



The Beach House, Barbuda

Twenty miles north of Antigua, the little island of Barbuda is one of the Caribbean's best-kept secrets. A couple of resorts, one village, a colony of tropical frigate birds, beaches of distinctive pink sand... and that's it. It's the last word in privacy – Princess Diana used to hole up here on holiday.

The Beach House is a new boutique hotel and its 21 suites reflect the peace and tranquillity of the island with its airy open interior and a pool that seems to spill over on to the lovely sands. You can be as laidback or active as you wish – 200 sunken shipwrecks offshore will thrill you if you're a diver in exploratory mood and, if you're feeling romantic, staff can arrange to deposit you on an uninhabited beach with a picnic and mobile

phone to let them know when you want to return. And if you don't want to be alone, the islanders are friendly – don't be surprised to find yourself joining in a local cricket match or even choir practice.

Who goes there The bright-lights brigade will be disappointed, but Barbuda is ideal for stressed excess who really want to chill out.

Carlisle Bay, Antigua

Opened last year, Antigua's ultra-chic Carlisle Bay is the latest brainchild of Gordon Campbell Gray, creator of London's stylish and awardwinning One Aldwych. The island is still excited about what they're calling the Caribbean's first 21st-century design hotel. Forget Carib cool, with its sl grey and shock linen, Japanese state-of-the-art recline on blands relaxation, the and Pilates, an ocean, with da from which to

And on an Carlisle Bay, mountains and the best sandy Who goes then

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