

23 Ani Villas
ANGUILLA

At this palatial pair of estates atop a private cliff overlooking snorkel favorite **Little Bay**, I awake to the aroma of eggs cooking and coffee brewing courtesy of Shamash, my personal chef for the week. It's a good thing too; I need the energy for the bike trip I've got planned. My butler Hassan (I know; life's tough) takes me out to the trailhead in Island Harbour, a tiny town on the rarely visited east end of the isle, where the toughest trek I've ever been on — through sand and scrub, over jagged rocks and puddles — leads to the most exquisite beaches I've ever seen: **Captains Bay** and **Windward Point**, the only spot where you can glimpse Anguilla's elusive iguana. *anivillas.com* — AUDREY ST. CLAIR

24 One Quick Cat
TORTOLA, BVI

The joys of a lazy cruise under a full sail are manifold, but there's something to be said for a little speed now and then too. Enter **Voyage Escapes**. Based in the village of Soper's Hole, on the west end of Tortola in the BVI, the company operates — in addition to an elegant sailing cat called *Mystique* — a powered catamaran that may be the island's fastest. The 52-foot *iSpeed* packs a pair of 800-horsepower engines and a unique hydrofoil technology designed to make it both quicker and more fuel efficient. On smooth seas, it can reach 48 knots (55 mph), kicking up a 100-foot roostertail as it flies. Voyage offers a range of *iSpeed* tours around Tortola, including a three-hour loop of the BVI called the Hot Spot Hop. *voyageescapes.com* — MP

25 Humacao Beaches
PUERTO RICO

Most visitors never venture to the far eastern side of Puerto Rico, but locals cherish this spot, spending long weekends at their beachfront condos. Humacao's postcard-worthy golden strands are flanked by coconut palms whose whispering leaves provide the perfect soundtrack for a long walk. Plan to be there during the first of September for the annual **Breadfruit Festival**. Taste a variety of dishes made of the local fruit while listening to Puerto Rican salsa. — DS



26 Sol Food
VIEQUES, PUERTO RICO

A beat-up bread truck on blocks doesn't seem out of place on sleepy Vieques, where decaying Navy bunkers act as trellises for overgrowth, horses roam the streets and salt-crusted, faded



Jeep tops flap in the wind — even on the rentals. What's out of place is the need to revisit it. Daily. Specifically, I crave

the **pork carnitas** or the Spanish chicken pinchos, marinated in garlic, culantro and vinegar, that Nicole and Les cook up here at Sol Food, their sky-blue kitchen on wheels (on blocks) at the entrance to the island's Fish and Wildlife (beach and Zach) Reserve. Mmm, it is the most delicious thing on Vieques, and like most protein on a stick, the pinchos are portable and on my way to La Chiva Beach, and I feel manly eating them (even if I am reading my girlfriend's *People* and sipping fresh **Sol Food lemonade**). *bdrbros.com* — zs

27 Crane Beach
BARBADOS

Cliff-backed Crane Beach is rightly famed for its pink sands and Tiffany-blue Atlantic surf. But the opportunity for amusement here goes beyond simple sun worshipping. At the south end of the sand, a narrow footpath, far below the century-old Crane Resort, leads thrill seekers around the cliff face

Crane Beach



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BAJAN RUM SHOPS

What Starbucks stores are to the isle of Manhattan, rum shops are to the isle of Barbados. Rough estimates put the number of Bajan rum shacks at 1,200 — impressive for only 167 square miles. They range from big touristy places with karaoke and pub fare to drinks-only former chattel houses. Along with their wild paint schemes, they have in common warm welcomes, generous pours and notably lower prices than your hotel's pool bar. — MP



and out over the water. From there, it's a **20-foot free fall**, a mighty splash and an exhilarated swim back to shore. If hurdling headlong into a roiling sea isn't your thing, allow me to suggest the similarly breathtaking (but predictably deserted) Foul Bay Beach, just south of Crane. — MP

29 Soothing Touch Massage

GRAND ANSE, GRENADA
Nestled among the la-di-da resorts along Grenada's lovely Grand Anse beach, Soothing Touch Massage is easy to miss. My advice: Don't. A partnership between the Grenada Council for the Disabled and St. George's University, this is the island's ultimate spa bargain. Therapists here — all of them blind — will deliver



a stellar one-hour **Swedish-style massage** for an easy 37 bucks, a fraction of what you'd pay in the scented-air wellness center of one of the aforementioned resorts. And no Yanni. 473-439-6643 — MP

30 Miss T's Kitchen
OCHO RIOS, JAMAICA

Ocho Rios' culinary cognoscenti turned me on to Anna-Kaye Tomlinson's Miss T's Kitchen, an open-air oasis secreted behind the chaotic main drag, where a feast of traditional Jamaican fare is prepared with a sophisticated nouvelle twist. My pick: the ackee and lobster in curry sauce, followed by the "pants and shirt" dessert (mango rum cake with coconut ice cream). 876-795-0099 — SGG