

# ITINERARY 7 DAYS

If you're fortunate enough to have a week on St. Kitts, you'll be able to delve deeper into the island paradise's offerings, including a trip through a tropical rainforest and a visit to our sister island of Nevis. You'll need to rent a car or engage the services of one of our knowledgeable Taxi Operators for this itinerary, which assumes you're based in Basseterre or on the outskirts. Be sure to throw your snorkeling gear into the trunk.

## DAY 01



10:00 A.M

### CAPITAL CITY STROLL

Filled with gingerbread-trimmed pastel cottages, Basseterre is a friendly, laid-back town ideal for a morning stroll. Be sure to stop by St. George's Anglican Church, Independence Square, the National Museum, and the Rosie Cameron Art Gallery.



10:45 A.M

### COASTAL DRIVE

Amble along the southern coast to Old Road Town, the first British settlement in the Caribbean. Just inland await the 17th-century ruins of a sugar mill at the historic Wingfield Estate (if you have extra time, go ziplining through the luxuriant rain forest here); the flower-filled gardens of Romney Manor; and the Caribelle Batik store, where artisans hand-print fabrics using 2,500-year-old techniques from Indonesia.





12:00 P.M

## BRIMSTONE HILL FORTRESS

Continue west along the coastal road through picturesque villages dotting the rumpled green, palm-tree-shaded landscape. You can't miss the towering bulk of Brimstone Hill Fortress National Park — a UNESCO World Heritage site — along the way. Dating from the 1690s, it provides an important look into the island's colonial past. Be sure to pick up an audio guide and map at the entrance.



1:00 P.M

## ORCHID DELIGHT

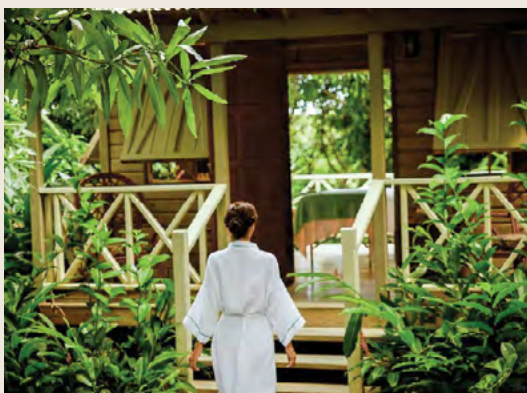
Admire orchids of every stripe and color at St. Kitts Eco Park, a fascinating agro-tourism demonstration farm. Then scale the watchtower for stunning views out over the sparkling Caribbean Sea.



1:45 P.M

## LOCAL FARE

Continue driving along the coast, around the island's northern end, pausing for picture-taking or a quick snorkel at a secluded beach. Stop at one of the local huts for a home-cooked, local lunch.



5:00 P.M

## SUNSET SPA

Round out a busy day with a relaxing massage at one of our relaxing spas. Soothing bamboo treatments are an island specialty.





7:30 P.M

## BEACH BBQ

There's nothing like tucking into freshly caught lobster grilled right on the beach, to a background track of crashing surf and local rhythms. Try Sprat Net in Old Town Road or one of the many beach restaurants in Frigate Bay.

DAY  
02



8:30 A.M

## SUMMIT TIME

Have you ever summited a dormant volcano? Today's your chance. Link up with O'Neils Rainforest Tours or Greg Safaris, lace up your boots, and start your hike through a misty cloud forest. Reaching Mount Liamuiga's crater may be tough, but those panoramic views make it worthwhile .



1:30 P.M

## BEACH BUM

Soothe your sore muscles, and take a refreshing dip in the blue waters of Cockleshell Beach. After drying off, think about getting some food: Delicious meals and flavorful cocktails can be found at Reggae Beach Bar & Grill, Spice Mill Restaurant, and Shipwreck Bar.

# DAY 03



10:00 A.M

## ZIP-LINE THE RAINFOREST

Head to Wingfield Estate to experience our lush tropical rainforests from a thrilling new perspective. With Sky Safari Tours you'll ride in a comfortable harness reaching speeds of up to 80km an hour on 5 cable lines as you race atop St. Kitts' spectacular rainforest.



12:30 P.M

## TASTE WHAT'S LOCAL

After a busy morning of ziplinning and exploring Wingfield Estate, drop by the new Railway Bar & Grill on nearby Wingfield Road for a delicious local lunch amid lush tropical landscaping and charming private dining pavilions.



3:00 P.M

## SUN-KISSED BEACH TIME

Enjoy a sun-kissed afternoon enjoying sunbathing, snorkeling or flyboarding on one of the popular beaches of South Friar's, South Frigate or Cockleshell Beach.





9:30 A.M

## SISTER ISLAND

Depart on a day trip to Nevis, our sister island via ferry. A tapestry of vivid green landscape, blue skies, and long, empty beaches, Nevis has an addictive slow pace of life that will entice you to slow down and relax. Spend the morning exploring the island's proud history on the Heritage Trail by foot, car or bike; you'll take in historic churches, picturesque sugar plantations, and plenty of goats and donkeys. Elegant Montpelier Plantation, with a 300-year-old sugar mill, is where British Naval hero Horatio Nelson married Frances Nisbet in 1787. Then find a spot on one of its glorious beaches to while away the afternoon. Pinney's Beach is a local favourite, with its golden sands and turquoise surf; if you're hungry (or thirsty), head to Sunshine's beach bar (order the Sunshine Salad, "made with love," and/or the Killer Bee cocktail).



7:30 P.M

## THE FRESHEST SUSHI YOU'VE EVER HAD

Sample fresh sushi, prepared with locally-caught fish, at the Carambola Beach Club. Interested in an all-you-can eat buffet, complimentary rum punch, and shots of sake? Show up on a Friday and dig in.

# DAY 05



10:00 A.M

## LIFE'S A CATAMARAN

Enjoy an all-day sail and snorkel aboard a state-of-the-art catamaran. The tour includes snorkeling in a secluded cove teeming with rainbow fish, a buffet lunch, and a fully stocked bar.

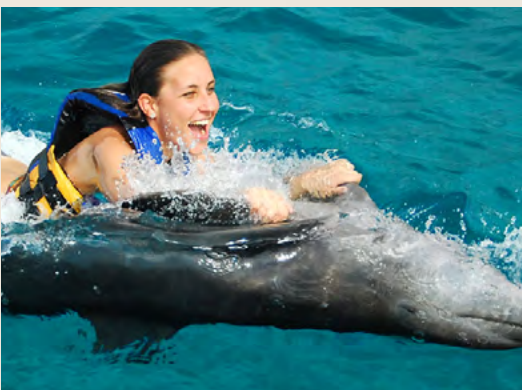


8:00 P.M

## AROUND-THE-WORLD DINNER

Keep it easy tonight—but no less scrumptious—at one of the island's upmarket international restaurants. Feel like Italian, French, Japanese, Indian, or Asian? You're in luck.

# DAY 06



11:00 A.M

## DOLPHIN TIME

Swim with dolphins and feel their love in a once-in-a-lifetime experience at Discovery Cove.





1:30 P.M

## LUNCH ON THE STREET

Eat like the locals from one of the many vendors at the local Food Court — offering the likes of barbecued meat, salt fish and Johnny cakes, black pudding, and goat water (spicy goat and breadfruit stew). Located next to the RAM's Cash and Carry outlet in Bird Rock.



2:30 P.M

## SHOPPING SPREE

Enjoy duty-free shopping at Port Zante, the cruise ship terminal just a few blocks from downtown Basseterre. Or seek out Amina Craft Market, where dozens of artisans purvey local handicrafts, the perfect place to buy gifts and souvenirs for friends and family back home.



7:30 P.M

## FAREWELL DINNER

Say goodbye the best way we know how - with a hearty meal. Savor Kittitian cooking, served with a side of stunning views, at SALT Plage. Afterwards, head to The Strip for an all-night party and make the most of your last night in paradise.

DAY  
07



## DEPART ST. KITTS IN STYLE

Checkout of your hotel and say farewell to lovely St. Kitts ... until we meet again! And one last bit of advice: Choose the fly in/out option through KayanJet you'll agree flying has never been so easy.