

THE TOP 20 ULTIMATE ISLAND ACTIVITIES

1 BE JACK SPARROW FOR A DAY

Climb aboard St. Lucia's Brig Unicorn (tel. +758 452 8644, www.seaspraycruises.com), the tallship in the *Pirates of the Caribbean* movies.

2 DISCOVER THE BIG BLUE

The world's first marked underwater trails are in Trunk Bay, St. John, in the Virgin Islands.

3 GAZE AT THE GIANT FISH

The world's largest open-air aquarium at the Atlantis resort (tel. +1 888 528 7155, www.atlantis.com) in Bahamas is home to 50,000 exotic fish.

4 STAY SPOTLESS

Book into the Howard Hughes suite at his boutique hotel, Eden Rock (tel. +590 59 029 7999, www.edenrockhotel.com) on St. Barts.

5 GO HEAD FIRST

Dive off the boat from the Caves (tel. +800 688 76781, www.islandoutpost.com) in Negril, Jamaica.

6 GET LANDLOCKED

Peter Island Resort's (tel. +770 476 5088, www.peterislandsonline.com) signature spa treatment involves burying yourself to the neck in the sand.

7 SAUCE THE SUN

Even the Dalai Lama has tried yoga at the Kariva Village (tel. +1 868 639 8443, www.kariva.com) on Tobago.

8 ORDER A LARGE PINDOT GRIGIO

People watch at the Caribbean's swankiest restaurant and wine bar, Prowd (St. Lawrence Gap, www.prowdounge.com) on Barbados.

9 SAVE THE WORLD

Book a solar-powered cabin at the award-winning 3 Rivers Eco Lodge on Dominica (tel. +1 767 446 1886, www.3riversdominica.com).

10 LOOK FAR OUT

The suites at Jade Mountain, St. Lucia (tel. +1 758 459 7000, www.jademountainstlucia.com), have jaw-dropping views of The Pitons.

11 FEEL THE LOVE

Visit Musée de la Pagerie (tel. +1 598 683 4553) on Martinique, the former home of Napoleon's Josephine, which has their love letters on display.

12 SERENADE HER

The East Winds Inn, St. Lucia, is the only Caribbean resort with a Steinway grand piano (tel. +1 758 452 8212, www.eastwinds.com).

13 REMAIN IN THEME

Sip a Killer Bee cocktail at Sunshine's Bar on Prince's Beach in Nevis (tel. +1 869 469 5871), appropriately as the sun sets.

14 GET DEEP AND MEANINGFUL

Pay a visit to the tourist submarine, *Atlantis XI*, in Grand Cayman (tel. +1 800 887 8571, www.atlantisadventures.com).

15 LET IT ALL HANG OUT

Party at the all-night Friday bonfire parties at Turtle Beach, St. Kitts.

16 SERVE IT UP

Book your kids/budding Andrew Murrays in for tennis lessons at Carlisle Bay (tel. +1 268 484 0000, www.carlisle-bay.com) on Antigua.

17 FEEL THE WIND IN YOUR HAIR

Sail in any of the seemingly endless cays of the Grenadines.

18 SLEEP SOUNDLY

The Cotton House (tel. +1 785 456 4777, www.cottonhouse.net) on Mustique has tranquil sea view cottages and rooms featuring "snore-stopper" pillows.

19 CATCH ONE IN THE SLIPS

Get tickets to go see world-class cricket at the Kensington Oval, Barbados.

20 LET THE CHILDREN RUN FREE

Take a well-earned break on the bustling Palm Beach at Aruba.

