

7 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



Capital City Stroll

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.



Coastal Drive

10:45 a.m

Amble along the southern coast to Old Road Town, the first British settlement in the Caribbean. Just inland await the 17th century ruins of a sugar mill at the historic Wingfield Estate (if you have extra time, go ziplining through the luxuriant rain forest here); the flower-filled gardens of Romney Manor; and the Caribelle Batik Store, where artisans hand-print fabrics using 2,500-year-old techniques from Indonesia.



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

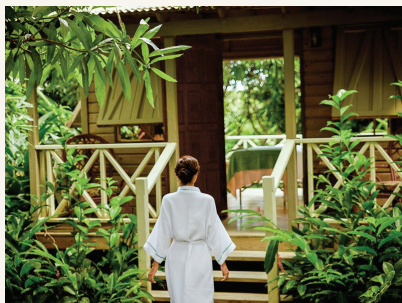
Admire orchids of every stripe and color at St. Kitts Eco Park, a fascinating agro-tourism demonstration farm. Then scale the watchtower for stunning views out over the sparkling Caribbean Sea.



Local Fare

1:45 p.m

Continue driving along the coast, around the island's northern end, pausing for picture-taking or a quick snorkel at a secluded beach. Stop at one of the local huts for a home-cooked, local lunch.



Sunset Spa

5:00 p.m

Round out a busy day with a relaxing massage at one of our relaxing spas. Soothing bamboo treatments are an island specialty.



Beach BBQ

7:30 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



Summit Time

8:30 a.m

The dormant volcano Mount Liamuiga provides a lovely hike to its summit. You'll pass through lush, tropical rain forest and beneath misty layers of cloud forest. At the top, admire far-reaching views of the Caribbean island paradise. Be sure to book a guide for the climb.



Beach Bum

1:30 p.m

Soak your hiking-sore muscles in the pellucid blue waters of South Friar's Beach, popular among Kittitians. Stop for lunch at one of the many nearby beach bars; favorites include friendly Shipwreck (offering the self-proclaimed "best fish tacos ever") or one of the other local beach shacks, complete with wooden benches and corrugated tin roof (ask for the local catch of the day, perhaps wahoo or grouper).

DAY 3



Zip-line the Rainforest

10:00 a.m

Head to Wingfield Estate to experience our lush tropical rainforests from a thrilling new perspective. With Sky Safari Tours you'll ride in a comfortable harness reaching speeds of up to 80 km an hour on 5 cable lines as you race atop St. Kitts' spectacular rainforest.



Lunch on the Verandah

12:30 p.m

Take in the buzzing vibe of Basseterre from the wraparound verandah upstairs at Lemon Grass restaurant in Basseterre, a popular lunch spot serving international and Caribbean favorites.



Sun-Kissed Beach Time

3:00 p.m

Enjoy a sun-kissed afternoon enjoying sunbathing, snorkeling or flyboarding on one of the popular beaches of South Friar's, South Frigate or Cockleshell Beach.

DAY 4



Sister Island

9:30 a.m

Depart on a day trip to Nevis, our sister island via Ferry. A tapestry of vivid green landscape, blue skies, and long, empty beaches, Nevis has an addictive slow pace of life that will entice you to slow down and relax. Spend the morning exploring the island's proud history on the Heritage Trail by foot, car or bike; you'll take in historic churches, picturesque sugar plantations, and plenty of goats and donkeys. Elegant Montpelier Plantation, with a 300-year-old sugar mill, is where British Naval hero Horatio Nelson married Frances Nisbet in 1787. Then find a spot on one of its glorious beaches to while away the afternoon. Pinney's Beach is a local favourite, with its golden sands and turquoise surf; if you're hungry (or thirsty), head to Sunshine's beach bar (order the Sunshine Salad, "made with love," and/or the Killer Bee cocktail).

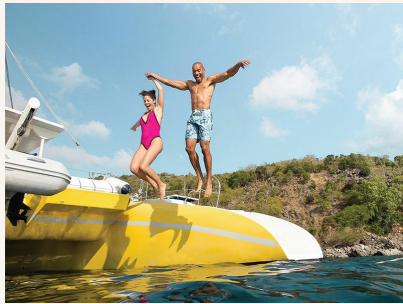


The Freshest Sushi You've Ever Had

7:30 p.m

Sample sushi prepared from locally caught fish. Locals and visitors alike rave about Rituals Sushi; Ballahoo and Carambola offer fresh sushi as well.

DAY 5



Life's a Catamaran

10:00 a.m

Enjoy an all-day sail and snorkel aboard a state-of-the-art catamaran. The tour includes snorkeling in a secluded cove teeming with rainbow fish, a buffet lunch, and a fully stocked bar.



Around-the-World Dinner

8:00 p.m

Keep it easy tonight—but no less scrumptious—at one of the island's upmarket international restaurants. Feel like Italian, French, Japanese, Indian, or Asian? You're in luck.

DAY 6



Dolphin Time

11:00 a.m

Swim with dolphins and feel their love in a once-in-a-lifetime experience at Discovery Cove.



Lunch on the Street

1:30 p.m

Eat like the locals from one of the many vendors at the local Food Court—offering the likes of barbecued meat, salt fish and Johnny cakes, black pudding, and goat water (spicy goat and breadfruit stew). Located next to the RAM's Cash and Carry outlet in Bird Rock.



Shopping Spree

2:30 p.m

Enjoy duty-free shopping at Port Zante, the cruise ship terminal just a few blocks from downtown Basseterre. Or seek out Amina Craft Market, where dozens of artisans purvey local handicrafts, the perfect place to buy gifts and souvenirs for friends and family back home.



Farewell Dinner

7:30 p.m

For the young and young at heart, tuck into fresh seafood and rum punch at The Strip in Frigate Bay. Then dance the night away to a live DJ or band at one of the beachside bars.

DAY 7



Depart St. Kitts in Style

Checkout of your hotel and say farewell to lovely St. Kitts ... until we meet again! And one last bit of advice: Choose the fly in/out option through YU Lounge; you'll agree flying has never been so easy.

