



Out of the blue: unwind at Rosewood Little Dix Bay with a dip in the pool before a relaxing spa treatment



Caribbean chic: a bedroom in one of three new hilltop villas at the British Virgin Islands resort, which offers an escape from the pressures of a busy working life



Room with a view: villas offer guests a luxurious home from home and come complete with a private pool



And for those who want to work all that food off there is the fitness centre, next to the seven complimentary all-weather tennis courts. The resort also runs a wellness retreat twice a year with New York fitness team FranklyFitness, which customises classes for all levels.

For something more calming though, visit the Sense Spa. Perched on a cliff, it overlooks the Caribbean and offers a range of wellness and relaxing treatments. When you enter the spa, the wonderful view of the infinity pool, which is exclusive to those with appointments, will take your breath away. Stone footpaths guide you through the tropical gardens where the nine treatment cottages are situated.

After enjoying everything this beautiful island had to offer we made our journey back to the dock before sunrise to take the ferry to Beef Island and return home. We left Rosewood Little Dix the same way we arrived – in total darkness. But this time we knew that, when the sun rises at this special place, paradise comes out to play.

Behiye Hassan

## Postcard perfect

The demanding pressures of daily life melt away in the British Virgin Islands, where Rosewood Little Dix Bay waits to welcome weary travellers to a little slice of picturesque castaway bliss

When we reached Beef Island at 7pm the sun had already set on the British Virgin Islands and the Caribbean was in complete darkness. The heat, however, was sticking around – the humidity being the first thing to hit us as we stepped off the plane and boarded the minibus to the dock for our connecting boat transfer to Rosewood Little Dix Bay on the island of Virgin Gorda.

The friendly driver asked us if this was our first visit to the Caribbean and when we replied “yes”, he confidently added, “when you wake up in the morning you will say ‘wow, why didn’t I do this before?’”

At the dock we were cheerily welcomed aboard our boat with a refreshing towel and drinks to

cool off. Twenty minutes later we arrived at Rosewood Little Dix Bay to be equally warmly greeted by the resort staff.

Our guide took us to our junior suite by golf buggy, meandering down dark roads through the palm trees as we listened to the sounds of crickets chirping and the waves crashing. The suite was spacious, beautifully decorated with candles and shells, and already playing relaxing music. And when morning came we realised our driver was right. Once the curtains were drawn back, the view of darkness from the night before had transformed into a postcard picture of sunshine, palm trees, tropical flowers and stunning, crystal-clear blue sea.

Little Dix Bay sits amid a



Tables for two: the resort's Sugar Mill restaurant provides the opportunity for romantic candlelit dinners

sandy crescent on the island and is set among 500 acres of foliage, soft white-sand beaches, sapphire waters, a colourful reef and mountains. Conservationist and philanthropist Laurance S Rockefeller founded this five-star luxury hotel in 1964, and his vision of natural harmony and “Earth in balance” remains the ethos of this extraordinary boutique property.

Rosewood Hotels & Resorts assumed management of

Little Dix Bay in 1993 and a multimillion-dollar renovation was completed in December 2006, which brought in a spa, a new children’s centre, 16 new junior suites and three new hilltop villas.

The resort has 100 guest rooms, each with an outdoor patio or terrace to enjoy the scenery. Rooms range from one-bedroom suites to beachfront cottages. Rockefeller’s original accommodation remains –



Blissful beaches: Virgin Gorda offers a choice of seven sandy shores where you can relax or go snorkelling

his Tree House Cottages are positioned on stilts, nestled in a garden setting with a shared footpath to the beach.

### LIFE IN THE SLOW LANE

Crime is unheard of on the island so rooms don’t have keys and, unless you’re staying in a house, there’s no television to steal anyway. Guests, after all, come here to get away from their fast-paced lives – so this allows them to distance themselves yet

further from the outside world.

There’s plenty to keep guests entertained though, with a wide array of activities such as diving, snorkelling, watersports and hiking or you can take complimentary trips to any of seven beaches around the island.

Little Dix Bay also offers guests a fine selection of places to wine and dine. The open-air Pavilion restaurant is open for breakfast, lunch and dinner, and is situated at the heart of the

resort offering a gorgeous view of the ocean during the day and allowing guests to wonder at the stars at night.

Every Saturday evening The Pavilion hosts Lobster Fest, when lobster is caught at nearby Aneгада Island. The menu includes a range of lobster dishes including a delicious risotto and a bisque, and to accompany your meal the bar serves Caribbean cocktails and runs along with delicious soft drinks and fresh lemonade.

Near the bay’s dock, The Beach Grill serves a more casual selection of light bites, salads, fish of the day, pizzas and burgers. The menu features local ingredients from land and sea, and serves tasty delights such as banana pudding.

The resort’s fine-dining restaurant, The Sugar Mill, meanwhile, offers an intimate dining experience specialising in grilled seafood and meats accented with fresh local ingredients. Perfect for small groups or romantic dinners, there’s also a tasting menu of savoury specialities from the chef, paired with fine wines.

**FACT FILE**  
Getting there and accommodation  
Caribtours offers seven nights from £2,599 per person, based on two adults sharing a premium ocean view room (room only). The holiday includes return scheduled flights, transfers and use of a private lounge at Gatwick.  
www.caribtours.co.uk  
www.rosewoodhotels.com/en/littledixbay