

3 DAY ITINERARY

Three days is the perfect amount of time to sample everything St. Kitts has to offer—history, gorgeous scenery, scenic train rides, duty-free shopping, horseback riding on the beach, with plenty of beach lounging thrown in as well. You'll need to rent a car or hire a taxi for this itinerary, which assumes you're based in Basseterre. Be sure to toss the snorkelling gear into the trunk.

DAY 1



Breakfast With a Caribbean Flair 8:30 a.m

Kick off the day with a traditional saltfish breakfast at open-air Ballahoo in Basseterre's historic heart.



A Stroll Through the Capital City 10:00 a.m

Filled with gingerbread-trimmed pastel cottages, Basseterre is a friendly, laid-back town ideal for a morning stroll. Be sure to stop by St. George's Anglican Church, Independence Square, and the National Museum and the Rosie Cameron Art Gallery.



Brimstone Hill Fortress

12:00 p.m

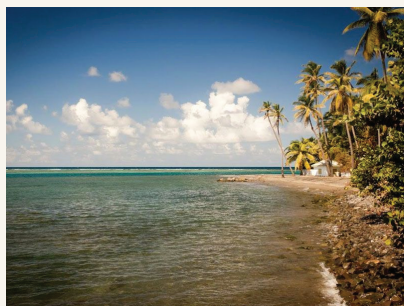
Continue west along the coastal road through picturesque villages dotting the rumpled green, palm-tree-shaded landscape. You can't miss the towering bulk of Brimstone Hill Fortress National Park along the way, a UNESCO World Heritage site. Dating from the 1690s, it provides an important look into the island's colonial past. Be sure to pick up an audio guide and map at the entrance.



Orchid Delight

1:00 p.m

Admire orchids of every stripe and color at St. Kitts Eco Park, a fascinating agro-tourism demonstration farm. Then scale the watchtower for stunning views out over the sparkling Caribbean Sea.



Authentic Fare

1:45 p.m

Continue driving along the coast, around the island's northern end, stopping for picture-taking or a quick snorkel at a secluded beach. Stop for a home-cooked lunch at one of the seemingly nondescript shacks. Locals very likely will point you to Cooper's Bar/Glenda's Place in Dieppe Bay Town, where a blackboard advertises daily specials—conch water (soup), BBQ ribs, fried local fish, stewed mutton ... not to mention the Caribbean-flavored sides.



Sunset Rejuvenation

5:00 p.m

Round out a busy day with a beachfront natural aloe rub as the red sun drops into the sea and the sky turns tangerine orange and magenta before your eyes.



Beach BBQ

8:30 p.m

There's nothing like tucking into freshly caught lobster grilled right on the beach, to a background track of crashing surf and local rhythms. Try Sprat Net in Old Town Road or one of the many beach restaurants in Frigate Bay.

DAY 2



Riding the Rails

8:30 a.m

Hop aboard the St. Kitts Scenic Railway, a narrow-gauge train that once transported sugarcane on the island. As you make a four-hour circuit around the island, admiring stunning views around every turn, the conductor relates stories about the island's sugarcane history, local folklore, and island geography.



Splash in the Surf

12:00 p.m

A string of beaches sprinkles the southeast peninsula, with Cockleshell Beach being one of the most popular. Spend a leisurely afternoon body surfing, lying out on the sugar-white sand, and enjoying local food from one of the rustic beach bars.



Sunset Cocktails at SALT Plage

5:00 p.m

Give a toast to the sun with a signature craft cocktail at this Christophe Harbour bar overlooking the sparkling sea.



Dinner for two

7:30 p.m

Round out the day with a romantic dinner along the island's southeast peninsula. Spice Mill, capitalizing on the island's multiethnic traditions with the freshest of local ingredients, is on Cockleshell Bay; and swank Carambola Beach Club, showcasing a sushi bar, eat-in wine cellar, and fiber-optic fountains, is on South Friars Bay.

DAY 3



Rein It In

10:30 a.m

Saddle up for a canter along the beach or through lush, tropical rain forest and sugarcane fields. Visit Trinity Inn Stables or have Pereira Tours organize a tour for you.



Lunch in the Middle of Things

12:30 p.m

There are plenty of local restaurants in downtown Basseterre that offer delicious local fare. Serendipity restaurant in Fortlands, Basseterre, offers the Caribbean's best bouillabaisse, topped off with spectacular views over the harbour. Breezy Ballahoo in the city's historic heart whips up island favorites including conch chowder, coconut curried shrimp and spiny lobster salad.



Shopping Heaven

2:00 p.m

Poke into Basseterre's charming shops on a stroll around town, the perfect place to find souvenirs for friends and family back home. And don't forget Port Zante's wealth of duty-free shopping.



Dinner with an International Touch

7:30 p.m

Basseterre and Frigate Bay have a bevy of international restaurants—whether you're in the mood for Italian, French, Japanese, Indian, or Asian, you're in luck.



Party Time

9:30 p.m

Drink rum punch and dance into the wee hours of the night at any of the Frigate Bay Strip's buzzing beach bars.

