

time out

Sometimes it takes a tropical island getaway to rejuvenate your mind, body and spirit and reconnect with that part of you seeking adventure, relaxation and renewal. There is a place that you will want to call "your island" once you experience the warm hospitality and private atmosphere of Peter Island. Enjoy your journey wherever it may lead you.

# paradise found

## Peter Island BRITISH VIRGIN ISLANDS

Reminiscent of what I imagined traveling to the islands must have been like many years ago and full of anticipation of a new journey, I arrived in Tortola and awaited my private yacht transfer over to Peter Island. I couldn't help but think of the adventure before me on this island rich with history and the promise of a lush, elegant and relaxing atmosphere.

In the late 1960's, a Norwegian millionaire purchased most of the land and it ultimately became Peter Island Resort. Ownership has since changed, however today Peter Island offers a secluded atmosphere and has also been named one of the "Best Places to Stay in the World" as well as other top accolades. Peter Island is the fifth largest of an array of 60 islands, cays and exposed reefs in the British Virgin Islands and is home to five stunning white sand beaches, water sports, bicycles, tennis, hiking trails, spa and wellness program, fitness trail and off-shore activities such as scuba diving, yacht charters, bareboat sailing and world-class luxury and service. It is surrounded by the azure waters of the Atlantic Ocean, Caribbean Sea, and Sir Francis Drake Channel and is 1200 miles southeast of Miami and 70 miles east of Puerto Rico. This tranquil island oasis is ideal for a solo retreat, romantic hideaway or a girlfriend's getaway as there is much to do or you can choose to do nothing and relax under towering palms and listen to the sea.

Choices for accommodations include 52 guestrooms plus three villa estates including Falcon's Nest. This luxurious villa includes six bedrooms with their own private balconies, and the location provides dramatic panoramic views of the neighboring islands. The most amazing feature of this 21,645 square-foot Caribbean Villa is the zero-entry two-tiered pool with a cascading waterfall. Falcon's Nest is an expansive and private oasis featuring a private chef, butler, housekeeper and the ultimate in service. In fact, the entire resort imparts an above-and-beyond attitude towards service, whether you're dining in one of their two restaurants (Tradewinds or Deadman's Beach Bar & Grill) or in need of a shuttle ride to the other side of the island, it's truly service with a smile.

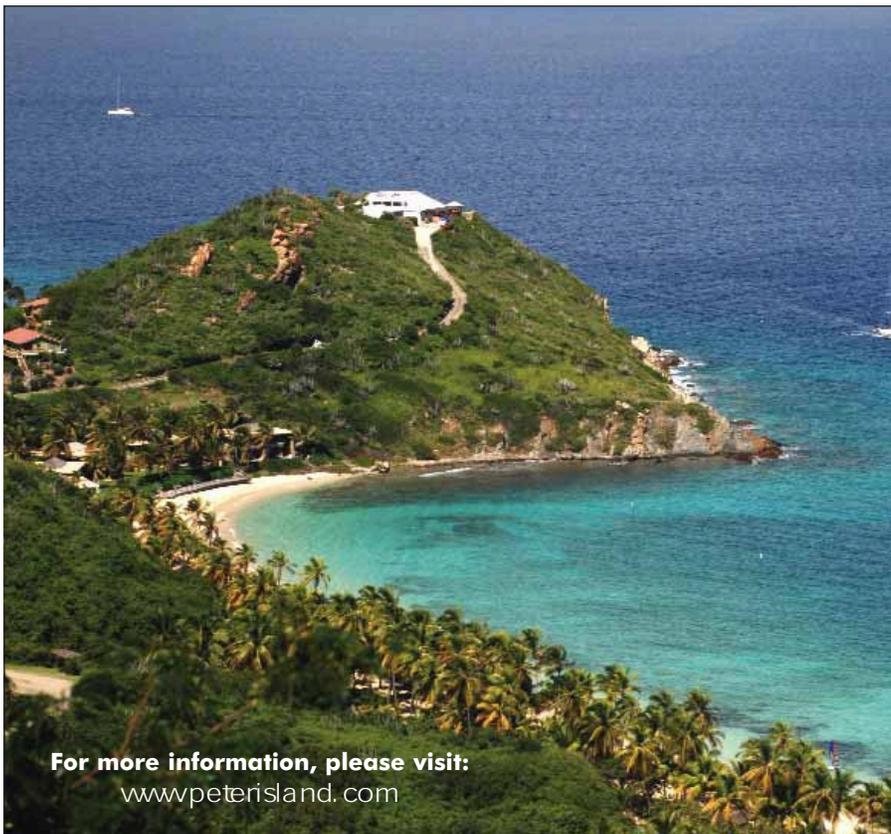
On my recent trip to Peter Island I enjoyed a balance of adventure and serenity and



discovered that the image of a true island vacation was possible. Mother Nature created this abundantly beautiful island and the staff created memorable activities that come alive every time I view one of my photos or visualize my time there. Secluded coves comprise much of this private island and long walks on the beach are possible. There are five beaches available and Deadman's Beach, which is the largest of the beaches, is a crescent-shaped beach with towering palms and sea-grape trees. Honeymoon Beach, appropriately named, allows one couple at a time offering an enhanced romantic escape while White Bay Beach provides the ideal location for scuba and snorkeling and is the ultimate space for a gourmet picnic. And while at the Spa, both the beach and the spa's infinity pool were ideal for meditation while the lapping of waves created a healing atmosphere in preparation for a day at the spa.

The focus of my stay at Peter Island included a preview of The Spa's New Yoga Week and Wellness Program where we participated in morning yoga sessions in the spa garden as well as wellness treatments such as the Hot Poulitice Massage (poultice comprised of chamomile, lavender and marigold flowers to soothe sore and stiff areas), which provided a heavenly experience as well as one of the Ingrid Millet facials (which I almost didn't do and am so glad that I did—it was the best facial I ever had!). Donna Shaffer is the Spa Director at Peter Island where she has created a caring and professional atmosphere due to her wealth of knowledge and experience. This is a unique 10,000-square-foot island spa and the addition of the Ayurvedic-inspired program brings an all encompassing approach to wellness. Ayurveda is a 5000-year-old practice of traditional medicine native to India and is practiced as alternative medicine in other parts of the world. It utilizes various healing modalities to prevent disease and promote longevity. The Spa's Lifestyle and Wellness Program includes a 3-day Relax and Revive or Renew and Rejuvenate or Detox, De-Stress and Revitalize package; the 5-day Aging Well package and the 7-day Total Ayurveda Experience or Vigour and Vitality or Anti-Aging Skincare package.

Another must for a stay on Peter Island is Sunset Loop. Just before dusk we were taken to the overlook at Sunset Loop and greeted by colorful Adirondack chairs facing St. John's and Norman Island and enjoyed chilled champagne and hors d'oeuvres. The anticipation of nature's show was the highlight. The contrast of passing clouds as the sun retreated created a spectacular show of color and left me in awe as we lingered until darkness surrounded us.



For more information, please visit:  
[www.peterisland.com](http://www.peterisland.com)

## Getting to Peter Island:

- Most major carriers fly to St. Thomas or San Juan.
- From San Juan – Travel to Beef Island, Tortola and upon arrival a Peter Island representative greets guests for their 25-minute cruise to the island.
- From St. Thomas – Air service to Tortola or ferry service is also available on Tuesdays and Saturdays.

## Activities:

- Water Sports
  - Snorkeling, Wind Surfing, Sailing and Kayaking
- Off-shore Activities
  - Deep-sea fishing
  - Jeep Rentals
  - 12 National Park Tours
  - Day Trip to the Baths, Virgin Gorda

## Beaches:

- Deadman's Bay – overlooking Dead Chest and Salt Islands
- Little Deadman's Bay – attracts yachts and is popular for snorkeling
- Honeymoon – Intimate and only one couple at a time
- Big Reef Bay – For beach combing and sunset walks
- White Bay – Snorkeling is the best and popular for gourmet picnic lunches
- There are 20 coves that can be explored by boat

## Dining:

- Tradewinds
  - West Indian and Continental classics including seafood and fresh island produce
- Tradewinds Wine Room
  - Vintner Dinner on Thursdays
- Deadman's Beach Bar & Grill
  - Camouflaged by seagrape trees and towering palms. Casual lunch and dinner menu
- Drake's Channel Lounge – Island Bar
- White Bay Picnic Lunch – gourmet feast

## Spa:

- Opened in 2004
- 10 Treatment Rooms
- Two Outdoor Treatment suites (Bohios)
- Gardens, Pool and Secluded Beach
- Spa Lounge, Dining Terrace and Meditation Area
- Men's and Women's Locker Rooms

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