island views are primarily of verdant Nevis, with its tallest peak visible from the shores and often covered with stunning clouds. It's truly an incredible, picturesque backdrop for couples looking to wed in the sand.

And if you have guests who are more of the adventurous type, you and your partner can pack extra activities into your stay. Treat everyone to a catamaran sail, luxurious food and beverage and other on-site excursions that will help create some extra memories for your loved ones.

Don't be afraid to get personal with your wedding; one size doesn't necessarily fit all when it comes to destination celebrations. While you might feel as though you are at a disadvantage with planning from afar, St. Kitts has a wealth of veteran event professionals who will ensure you're taken care of every step of the way. A common misconception is that non-native couples need to bring in outside vendors, when in reality, the most knowledgeable people to help plan your big day live and breathe on the island. For example, Dreamy Weddings is St. Kitts & Nevis's premier luxury planner and can provide bespoke experiences to suit your vision. [www.dreamyweddings.com](http://www.dreamyweddings.com) ■

### TO DO LIST FOR COUPLES

- Research a wedding planner who will be your destination resource and main point-of-contact
- If there's any uncertainty, run through customs restrictions and cultural norms with your planner
- While not required, visiting the destination before your wedding is a plus
- Video calls and mood boards can bring your vision to life
- Be mindful of the weather! This is extremely important when finalizing your packing list.



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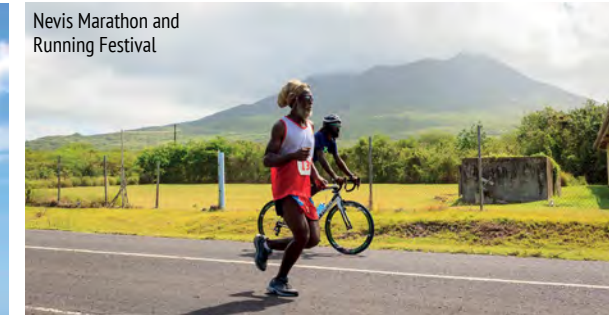
Cross Channel Swim

Nevis Triathlon



Royal St. Kitts Golf Club

Nevis Marathon and Running Festival



Nevis Marathon and Running Festival



# Swim, Swing and Soar!

Whether you are an active participant or a sporty spectator, these events offer unforgettable experiences that immerse you in the lively, island sporting scene BY SANDRA EIBL

Welcome to St. Kitts and Nevis, a dynamic island duo with captivating natural beauty and an exhilarating lineup of sporting events. From the thrill of cricket to the precision of golf, the endurance of a marathon to the challenge of a cross-channel swim, the islands have something for every athlete. Join me as we dive in and showcase the top sporting events that make St. Kitts and Nevis a true sports haven.

The Hero Caribbean Premier League is the region's leading cricket competition

and attracts world-class players and avid fans from across the globe. Also known as the "Biggest Party in Sport," Hero CPL is an opportunity to witness top-tier T20 cricket and enjoy a world-class sporting extravaganza. Held annually in St. Kitts & Nevis and across the region, Hero CPL is a can't-miss sporting spectacle even if you're unfamiliar with cricket. It transcends boundaries and brings people together with a high-energy atmosphere that fills stadiums. The 20-minute matches are streamed to numerous countries so that

cricket enthusiasts worldwide can enjoy the exhilarating action from the comfort of their homes. But if you can, we highly recommend watching in the stadium for an entirely different experience, one that places you in the heart of local sporting culture. Tickets can be purchased closer to the event at [www.cplt20.com](http://www.cplt20.com).

Golf takes center stage as the Royal St. Kitts Golf Club hosts **The Johnnie Walker St. Kitts Open Championship May 16-19, 2024**. This prestigious tournament promises days filled with golfing prowess

and camaraderie. The event kicks off with practice rounds and an opening ceremony followed by two days of play on Saturday and Sunday. Whether you choose the standard Stroke Play or the challenging Stableford category where prizes await the top three participants, The Johnnie Walker St. Kitts Open guarantees a memorable golfing experience for any avid player. Secure your place for a weekend of golf competition at [www.stkittsopengolf.com](http://www.stkittsopengolf.com). If you can't make the Open, but want to play a round while visiting, two beautiful courses, the Royal St. Kitts Golf Club and the Robert Trent Jones II Course at the Four Seasons Nevis, boast 18 challenging holes buffeted by ocean views.

For runners, the **Nevis Marathon and Running Festival** is the pinnacle event of the year. Mark your calendar for **Saturday, September 7, 2024** and witness the spirit

**"The ultimate test of endurance and grit awaits in the Nevis to St. Kitts Cross-Channel Swim"**

of determination as participants conquer the challenge of the Nevis Marathon. The beautiful scenery makes this one of the most memorable runs for any athlete. Whether you're a seasoned marathon runner or a first-time participant, this event offers full and half marathon distances as well as a 10k and 5k run. Register at [nevismarathon.com](http://nevismarathon.com). If you're up for a multi-sport challenge, don't miss the **Nevis Triathlon on November 2, 2024**, where participants test their endurance in swimming, cycling and running amidst the tropical paradise of Nevis. Sign up

at [www.triathlonnevis.com](http://www.triathlonnevis.com) to join the competition, or simply make plans to cheer on the participants as part of their spirited support system.

The ultimate test of endurance and grit awaits in the **Nevis to St. Kitts Cross-Channel Swim**. Picture yourself standing on the sands of Oualie Beach on Nevis, ready to embark on an extraordinary 2.5-mile, open-water journey from Nevis to St. Kitts across The Narrows. This fan-favorite event demands physical strength, mental fortitude and an unwavering spirit, but rewards participants with breathtakingly clear waters and panoramic vistas of both islands. The historic race attracts swimmers from around the world and solidifies its status as a must-do swimming adventure. This year's Nevis to St. Kitts swim will take place on **April 14, 2024**. Register at [www.nevistostkittscrosschannelswim.com](http://www.nevistostkittscrosschannelswim.com) ■





Sugar Mas



LuxLime Fashion and Art Market



St. Kitts Music Festival

# From Soca Beats to Mango Treats

## ST. KITTS MUSIC FESTIVAL A Melodic Extravaganza

Bringing in visitors from all over the world, the highly anticipated St. Kitts Music Festival – held every year on the last weekend of June – is probably my favorite event of the year. Spanning three unforgettable nights of performances in the grand stadium, this festival showcases the best of Caribbean music alongside internationally acclaimed artists. But the celebration doesn't end there. The festival finishes off with the famous Sunday White Sands Beach Party featuring mesmerizing performances against the backdrop of pristine shores. Leading up to the main event, the island buzzes with pre-festival build-up events that ensure an atmosphere of pure excitement and anticipation. [www.stkittsmusicfestival.com](http://www.stkittsmusicfestival.com)

## ST. KITTS CARNIVAL An Unforgettable Sugar Mas

Prepare to be swept away by the energy and liveliness of our St. Kitts Carnival, also known as Sugar Mas, an extraordinary celebration that embodies the rich culture, artistry, and community spirit of St. Kitts and Nevis. Every year from November 25 to January 2, this extended celebration boasts an array of vibrant events and festivities. The merriment commences on December 26 with Jouvert, an exhilarating paint-filled affair that starts at 4:00 am and fuels the streets with vibrant colors and pulsating rhythms.

From world-renowned music festivals to colorful carnivals and cultural celebrations, the islands offer a sensory feast that will leave you craving more **BY SANDRA EIBL**



St. Kitts and Nevis Restaurant Week

Soca and calypso contests, pageants and a plethora of build-up events pave the way for Last Lap, the grand finale, on January 2nd. Sugar Mas is a testament to the island's heritage and an unforgettable experience for all. [www.skncarnival.com](http://www.skncarnival.com)

## CULTURAMA IN NEVIS Celebrating Art, Culturé & Emancipation

In the first week of August, the tranquil island of Nevis bursts with life during the annual Culturama celebration. Originally established to remember the emancipation of slaves, Culturama has evolved into a vibrant showcase of Nevisian art and culture. This week-long extravaganza features beach parties and concerts, talent shows and beauty pageants. Immerse yourself in the rich tapestry of Nevisian traditions and revel in the joyful spirit of this captivating festival. [www.culturamanevis.com](http://www.culturamanevis.com)

## IFLAMBOYANT ANNUAL FASHION SHOW A Showcase of Style

Prepare to be captivated by the creativity and elegance of the iFlamboyant Annual Fashion Show. This highly anticipated event showcases the talents of local fashion designers as well as emerging talents from the region. As models gracefully walk the runway adorned in stunning ensembles, you dive into a world of cutting-edge designs, vibrant colors and innovative styles. This one-night spectacle celebrates the artistry and flair of the fashion industry in St. Kitts

Photos © Tina Papias

and Nevis and leaves a lasting impression on all who attend. [www.facebook.com/iflamboyant](http://www.facebook.com/iflamboyant)

## NEVIS MANGO FESTIVAL A Tropical Delight

For one week each summer, Nevis transforms into a mango lover's paradise during the annual Nevis Mango Festival. This unique celebration pays tribute to the island's most beloved fruit in all its juicy glory. A variety of events, including cooking competitions, special mango-centric menus in restaurants and tantalizing tasting events with celebrity chefs, showcase the versatility of mangos and offer numerous opportunities to indulge in mango delicacies. Discover new flavors that will make your taste buds dance with delight, and don't miss the entertaining mango-eating contest where participants showcase both their skill and passion for this tropical delight. [www.nevismangofest.com](http://www.nevismangofest.com)

## LUXLIME FASHION AND ART MARKET Where Style Meets Creativity

Immerse yourself in the welcoming atmosphere of the LuxLime Fashion and Art Market, a bi-annual event that seamlessly blends fashion, art and



Culturama

## "Culturama has evolved into a vibrant showcase of Nevisian art and culturé"

laid-back island vibes. Set in a stunning open-air location by the beach, this market showcases a diverse range of offerings. Browse through racks of unique thrift clothing, explore handmade jewelry crafted with care and discover beautifully designed bags, candles, soaps and much more. The market also features live music, and an ambiance that invites you to relax, shop and connect with the local creative community. Whether you're seeking a stylish addition to your wardrobe or a one-of-a-kind souvenir, the LuxLime Fashion and Art Market is a must-visit if you are on-island when it is held. [www.facebook.com/luxlime](http://www.facebook.com/luxlime)

## ST. KITTS AND NEVIS RESTAURANT WEEK

### A Gastronomic Journey

Prep your taste buds for a delicious adventure. This annual culinary weeklong event – typically held in June – celebrates the island's diverse food culture by highlighting a different local ingredient each year. Participating restaurants craft special menus to showcase the featured ingredient in every dish. From tantalizing seafood creations to mouthwatering traditional dishes, this is a unique opportunity to explore the islands' many flavors. [www.restaurantweek.kn](http://www.restaurantweek.kn)



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- Royal Duty Free

- Historic Sites
- Hotels/Developments
- Villages
- Ferry Terminals
- Train Tour
- The Scenic Railway tour operates throughout La Valle and Needsmust Road
- Beaches
- Restaurants



### Travelling between St. Kitts and Nevis

There are several ways to get across the channel which separates St. Kitts and Nevis:

- Passenger Ferries** - Comfortable boats make the 45-minute crossing between Basseterre and Charlestown regularly - more frequent early morning and early evening. One-way fares from EC\$26.
- Car Ferry** - The Sea Bridge car ferry operates between Majors Bay on St. Kitts' Southeast Peninsula and Cades Bay on Nevis. It makes six 30-minute crossings each way daily, leaving each island on alternate hours. Fares vary depending on vehicle size.
- Water Taxi** - Water taxis are privately owned and can be booked ahead, costing from US\$20-30 per person one way. Island Water Sports Nevis 869-662-7081 | Blu Waves Water Taxi and Charters 869-662-1762







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