BEACHES

ISSUE VII



Beyond Our Salty Beaches
by Jill Healy Quintard

Good Tradewinds, Good Tidings
Live Bahamas

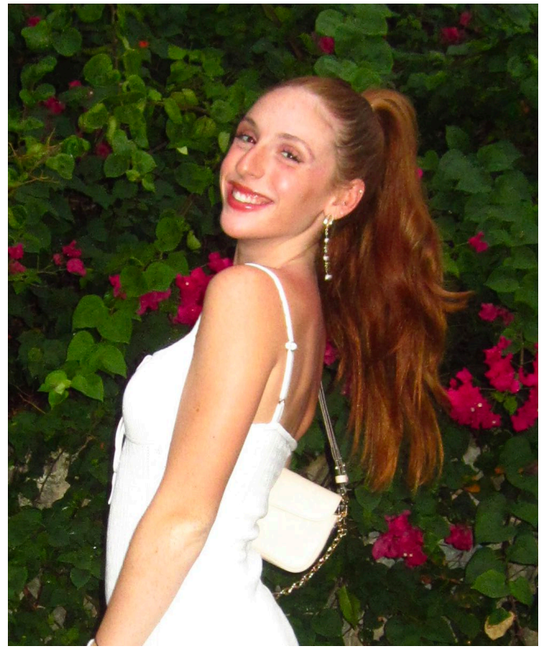
Welcome to Issue VII of Beaches magazine! I'm beyond excited to share this edition with you, filled with stories, photos, and ideas that bring the magic of the coast right to your hands. Whether you're a seasoned surfer, a beachcomber, or just someone who loves to lounge by the water, there's something in here for you.

In "*Good Tradewinds, Good Tidings*" from Live Bahamas, we're diving deep into the vibrant, laid-back culture of the islands. From crystal-clear waters to the rhythms of island life, this feature celebrates everything that makes the Bahamas unforgettable. If you ask me, there's something magical about a place where everyone lives on "island time." No rush, no stress—just sun, sand, and pure good vibes. Our team loved capturing that spirit, and I hope it inspires you to take a mental (or maybe even a real) vacation.

In this issue, we're going "*Beyond Our Salty Beaches*" with Jill Avery Galland, who takes us on a journey to uncover lesser-known coastal spots that are full of character and beauty. These are the places you won't find on every Instagram feed—the hidden gems that offer a true escape from the ordinary. If you've been looking for fresh travel inspiration or dreaming of a unique beach experience, Jill's story is a must-read.

But this issue isn't just about travel. For all of us who love the coast, beach life is a mindset. It's that feeling of being completely in the moment, enjoying the warmth of the sun, the sound of the waves, and the freedom that comes with just being yourself. That's why we've packed these pages with stories, tips, and visuals to bring that beachy state of mind into your everyday life—no matter where you are.

So grab a cool drink, kick back, and let *Beaches* take you on a little getaway. I hope these stories inspire you to explore, unwind, and embrace the joy that only the coast can bring. Here's to endless shores, unforgettable adventures, and making every day a beach day—even if you're miles from the sea.



Thanks for joining me on this journey. I can't wait to hear what you think of this issue!

Catch you on the next wave,

Samantha Arielle Bardisa
Editor-in-Chief, Beaches Magazine

Samantha Arielle Bardisa









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BEACHES BAHAMAS

by Laura Hill

EATING AND ENJOYING THE OUTDOORS

Harbour Island is also known for its excellent culinary offerings. From local down-to-earth finds to restaurants run by internationally renowned chefs, there is something to please every palate. Many of the dining options are higher-end and offer an eclectic dining experience. For those seeking a more local edge, there are more relaxed options where you can enjoy some local specialties. Caribbean cuisine, of course, varies island to island, but some favorites that are not to be missed are conch chowder, seafood sandwiches and freshly baked raisin bread.
Finding a beautiful place to staywhile on Harbour Island is not hard to do. Whether you prefer to stay in a charming village or right on the beach, there are many options. Boutique hotels are abundant on this island; from the bohemian chic to the sophisticated, this island offers an eclectic array or luxury accommodations to suit any taste or needs.

Beyond beach life, there is an abundance of outdoor activities to enjoy. Be sure to experience some interesting activities such as horseback riding on the beach, exploring the colonial-stylebuildings and flower-lined streets of Dunmore Town or scuba diving in the crystal-clear Caribbean waters. For such a little island, Harbour Island is certainly a treasure trove of paradise waiting to be explored.



Swim or above the crystal clear waters of Harbour Island visitors get an unforgettable view as stingrays glide beneath them.



UNDER THE SEA

Harbour Island is rich in underwater beauty as well. It's easy to rent or find snorkeling gear that will Take your island experience under the sea. For a more extensive experience, consider accessing more snorkeling spots and stunning reefs by boat. There are plenty of private boats available for charter that will take you snorkeling, fishing, diving or even having a beach picnic on a nearby island. The west coast of Harbour Island also has beaches and several marinas where you can find boat charters. Explore outlying coral reefs like the Devil's Backbone to swim with incredible marine life such as turtles and stingrays. Devil's Backbone is not as intimidating as it sounds. Perched as a stretch of shallow reef in the middle of the sea, this is a great.





BEACH LIFE

Harbour Island is truly a tropical paradise, with miles of pink sand beaches that stretch along its eastern shore and water activities to indulge in. These famous beaches are among the best the Caribbean has to offer. The sea is warm all year-round, even during the relatively cooler months, and is consistently comfortable for taking swims and relaxing in the water.

"When Luxary Meets the Laidback Bahamian Lifestyle"

Enjoy lying in chaise lounge chairs that are scattered along the expansive beaches. With views like these, it's hard to imagine doing much else on Harbour Island beyond basking in its natural beauty and sunshine. Many of the boutique hotels on the island have reserved



The Dunmore Hotel offers a tranquil beachfront retreat with stunning ocean views.

spaces on a beach with chaise lounges and umbrellas for the use of their guests. There are also beach spots where one can rent a chaise lounge and umbrellas by the day.

Enjoy lounging in chaise chairs scattered across the vast stretches of Harbour Island's pristine beaches. With the stunning views and endless sunshine, it's easy to lose track of time while soaking in the island's natural beauty. Many of the boutique hotels offer private beach sections, complete with reserved chaise lounges and umbrellas, exclusively for their guests. For those not staying at these hotels, there are also beachside spots where you can rent chaise lounges and umbrellas for a day of pure relaxation by the sea, letting the gentle ocean breeze wash over you.







Good Tradewinds, Good Tidings

by Justin Alem

Do you know someone who's a bit of a seagull when it comes to other people's chips? Or a friend that can dance with captivating fluidity? In Homeopathy, we can have acute remedies for specific short term health symptoms such as hay fever, but we also have constitutional remedies. A constitutional remedy is matched to the person, by their personality, physicality, and typical health issues. The process is not dissimilar to the approach in acute prescribing; however, it is in greater depth.

When you find your constitutional remedy, you can use this to boost your vitality as it is true to you and your needs. These remedies can be made from animal, plant or mineral, and the chemical properties or physical nature of them can curiously often match the physical nature of the person as well. With these ocean and beach based examples, it is important to note that not all the symptoms or traits have been listed, more so the ones that provide the curious similarities.

CUTTLEFISH

Homeopathic name: Sepia Officinalis Predatory or dominant in nature, a love of swimming, and the love of speed, particularly the idea of swimming fast in water. This fits with the source of the remedy, as the cuttlefish is a highly evolved predatory mollusc, a cephalopod, capable of moving at speed by means of jet propulsion. Moreover, they have a desire for and capability of independence, and a love of dancing. These are all very much part and parcel of Sepia's characteristics.

OYSTER SHELL

Homeopathic name: Calcarea Carbonica The oyster forms a shell and builds. The character of the person connected to this remedy is like an oyster without a shell; feeling unprotected with a fear of losing reason or that people will see them in a state of confusion.

JELLYFISH

Homeopathic name: Medusa The physical characteristics are pricking heat and numbness of the skin on the face, arms, and breasts; all similar symptoms of being stung by a jellyfish. An unforgettable feeling for those that have experienced it.

SEA SALT

Homeopathic name: Natrium Muriaticum A person connected to this remedy can have an unquenchable thirst and strong sensitivity to sunlight. They often absorb and retain water and other body fluids. Bloating and water retention are also issues with regular headaches or migraines.

SEA WATER

Homeopathic remedy name: Aqua marina A person will have the sensation of a hair or fishbone in their throat. They will suffer from seasickness and nausea.

SEA SPONGE

Homeopathic remedy name: Spongia Tosta Spongia Tosta is a remedy for dry mucous membranes (mouth, nose, throat, and larynx). These can be improved with warm water. They may wake at night with a fear of being squashed or suffocated. They will also have an excessive thirst and great hunger.

SEAGULL

Homeopathic remedy name: Larus argentatus As with the bird, those that will benefit from a seagull remedy, like to keep physical contact to a minimum. However, in a contradictory sense, they are also not comfortable with being completely alone. This leads to fights breaking out around food or protecting their family. It's a familiar scene amongst the insatiable appetites of seagulls at any Northern Beaches beachside cafe.

I've often looked enviously at the pink clad Bold and Beautiful swimmers tackling the Manly to Shelly Beach swim. My goal is to one day join this courageous group. However, the thought of swimming outside of the flags fills me with dread.

I grew up in England where beachside endeavors were sparse and childhood swimming lessons ended once parents deemed you no longer a drowning risk. To me 'freestyle' is a dance move and 'butterfly' is an insect. I'm less than confident that my signature Mum-style breaststroke would serve me well heading out into the deep.

Enter Narelle, an expert in the field, honored in the Australian Hall of Fame for marathon swimming and has trained many highly decorated open water swimmers in her career. She also runs adult 'learn to swim' programs. If anyone can transform you from a basic swimmer to a confident ocean swimmer, she can. Her philosophy is 'Swimming: A life skill forever' but is it too late to start? Can you teach an old dog new tricks?
'Of course you can do it," laughs Narelle. "It is never too late to start." Here is Narelle's advice to get you swimming confidently in our amazing ocean this Summer.

LEARNING THE STROKES

"Whatever your current level, we can help you achieve your ocean goals. We offer adult swimming classes at both the Manly and Brookvale pools. Our 'Learn to Swim' program at Brookvale caters for absolute beginners. Stroke correction classes are also held at Manly for more experienced swimmers," says Narelle.

BUILDING STAMINA

"Often people have difficulty swimming because of issues with their breathing. Going from the pool to the ocean is all about confidence and stamina. Once this is built and a relaxed breathing pattern is achieved, moving to the ocean isn't hard. Swimming in an ocean pool will help you acclimatize to the buoyancy of saltwater. Always start with shorter distances and build," says Narelle.

WHAT ABOUT THE WILDLIFE?

"Cabbage Tree Bay is home to some incredible sealife which can be both a drawcard and deterrent to new ocean swimmers. A good way to build confidence is to snorkel from Shelly Beach. You'll get used to seeing the wildlife and begin to feel less threatened by it. From here, you can build your confidence to travel further from the shore line. You'll see the most incredible things on the swim, none of which have any intention to hurt you. Remember, you are in their territory," explains Narelle.

RIDING THE WAVES

"It's about breath control and understanding how to dive under small waves, at the beginning, and using the ocean bottom for stability. This can start in the pool by practicing dolphin diving, a skill that teaches you how to move under water to come to the surface. You can then progress to practicing at the beach when it's calm. You'll need to learn how and when to take your breath at the surface. There is much more to this skill than meets the eye, but there are progressions to teach all ability levels to gain confidence navigating waves," says Narelle.

"VISIONS OF TROPICAL TOPPED WITH PALM TREES"

GOING THE DISTANCE

"Once you have built confidence in your stroke, you will need to build your endurance. The Manly to Shelly Beach swim is 750 meters each way. "I stress breath control and being relaxed. There is nothing wrong with wearing full fins, then shorter fins, then progress to no fins at all. Break up the swim into three or four sections and challenge yourself, building the distance as your strength and confidence grow. "It is important to always swim with somebody," shares Narelle. "You can always rollover and float for a rest. It's all about feeling relaxed and being patient with yourself. Be kind to yourself, and you will achieve your goal." Thanks for the amazing advice, Narelle. There is no excuse now. I'll see you in the surf.

SURF'S UP!

In Australia, the Northern Beaches was the birthplace of surfboard riding, and it has continued to grow in popularity ever since. From Brookvale's innovative board making scene in the 1950s to the first World Surfing Championship competition in 1964, the Northern Beaches is where countless iconic moments took place. The community is still home to the likes of world champions like Midget Farrelly, Tom Carroll and Layne Beachley, who have showcased Australia's talent on a global stage. When it comes to picking your perfect break, you'll be spoiled for choice. Just moments from Hamptons by Rose is Dee Why Point and Long Reef — all of which are popular go-to spots for local surfers. Butter Box and Brown Water are popular for hydrofoiling and kite surfing too. There's a good reason why so many people gravitate towards the Northern Beaches. With the ocean on your doorstep, life immediately becomes more relaxed and attuned with nature especially the beach itself. Whether you're a keen surfer or simply love to watch the waves roll in, the beach has a magnetic pull that's hard to resist.

DIVE IN, CAST OFF, SAIL AWAY

Swimming can dovetail nicely into your social life in Dee Why, thanks to the area's various organized swim clubs.

Founded in 1947, Dee Why RSL Swim Club is one of the oldest, with a season running from October to Easter. The club meets at Dee Why Rockpool every Sunday morning, rain, hail or shine, and even hosts its own annual swimming carnival. And if you're brave enough to swim through the Winter months, the Dee Why Icepicks will no doubt love to hear from you!

Whale Beach and Bilgola to name a few

While much of the area's Indigenous heritage has been sadly lost, we believe it was once home to several Aboriginal clans, including the Gayamaygal, Gamaragal, Garigal and Darramurragal people. At Dee Why's southern end, there is evidence of a midden and several rock engravings remain in nearby areas.

STONY RANGE REGIONAL BOTANIC GARDENS

One of Dee Why's true hidden gems is Stony Range Regional Botanic Garden. An oasis of native plants, it has a network of interconnected walkways to explore, all of which take you through a series of different micro-climates — from rainforest gully to sandstone heath to cascading waterfalls. Famous for its fl oral displays and 'bush tucker', Stony Range is an idyllic place to while away the day, immersing yourself in the sights, sounds and fragrances of the Australian bush.

COASTAL WALKS

For a different kind of walk, Dee Why Headland is a spectacular slice of nature just minutes from home. Tucked betweenCurl Curl and Dee Why beaches, the rugged sandstone headland has breathtaking ocean views. It also acts as an important wildlife corridor. The walk takes around 45 minutes, and you can start at either end — but be warned, it's quite a workout! For a more leisurely option, there's also the Long Reef Headland walk, which is a little longer but has a well-defined path, and equally lovely views.

FISHERMAN'S BEACH

When it comes to a post-walk picnic location, Fisherman's Beach is a local secret that's hard to beat. Hidden between Collaroy Point and the northern base of Long Reef Point Headland, it's a very sheltered and quiet bay that forms part of the aquatic reserve, making it a great place to snorkel too.

WELL ABOVE PAR

Golf is an undeniably popular pastime on the beaches, and you have a range of courses and clubs to choose from, including Cromer Golf Club, Bayview Golf Club and Terrey Hills Pitch & Putt. And of course, we can't forget Long Reef Golf Course, which happens to be the finest beach-front golf course in the whole of Sydney — not to mention your local!

A DOGGY DREAM

The Northern Beaches is a wonderful dog-friendly place to call home, with over 29 off-leash dog parks — and at Hamptons by Rose, some of the very best are just minutes from home. Stretching most of the way down Curl Curl beach is the fabulous Flora and Richie Robert Reserve, which is off-leash 24/7 and gives water-loving pups direct access to the lagoon. Bayview and Sandy Bay Reserve are also great for dogs who like the water.

FOR THE KIDS

Kids need to burn off some steam? Head to your newly revamped local, Walter Gors Park, which boasts playgrounds, water gardens, BBQ facilities and more. Just off Dee Why Strand, there's also Michaela Howie Playground, which offers a shady retreat that's perfect after a beach session in the sun.

GOOD TRADEWINDS, GOOD TIDINGS:

The lure of the ocean is as ancient as life on Earth itself. A deep instinct inspires us to the great waters from where we first originated.Whether navigating gentle lapping waves or taming choppy conditions, there is an invigorating quality to floating about the great blue stretches of open ocean. Those hooked to traversing above the foam under the power of the winds regularly report an ultimate feeling of freedom. always with an eye toward the comfort and respite of new ports, new friends and new adventures.For many in The Bahamas, sailing isn't a sport or a diversion, but a way of life like no other. There are many ways to choose your sailing adventure in this special part of the Caribbean. Charters are plentiful both in the islands themselves or if you're starting out from nearby Florida — which is just over 50 miles away!

"DISCOVER THE BAHAMAS FROM A PORT IN FLORIDA"



That short distance, however, is far more profound than it seems. remote islands, you'll want to be sure you have everything you need on hand. Ready to explore The Bahamas from the deck of a sailboat? Here are a few things to know before you go, places you might want to check out and tips on what to pack so that you can make the most of your journey.

PLANNING FOR PARADISE

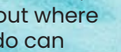
We understand if your very first thoughts when considering a sailing excursion in The Bahamas are visions of tropical atolls topped with palm trees and surrounded with colorful coral reefs. Seeing that bit of heaven on Earth in your mind's eye is exactly the goal you are seeking, and believe us — it's there for real! But before embarking on this quest for paradise, you want to be sure you have all of your necessities. Just as with any trip you're thinking of taking, the bare essentials are Key. toletries, medication.bas sic clothing. devices, etc.
Sailing means limited storage space. It's important to be economical in what you choose to pack — and what you need to save room for.

What is it driving you most to this sailing adventure?
Will you be snorkeling or scuba diving? Perhaps you just want a secluded beach to tan yourself upon? Is fishing your thing?If you're going sailing on your own, think about bringing the needed equipment. And if you're chartering a boat, be sure they have what you need aboard. For those needing to stay in touch with work or home via mobile devices, you can secure a BTC SIM card at your first port.

If you are sailing your own boat into The Bahamas, any item from home you simply need to have with you, then be sure to bring. Simple favorites like popcorn or Spam come at a premium on the islands! For extended travel, any comfort food or treasured delicacy should be brought over from your point of origin. Water won't be as expensive, but it's good to have plenty on board and keep in mind that on some of the less inhabited islands, tap water is sometimes best avoided. All that said, if you want to stick to local flavors, there will plenty of options for authentic regional produce, alcohol and, naturally, seafood.

CHARTING THE PASSAGE

For the very bold sailors looking to discover The Bahamas from a port in Florida, it's important to be aware before getting going. The Gulf Stream is strong and pushes northeast, so the smoothest sailing will not happen from Miami, but a bit lower on the map, somewhere in the Florida Keys, such as Key Largo. The Bahama Banks, as mentioned, are quite shallow — from 80 feet deep to as little as 15 feet— and shifting shoals can't always be predicted. It's best to have the latest charts on hand, solid GPS and contact with the local sailing community who update conditions in real-time. The pleasure of all this, of course, is that the crystal-clear waters will often reveal fanning grasses and wildlife riding your wake.



For those charting local captains to show them around, it's important to figure out exactly where you want to go and what you want to do. There are literally thousands of islands and cays in The Bahamas ranging from the populous tourist centers to any number of spits of sand sporting nothing more than a coconut grove and a few hermit crabs Obviously, you will be seeking separate services if, say, you are looking for some deep-sea fishing versus some shallow reef snorkeling. Decide what your trip will be like and then research which charter will be able to fulfill your needs. The Bahamas, making it another great place for fishing, although the rocky waters are sometimes less favored.

LOCATION, LOCATION

Once you have landed upon a decision of exactly what you want your personal sailing vacation in The Bahamas to look like, the last step is figuring out where the things you want to do can be found. Consider for example, that out of those thousands of islands, only about 50 or so have a village or town. And of those 50, experiences can range from full-blown urban settings to one-block fishing outposts. On the rest, all manner of adventures is possible from remote hiking opportunities to swimming with dolphins. In fact, there is such an abundance of discovery in this island chain, that starting with a basic idea of the more popular stops is key.

BIMINI: FROM ANCIENT ROADS TO HEMINGWAY

Coming in from Florida, the first stop in The Bahamas is the westernmost chain known as Bimini. Immortalized in the writings of Ernest Hemingway, fans of the novelist can still spot his legacy here, such as the legendary "Complete Angler" bar. And then there are the mysterious rock formations of unknown origin known as the Bimini Road, looking so much like ancient constructs, they spark tales of lost Atlantis. You can go see them for yourself by diving in the shallow waters or go out to a well-known spot where families of dolphins will swim with you. But the main thing Bimini is truly renowned for is sports fishing. True anglers will want to be sure to make this a stop in their sailing adventures. The island is also home to many resorts and fully equipped marinas.

Another great place for fishing, although the rocky waters are sometimes less favored by captains. Regardless, this may be the most beautiful stop on your journey.

THE ABACO ISLANDS: TIME FOR A LITTLE CULTURE
Just northeast of the Berry Islands lie the Abacos — and it's a totally different world. Here, one will find a popular point of congregation for sailors and powerboaters alike. Village atmospheres take over where small family-run accommodations set the tone for the vibrant yet quaint nightlife and restaurant scene.



POSITANO

by Hoàng-Kim

Positano on the Amalfi Coast has been on my dream list of places to visit ever since I saw a youtube video showing off its picturesque beach, architecture and charm. Johnny and I have long dreamed of traveling here one day. We would watch countless Youtube videos while saving, saving and saving. Once Johnny decided Italy would be our honeymoon destination, Positano had to be on the list! I'm so excited to share our Positano travel guide to help you have the best time when you visit this dreamy town.

When to Go

Positano is most popular during the summer months! It is a beach town after all. It can get absolutely crazy and packed from June through August. The shoulder months including May, September and October can be a great time to go to Positano and also save some money since it's not peak season. May and October would give you more of a toss-up when it comes to weather, but it's much less crowded. We went early to mid-May and on the chilliest day, it felt like 50 and on the hottest in the lower 80s. We did experience some rain, so take that into consideration. Regardless of when you go, my Positano travel guide will make sure you have a fantastic time!

How Long to Stay

We stayed in Positano on the Amalfi Coast for four days and feel anywhere between three to four days would be perfect. The Italians have a saying: dolce far niente, which means the sweetness of doing nothing. Johnny and I aren't very good at this, so we were booking activities and finding things to do. I will say though if the weather was a dash warmer we might have been more inclined to stay longer and soak up the sun.

How to Get There

We flew from Newark to Naples, which takes about nine hours. From there you have a couple of options.

Taxi/Car Service: We opted to take a car service, which takes about 1.5 hours but you can stop along the way! Positano Car Service was amazing and our driver, Peppe was so knowledgeable. He even took photos and videos for us.

Train: While there isn't a direct train to Positano, you can take one to Naples or Sorrento.

Ferry: The first is taking a taxi to the ferry port and catching a ferry to Positano on the Amalfi Coast. This gives you such a picturesque view and welcome to the quaint beach town.

I wouldn't recommend a rental car as the roads are narrow and winding. Plus, parking in Positano is extremely expensive and scarce!

Where to Stay

When traveling to Positano on the Amalfi Coast, pay attention to where you want to stay and what you want to do. There are some parts of Positano, including hotels, only accessible by walking. There are lots of stairs and incline steps in Positano so keep this in mind when booking your hotel and planning your day so you don't have to go up and down more than needed. That said, thankfully Positano isn't too large, so if you have to go up and down often, it's not too bad.

LE SIRENUSE

A legendary hotel, Le Sirenuse sits on an elevated cliffside spot boasting epic views of colorful village homes, the maiolica dome of Santa Maria Assunta and the stunning beach. It's right outside the pedestrian-only center of Positano, yet conveniently accessible by car. A five-minute walk will get you to the beach, tons of restaurants, or the ferry, which you can take to Capri, Sorrento or Amalfi. I can see why it's a must-see on so many different Positano travel guide lists.

One thing I noticed right off the bat is how impeccably clean it is. I know all hotels should be clean, but that just isn't the case. I always saw staff sweeping, mopping, cleaning every little nook and cranny. The floor was so clean I could eat off of it and I'm not exaggerating.

Originally a family's seaside residence, Le Sirenuse was transformed into a hotel exuding style and character. The exterior is painted Pompeian red with contrasting white trim. There are more than 1,000 beautiful lush plants on the property, all carefully tended to.

Rooms, Service & Amenities

Our first introduction to Positano on the Amalfi Coast was the breakfast buffet, view of the colorful buildings and clear water from Le Sirenuse's terrace. It was simply breathtaking.

We stayed in the Junior Suite Sea View with Balcony for two nights. Our room had a comfortable bed, living area and stunning terrace with views of the sea. There's also a good-sized closet and blowdryer if you need it. While Le Sirenuse is quite expensive to stay at, they offer a plethora of complimentary activities including a romantic sunset cruise on a vintage Riva, pilates classes, guided walks/hikes, visits to a local limoncello factory or fish market. The concierge can also help you book excursions to Capri, Pompeii, Herculaneum, Vesuvius and Naples along with transfer to the train station or airport. The staff is extremely accommodating, speaks English and will go above and beyond.

One day while at the pool, a staff member asked Johnny if he wanted some shade. Johnny said yes, so he opened an umbrella. Noticing it didn't cover all of Johnny's body, he asked, "would you like more shade?" before Johnny could answer, he was already moving a second umbrella to make sure Johnny was fully shaded. Then, an hour later when the sun shifted, he moved the umbrella just a few inches to make sure no sun hit Johnny. Now that is five, five-star service.

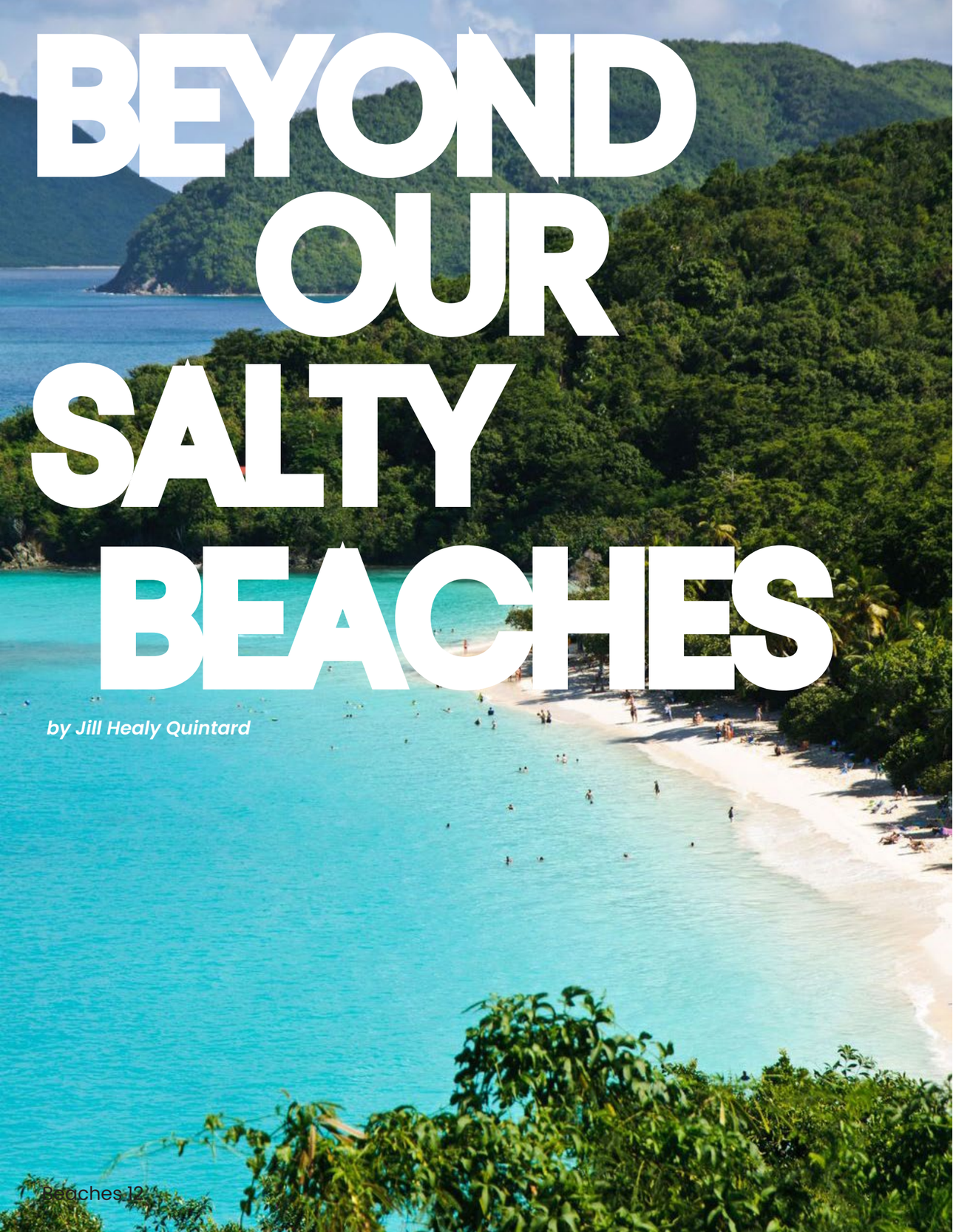
We will never stop dreaming about Le Sirenuse's breakfast. Served next to the pool, the buffet is a true feast with fresh mozzarella, the best tomatoes you'll ever taste in your life, fresh-basked pastries and breads, granola, yogurt, smoked tuna and more. You can also order omelettes and other made-to-order options.

Covo Dei Saraceni

Located right down on the beach next to where the ferry and boats all leave with stunning views. The view is the opposite of Le Sirenuse so it was great to see another picturesque landscape and see parallel to the beach.

If you are looking to save some money, but want hotel service, this is another option.

There are fun restaurants and shops on the beach next to the hotel, which makes that part fun and accessible. However, it is not accessible by car. We had to budget an extra 10 minutes for walking up the stairs and hill to get to the "parking garage" which is where all car services/taxis/buses are.



BEYOND OUR SALTY BEACHES

by Jill Healy Quintard

THE ABACO ISLANDS: TIME FOR A LITTLE CULTURE

Just northeast of the Berry Islands lie the Abacos — and it's a totally different world. Here, one will find a popular point of congregation for sailors and powerboaters alike. Village atmospheres take over where small family-run accommodations set the tone for the vibrant yet quaint nightlife and restaurant scene. Most folks use bicycles to get around the smaller, charming cays surrounding Marsh Harbour. It's a completely relaxed place with great beaches and lots of small towns, each with their own charms, often reachable only by water taxi. This is a social place, aw hub for sailors of all stripes who can be found hanging around the marinas and Tiki bars. Don't be surprised if you make some great friends while you are here, the fun simply hangs in the air. To be sure, there are plenty of water activities here as well. Shipwrecks offer great diving opportunities and the local bonefishing scene is very rewarding indeed.

Type "beautiful tropical island" into your search engine, and you'll see one mouth-watering picture after another of stunning beaches, clear blue skies and sparkling aquamarine water. Click on a few of them (you know you want to). It's a good bet that some of those breathtaking pictures are from The Bahamas

Often mistaken as a place in the Caribbean, The Bahamas are actually a group of about 700 islands and cays scattered over 180,000 square miles of the Atlantic Ocean. But the actual geography doesn't seem to matter much to the 5 million visitors who come to the idyllic island paradise each year. It's an island getaway par excellence.

If your stay in The Bahamas includes time in Nassau or Eleuthera, you'll want to take full advantage of the sunshine, beaches, water activities, historic sites. etc. But save enough energy for some after-hours fun. Here are some suggestions to get you started.

NASSAU AFTER DARK

Located on the island of New Providence. Nassau isn't just the capital of The Bahamas - it's the country's largest and most active city. Its reputation as a prime party city is well-deserved. So if your vacation plans include kicking it until the wee hours, you've come to the right place; there is plenty to do in Nassau in an evening. You're sure to find something that suits your style, taste, energy level and the company you're hanging with.

RESTURANTS

From fine dining to casual seaside fare, you'll find it all in Nassau. The specialty is, of course, seafood, but you can also find Bahamian, Italian, Chinese, Japanese, Caribbean, pizza, steaks. pub fare, etc. You'll have no problem finding a place that suits your mood and palate for an evening out that centers on a good dinner.

BARS

What's your desire? A custom cocktail assembled by a trained mixologist, a classic drink in a tiki hut or a simple glass of hops and barley? There are plenty of drinking establishments that will be happy to serve you. Live music. games, lots of TV screens and ocean views are some of the various amenities.

CASINOS

Feeling lucky? Try your hand at roulette, blackjack, baccarat, slots...wherever your nose tells you the odds are in your favor. Over a dozen casinos are scattered throughout Nassau.

Sunset cruises.
If your idea of a night out leans toward the romantic. there are several great options. Take in the sights of Paradise Island. Athol Island. Rose Island and Nassau Harbour as the sun paints a glorious picture in the western sky. Various tours feature a buffet dinner, hors d'oeuvres, cocktails, champagne and/or soft music.

The best nights for a great party vibe are Thursday-Sunday the city's nightlife takes place on the north side of East Bay § across the bridge on Paradise Island, and let's not forget the resort complex of Baha Mar! Be sure to have some cash was some of the small lounges and clubs don't take plastic.

ELEUTHERA - A PACE YOU CAN LIVE WITH

The name of the island is Greek for "freedom." Eleuthera is as quiet and laid-back a place as there is in the whole Caribbean and feels a million miles away from the bustle and cares of daily life. Here's where you come to de-stress, relax, disconnect and reconnect. And the main assets of the island - 100 miles of pink sand beaches, slender palm trees, gentle ocean breezes, gorgeous turquoise water - make it so easy.

Your best bet is Governor's Harbour, the principal settlement and administrative center of mainland Eleuthera. The charming town has a few quaint seaside restaurants where you can get a casual bite to eat or have drinks at the bar. Some establishments have live music. can tap your foot or get up and show off your moves.

Every Friday night in Governor's Harbour there is a sort of street party. The main attraction: a delicious fish fry dinner.

CORA CORA



MALDIVES

by Betty Egas

"If you're after a once-in-a-lifetime experience, then the Maldives is worth every penny. It's not just a trip, it's a transformative escape."

Cora Cora Maldives is a brand new island resort amongst the turquoise waters of Raa Atoll.
Opened 1st October 2021, a contemporary 5-star retreat features 100 villas spread in lush vegetation and spread over an expansive blue lagoon, four restaurants, two bars, a luxury spa, dive & watersports center, gym, yoga pavilion, outdoor cinema, kids' club and heritage museum. Suited for couples and families alike, Cora Cora Maldives offers a vibrant, colorful holiday with an emphasis on excellent, healthy food, a lush interior landscape, and beaches, waters and reefs that are wonderfully preserved. And the Premium all-inclusive plan means guests can truly relax and enjoy the resort, celebrating freedom, love, life and laughter.All rooms are furnished in a relaxed-luxurious style and offer guests maximum comfort. The interior of the rooms is cozy and homey. The warm tile colors, modern decor, and impressive artwork transform Cora Cora Maldives.

The Island

Located on a natural lagoon the island impresses with its lush, tropical vegetation. Measured 750 meters long and 500 meters wide, a short walk across the tropical landscape takes barely five minutes. The velvety white beaches are strewn with beautiful cowrie shells. Unlike the typical sandy beach, the white sand on the island is not quartz but crushed pieces of coral therefore it is as soft as flour and squeaks pleasantly under the foot.
Deeply rooted in the identity of the island nation, tall coconut palms provide shade and enhance the tropical atmosphere. Nearly 60 different plant species are native to the beautiful island. Frangipani, roses, hibiscus and anthuriums are just a few of the colorful plants that create an absolute vacation feeling. Also, the pink rose, which is considered the national flower of the Maldives, blooms on the island Raa Maamigili in full splendor. Each guest will be provided with a bike to explore the island. Cora Cora Maldives is the one-of-kind resort in the Maldives to showcase a licensed art gallery and museum! With over 400 incredible local artifacts in the collection, guests can explore the rich history of the Maldives in its breath-taking natural surroundings. Guests will discover a traditional Maldivian wooden house, a 900 year-old bathing tank and much more. The former Loama Resort at Maamigili, Cora Cora Maldives will boast with a completely new design and concept, where the rebranding is a key focus. The new concept is much more fun, light and colourful, with a completely new offering to appeal to the growing demand for affordable luxury all-inclusive concept. If your aim is to travel 'greener' and to enjoy immersive experiences that allow you to connect fully with your chosen destination Cora Cora Maldives is the right choice. They offer eco friendly amenities with paper packages and non plastic accessories. The beauty products are also cruelty-free which definitely is a plus. Today round 250 experienced employees from around 20 different countries look after the well-being of the guests. Countless languages are spoken at the resort including: English, French, German, Russian, Hindi, Arabic, Dutch, Sinhala, Thai and, of course, the local language, Dhivehi. Customized and individual service is the basis of the philosophy of Cora Cora Maldives Resort and is particularly emphasized. Staff and guests are meet at eye level.

Location

Raa atoll is one of the northern, most visited atolls in the Maldives. Almost 70 km long and 30 km wide there are 88 islands in Raa atoll, 15 of which are inhabited. Raa atoll is home to a some luxury hotels include: Emerald, InterContinental and an ultra luxurious Joali Maldives. Raa Atoll's unique topographical and geographical features make it rich and diverse in marine life an a wonderful collection of unexplored islands gives travelers fantastic opportunities for an unforgettable beach experience in the Maldives. Cora Cora Maldives is located on Maamigili Island, a pristine, natural lagoon just 45 minutes by seaplane from Male or 30 minutes by domestic flight, followed by a 20-minute speedboat from Ifuru Domestic Airport. The stunning accommodation, ranging from Beach Villas to Two-Bedroom Lagoon Pool Villas complete with slides, combines Maldivian luxury with elements of fun, and freedom encompassing the true spirit of Cora Cora Maldives. Each accommodation options is created with comfort in mind and set between the tropical vegetation and sparkling waters of the Indian Ocean. The Beach Villas are positioned on a sugar-soft, white, sand beach offering a mesmerizing view while the Over-water Villas offer a truly romantic experience.
The villa contemporary interiors have a completely new visual aesthetic, with lighter and brighter colours. Working with a renowned local artists, the villas also feature original Maldivian artworks which reflect the setting and mood of the resort. The resorts's 100 villas and suites are divided into nine categories, including beach, lagoon- and pool villas. Both type of rooms are spacious and very tasteful and calming decor with lovely touches like books to read, Coracora flip-flops, beach bags and gym bags. Each villa has an exclusive panoramic view of the deep blue Indian Ocean. 28 Beach Villas are the perfect vacation accommodation for families, as they can be booked with two rooms as an option.

Embrace the Ocean

Dior

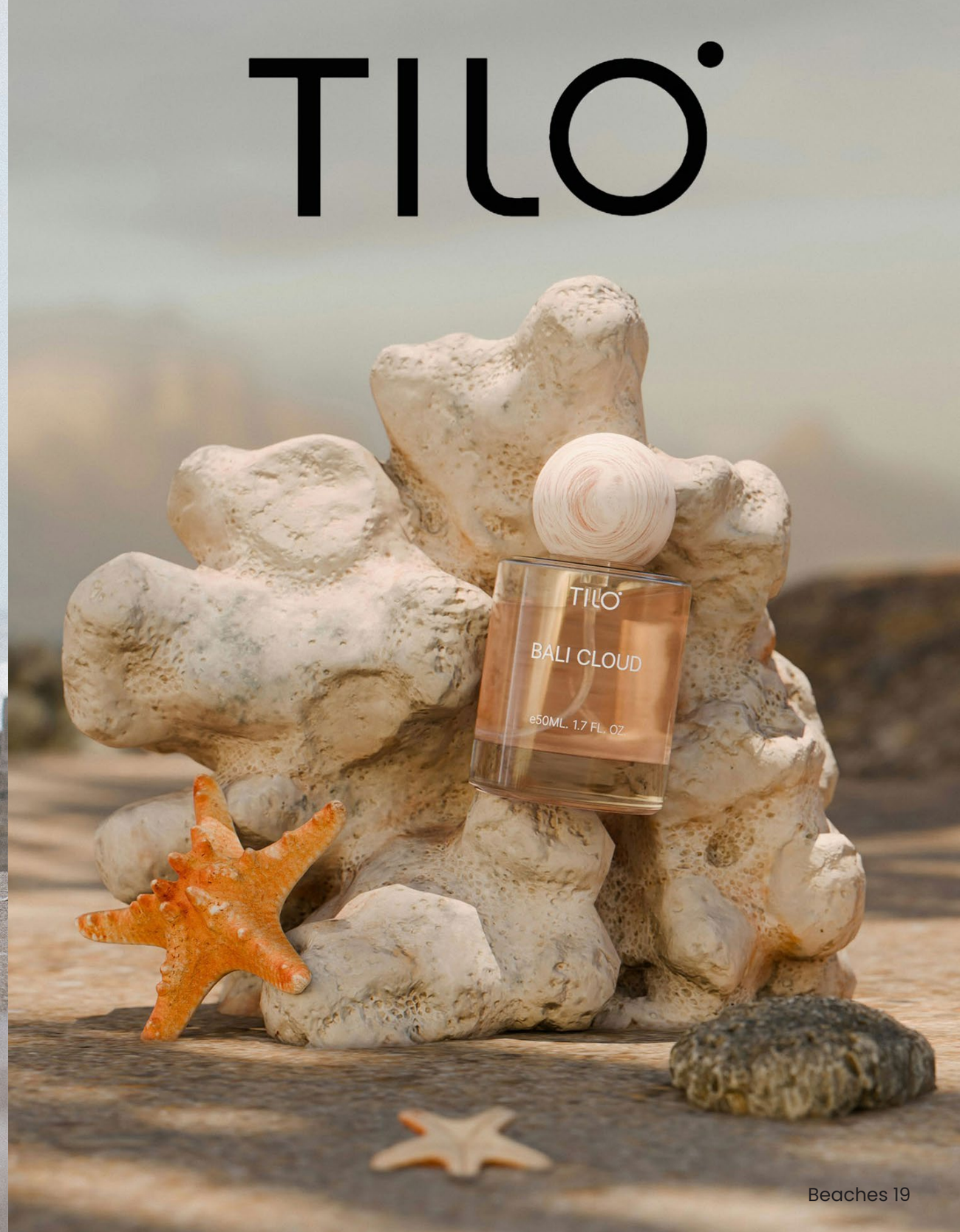
KURAMATHI

You don't need to be to feel inside at home

TILO



TILO

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