



Guide to the Caribbean

St Thomas

St. Thomas is the most cosmopolitan island of the US Virgin Islands, yet it still retains the distinctive atmosphere of a Caribbean paradise. For families or couples, St. Thomas is packed with opportunities for smiles and surprise.

There is plenty of duty-free shopping, spectacular diving and world-class dining. Enjoy the island's world-renowned golf course, picture-perfect beaches and spectacular nightlife. Take the Skyride 700 feet above the city or climb the famous 99 Steps of Charlotte Amalie for an incomparable view of the Caribbean. And if you're interested in culture and history, don't miss seeing the second-oldest synagogue in the Western Hemisphere, the 1680-built Fort Christian or the childhood home of Camille Pissarro, one of the best-known French Impressionists.



St John

St John is much less populated and only a short sail away. Crossing Pillsbury Sound and following the coastline brings Maho Bay into view which is protected and boasts a lovely beach. This is a wonderful island on which to spend an evening with a number of pretty bays and pirate ruins to discover. Leinster Bay is ideal for snorkelling and exploring. As the island is usually visited as a day-trip option, anchoring here overnight will ensure you have the island almost all to yourself.



Jost Van Dyke

Jost Van Dyke is the first of the British Virgin Islands you will visit and entering this region requires clearing customs. Jost Van Dyke which is less developed than many of its neighbours. Despite its small size you will find a lively and upbeat crowd on its shores taking advantage of the laid-back atmosphere and generous small-town spirit. There are also more than enough pretty anchorages, beaches, bars and restaurants for an evening of entertainment. White Bay and Great Harbour are spots worth visiting.

Sandy Key is a tiny slip of sand off the northern tip of Jost Van Dyke and is the deserted island of fairytales. It is the perfect spot to spend the morning before heading to Tortola which couldn't be more different.



Tortola

A yachting hotspot, Tortola is the largest of the islands and is full of busy towns set amongst lush mountains and sweeping coastlines. Definitely worth a visit while on the island is the slim, sheltered curve of sand that is Cane Garden Bay; an excellent place to drop anchor with its entertaining water-sports facilities and restaurant-lined streets. West End is another nice anchoring spot with great shopping.



Norman Island

This small island is best known for its caves that hide amazing snorkelling sites brimming with multicoloured fish, coral gardens and intriguing mineral formations. For evening entertainment with a difference, the Bight bay houses a floating restaurant as well as an onshore pirate-themed restaurant that honours the island's place in the classic tale of Treasure Island. Northeast of the island you will find the Indians, a small group of rocks with excellent snorkelling. For a quiet spot to spend the night, Benures Bay is the place to head.



Peter Island & Salt Island

The best spot to head on Peter Island is the shallow reef at White Bay where the snorkelling is top-class. This island is quieter than many of the others and offers a nice opportunity for some peace and quiet. Deadman's Bay is home to a nice beach while the Peter Island Yacht Club is a well-dressed place to dine. Salt Island is most famous for its spectacular dive site that lies just off its coastline, highlighted by the wreck of the HMS Rhone. The wreck and its surrounding marine park attract world-class divers from around the world.



Virgin Gorda

The sleepy island of Virgin Gorda attracts travellers with its famous Baths, a collection of giant granite rock formations that entice hikers and snorkelers alike to discover their grottoes. The beaches as Devil's bay and Spring Bay are also fabulous places to relax. In the island's north, Gorda Sound is a safe anchorage for the evening that also has some good snorkelling. Marina Cay and Trellis Bay also make for nice spots to spend the night with their little nightspots and stores.



Anguilla

Anguilla, offers a choice of secluded private sailing or onshore luxury options. Long and flat in appearance, the island is mostly composed of kilometres of soft white beach and the ultra-exclusive resorts that dot its interior. You are guaranteed to find world-class restaurants spread amongst the otherwise sleepy seafront landscape. Finding hotels more luxurious than Anguilla's finest would be a difficult task, and with each of them offering an exquisite array of spa services, pampering on this island is truly unforgettable. The Malliouhana Hotel and Spa in Meads Bay boasts the ultimate location, while CuisinArt Resort and Spa specializes in a diverse menu of spa services using cutting-edge techniques.

Anchor off uninhabited Dog Island, which is part of the fringing reefs to the NW of Anguilla and within the Anguillian Marine Park system.

On Anguilla, the highly-glamorous Malliouhana-Restaurant offers some of the best French cuisine. Dining on an open-sided pavilion on a rocky outcrop over the sea, the sumptuous French cuisine is served on a candlelit table laid with crystal, china and silver.



St Barths

Heavily infused with French flavour, the glamorous island of St Barths is only a short sail south. Despite its extremely tiny size, it is blessed with beautiful landscape that warrants its inclusion on any itinerary. Try one of the many diverse restaurants or indulge in some designer shopping.

As far as beaches go, St Barths is difficult to surpass and all 14 on the island shine with natural beauty. Marigot and Lorient offer the most peace and quiet, Gouverneur the most privacy, the best surfing is at Le Toiny, while Saline is unbeatable for picture-perfect scenery.

Located in the absolutely ideal location for watching the sun set over the Caribbean, Hotel Carl Gustaf, set high over Gustavia in St Barths is the perfect place to sample a cocktail or two.



St Kitts & Nevis

Head southwest for a meeting with the islands of St Kitts and Nevis, separated by a two-mile channel. Laid-back and covered in forest, these islands make for wonderful walking grounds. Snorkel the black coral off St Kitts or spot a wild Vervet monkey on Mt Nevis; however you choose to spend your time, you are guaranteed a natural Caribbean experience.

St. Kitts offers a good opportunity to for some land based activities, including Ziplining, Golf or visits to Brimstone Hill National Park, Romney Manor, Caribelle Batiki and The Art Studios of Kate Design.

The Mango Orchard Spa in St Kitts is perhaps one of the most unique pampering experiences in the Caribbean, where guests can enjoy a variety of massages beneath the canopy of a tropical rainforest, or a manicure whilst watching monkeys playing in the aromatic mango trees.

Enjoy an evening meal at the well known Mill Privee restaurant within the Plantation.



Guadeloupe

The majestic island of Guadeloupe, features a mixture of French chic and Caribbean style. Guadeloupe's east is a coastal Eden, all sunny beaches, seaside eateries and modern water sports. The west however, has formed its character around the National Park, where challenging hiking trails and heart-stopping dives create a genuinely active lifestyle. South of the mainland lie a number of small archipelagos that portray Guadeloupe's ancient heart, and make inspiring day cruises.



Montserrat

Montserrat is one of the Caribbean's most dramatic islands, not only in terms of its soaring peaks and rainforest-covered hillsides, but also due to the cataclysmic eruptions of the Soufrière Hills Volcano that took place in the late 1990s. Hundreds of successive eruptions devastated the tiny island, leading to the abandonment of the capital Plymouth and the removal of the entire population from the island's lower two-thirds, the repercussions of which are still felt today.

It is well known as the site of the Benedictine abbey, Santa Maria de Montserrat, which hosts the Virgin of Montserrat sanctuary. Parc Güell is also worth a visit.



Antigua

Climbing onshore at Antigua, you will be greeted by a completely different feel to the earlier islands. Steeped in English heritage, it reflects its past with a love for the sport of cricket and hums with a party vibe. Sail around the island to discover hidden bays, reefs perfect for snorkelling and many desolate beaches. The island is also a great spot for fishing and has many watersports in which to indulge.

The über-opulent Curtain Bluff on Antigua is home to a 1500 square-metre Spa, whose four single and one couples treatment room overlook the ocean. From body treatments to diet snacks, the spa even offers specialized massages and facials for children.

If in the mood for a well-dressed evening dining on classic French cuisine, The Bistro in St John's is considered by many to be the best restaurant on Antigua or Lunch at Harmony Hall, with its stunning views over Green Bay and historic sugar mill.



St Martin

St Martin is located just over four nautical miles from Anguilla and is as culturally diverse as they come. Composed of French and Dutch areas, the island is riddled with lagoons and beaches perfect for swimming as well as a staggering amount of restaurants which has made it the most visited of the Leeward Islands. Spend the evening enjoying one of the casinos, night clubs or shopping strips. Simpson Bay Lagoon is among one of the Caribbean's best places to dock.





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