

\$123 a Day
BARBADOS ON A BUDGET

STAY-CATION BLUES?
70 REASONS TO GO NOW

ELVIS IN ANGUILLA!
COOLEST BEACH BAR

CARIBBEAN

TRAVEL+LIFE

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Summer



21 CURES FOR THE SUMMERTIME BLUES

Great resort deals abound, so there's no time like the present to live your Caribbean dream.

BY BECKY STRAUSS

Cayman
LIKE A LOCAL



GOLF RESORTS
THE WHOLE
FAMILY WILL
LOVE

COU-COU
OR TUTU?
A GUIDE TO
LOCAL
EATS

CT+L EXCLUSIVE!

GRENADA

Mix together one part spice and one part value, and voila: a delicious deal for lovebirds at arty **Maca Bana** villas. A weeklong stay in a colorful one-bedroom cabana at the hillside beachfront resort would ordinarily run \$2,315 for the room alone, but for one dollar more you'll also get a long list of freebies: airport transfers, a stocked fridge on arrival, a gourmet dinner for two prepared by a chef in your cabana, a sunset cocktail-mixology lesson at the beach bar and a 50-minute massage on your patio.

Package: Spicy Romance

Rate: \$2,316 per couple, inc. tax

Nights: Seven

Available: July 1 through Sept. 30

Contact: 473-439-5355; macabana.com; mention the CT+L Spicy Romance package

JAMAICA

At **Rockhouse**, the stylish boutique hotel that clings to the cliffs of Negril's West End, the rock-bottom, low-season rate makes this boho-chic haven even more appealing. Snuggle up on a four-poster bed, clear your head at the morning yoga classes, snorkel the clear coves below your room and then submit to an invigorating Blue Mountain Coffee Scrub at the new holistic spa.

Package: Summer Rates

Rate: From \$125 per night

Nights: No minimum

Available: Through Dec. 14

Contact: 876-957-4373; rockhousehotel.com