CARBBEAN Escapes

Blissful beachside relaxation in Puerto Rico.

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Norwegian Air

This special advertising feature is sponsored by participating advertisers. The material was written by Andrea Kahn and did not involve the reporting or editing staff of The New York Times. ©2015 The New York Times. As temperatures drop and coats and boots replace warm-weather apparel, don't despair — summer is just a plane ride away. In the Caribbean, the sun shines, the water is clear and warm, and the beaches are perfect for long strolls on lazy days. Say goodbye to the long, dark days of winter, and hello to bright, tropical bliss.

PUERTO RICO Where every day is a beach day

With average year-round temperatures of 80 degrees and more than 270 miles of beautiful coastline, Puerto Rico is a vacationer's dream. Soak up the rays on whitesand beaches, enjoy your favorite water sports, go surfing or scuba diving — and discover a host of land-based adventures, delectable fare and the island's unique culture.

A few more appealing aspects: No passport is required (for U.S. citizens), English is widely spoken and the U.S. dollar is the official currency. In practical terms, visiting Puerto Rico is like vacationing in any other U.S. state – convenient, accessible and safe – but with a sunny, tropical climate and an authentic Latin culture.

Puerto Rico's wonderfully rich heritage can best be appreciated in Old San Juan, a Unesco World Heritage Site founded in 1521 by Spanish explorer Juan Ponce de León. Many of the features of 16th-century life are still visible in the historic city's Spanish Colonial architecture, historic forts and cobblestone streets. At the same time, the old city is thoroughly modern, with an eclectic mix of restaurants, shops, hip street art festivals and a vibrant nightlife.

Indeed, the Latin vibe — and the love of the fiesta — is everywhere, which means that day or night, wherever you turn, there's always a party, complete with food, music and dancing. The rhythms of salsa rule the night, traditional bomba and plena echo centuries of African and Caribbean heritage, while the sounds of classical and modern music fill concert halls on any given weekend.

To really experience the Puerto Rican spirit, come for the holidays. Puerto Rico's traditions meld elements from Spain, Africa and, more recently, America. The pageantry begins after Thanksgiving and stretches through January.

When you're ready to commune with nature, check out Puerto Rico's incredible natural wonders. El Yunque, the only tropical forest in the U.S. National Forest System, is full of hiking trails, waterfalls and some of the Caribbean's most spectacular mountain views.



Seaside dining at the Grand Cayman Marriott Beach Resort in the Cayman Islands. Photo: The Cayman Islands Department of Tourism

Puerto Rico has three of the world's six bioluminescent bays (biobays), where you can swim or paddle through water that actually glows, a surreal phenomenon caused by thousands of micro-organisms. Or visit Rio Camuy Cave Park, and descend 200 feet into the third-largest underground river cave system in the world. See the stars in a whole new way at Arecibo Observatory, home to the largest single-dish radio telescope in the world.

Puerto Rico is also perfect for adrenaline junkies: Its lush green mountains are home to one of the longest single-run ziplines in the world. Here you can go rock climbing or rappelling, then splash your way to a heavenly waterfall. It's also a mountain biking hot spot, and host to triathlons and half marathons.

Fast becoming a luxury destination, Puerto Rico boasts world-class hotels that combine the island's spectacular beauty with exceptional service and

amenities. Puerto Rico also offers 18 world-class golf courses with amazing vistas and, of course, perfect playing weather year round; come in March for the Puerto Rico Open, the only official P.G.A. event in the Caribbean.

From gourmet fine dining to roadside kiosks, Puerto Rico has grown into one of the gastronomic centers of the Caribbean. World-class chefs man the kitchens at many restaurants in San Juan, while internationally renowned chefs have brought their brands to the island. Culinary tradition spans centuries and combines Taíno, Spanish and African cultures, recipes and ingredients. Sample fresh seafood and local delicacies such as mofongo, plantain balls and lechón, a pig roasted on a spit. For more information, visit seepuertorico.com.

THE CAYMAN ISLANDS Dive right in

A haven of luxurious accommodations, world-class cuisine and unparalleled beauty, the warm and welcoming Cayman Islands is a vacation paradise in the western Caribbean.

Recognized as the birthplace of recreational diving, Cayman's three sister islands draw underwater explorers from across the world. On Grand Cayman, Stingray City and Sand Bar in North Sound are the most popular snorkeling sites, with magnificent coral reefs. Here, you can also pet and feed Atlantic Southern stingrays. The island of Cayman Brac boasts some of the world's best wreck diving; the 350-foot wreck of M.V. Captain Keith Tibbetts, a sunken naval frigate inhabited by multihued sea creatures. Off Little Cayman, colorful coral gardens, wavering sea plumes and exotic tropical fish thrive among more than 50 unique dive sites. Divers flock to the Bloody Bay Marine

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Park – home to the Bloody Bay Wall, a coral drop that begins at 18 feet and plunges into turguoise infinity. Nearby, Jackson's Point is a great snorkeling spot for both experts and beginners.

You can also experience Grand Cayman's abundant marine life without getting wet: Atlantis Submarine will take you from the teeming shallow reefs and shipwrecks of George Town harbor to the coral canyons at a depth of 100 feet.

For land-based exploration, head to Grand Cayman's Queen Elizabeth II Botanic Park, a 65-acre woodland preserve comprising 2,000 species of tropical vegetation. The park is also home to the National Trust's Blue Iguana Recovery Program, a captive breeding and reintroduction facility for the world's most endangered iguana. Meander through the Floral Color Garden; stroll along the Woodland Trail, which passes through a wide variety of habitats; and discover orchid species found nowhere else in the world at Orchids in the Park.

Explore all three Cayman Islands by foot and discover some of the most diverse flora and fauna in the world, including the Silver Thatch Palm, Cayman's national tree; mangrove forests; wild banana orchids, the Cayman parrot and the largest colony of red-footed boobies in the Western Hemisphere. On Grand Cayman, the two-mile Mastic Trail passes through one of the last remaining examples of subtropical forests in the Caribbean. On Cayman Brac, take a cliff walk along the 153-foot bluff that thrusts vertically from the ocean floor. On Little Cayman, stroll a secluded beach on an undeveloped coastline, or spend time exploring the lagoons, mangrove forests, salt ponds and pristine wetlands that make up this tiny island paradise. Throughout the islands there are ample opportunities for caving, horseback riding and bird-watching.

Get your adrenaline rush kite surfing on Antigua's turquoise waters.



Sample the taste of the islands during the weekly Flavor Tour: Camana Bay's signature restaurants present four small-course plates complemented by a feature cocktail or wine pairings, and ending with a taste of one of the 80 vintages at West Indies Wine Company.

Enjoy tastings, demonstrations, tours and dinners at the Cayman Cookout, Jan. 14–17, 2016, hosted by chef Eric Ripert and featuring a roster of world-famous chefs including José Andrés, Florian Bellanger, Anthony Bourdain, Tom Colicchio, Dean Fearing, Cindy Hutson, Hubert Keller, Ludovic Lefebvre, Dean Max and Michael Mina.

Then on Jan. 23, 2016, sample food and wine from Grand Cayman's many restaurants and enjoy live music and fireworks during the annual Taste of Cayman Food & Wine Festival, held at Camana Bay.

The Cayman Islands has no shortage of luxury accommodations. Choose from resorts and hotels such as the Grand Cayman Marriott Beach Resort, The Westin Grand Cayman Seven Mile Beach Resort & Spa, The Ritz-Carlton, Grand Cayman, and the elite Le Soleil d'Or in Cayman Brac, or private condominiums and villas available on all three islands. Find yourself ensconced in grand style, just steps from the beach.

Find out more at caymanislands.ky.

ANTIGUA AND BARBUDA

The beach is just the beginning

What draws thousands of visitors to Antigua and Barbuda year after year? Dozens of luxurious, all-inclusive resorts (perfect for weddings and honeymoons); 365 brilliant, largely pristine beaches, sheltered bays, harbors and coves; delicious local delicacies; and a fascinating history and culture. And now, getting there is easier then ever: JetBlue now flies to the island nonstop from Kennedy International Airport.

Only nine by 12 miles in size, Antigua claims distinguished residents and visitors, multimillionaire manors like the Mellon estate at the exclusive Mill Reef Club, and a world-class sailing regatta at English Harbour in April. Just a few must-dos: Visit Nelson's Dockyard, Antigua's largest national park; take a Rainforest Canopy Tour by zipline; and swim with the stingrays at Stingray City. Sample the island's national dish, fungi and pepperpot; indulge in a piece of Antigua black pineapple, the sweetest in the world; and wash it down with a local ice-cold ginger beer. For real excitement, experience Antigua's Carnival in July 2016, as the island celebrates the 60th year of the summer festival.

Barbuda, Antigua's smaller sister island, is an eco-lover's paradise, pristine and secluded. With mysterious abandoned forts, Neolithic

caves, beaches with pink sand untouched since the days of Columbus, a wild-bird sanctuary on a mesmerizing lagoon and a liberal scattering of ancient offshore shipwrecks, Barbuda offers both solitude and adventure. *For more information, go to visitantiguabarbuda.com.*

Where to stay in Antigua and Barbuda

Amazing views, fresh fare, indulgent spas, and ample opportunities to explore the islands — these world-class resorts have it all.

JUMBY BAY

Just off the coast of Antigua, Jumby Bay, A Rosewood Resort, is one of the world's most undisturbed places — a 300-acre island of picture-perfect beaches; winding bicycle paths; and rich biodiversity, including a preserve for hawksbill sea turtles. (No cars, beach vendors or jet skis here.) With just 40 exquisitely appointed guest rooms and suites and a collection of villas, this hideaway has remained largely unchanged for centuries. Go to rosewoodhotels.com.

CARLISLE BAY

Nestled on Antigua's south coast, Carlisle Bay lies between a stunning beach and an untouched rain forest. With dedicated areas for both families and couples, the resort includes 82 suites, all with ocean views. Relax and refresh at Blue Spa, dine on fresh island fare and enjoy tennis, plentiful water sports and classes. Go to carlisle-bay.com.

ST. JAMES'S CLUB RESORT & VILLAS

Tucked away on a secluded 100-acre peninsula on the southeastern coast of Antigua, St. James's Club Resort & Villas exudes a casual, club-like ambience. A popular destination for weddings and honeymoons, the resort is also a favorite among families. Flanked by two white-sand beaches, the resort — which features six swimming pools, six tennis courts and an award-winning Kidz Club — is a perfect place to retreat from the world. Go to stjamesclubantigua.com.

THE INN AT ENGLISH HARBOUR

With only 28 rooms built on 19 acres of wooded hills overlooking the sea and a white-sand beach, The Inn at English Harbour, Antigua, promises a relaxing, secluded getaway. Each room and suite has a private veranda or terrace from which to take in the views of yachts cruising along the bay. Take a water taxi to nearby Nelson's Dockyard; refresh with a PUERTO RICO TOURISM 5.22TX11.5 2043412_1

soothing body wrap in the spa; and dine on the restaurant terrace with a magnificent view of the sea. Go to theinnantigua.com.

SUGAR RIDGE

A stylish boutique hotel set on a sugarcane-covered hillside between mountains and the dramatic coastal highlands, Sugar Ridge is a perfect place to recharge and connect with the beautiful island of Antigua. Get pampered at the 6,000-square-foot Aveda spa, choose from an eclectic array of dining options, retreat to your spacious room and enjoy panoramic views from your private deck. Go to sugarridgeantigua.com.

BLUE WATERS RESORT & SPA

With several freshwater pools, secluded beach coves and 17 acres of stunning tropical gardens, Blue Waters is known for its beauty and highend service. The secluded, ultraluxe Cove Suites are set away from the main resort, but close to the cliff-top Cove Restaurant. Choose an allinclusive meal plan, which includes breakfast, lunch, afternoon tea and dinner at each of the resort's three restaurants, as well as soft drinks, alcohol and a vast array of cocktails. Go to bluewaters.net.

THE NEW MOON PALACE JAMAICA GRANDE

Jamaican soul with a Palace touch

Known for its luxurious, all-inclusive resorts throughout Mexico, the iconic Palace Resorts brand has launched the next chapter in its 30-year history: a larger-than-life vacation paradise in Ocho Rios, Jamaica. Boasting more than 700 elegant guest rooms and suites all with breathtaking views of the Caribbean — Moon Palace Jamaica Grande is set along a 17-acre beach, the longest stretch of private beach in Ocho Rios.

Following months of buzz and a multimillion-dollar enhancement, this upscale oasis is poised to become Jamaica's top vacation and entertainment destination, combining Palace-level quality and service with the beauty and flavor of Jamaica. Cutting-edge designer François Frossard's décor is Caribbean chic: rooms are dressed in off-white, with pops of color in the form of contemporary art.

And, of course, most everything is included: world-class dining and delicious snacks; top-shelf liquor brands in all bars and restaurants and in-room minibars; unlimited long-distance calls to the U.S. and Canada; complimentary wireless Internet throughout the property; and beauty industry-leading CHI amenities in every guest room, including blow dryers and hair irons, shampoo, conditioner, lotions and bubble bath.

The resort provides the perfect setting for sublime relaxation: five lavish swimming pools amid lush foliage and waterfalls; swim-up bars; and the Awe Spa, set within a stunning 35,000-square-foot wellness sanctuary where professional therapists and aestheticians help you reenergize with indulgent, detoxifying spa treatments.

Palace Resorts also brings its most popular all-ages signature amenities to Jamaica: the FlowRider Double wave simulator, where kids and adults can ride wave after wave; the fabulous Wired Teens Lounge; the ultrachic Noir nightclub; and for the 4- to 12-year-old set, an expansive kids club dubbed The Playroom, which features Ping-Pong, a mini Olympics, movie nights, beach soccer and tennis lessons.

While Palace Resorts is known for its stellar drinks and cuisine, the new Moon Palace Jamaica Grande takes it a step further. The upscale gourmet corridor — part farmer's market, part café — offers guests a variety of fresh cuisines from around the world, from gourmet Asian to traditional Italian and modern Caribbean. Choose from five different restaurants and six different bars with can't-miss cuisine and craft cocktails. Jamaican food star Dennis McIntosh is the resort's executive chef, and his menus include creative signature dishes composed of local, seasonal herbs and spices, fresh fruits and vegetables.

Take advantage of Palace Resorts' popular Credit Promotion: Guests staying five nights or more receive a \$1,500 resort credit to use toward spa appointments, wine upgrades, rounds of golf, off-site excursions and more.

The resort is just a five-minute walk from downtown Ocho Rios' waterfront shops, restaurants and crafts market, where you can get upclose and personal with the friendly locals. Or explore the island with one of many tours; float down a river on an inner tube while enjoying the surrounding natural beauty; or visit the nearby city of Negril.

Palace Resorts' eight all-inclusive, luxury resorts feature both adults-only and family-friendly properties throughout the Mexican Caribbean, including Cancún, Isla Mujeres, Cozumel (a premier destination for divers and snorkelers) and Playa del Carmen. The brand's signature property, Moon Palace Golf & Spa Resort, recently completed a 100-million-dollar renovation. Recognized as Cancún's premier entertainment resort destination, Moon Palace Golf & Spa Resort is known for hosting world-renowned performers.

For more information visit palaceresorts.com or call 800-635-1836.

An idyllic vacation awaits at Moon Palace Jamaica Grande. Photo: Palace Resorts



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The spectacular pool at the Caribe Hilton in San Juan, Puerto Rico.



HILTON HOTELS & RESORTS Stay in style

You're ready for your tropical escape ... but where to stay? With a collection of elegant, amenity-filled hotels and resorts throughout the Caribbean and Latin America, Hilton provides exactly the experience you crave. And with Hilton's two offers — Fall Triple Miles and Triple Your Trip — members of Hilton's loyalty program, HHonors, get even more perks.

A member favorite, the Triple Your Trip promotion allows guests who book directly through Hilton to earn Double Points Monday through Thursday nights and Triple Points on Friday, Saturday and Sunday nights from Sept. 1 to Dec. 31, 2015, at Hilton Worldwide's 12 distinct hotel brands.

At the same time, HHonors members traveling to the Caribbean and Latin America can earn even more rewards with the Fall Triple Miles offer, available at participating hotels throughout the region from Sept. 1 to Dec. 31, 2015.

HHonors members can then take advantage of these bonus points and miles to enjoy a reward stay at some of the most relaxing and welcoming resort properties in the Caribbean and Latin America. These include the newly added Hilton Aruba Caribbean Resort & Casino; the recently reopened and completely renovated Hilton Los Cabos Beach & Golf Resort; or the beachfront Hilton Cartagena, among others.

Get triple rewards while gazing at the sea from your private balcony at the beachside Hilton Barbados; while basking on the beach at Hilton Curaçao; sipping a piña colada poolside at Caribe Hilton San Juan; or playing the tables at the new Hilton Aruba Caribbean Resort & Casino.

A global leader in stylish, forward-thinking hospitality for more than a century, Hilton Resorts & Hotels are filled with character, charm, history and an array of luxurious touches — from golf and full-service spas to PADI/SSI dive center courses with access to some of the most exciting sites in the region.

For more information and complete terms and conditions, visit hhonors.com/latambonus or hiltoncaribbean.com.

NORWEGIAN AIR

New nonstop flights bring the French Caribbean to your door

The beauty, charm and mystique of the French Caribbean just got closer than ever. Beginning Dec. 3, Norwegian Air will fly from New York, Baltimore and Boston directly to the Guadeloupe Islands and Martinique — the only nonstop flights available from the Northeast — with one-way fares still as low as just \$99.

Norwegian will offer thrice-weekly flights from New York's Kennedy International Airport to the Guadeloupe Islands and Martinique, while Boston and Baltimore-Washington will have twice-weekly service the first time in more than 20 years that there will be direct air service between the Northeast and these two French West Indies islands. The routes will be operated with brand new Boeing 186-passenger 737-800s, complete with leather seats and free Wi-Fi, and the option to rent movies and TV shows on your personal device.

Norwegian Air is one of the world's fastest growing airlines, named the Best European Low-Cost Carrier and Best Long-Haul Low-Cost Carrier in the SkyTrax World Airline Awards, which ranks airlines and airports based on passenger reviews.

Operating one of the newest and most eco-friendly fleets in the sky, Norwegian already offers 28 nonstop routes from the U.S. to London and Scandinavia, providing more European routes than any other European airline. In addition to its new direct flights to the French Caribbean, Norwegian plans to soon add even more nonstop destinations from American cities to European destinations.

Why Martinique and the Guadeloupe Islands? Norwegian parks around 10 aircraft in the winter, and, considering an alternative, management came up with an innovative idea: "Why shouldn't we fly from the U.S. to French territories when we can?" explained Norwegian C.E.O. Bjørn Kjos.

Boasting spectacular natural beauty and diversity — including pristine beaches, dramatic rain forests, towering waterfalls and turquoise lagoons — Martinique and the archipelago of the Guadeloupe Islands each has its own distinct, decidedly French flavor.

The fascinating Guadeloupe Islands are filled with quaint villages, tropical rain forests and more than 250 dazzling beaches. They comprise two main islands: Grande-Terre features beach towns with marvelous stretch-

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Now Norwegian Air flies directly to the Guadeloupe Islands (above) and Martinique (below), the best-kept secrets in the Caribbean. Photo: Philippe Giraud | GTIB (top) and Luc Olivier (bottom)

es of sand and plenty of activities and water sports. The second, mountainous Basse-Terre, is home to Guadeloupe National Park, the largest rain forest of the Lesser Antilles, and recognized for its biological diversity as a Unesco Biosphere Reserve. With 256 miles of marked hiking rails and more than 20 waterfalls, the park is crowned by the spectacular La Soufrière volcano.

Completing the archipelago are the surrounding islands of Iles des Saintes, Marie Galante and La Desirade. Just a 20- to 40-minute ferry ride from one another, they're perfect for island hopping.

Exuding a certain élan and joie de vivre, Martinique — originally dubbed the "Island of Flowers" — combines the elegance and sophistication of Paris with the breathtaking beauty of the Caribbean. Martinique's striking natural wonders include spectacular beaches, turquoise lagoons, mountain peaks and a magnificent tropical rain forest crowned by the still-smoldering Mont Pelée. Filled with lush vegetation unparalleled anywhere in the Caribbean, Martinique is a place where ferns grow as tall as trees and green comes in a thousand different shades. Fort-de-France, its largest city, is full of new restaurants and clubs, making it one of the most cosmopolitan islands around.

And now, thanks to Norwegian, you can leave the dead of winter behind and, in just four and a half hours, find yourself in the paradise that is the French Caribbean.

For more information, visit norwegian.com/us, guadeloupe -islands.com and us.martinique.org. 😳

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