

[Home](#) / [Travel](#) / **Five activity holidays in the Caribbean**



Five activity holidays in the Caribbean

Talk to Alison Garven, one of our specialists, about how we can help you

If you're looking for a little more exercise on holiday than getting on and off a sun lounger, our Travel team has picked five Caribbean resorts that will get you moving. Call us to discuss rates, availability and for more recommendations around the world.



Have a kick-about in St Vincent and the Grenadines

It's currently a 45-minute flight from Barbados to the teardrop-shaped St Vincent, but this will all change at the end of 2014 when the new international airport opens. Currently there are only a few small resorts on the mainland and those who visit are rewarded with an insight into authentic Caribbean life and low tourist numbers. The Buccament Bay Resort has long been regarded as the country's finest place to stay and alongside all the trappings of a five-star resort it has world-leading sports programmes. Working in association with Liverpool Football Club, they

run a football academy led by coaches and veteran players from the Premier League. The adjoining cricket academy is affiliated with the West Indies Cricket Board and is guaranteed to sort out your game. *Also pictured top*



Perfect your forehand in Antigua

There are 365 beaches lining the coastal rim of this Leeward Island and they're all as beautiful as the next, with palm trees casting shadows over flour-soft white sand and impossibly transparent waters. What differentiates Antigua is the standard of its accommodation. If you're looking for a mix of luxury and world-class sports classes, Curtain Bluff is the obvious choice. Perched on a peninsula on the southern shoreline, the all-inclusive resort still retains an old-world colonial charm and its generously sized suites and terrace rooms overlook the sea. Most guests are here to perfect their forehand and tweak their backhand on the four championship-standard hard courts. Three resident tennis pros are on hand for one-to-one tuition and guests are invited to compete in morning tournaments.



Limber up in St Lucia

The island remains a popular honeymoon spot – and for very good reasons, too. While lying on a sun lounger and sipping cocktails at sunset is rather appealing, there can be much more to a holiday here. Those who want to come away from their holiday feeling both relaxed and energised should check in to The Body Holiday resort. The resort offers an impressive array of holistic and sporty activities, including complimentary fitness and yoga classes and a daily 50-minute spa treatment with every



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all-inclusive package. There are activities for all abilities, with personal fitness instructors available to piece together week-long programmes and one-to-one tennis, water sports and archery lessons can be booked in advance.



Find the green in Barbados

World-famous for its golfing facilities, Sandy Lane boasts one nine-hole green and two 18-hole championship courses designed by Tom Fazio. One of these, the Green Monkey, is reserved exclusively for hotel guests and is carved from a limestone quarry which gives it extreme changes in elevation. Other activities offered by the resort include tennis on one of the nine floodlit courts and a full range of water sports operated by qualified attendants. Well-equipped with training machines and weights, the fitness centre also offers complimentary yoga classes. For those looking to relax and soak up the sun after an active morning, there is a 7,500 square foot swimming pool with a cocktail bar, not to mention the expanse of pristine beach.



Get your hair wet in Turks and Caicos

It may only be a 90-minute flight from Miami, but the Turks and Caicos Islands have remained under the radar and most US tourists tend to flock to the more developed countries. Only a few of the islands in the chain are inhabited and most of the accommodation is based around Grace Bay on the northern island of Providenciales. We recommend **Grace Bay Club**, especially if you're into scuba diving and sailing. Located in the Princess Alexandra National Park – a protected stretch of coastline where fishing is prohibited – divers can explore some of the Caribbean's richest reefs.



There's a big chance that you and your instructor will be accompanied by the curious dolphin, Jojo. If you'd rather be on top of the crystal-clear water, sailing trips to secluded beaches and private lessons can also be organised.

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