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BGT'S BACK!



**Everything you
need to know**

**PLUS! Amanda's
first interview**



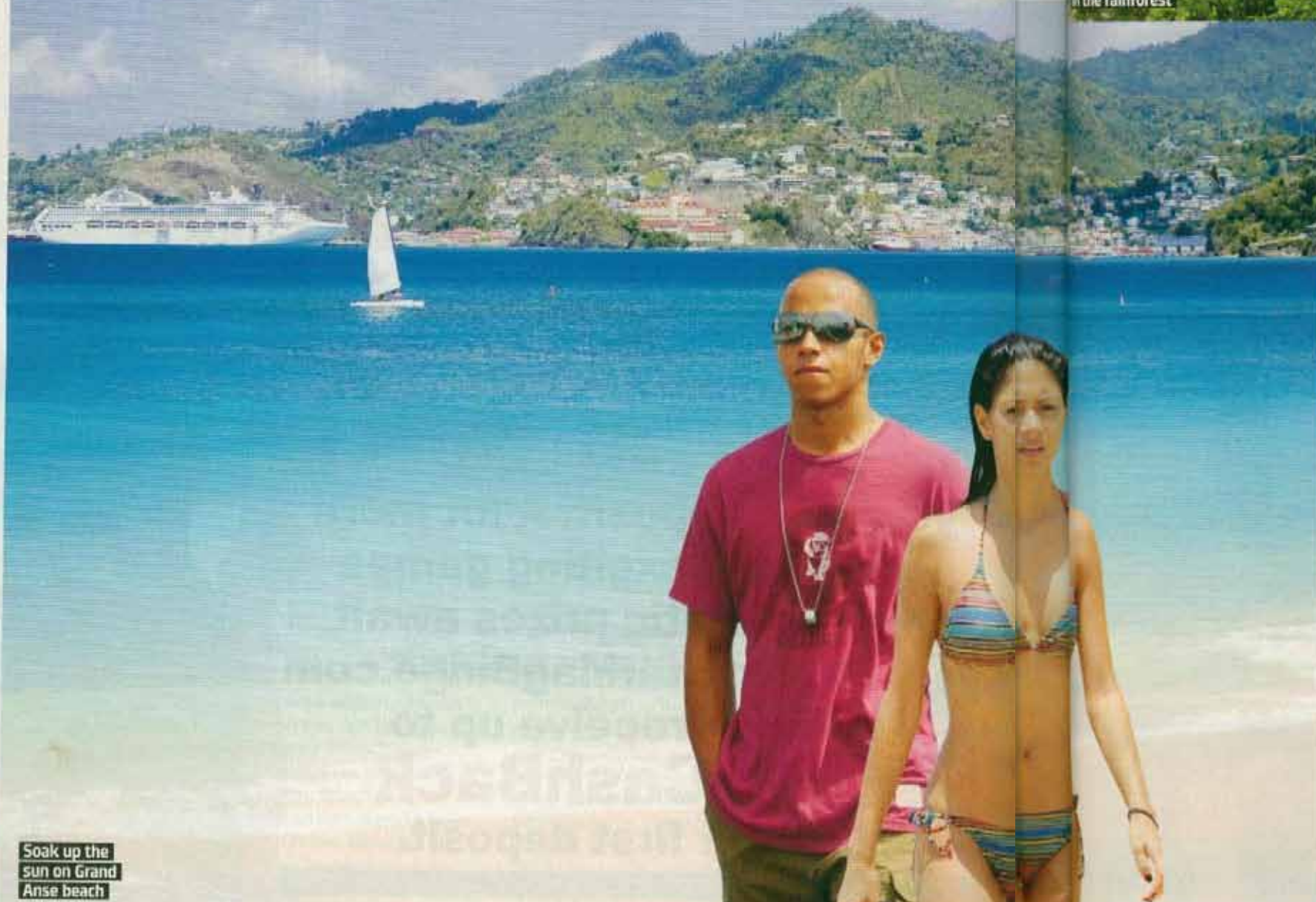
OMG!

**ESSEX'S
CHLOE
BEFORE
SURGERY!**



GRENADA

ESCAPE TO PARADISE



Soak up the sun on Grand Anse beach

Known as the Spice Isle, Grenada is one of the most beautiful and lush islands in the West Indies. At just 21 miles long and 12 miles wide, it may be small but it offers dramatic scenery, tropical rainforests and golden beaches, making it a perfect holiday retreat.

In 2004, Hurricane Ivan destroyed much of the

island's infrastructure, but in recent years it has reinvented itself and offers visitors a plethora of attractions, delicious food and an average year-round temperature of 28°C.

Celebrity fans include Kate Moss, Lewis Hamilton and Nicole Scherzinger, while Michael Douglas and Catherine Zeta Jones recently dropped into the

Port Louis Marina in the capital, St George's.

SUGAR AND SPICE

It's not called the Spice Isle for nothing! Growing spices is a big part of the economy and nutmeg is one of the main exports (Grenada is the world's second largest producer of the spice) along with cloves, ginger and cinnamon, to name a few.

Lewis Hamilton and Nicole Scherzinger are fans

You can visit the Belmont Estate, a 17th-century plantation in St Patrick, which offers tours of the organic farm, gardens, a heritage museum and cocoa processing plants. Make sure you buy some of the estate's own chocolate – it is to die for!

Grenada is also famous for its rum – you must sample a few of the famous cocktails while you are here! Take a trip

to the River Antoine distillery, which has remained much the same for more than 200 years and still uses a waterwheel to squeeze the juices out of sugar cane.

Book a guided tour of the rum-making process – and then, if you are feeling brave, try the 75 per cent proof spirit.

In Grenada's central highlands is the Grand Etang Lake, a crater lake that's the perfect starting point for walks into the surrounding forest, from a short stroll to extensive hikes, where you can hire a guide or follow the marked trails. Look out for the amazing wildlife, including armadillos, mongooses and the playful mona monkeys.

If you love diving, there are more than 30 interesting sites to explore underwater with Aquanauts Grenada, including the Bianca C – the largest diveable shipwreck in the Caribbean.

Snorkellers should check out the Underwater Sculpture Park in Molinere Bay, which is home to many species of marine life, as well as art. For an extra thrill, enjoy a trip on the Grenada Seafaris' speedboat. You will be talked through the island's history and eco-system as you whizz along the coast.

TROPICAL RETREAT

Check into Mount Cinnamon, a resort created by British entrepreneur Peter De Savary – whose previous properties include celeb favourite, Skibo Castle in Scotland.

Overlooking Grand Anse beach, the boutique property has 21 spacious villas set in pretty, tropical gardens. The

two-storey, red-roofed villas have two bathrooms, balconies with spectacular views and the beds are so comfortable, guests have requested the mattresses be shipped back to the UK!

When you're not out and about, relax by the pool or on the private beach, where there is a sheltered cabana serving lunch and drinks.

The resort also offers a range of activities, including water sports, tennis, a gym, and plantation tours. There is also a spa, which uses natural ingredients from the island.

EATING OUT

Savvy's restaurant at Mount Cinnamon is one of the most popular on the island. Serving an eclectic mix of English gastro-pub favourites, it also focuses on fresh seafood and traditional West Indian fare.

Coconut Beach, another favourite, serves typical French Creole cuisine. It's located on Grand Anse beach so be sure to take a romantic stroll along the moonlit sand.

Finally, BB's Craback in St George's is worth a visit. Try the signature dishes – a divine crab starter followed by spicy curried goat for the main. Owner and chef Brian Benjamin runs cookery courses, where he teaches how to sauté guava and caramel to make a cheesecake. Yum!

A trip to the island wouldn't be complete without visiting the fishing village Gouyave for Fish Friday to mix with the locals, drink rum and try delicious treats from the street stalls. ■

Georgina Rodgers

Relax by a waterfall in the rainforest

Visit the harbour in historic St George's

Chill out at the stylish Mount Cinnamon resort

BOOK IT!

Getting there

■ Monarch (www.monarch.co.uk) offers return flights from £442.50.

What to do

■ Belmont Estate (www.belmontestate.net).

■ River Antoine Distillery (www.grenadagrenadines.com/detail/river-antoine-rum-distillery).

■ Grand Etang Lake (www.grenadagrenadines.com/detail/grand-etang-national-park-forest-reserve).

■ Diving (www.aquanautsgrenada.com).

■ Grenada Seafaris (www.grenadaseafaris.com).

■ For more details, visit www.grenadagrenadines.com

Where to stay

■ Mount Cinnamon (www.mountcinnamongrenadahotel.com) costs from around £240 per night for a one-bedroom villa.

■ Where to eat/drink
■ Savvy's (www.mountcinnamongrenadahotel.com/dining).

■ Coconut Beach (www.coconutbeachgrenada.com).

■ BB's Craback (www.bbscraback.com).