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Paradise without the price

Famously expensive and a playground of the rich and famous, the Caribbean doesn't have to cost the earth. Here's how to do it on the cheap, says *CAROLINE EDEN*

NO, NOT THAT SCARBOROUGH

Sometimes a fly-and-flop is just the ticket and it doesn't get much better than Tobago.

DialAFlight has a seven-night break at Le Grand Courlan Spa Resort in Stonehaven. The four-star resort, with private beach, is just five miles from the island's lively capital city, Scarborough.

Life revolves around sunbathing. Soak up the rays on the hotel's two tennis courts or try out treatments in the spa. Just don't mess about too much on your own on the island after dark.

Seven nights' B&B at Le Grand Courlan Spa Resort costs from £959pp, based on two sharing, including return flights from London, travelling between January 5 and March 20. dialaflight.com





A JAMAICAN TREASURE

Deep in the fishing village of Treasure Beach, [Jakes](#) is Jamaica at its very best: waves break on the nearby rocks, hammocks swing and it's so damned cool past guests include Kate Moss and Jude Law. *Virgin Holidays + HIP hotels are offering five nights at Jakes on a room-only basis from £1,299pp, based on two sharing with return flights from London between January 1 and 31. [vhiphotels.co.uk](#)*



LIKE A VIRGIN... ISLAND?

Fancy swapping your daily commute for swashbuckling around the British Virgin Islands aboard a 53ft catamaran? Of course you do. What luck then that Intrepid Travel is offering an eight-day British Virgin Islands Sailing Adventure. *Costs from £1,947pp, including return flights from London. Departs January 24. [Intrepidtravel.com](#)*



SAND? IT'S OVERRATED

Little-visited volcanic island St Vincent deserves more visitors. The cash-savvy place to stay is 18th-century Grenadine House in the suburbs of capital Kingstown. The reason it is possible to bag a bargain here is because it is not on the beach. Lonely Planet destination editor Lorna Parkes says: 'Sea views can really hike up the price. To crack the Caribbean on a budget, hunt out cheaper guesthouses in historic towns.' *Doubles, including breakfast, start from about £108 a night, including breakfast. [grenadinehouse.com](#)*



TAKE TIME OUT TO CHILL

Cheap and cheerful is the order of the day at the laid-back Time Out Hotel on Barbados's south coast. Close to the St Lawrence Gap district – which has everything the budget traveller needs – this is a hotel that excels at low-key friendly service. *Travelbag has a seven-night holiday at the Time Out Hotel on a B&B basis from £759pp, based on two sharing with return flights from London, departing between December 31 and March 20. [travelbag.co.uk](#)*