

TRAVEL + LEISURE

Perfect Caribbean

GETAWAYS

FIND YOUR ISLAND ESCAPE

PLUS

SCOTLAND

PALM SPRINGS

ZIMBABWE

SINGAPORE

AUSTRALIA

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Forget resorts. I'd rather sleep on a yacht.

The **British Virgin Islands**, a smattering of four main islands plus dozens of smaller ones, are perhaps best seen by yacht. This type of travel combines the privacy of a villa with the mobility of a cruise. Charter a boat with Sunsail (sunsail.co.uk; seven nights from \$2,040 for a two-cabin yacht), and here's what your week might look like.

DAY 1 Civilization. Before you set off, stroll around Tortola, doing some shopping and stocking up on food to prepare in your yacht's kitchenette.

DAY 2 Gilligan life. Two hours from Tortola lies Marina Cay, a tiny (1/100th of a square mile) island quilted with flowers and palm trees. But don't leave without a potter around Pusser's (pusser.com), a purveyor of rum for navy men since 1655; the tinned rum cake travels well and tastes divine.

DAY 3 Bath time. It's an hour's sail to Virgin Gorda's famous Baths, at the foot of huge boulders on the island's southern tip. The sheltered sea grottoes and pools are good for a swim like none you've had before.

DAY 4 Dinner date. On the other end of Virgin Gorda and accessible only by boat, Bitter End



Cruising the BVI with Sunsail.

Yacht Club (*entrées* \$27–\$44) is a five-star resort with three white-sand beaches and a restaurant serving blackened local fish and chickpea-and-raisin-stuffed chicken breast.

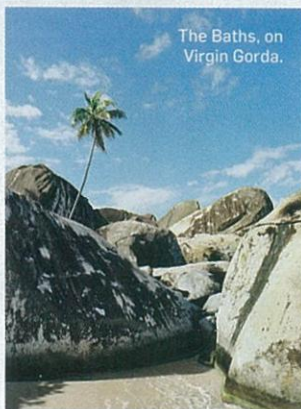
DAY 5 Outdoor adventure. Once you've breezed four hours to Cane Garden Bay, on Tortola's North Shore, you'll be ready for some action. Windsurf, kayak, horseback ride, or just walk along the beach until sundown—then, it's time for a cocktail, steel-band tunes, and sunset views.

DAY 6 Castaway. Norman Island inspired Robert Louis Stevenson to write *Treasure Island*. Sail four hours here, then dock near its purple- and



Bitter End Yacht Club.

orange-walled caves for a snorkel before a raucous final evening at the Willy-T (willy-t.com; *entrées* \$12), a rollicking floating restaurant in a replica of a 1915 schooner.



The Baths, on Virgin Gorda.

HELLO? WHERE'S THE CULTURE?

Chris Blackwell, founder of Island Records and the GoldenEye resort (goldeneye.com; doubles from \$400)—which debuted 26 new beach huts this winter—on what to do in **Jamaica**:

"Instead of bars or clubs, many people in Jamaica go to sound-system dances. Held on lawns or in the street on Friday and Saturday nights, they're DJ-led parties that are always memorable—the dancing is truly wild. It's rude, it's fun, it's outlandish, and it's to a mix of reggae, dance-hall music, and occasional classic R&B. You'll only find out about sound-system dances through Jamaicans, and you should have a local accompany you: we have three or four staff members who'll take guests and help them enjoy the evening out."

I want to gain 10 pounds.*

On **Barbados**, a mash-up of cricket-loving Brits, epic surf, and gifted cooks has created one of the region's best food destinations. These are the three things you need to eat.

FISH CUTTER AT CUZ'S FISH STAND The simple, addictive sandwich (\$7.50) of pan-fried fish, lettuce, and tomato—topped with an optional slice of cheddar or a fried egg—draws lines of devotees including chef Marcus Samuelsson to this simple lean-to-in Bridgetown.

GRILLED LOBSTER AT THE FISH POT In an 18th-century fort, this is the place for lobster (\$49) that's so fresh it puts all other versions to shame. The restaurant is part of Little Good Harbour, a serene resort composed of seaside cottages with 21 suites. littlegoodharbourbarbados.com; doubles from \$299.



FLYING FISH AT THE OISTINS FISH FRY A Bajan specialty, flying fish is a mild white catch that's breaded, fried, and served with plantains and rice (\$12.50) at this Friday-night party in the southwestern town of Oistins. Wash it down with Banks beer, the refreshing local lager.

*WAIT—I WANT TO LOSE 10 POUNDS.

Skip Barbados and spend a week at the **BodyHoliday**, an all-inclusive St. Lucia resort that offers spinning, Pilates, yoga, tennis, and spa treatments—plus dairy-free, gluten-free, nut-free meals. thebodyholiday.com; from \$700 per person per night.