

Little St Kitts and tiny Nevis have plenty to keep the active traveller entertained, as **Monica Stott** of The Travel Hack happily discovered

Chill out in the forest

St Kitts is remarkably lush and green, with more than 25 percent of the island covered in forest. Take a tour through some of it with **Greg's Safaris** (www.gregssafaris.com) to get away from the coastal heat and learn more about the local wildlife. You can also see the forest from above with a zipline sky safari.

Cook Caribbean

From fried plantain to spicy chicken, tasty fish dishes and pickled green banana, Kittitian cuisine is all incredible. At **Nirvana** at Fairview Great House (www.nirvanafairview.com) you can learn how to cook – and eat, of course – some of the island's best dishes. Other good places to sample them are at the **Shiggidy Shack** (see Facebook page) and the **Spice Mill** (www.spicemillrestaurant.com).

Luxury relaxation

The 18th-century **Ottley's Plantation Inn** (www.ottleys.com) is one of the most tranquil places on St Kitts. Take a dip in the pool, explore the forest and gardens and enjoy a lovely meal overlooking the ocean at **Ottley's Royal Palm**.

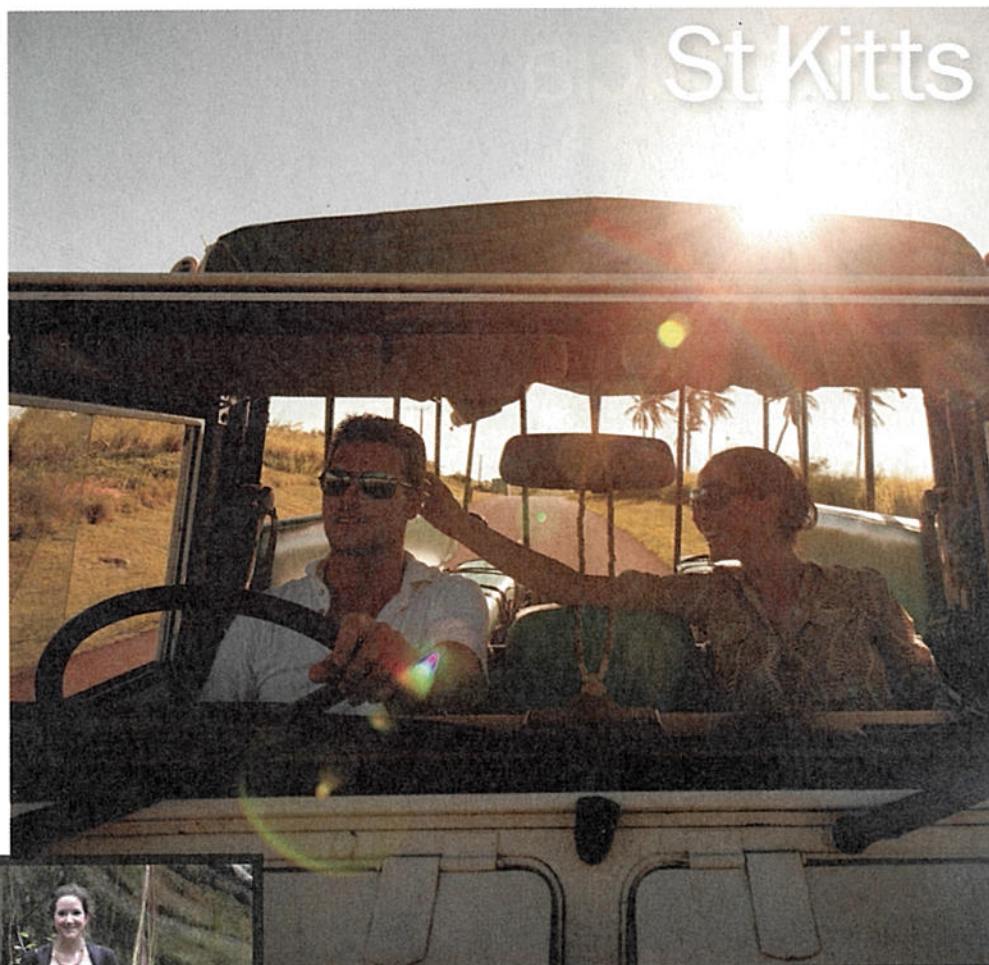
Irresistible designs

Beautiful and historic Romney Manor is home to **Caribelle Batik** (www.caribellebatikstkitts.com), a small factory and shop where you can see artists and designers using this ancient Indonesian wax resist method. You can even have a go yourself, creating a batik painting with a traditional Caribbean design.

Horseplay on the beach

An early morning ride along the beach isn't quite as romantic as it sounds – but it's much more fun. If you're like me, you'll end up covered in sea spray and sand while grinning hysterically from ear to ear.

Monica flew to St Kitts with British Airways (ba.com) and stayed at Timothy Beach Resort (timothybeachresort.hotelpp.com). For more info, visit www.stkittstourism.kn.



Monica explores St Kitts and her creative side at Caribelle Batik



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Price is per person based on two adults sharing 3-star accommodation on a room only basis at Timothy Beach Resort and includes return flights from London Gatwick to St Kitts with British Airways.

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ST KITTS HOT SPOTS



EAT • Golden Rock Inn, Nevis

Run by artists, this restaurant and hotel is a beauty, an 1810 plantation house set in landscaped gardens with terrific views from the terrace restaurant. The Golden Rock Nature Trail offers a lovely post-dinner stroll.



DRINK • Rum Barrel

Close to Port Zante, this perfect open-air people-watching spot is the place to sample top-quality rum made from sugar cane, including local brews Brinley Gold, Belmont Estate and CSR (Cane Spirit Ritchmont).



SEE • The Black Rocks and beyond

The Black Rocks lava formations and cliffs on the north-east coast of St Kitts make a great photo op. Continue on a two-hour hike up the dormant crater of Mount Liamuiga – a rewarding workout with great views of nearby islands.



DO • Meet the ververt monkeys

The impressive Brimstone Hill Fortress and surrounding national park are St Kitts highlights, as are the island's chattering, boisterous, green-hued ververt monkeys – and this is the best place to spot them.