

hot in? spicy



The island of Spice... **Grenada** is just 12 miles wide and 22 miles long but offers so much to explore. It is probably one of the only places in the world that you can go from white sandy beaches to the middle of the rainforest in just 20 minutes. Words: Georgina Lagger

Mount Cinnamon Resort and Beach Club

YOU can sample the local rum distilleries, hike through the rain forests in search of the waterfalls, shop in the local spice markets in St George's and bath in the hot natural springs. Grenada is still very much an unspoiled island and being one of the most southerly of the Caribbean it offers 365 days of sunshine! Most famous for the array of spices which include coco, mace, nutmeg and cinnamon there are widdys available and used in most local dishes on the island.

On arrival to Grenada we were greeted by Barry from Mount Cinnamon, who helped with our bags to our own private range rover and we were taken straight to our villa so we could shower and sleep without worrying about check in queues after a long flight! Mount Cinnamon is nestled into the lush green hillside overlooking Grand

Anse bay, with some of the best views on the island it makes the perfect retreat. The resort is split into rooms, villas and privately owned custom designed homes. All are spacious, luxurious, air conditioned and containing every amenity. The resort offers a pool, private beach, restaurant, pool and beachside bars, airport transfer, spa, sailing, diving, gym, tennis courts, excursions, private tours, babysitting services and much more. From the hustle and bustle of St George's to relaxing by the pool there is really something for everyone at Mount Cinnamon.

We had a villa for our stay which was split over two floors both with balconies overlooking the beach. The villa had quite honestly the biggest and most comfortable bed that I have ever seen, two bathrooms,





kitchen, living area and all decorated in the vibrant Caribbean colours. It was beautifully laid out and a great environment to relax and unwind in private.

Kisha Smith, General Manager told us "We offer a personalised service to all our guest to ensure their vacation is special"

The staff are second to none giving the resort the friendly family feel. Savvy's restaurant caters for breakfast, lunch and dinner and has that buzzing Caribbean spirit to it. All food served at Savvy's is fresh from Peter De Savary's own private plantation, Mount Edgecombe and the fish is all caught fresh daily. The hotel bar and beach bar serve up some of the best cocktails on the beach front with thanks to Sheldon Vincent (head barman) and his creative talents, a word of advice though... go easy on the rum punch they are quite hypnotic!

Mount Edgecombe is situated on the island just 45 minutes from the airport. Built in the late 1700's and originally owned by Lord Edgecombe. The house is set in 30 acres of land and contains spice trees, fruit, vegetables and exotic flowers. The house itself has been beautifully restored and is available for holiday rental. What better way to get away from it all than this stunning hideaway, personal staff and the breathtaking infinity pool overlooking the Caribbean sea.

Peter De Savary himself can often be found around the hotel chatting with guests and ensuring everyone is happy and enjoying their stay. Not many resorts can say that the owner is around to meet and greet with the guests! Peter was a genuinely nice guy and

We did a day's diving with the local PADI centre, as we are both advance open water, but Dive Grenada caters for all levels from Bubble Makers to Instructors. Grenada's waters offer some of the best diving in the world from the pretty reefs to the deep water wrecks. They have also created an underwater sculpture park to try and bring marine life back to the coast after the damage caused by hurricane Ivan in 2004 which has worked wonders, the park is filled with hundreds of different species of marine life which are now breeding in the bays. If diving is not your thing then you can take snorkel trips out to the sculpture park and over the shallower reefs - it's something not to be missed.

After a long day of diving the Caribbean sea it was time to kick back and relax and there was no better way than to head for the Spa. The signature Cinnamon massage was outstanding and so much so I fell asleep to

the scent of cinnamon and gentle music! Feeling fully revitalised we headed out with our own private guide for a tour of the island and it truly was everything everyone had said it was - unspoilt beauty. We headed up to the rainforests and the natural waterfalls, it was tranquil and quiet away from the hustle and bustle of St George's. We saw monkeys and birds in the wild and Grand Etang the large natural crater caused by a volcano thousands of years ago, this is now used for the whole of Grenada's natural water supply. We moved on to the chocolate factory to sample the delights and to see the process of the coco. After lunch we headed over to Rivers Rum Distillery... let's just say it was cultural, it still operates as it did 200 years ago! Producing 80,000 bottles of 75% proof rum a year, the locals love it and they can't make it fast enough. Although personally a



For further information on luxury custom villas at Mount Cinnamon and Port Louis or to stay at Mount Cinnamon please email info@mountcinnamongrenada.com or info@portlouisgrenada.com www.mountcinnamongrenadahotel.com

little strong for my taste! The day didn't stop there, feeling a little lightheaded from our rum experience we went onto to the nutmeg factory which ships nutmeg out worldwide and the fish market which supplies the whole island. You can do as much or as little as you want on this fabulous island.

Following the hectic day of sightseeing we headed for the open water. Mount Cinnamon arranged a day of sailing for us from Port Louis and what a fantastic experience. We headed out with our cool box brimmed, snacks, swimwear and a towel. We laid on the back of the boat soaking up the midday sun and sipping local beer. We moored up for a few hours in the bay, went for a swim in the crystal clear waters and swam ashore for a quick cocktail on the white sand. The perfect recipe for an excellent afternoon... until the heavens opened! The rain came down like you have never seen before but in Grenada they call it "liquid sunshine" it only lasted about 10 minutes and the temperature doesn't dip. Even with the rain it gave us all something to laugh about for the rest of the day.

Peter De Savary's latest project is the redevelopment of Port Louis spectacularly set just a stone's throw from the capital St George's. The new development will offer

a private members club, mooring for yachts up to 300ft, bar, dining, swimming pool, waterside marine village and houses and apartments for home owners. This will capture the charm and spirit of Grenada's traditional heritage but also a new, chic and fashionable marina. It will attract investors, yachtsmen, holiday makers, retailers with duty free shopping and prospective home owners. Whether you're stopping by for lunch or mooring up for two weeks this is the place to be seen.

St George's is a busy capital but not one to be missed, we headed down to the famous spice market which is full of the locals bargaining for the best price. The spice market is as it sounds - full of the island's spices and the smell is just divine! The market also sells local fruit and vegetables as well as small souvenirs as a memory of Grenada. The buildings are old but well presented and there are plenty of restaurants and cafes to grab a coffee and watch the world go by.

Our last night was spent watching the sun set over Grand Anse Bay to the sounds of the traditional steel drums and a BBQ on the beach. You really can't beat the warmth that you get from the locals, Grenada truly is the hidden gem in the Caribbean with the element of "spice".