

BEACHES

Smuggler's Cove: Walking distance from Gun Point and widely considered to be one of the most unspoilt beaches on the island as well as having good snorkelling.

Long Bay: Traditional white sandy Caribbean bay in front of the Long Bay Hotel - a short drive from the house.

Apple Bay: A short distance further on from Long Bay, and one of the big surfing beaches on the island. The Bomba Shack sits on the beach and is the venue for the monthly full moon party as well as the home of weekly live music.

Cane Garden Bay: Definitely the place to be if you're looking for a busier environment. The beach boasts a wealth of bars and restaurants and water sport equipment is available to hire.

Brewer's Bay: The opposite of Cane Garden! A quieter Caribbean beach with a couple of small beach bars for drinks and snacks.

Josiah's Bay: Another good surf beach and also beautiful for sunbathing. There are also some wonderful deserted bays to visit by boat and your captain will be delighted to show them to you - particularly splendid are Deadman's Bay on Peter Island, both Sandy Cay and Green Cay, off Jost van Dyke, and the dazzling blue water off the Camanoes.

GROCERY SHOPPING

Local supermarkets: Harbour Market, Soper's Hole; Ample Hamper Too, Frenchman's Cay; Big Ben's Superette, West End.

Supermarkets Road Town: Bobby's Marketplace, Wickhams Cay 1; Riteway, Pasea Estate; Tico on Wickham's Cay 2 is a good liquor store. Road Town Bakery on Main Street does a great selection of bread and pastries.

Other shopping: Check out Soper's Hole for marine clothing and particularly Zenaida's for jewellery and sarongs.

In Road Town Main Street has a string of small shops including the famous Sunny Caribbee Spice Co. for seasonings and sauces and Serendipity for books and gifts. HIHO is great for surf clothes and Columbian Emeralds in the Romasco building has a large selection of fine jewellery.

LOCAL INFORMATION

RESTAURANTS & NIGHTSPOTS

Gun Point is close to Tortola's premier marina, Soper's Hole, the home of myriad shops and restaurants. What follows are some of our favourite choices, however there are many more restaurants on the outlying islands - please ask your captain for advice if you take a boat trip.

CLOSE TO GUN POINT

Jolly Roger - Tel: 495-4559

Our closest restaurant and open for breakfast, lunch and dinner with a barbecue night each Saturday. Informal dining and drinking.

Posser's Landing

Waterside restaurant at Soper's Hole serves lunch and dinner with a happy hour from 5-6.30pm. Food is American with some Caribbean specialities.

Bananakeet Café - Tel: 494 5842

Open for lunch and dinner but particularly worth a visit for a sunset drink as the poolside restaurant has exceptional views.

Coco Plums - Tel 495 4672

Open for Breakfast, lunch and dinner. Caribbean fusion food in an informal atmosphere.

Palm's Delight - Tel: 495 4863

On the water's edge, family run restaurant open for dinner only. Serves excellent local food.

Quito's Gazebo - Tel: 495 4837

Worth a visit to hear Quito Rhymer, reggae performer and songwriter sing his melodies.

Sugar Mill Hotel - Tel: 495 4355

Romantic bar for pre-dinner drinks and upscale dinners. Islands Beach Bar (At Sugar Mill Hotel) - Open for lunch only, right on the beach with very good local food and salads.

ROAD TOWN

Capriccio Di Mare - Tel: 494 5369

Open for Breakfast, lunch and dinner. Good local Italian - Pizza is the speciality.

The Dove - Tel: 494 0313

Definitely a destination restaurant set in a traditional West Indian building on Main Street with a wonderful selection of wines and extremely good food.

Courtyard Coffee Shoppe

Main Street café serving all types of coffees, milk shakes and pastries.

La Dolce Vita - Tel: 494 8770

Italian Ice cream store.

Le Cabanon - Tel: 494 8660

Less formal than the Dove but good French food in a casual bistro atmosphere.

Dockside Deli

Situated at Village Cay with a wide selection of take out sandwiches and salads.

EAST END

Brandywine Bay - Tel: 495 2301

Beautiful terrace location serving high end Italian food. Open for dinner only.

The Last Resort - Tel: 495 2529

A ferry takes you the short distance to the island this restaurant sits on (you call for it on arrival) Open for a dinner of very good fusion food and live entertainment.

Trellis Bay Cybercafe - Tel: 495 2447

Open 7am to 11 pm, particularly good for lunch (and it's well worth a visit after you've checked your luggage in at the airport).

A Fireball beach party is held during full moon.