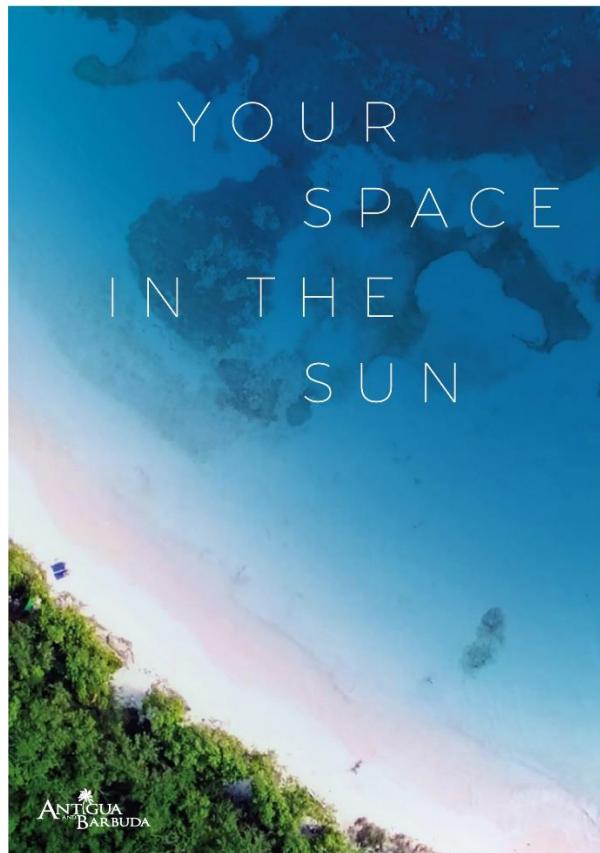




## ANTIGUA & BARBUDA NEWSLETTER – JULY 2020

Travellers to Antigua & Barbuda have come to know and love the sense of serenity that a vacation here has offered them. Spending months at home cooped up surely was no vacation! To truly relax, away from the stresses of the last few months, it's time to find the space to relax and breathe deep. Time to promote healing and time for quiet reflection.



## SPACE TO BREATHE!

The power of the sea and amazing spas are a potent combination to promote healing and quiet reflection. From facial therapies to body treatments to massage rituals in your own private palapa on a beach – relaxation can take many forms. Isn't it time for a complete body and mind reset?





## SPACE TO PLAY AND HEAL

Yoga on the beach, or meditation among the palm trees are relaxing activities. Take time for reflection on a long, solitary walk along one of Antigua & Barbuda's stunning white sand beaches. Kayak through the mangroves. There are so many activities that don't require groups! Stand-up paddle boarding gives a great workout – ever tried yoga on a paddleboard? Into kitesurfing? How about horseback riding on the beaches of Antigua? Or, enjoy spectacular sea views while biking the hills and valleys around Antigua. Want to get the blood pumping? Try off-roading in fun buggies for an adrenaline-filled ride! Want to do the same thing on water? The Reef Riders are waiting for you to captain your own 2-seater inflatable!



SPACE TO THINK



Antigua's sister island, Barbuda, is a nature lover's paradise with authentic, natural surroundings and one of the few Caribbean islands with pink sand beaches. Barbuda boasts a spectacular 17-mile stretch of pristine, unbroken beach! Barbuda is also home to the Frigate Bird Sanctuary, the largest in the western hemisphere featuring over 170 species of birds.

## INSPIRATION

### 5 SELF-CARE ACTIVITIES FOR YOUR NEXT ANTIGUA AND BARBUDA VACATION

We think our white sands and turquoise seas are the perfect remedy for the 2020 blues. With 365 beaches around Antigua and Barbuda, you will be sure to find one you can have almost to yourself. We've curated a list of five self-care activities created to nurture your mind, body and soul.

Grab your hiking boots - there are many trails and tracks available for exploration. Many of the popular hikes lead to the island's many hilltop fortifications such as Fort George or Fort Barrington; others take you to scenic views such as Signal Hill, or secluded beaches like Rendezvous Bay. Pick one and wander through the hills of our beautiful island home. Book with: [www.wallingsnaturereserve.org](http://www.wallingsnaturereserve.org) or [www.trektoursantigua.com](http://www.trektoursantigua.com) or [www.antiguahiking.com](http://www.antiguahiking.com)

For some of the most unique birdwatching found anywhere, head over to Barbuda. The Frigate Bird Sanctuary on the Codrington Lagoon is the largest in the western hemisphere. Antigua's sister island lies just offshore and is a short excursion from St. John's, the nation's capital. Great Bird Island also offers outstanding opportunities for birdwatchers as well as the chance to spot the Antigua Racer Snake. If you prefer to stay on Antigua, the Wallings Nature Reserve, located in the island's picturesque rainforest, also presents lots of opportunities for birdwatching.

Many spas play tapes of surf sounds to encourage mindfulness and relaxation. Go for the real deal – mediation on the beach. Yoga Antigua offers classes focused on holistic health for everyone. Workshops offered year round seek to provide both mental and physical health benefits to participants. [www.yogaantigua.com](http://www.yogaantigua.com)

Enjoy a luxury experience while camping in the great outdoors at Valley Church Beach. Grill your dinner under the stars, revel in a late-night swim, and enjoy the sounds of nature from your 'glamping' accommodation. Book your camping trip with Wild Lotus Camp and choose from a range of programming ranging from relaxing yoga retreats, fascinating snorkeling and scenic walking tours. [www.wildlotuscamp.com](http://www.wildlotuscamp.com)

If your choice is a private villa staying at a private villa, be sure your larder has been stock with locally grown produce from the Farmers' Market in St. John's. To create a healthy farm-to-table meal be sure you ask for a sampling of home grown fruits and produce. There is nothing more revitalizing than fresh coconut water and the sweetness of the Antigua Black Pineapple is renowned around the world.

Check out these websites for activities in Antigua & Barbuda:

268 Buggies: [www.268buggies.com](http://www.268buggies.com)

Adventurous Hikes & Tours: [www.adventuroushikes.com](http://www.adventuroushikes.com)

Antigua Paddles: [www.antiguapaddles.com](http://www.antiguapaddles.com)

Antigua Reef Riders: [www.antiguareefriders.com](http://www.antiguareefriders.com)

SUP Antigua: [www.standuppaddleantigua.com](http://www.standuppaddleantigua.com)

Wallings Nature Reserve: [www.Wallingsnaturereserve.org](http://www.Wallingsnaturereserve.org)

Planning to focus on a spa vacation? Here are some links to consider:

The Spa at Blue Waters: <http://www.bluewaters.net/spa/>

Red Lane® Spa at Sandals Grande Antigua: <https://www.sandals.com/redlane-spa/treatments/>

The Tranquility Body & Soul Spa at Pineapple Beach: <https://www.pineapplebeachclub.com/spa/>

Indulge Spa at Galley Bay Resort & Spa: <https://www.galleybayresort.com/indulge-spa/>

All photos courtesy of the Antigua & Barbuda Tourism Authority

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### **About Antigua and Barbuda**

Antigua (pronounced An-tee'ga) and Barbuda (Bar-byew'da) is located in the heart of the Caribbean Sea. Voted the World Travel Awards Caribbean's Most Romantic Destination, the twin-island paradise offers visitors two uniquely distinct experiences, ideal temperatures year-round, a rich history, vibrant culture, exhilarating excursions, award-winning resorts, mouth-watering cuisine and 365 stunning pink and white-sand beaches - one for every day of the year. The largest of the Leeward Islands, Antigua comprises 108-square miles with rich history and spectacular topography that provides a variety of popular sightseeing opportunities. Nelson's Dockyard, the only remaining example of a Georgian fort a listed UNESCO World Heritage site, is perhaps the most renowned landmark. Antigua's tourism events calendar includes the prestigious Antigua Sailing Week, Antigua Classic Yacht Regatta, and the annual Antigua Carnival; known as the Caribbean's Greatest Summer Festival. Barbuda, Antigua's smaller sister island, is the ultimate celebrity hideaway. The island lies 27 miles north-east of Antigua and is just a 15-minute plane ride away. Barbuda is known for its untouched 17 mile stretch of pink sand beach and as the home of the largest Frigate Bird Sanctuary in the Western Hemisphere. Find information on Antigua & Barbuda at: [www.visitantiguabarbuda.com](http://www.visitantiguabarbuda.com) and follow us on Twitter.

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