

# DENVER LIFE<sup>®</sup>

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CULTURE | ADVENTURE | STYLE

## Denver's Best Places to Live

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# the sweet life St. Kitts

Adopting  
the Kittitian  
Lifestyle

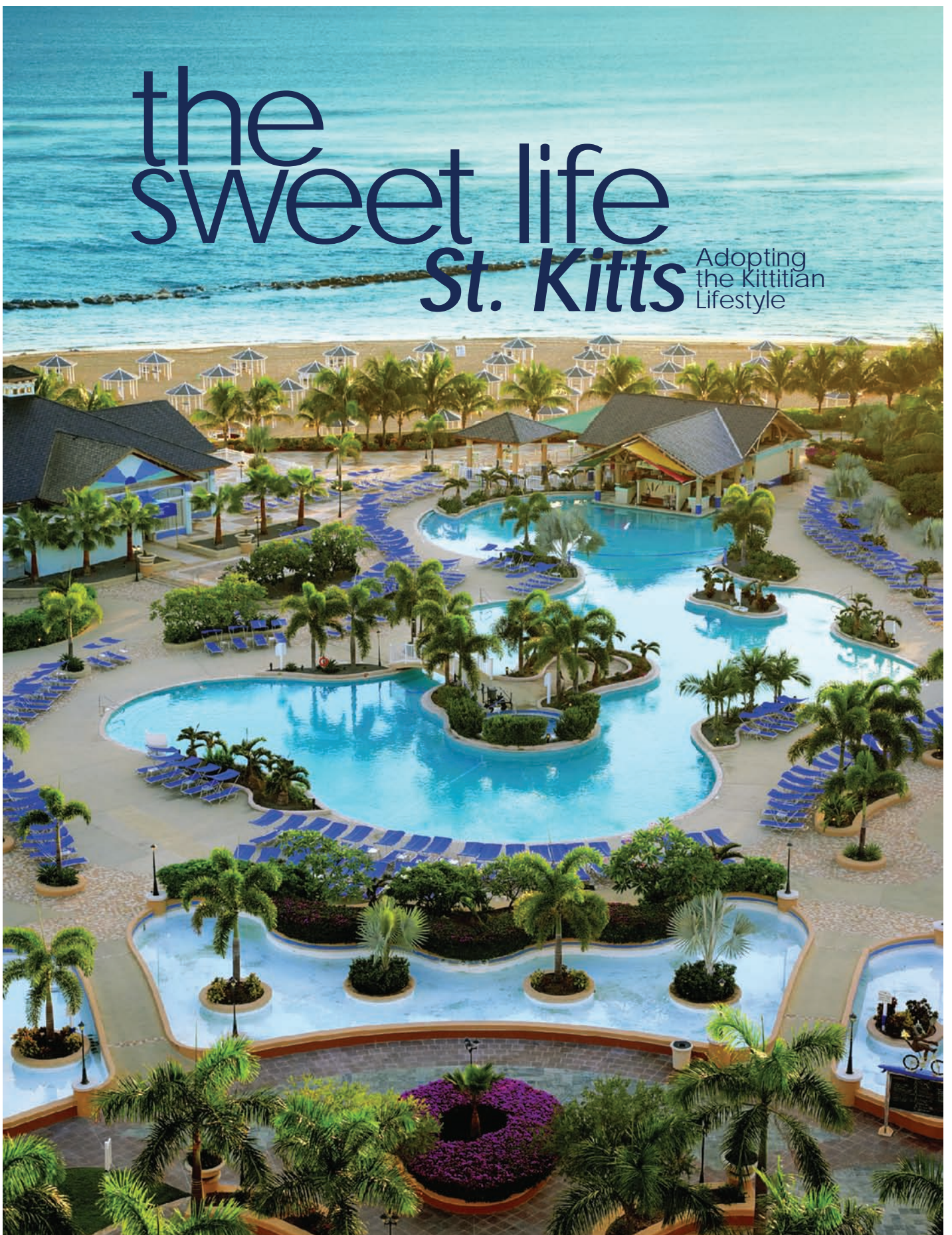


PHOTO COURTESY OF MARRIOTT ST. KITS

PHOTO OF SPICE MILL BY ROGER BRISBANE



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“Though you may not be a royal, when you arrive on St. Kitts, the landscape, amenities and adventures will make you feel like one.”

PHOTO COURTESY OF MARRIOTT ST. KITTS



## TRIP PLANNER

### Getting There

Airlines that fly direct from the U.S. include American, Delta and US Airways.

### Recommended Sites

[stkittstourism.kn](http://stkittstourism.kn), [stkittsmarriott.com](http://stkittsmarriott.com), [oneilstours.com](http://oneilstours.com), [spicemillrestaurant.com](http://spicemillrestaurant.com) and [nirvanafairview.com](http://nirvanafairview.com)

When I told family and friends about my trip to St. Kitts, the most common responses were “Where’s that?” and “Is that part of St. Thomas?” Truth be told, I didn’t know much about this sugar-plantation-turned-getaway-destination, but I was ready to give it a try.

I knew St. Kitts was the island for me when I was handed a delicious, cold drink upon my arrival at the [Marriott St. Kitts Resort](#) on Conaree Bay. The open-air lobby was refreshing; trade breezes cooled the air.

My room overlooking Conaree Bay and the Caribbean Sea was stunning. It had all the comforts of home and then some. In addition to three pools—one with a swim-up bar—and a fitness center, the resort’s lushly landscaped grounds feature an 18-hole golf course and, of course, the beach. Frigate Bay Beach is remarkable, with a coral reef just offshore. I rented snorkeling equipment to take a peek at the undersea world, and spent the afternoon with angel fish and sea turtles.

My recommendation for a blissful conclusion to a beach day is a treatment at the on-site Emerald Mist Spa. The Kittitian Massage brings a delightful island flare to the treatment room. Beforehand, soak in the hot tub or take a quick dip in the cold plunge pool.

Dining at the Marriott St. Kitts is sublime. The breakfast buffet at Calypso Restaurant features all the standard American fare, but also Kittitian favorites such as Johnny Cakes and stewed chicken.

For dinner, the resort has many restaurants to choose from. La Cucina features Northern Italian fare, while the Royal Grille Steakhouse is a traditional steakhouse with some local flavors thrown in. Blu Seafood, with a 180-degree panoramic ocean view, features delectably prepared, fresh seafood like the Snapper Veracruz, a citrus-rubbed grilled filet in an olive, tomato and caper sauce, with Caribbean rice and fried green plantain tostones.

For a more casual dinner, order a pizza from the on-site Pizza Shack or grab a bite at Café Calypso. The Keys Cigar & Rum Bar offers a wide selection of rums and cigars, and on Friday and Saturday evenings you can enjoy live music.



### 3 MUST-SEE STOPS

**Brimstone Hill Fortress National Park**, a UNESCO site, provided the British military an extraordinary vantage point overlooking the western side of the island, not to mention stunning views of Dutch, English and French islands throughout the Caribbean Sea. [brimstonehillfortress.org](http://brimstonehillfortress.org)

**The Black Rocks** on the northern coast of the island are a unique volcanic formation. The juxtaposition between the deep black of the lava flow and the bright blues and greens of the water far below provide a picture-perfect backdrop.

**Basseterre** has been the capital of St. Kitts since 1627, despite being destroyed several times by colonial wars, fire, earthquakes, floods and hurricanes. Stroll through the streets and explore a number of well-restored buildings.



The Marriott St. Kitts and the island in general allude to lazing on a white, sandy beach with a tropical drink. That activity is certainly wonderful, but this island offers much more.

Like a hike up the nearly 4,000-foot Mount Liamuiga (“fertile land”), a dormant volcano that formed the western side of the island. As we began our trek, I realized that I wasn’t expecting Mount Liamuiga to be so strenuous. It’s the perfect adventure for a Coloradan who loves outdoor challenges.


The rainforest that covers the hillsides of Mount Liamuiga is filled with incredible plant life. Our group’s guide, O’Neil, pointed out different species to us, explaining the names and specific medicinal uses. Though green vervet monkeys call the rainforest home, we didn’t spot any on our trek. Not surprisingly; they’re scared of people as a result of hunting, though that practice has now ceased within the forest.

After four hours of steep hiking—grabbing onto rocks and trees for support—our group made it to the top. What a view! We lunched while gazing over the rainforest canopy and glimpsing wisps of smoke coming out of the crater.

In addition to volcanic hikes, St. Kitts offers other adventurous activities, including zip lining, ATV tours and scuba diving. For a more relaxed excursion, try snorkeling, shopping, golfing or cruising on a catamaran while drinking a “Ting with a Sting.” This local specialty involves “Ting,” which is a Kittitian grapefruit soda, and “Sting,” meaning white rum!

Dining on St. Kitts is an epicurean delight. This island was home to 68 sugar plantations in 1775. Now it’s more well-known for flavorful, regional dishes. Most restaurants use locally grown fruits and vegetables, locally raised meats and locally caught fish.

Two restaurants that combine these flavors into delicious dishes are Spice Mill at Cockleshell Beach and Nirvana, on the grounds of Fairview Great House, a 300-year-old plantation with a gorgeous restored home and botanical garden. The combination of food, open-air surroundings and ambiance at these establishments make them must-dine destinations.

St. Kitts is a unique destination with unusual ties. It is a Commonwealth of England, and Queen Elizabeth is head of state. Though you may not be a royal, when you arrive on St. Kitts, the landscape, amenities and adventures will make you feel like one. 

### KNOW BEFORE YOU GO

**Temperatures** throughout the year average in the 80s during the day and 70s at night.

**Light summer clothing** is appropriate year-round. Dress is informal throughout the island, even at resorts and restaurants, though you may want to dress up a bit for a nice dinner.

Though the East Caribbean Dollar (XC\$) is the official currency of St. Kitts, **U.S. bills are accepted by most stores and businesses** and change is given in E.C. currency. U.S. coins are not accepted.

**St. Kitts is a pet-friendly island.** Your furry family members are more than welcome to explore the island with you!