

# ALLURING ANTIGUA

Looking for the ideal island getaway?  
Look no further than this gorgeous West Indies paradise



Soak in some culture — and catch some rays! — in this hotter than hot Caribbean destination.

## WHY SHOULD I GO?

Located in the heart of the Caribbean Sea, Antigua — a sister island to Barbuda and Redonda — offers everything you could ever want in an island retreat: clear turquoise waters as far as the eye can see, pristine beaches (365 of them, in fact; one for every day of the year), lush rainforests, sunny skies, mild breezes, local culture and a wide variety of outdoor activities and nighttime entertainment. The best part, though, is that this gem of the West Indies has managed to remain relatively undiscovered. As a result, a trip to Antigua can feel like a visit to your own private island — the perfect place to escape from the hustle and bustle of everyday life.

## WHERE SHOULD I STAY?

Whether on your honeymoon or vacationing with the kids, Carlisle Bay is the ultimate in relaxation and luxury. Owned by famed hotelier and philanthropist Gordon Campbell

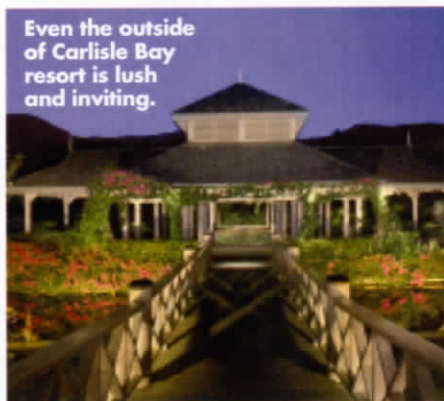
Gray, the 80-room resort (a mere 30 minutes from Antigua International Airport) sits on a secluded beach on the south coast of Antigua, with a backdrop of pineapple plantations, mango trees and a rainforest hillside. From the moment you step into its white, open-air lobby and are given Carlisle Bay's signature Peach Blossom cocktail, your muscles begin to unclench, your breathing begins to deepen and calm washes over you. The relaxing feeling continues as you walk toward your suite through the beautiful hotel gardens and past the peaceful pool tucked behind fragrant greenery. Once in your suite (from junior to three bedrooms), don't expect loud Caribbean colors. The decor is cool and

clean, and each room has its own balcony or terrace with an ocean view. There are also generously sized bathrooms and organic soaps and lotions, which are in line with the eco-friendly philosophy of the hotel. Can't live without modern conveniences? Each room has a satellite television, CD and DVD players and espresso machine.

While at Carlisle Bay, you will never want for things to do. The resort, which was founded in December 2003, has nine tennis courts, a high-end gym, Pilates and yoga classes, a screening room (showing three different movies each day), a children's playroom (staffed with trained babysitters), a well-stocked library (with Internet access), sailing clinics on its private beach and walking tours around the gardens and the town. One of the most impressive elements of the resort, however, is the spa, Blue, where you can fully unwind and nourish both your body and spirit. Choose from an array of holistic treatments ranging from massages and body wraps to facials and pedicures, and let the spa's world-class therapists work their magic. A treatment at Blue is sure to leave you feeling relaxed and revitalized.

If you can't imagine a vacation without top-

Even the outside  
of Carlisle Bay  
resort is lush  
and inviting.



On the island of Antigua, you have your pick of 365 different beaches, each boasting crystal clear turquoise water.



**Above:** Carlisle Bay offers sailing clinics on its private beach. **Below:** Each suite at the resort has a terrace or balcony with a breathtaking view of the ocean.

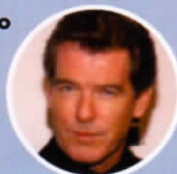


## STAR TRAVEL



The remote, relatively undiscovered island of Antigua is the perfect spot for celebrities to vacation under the radar. **Underworld** star **Kate Beckinsale**, who is married to director **Len Wiseman**, has stayed at Carlisle Bay, as have Sen. John Kerry and his wife, Teresa Heinz Kerry.

**Pierce Brosnan** has also visited the island, and both **Oprah** and **Eric Clapton** own homes there. **Giorgio Armani**, **Claudia Schiffer** and **Liza Minnelli** have also enjoyed the warm Antiguan sun.



**Angie Harmon** and her husband, former football star **Jason Sehorn**, have also visited Antigua. **The Law & Order** beauty told **OK!** she can't wait to have more kids. "I want six. Then I'm going to start adopting. Jason says we're stopping at four, and I'm like, 'I have news: We are not.'"



of-the-line cuisine, you won't be disappointed with the restaurants at Carlisle Bay. Head chef Barnaby Jones focuses on simply prepared dishes made with the finest quality ingredients, and the result is exquisite. At Indigo on the Beach (an open-air restaurant situated right on the beach), you'll find healthy dishes such as grilled fish, fresh seafood and salads. At East, located off the main lobby, choose from authentic pan-Asian dishes like pad Thai, sushi, teriyaki chicken and prawn spring rolls. The subtle flavors are reminiscent of the quiet elegance of the resort itself. Interested in private dining? Ask the hotel and they can arrange a four-course candlelit dinner on your terrace or on the hotel's dock.

### WHAT SHOULD I DO?


Though Antigua is only 108 square miles, with an estimated 66,000 residents (mostly of African descent), there are many activities to lure you out of the resort. Learn about Antigua's rich history with a visit to the Museum of Antigua and Barbuda in the capital, St John's. You'll see artifacts from the Arawaks and Caribs (early inhabitants of the island) and discover that Antigua was named by Christopher Columbus

in 1493 and was colonized in 1632 by the British, among other interesting facts. Other attractions include: Nelson's Dockyard on English Harbour, the only remaining example of a Georgian fort, commissioned by the British in 1755; Betty's Hope sugar plantation, the first on the island to introduce large-scale sugar cultivation; and Shirley Heights, a bluff with spectacular views. If it's outdoor fun you seek, spend an afternoon kayaking through the mangroves or snorkeling in the ocean among coral reefs with South Coast Horizon Eco-Fantasies. If you crave even more adventure, choose from water skiing, scuba diving, kite-surfing, swimming with stingrays, eco-tours by boat, horseback riding, hiking and helicopter rides (go to [www.antigua-barbuda.org](http://www.antigua-barbuda.org) for links to tour operators). Also, be sure to check out a cricket match (the island is devoted to the sport) during its season from January to July. In the evenings, enjoy steel drum bands or jazz at one of the three major casinos on the island.

One thing you should not miss during your stay? A meal at Harmony Hall, located at Brown's Bay Mill, on Antigua's east coast. In this secluded and tranquil setting, you'll feast on eclectic Italian-Caribbean cuisine you won't

soon forget. Appetizers include warm mahi-mahi carpaccio with sesame seeds and soy sauce and baby octopus on sweet pea puree and tomato sauce, while main courses include roasted bacon-wrapped pork loin with potato and tomato gratin and grilled rack of lamb with mashed potatoes. After you've digested your dinner, stop in at the Harmony Hall Art Gallery to pick up a souvenir.

### HOW DO I GET THERE?

BWIA West Indies Airways has direct flights from New York to Antigua, and American Airlines offers flights to the island through either Texas or Puerto Rico. 

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### TRAVEL TIPS

- CARLISLE BAY, [CARLISLE-BAY.COM](http://CARLISLE-BAY.COM), 268-484-0000, OR E-MAIL [INFO@CARLISLE-BAY.COM](mailto:INFO@CARLISLE-BAY.COM);
- [ANTIGUAMUSEUMS.ORG](http://ANTIGUAMUSEUMS.ORG)
- SOUTH COAST HORIZON ECO-FANTASIES, [SOUTHCOASTHORIZONS.COM](http://SOUTHCOASTHORIZONS.COM), 268-562-4074
- HARMONY HALL, [HARMONYHALL.COM](http://HARMONYHALL.COM), 268-460-4120
- BWIA WEST INDIES AIRWAYS; [BWEE.COM](http://BWEE.COM)
- AMERICAN AIRLINES, [AA.COM](http://AA.COM), OR CALL 800-433-7300
- IF YOU ARE LOOKING FOR A COUPLES-ONLY RESORT, CHECK OUT SANDALS ANTIGUA CARIBBEAN VILLAGE & SPA AT [SANDALS.COM](http://SANDALS.COM)