



QUICK TRIPS

BECOMING *Kittitian*
The Park Hyatt St. Kitts embraces all there is to love about this PETITE ISLAND

By Mary Murray



St. Kitts, with its azure seas, emerald landscape, and rose-gold sunsets, sits as a jewel in the Lesser Antilles. Once regarded as the Mother Colony of the West Indies, St. Kitts and its sister island, Nevis, together form the smallest country in the western hemisphere. Despite its size, St. Kitts is rich in the kind of outdoor adventures, culinary surprises, and luxe accommodations that make for an unforgettable Caribbean vacation.

Those wishing to enjoy a secluded slice of this paradise should stay at the Park Hyatt St.



Kitts, a five-star resort nestled within Christophe Harbour on the island's southeast peninsula. Here, all of the 126 rooms and suites overlook Banana Bay and the Narrows, a straight separating St. Kitts from Nevis, meaning the volcanic isle, oft crowned with a halo of clouds, becomes a constant companion.



COURTESY OF THE PARK HYATT ST. KITTS

FROM LEFT: YOGA IN THE SUGAR MILL; RAMPARTS POOL; WELCOME WALK. OPPOSITE PAGE: PRESIDENTIAL VILLA POOL AND MASTER BEDROOM; FIREPIT AT THE GREAT HOUSE.



Start the day on your terrace or balcony with a breakfast of mango yogurt before heading off to yoga in a replica sugar mill. Until 2005, sugarcane was a huge player in the country's economy, and remnants of centuries of manufacturing can still be seen. The Park Hyatt venerates this history by taking design cues from the plantations of yesteryear and St. Kitts' architectural heritage.

Traditionally the heart of such properties, the resort's Great House boasts an array of dining options, including Tots Rum Bar, where guests can sample appetizers paired with the Caribbean's signature liquor, like Chilean salmon tartare accompanied by a Puerto Rican rum. In the past, stone barns were used to protect sugar from the elements, but Park Hyatt's Stone Barn caters to mature diners with multicourse tasting menus and expansive wine lists. In addition, the adults-only Rampart Pool recalls the Brimstone Hill Fortress, which was constructed during the seventeenth and eighteenth centuries and is now a UNESCO World Heritage Site. For a soothing retreat, book a private cabana by the rampart waterfalls and partake in an afternoon tea service of small sandwiches, biscuits with clotted cream, and petit fours.

To indulge in the quintessence of relaxation, visit the Miraval Life in Balance Spa. As the Caribbean's first Miraval destination, this zen den prioritizes a mind-body-spirit connection as seen in nature-indebted therapies and an organic aesthetic. Stone walls abound and sunlight wraps revelers in a cocoon of warmth as they escape to a plunge pool or one of nine treatment rooms. Opt for one of the Body Renewal Rituals, such as the Rainbath, which refreshes the skin with flower-water mist and

a massage accented by the earthy scent of moonflower.

If this all sounds too sybaritic for the thrill-seekers in the group, don't worry—the Park Hyatt can coordinate off-site activities as well. Head out on an eBike to traverse plentiful peaks with relative ease. During this excursion, you'll likely glimpse the green vervet monkeys that call St. Kitts home. You can learn about these primates—that are now believed to outnumber the island's human population—and dive into the local culture on one of the hotels' signature journeys. Join Gregory Pereira, a fifth-generation Kittitian and owner of Greg's Safaris, on one of three tours: Journey Off the Beaten Path, an off-road ride through St. Kitts' mountains and rainforests; Journey to Sweetness, which explores sugarcane production and sites; and Journey to the Wild Side, a hiking expedition through lush natural areas. Regardless of which trek you choose, Pereira will share exotic delicacies, like soursop fruit and coconut rock cake, and alert the group to unique flora and fauna, such as the soothing coo of a bridled quail-dove.

Back at the Park Hyatt, there are numerous delicious ways to end your day. On Saturday evenings, savor the flavors of Kittitian All the Way, a smorgasbord of island staples spread across the open-air Fisherman's Village restaurant. Did you even go to St. Kitts if you didn't stack your plate full of mahi-mahi curry and breadfruit? Gourmands should reserve a chef's table at The Great House. Diners sit directly in the kitchen as the chef and his team prepare innovative, multicultural dishes, such as almond and cilantro soup with a yogurt fritter, coconut flan, and toasted almonds. Be sure to request the chocolate blossom, which blooms like a lotus when topped with a white chocolate sauce.



GETTING THERE

A 20-minute drive from the Park Hyatt, the Robert L. Bradshaw International Airport hosts direct flights from Miami. When coordinated ahead of time, the Park Hyatt can arrange for a KayanJet concierge to escort you from the tarmac to an exclusive arrival lounge, where you can unwind with a glass of Champagne or lemongrass iced tea and small bites. The KayanJet team will take care of luggage and customs before connecting you to your ground transportation to the Park Hyatt. (kayanjet.com)

But the resort's most heavenly culinary offering is its Starlight Dining Experience on the beach. With the waves as your soundtrack, the sand tickling your toes, and an abundance of ocean- and farm-fresh fare at your fingertips, it's all too easy to fall under the magical spell of the moonlight and crave for the day when you too can become Kittitian. (stkitts.park.hyatt.com) ◀◀