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Trinidad*

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CONTRIBUTORS



**ANDREW
INNERARITY**

Director of Photography

It's all about triggering emotion via imagery. When I convey the very essence of a situation with a single photograph, then I am complete, because the viewer understands more than the moment, they know the situation.



**AVA
ROSALES**

Features Editor

I am the Caribbean.



**DYLAN
BENOIT**

Contributor

I'm a chef with Champagne taste and a beer budget, but always seem to find myself surrounded by the most amazing people in the most amazing places. From eating termites in the Honduran jungle to learning how to make dim sum in Hong Kong, for me treasure is in the story.



**JEFFREY
SOBEL**

Co-Editor-in-Chief

All I need is a book, a bourbon and a boat to a new destination - I'll be just fine.



**MICHAEL
SOBEL**

Contributor

Time passes like wind on my cheeks. However, with each new travel experience, there is a rebirth. New personal growth and new friends no matter what stage of life.

- Michael Sobel



**SERGIO
OLIVARES**

Creative Direction

I'm my best on this island. My flight left last night, but I know I'm not going back home.

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NEW

Noteworthy

Coming this fall to the Caribbean near you!

BY AVA ROSALES





ARUBA

The Hyatt Regency Aruba Resort Spa and Casino gives good cause to say, “Bon dia (Good morning!)” Greet the day with the anticipation of partaking in a new music series and a feel good, learn something new aloe activity. The island is well known for its prolific aloe production, and what better way to be immersed in this practice than by participating in the ultimate Aloe educational experience. This is one class you will not want to miss because not only will you be more informed of the importance of Aloe, both locally and globally, and the process used to extract the product, but you’ll learn why you need it in your life. Make your reservation for the Aloe Scrub Making Experience happening every Friday 3:30 p.m. - 4:30 p.m. and leave the event with your very own jar of unique scrub to take home.

You’ll have enough time to head back to the resort and ready yourself for a lively dining experience with New Music Nights at Ruinas del Mar Bar. Enjoy live performances by the local favorite, The Troubadours, while indulging in a sophisticated, new cocktail menu, wine cellar, and premium spirits, all paired with cuisine in one of the top dining destinations in Aruba – perhaps make it a night of dinner and dancing in one locale. “Last call” is at 1:00 a.m. and live music is available every Friday and Saturday starting at 9:30 p.m. You don’t want to miss this dushi time at the Hyatt Regency Aruba Resort Spa and Casino.

www.hyatt.com/en-US/hotel/aruba/hyatt-regency-aruba-resort-spa-and-casino/aruba



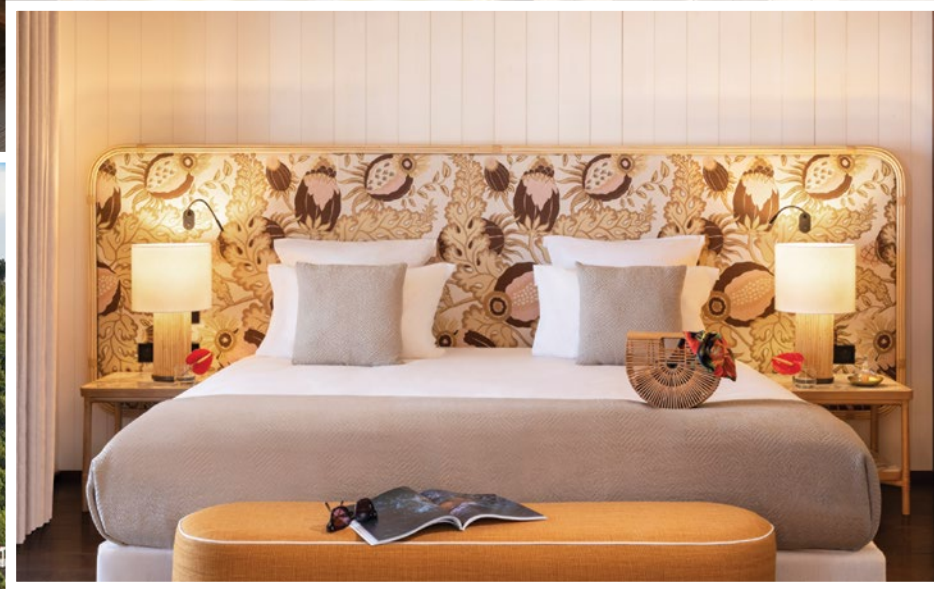
ST. BARTHS

“Oh la la!” -alone or with a group, Hotel Barriere Le Carl Gustaf promises to pamper you and your entourage with two unique experiences. The Solo Bachelorette Package –or you might say, the eat, drink and be pampered package – involves Spa treatments at Spa Diane Barrière by Biologique Recherche, complete with an hour treatment and an hour facial which leaves one fully recharged, along with two Biologique Recherche products. With all that relaxation, you will definitely be able to focus on your mixology class that includes the resort’s signature perfumed cocktails – which one will you create before satiating your appetite at the famed Fouquet’s Restaurant? While dining on your \$300 credit at the restaurant, you just may have the opportunity to meet its three-Michelin star chef Pierre Gagnaire. With such a packed agenda, it would be a welcome treat to greet the new day with a yoga class – breathing in, breathing out, and conjuring poses while taking in breathtaking views of the island. The package also includes one night in a suite– perhaps you may not find yourself solo for much longer unless you want to keep it that way. This bundle could easily swing a bachelor’s way, as well. The package starts at \$2,715.99 per night.

For a longer stay, the Stay Four, Pay Three is ideal for the vacation d’amour where three nights are booked and the fourth night is free. Guests receive a VIP welcome with private airport transfer. The exclusive service continues with a selection of drinks offered in the room’s minibar- be sure to sip responsibly, or not. Slip into your swimsuit because deckchairs are reserved for you to lounge about at Shell Beach. Luxuriate in an extra night of indulgence in the Junior Suite Pool & Seaview where you may swim as you wish in your plunge pool on your private terrace. With complimentary breakfast in suite or at the famed Fouquet’s restaurant, the choice is entirely yours to dine as you desire. The only other decision to make is whether to travel solo or with a companion this fall to Hotel Barriere Le Carl Gustaf.

www.hotelsbarriere.com/en/saint-barth/le-carl-gustaf.html







RIVIERA MAYA

“Hola!” to clear blue, sparkling water and glistening white sand and “Bienvenido!” to the Ojo de Tigre Suite at the Andaz Mayakoba Resort Riviera Maya. The resort’s newest signature experiences are the result of a collaboration with the award winning mezcal producer to include an array of exciting amenities and spa experiences featuring agave, while utilizing the power of the plant in a lush jungle setting. Be prepared to get your drink on. Casa Amate x Ojo de Tigre Dinner is a five-course tasting dinner with an Ojo de Tigre mezcal pairing at the notable Casa Amate.

There’s even an immersive Agave Ritual - this time, not the kind of spirit that you drink – rather a spiritual awakening in a personalized session with Fernanda Montiel, the resort’s resident shaman, centered around the powers of the goddess of agave, Mayahuel. You’re bound to become an expert on all things agave, especially after curating your own cocktail in the Mixology Masterclass led by an on property mezcal expert. Pace yourself because you’ll need room for the Ojo de Tigre tasting



on your private boat throughout Mayakoba's lagoon – the perfect romantic package aboard the Sunset Boat Tour. On land, continue the romance with the Cabana in Love with a private dinner on the beach, under the stars, as the ocean soothingly laps at your feet. After a good night's rest, you'll discover that there's more to agave than just drinking it. Take a sensual escape with the Agave Aromatherapy 60/90 minute treatment to reduce the stresses of life with herbs and agave-scented candles. Return to the spa on another day to indulge in the stimulating Stone Massage and the medicinal benefits of the agave plant. Don't wait to escape to white sands, sparkling seas, and all things agave at the Andaz Mayakoba Resort Riviera Maya, where rates start at \$4,000.

www.hyatt.com/andaz/cunam-andaz-mayakoba-resort-riviera-maya



Island Time

**ESCAPE TO THE BAHAMIAN OUT ISLANDS
AND THE RECENTLY RENOVATED**

Abaco Beach Resort



Today travellers want an authentic, uncrowded, pristine experience, which is exactly what awaits in the Abaco Islands and its premier property, Abaco Beach Resort. The resort and marina are owned by two Bahamians Manny Alexiou and Andrew Sweeting who have an affinity for boating and island hopping.

The Abacos are known for their wild beauty, azure waters, sandy beaches, emerald hills, six national parks and the best boating in the Bahamas.

Located just 165-miles off the coast of Florida on Great Abaco in the 120-mile chain of islands and cays that comprise the islands of the Abacos, the Abaco Beach Resort recently completed a massive renovation and expansion.

Devastated by Hurricane Dorian, the 2019 storm that was the worst natural disaster in the Bahamas history, the Abaco Beach Resort bounced back better than ever. The resort renovated all its 94 rooms, added deluxe accommodation options, created a fine dining Bistro and a new al fresco restaurant poolside, and built the largest marina in the Bahamas.

“The new look is sleek, modern, and sizzles with a fresh energy,” said newly appointed General Managers Andrei & Antonia Mocanu. “It’s breathed new life into this historic property.”



New Amenities

All accommodations at the 40-acre beachfront resort boast an ocean view and a patio or balcony to enjoy it from. In addition to rooms, the property offers one-bedroom oceanfront suites, and updated two-bedroom residences, and a three-bedroom penthouse. All are equipped with high-end Parachute linen from New York and Molton Brown amenities.

“Our Residence accommodations are perfect for multi-generational family travel and offer a more private, luxurious experience,” Andrei said.

Foodies will delight at the new dining venues unveiled in the resort’s renovation. The casual Pool Bar and Terrace at Marinaville is open all day. Breakfast features classics like Eggs Benedict, while the lunch and dinner menus are packed with local fare like cracked conch and a decadent lobster burger. A variety of salads, pizzas, sandwiches and main courses like Surf & Turf with Bahamian lobster and fillet are also on offer.

The Iconic Abaco Beach Resort is pleased to welcome renowned Executive Chef Rome’ha Forbes to lead its culinary team. A 20-year veteran in the culinary industry, Rome’ha started his stellar career at the age of 16 as an Apprentice Chef at the then Radisson Cable Beach Resort, Nassau, and has since traveled and worked throughout the Bahamas Archipelago perfecting his skills.

Born in the tourism mecca of Nassau, Bahamas, Chef Rome’ha has served as Executive Chef for luxury boutique resorts including Grand Isle Resort, Exuma, and The Abaco Club on Winding Bay, Abaco.

Chef Rome’ha is thrilled to launch his inventive infused Caribbean and Bahamian delicacies at the discerning and quintessential Bistro gourmet restaurant and raise the bar with his authentic menu creation at the acclaimed Alfresco style Terrace at Marinaville overlooking the Resort’s state-of-the-art 200 slip marina.

“Chef Forbes impressive culinary training and skills have allowed Abaco to now offer some of the finest dining in the islands,” said Antonia.







Boating and Fishing Mecca

Perhaps the biggest undertaking in the renovation was the creation of a modern 200-slip marina in Marsh Harbour. The marina can host pleasure boats, sport fishing boats and super yachts up to 200 ft. in length. Customs and Immigration services are onsite. It's an impressive addition to a resort that was already known for its world-famous fishing tournaments.

Abaco Beach Resort will host four of the top billfish tournaments in the world in 2023. Skip's tournaments include the Blue Marlin Tournament, White Marlin Roundup, The Shootout, which pits production boats against custom craft, and the Custom Shootout, featuring 50 custom boat teams. It is the most elite collection of sport fishing boats in one location.

"We're thrilled to host not one, but four of the top sport fishing events in The Bahamas," said Mocanu. "The tournaments bring the best in the sport to Abaco and an exciting atmosphere to the resort."

Island Hopping

The charm of the Abaco's lies in the ability to easily hop between the many islands. If you are an experienced captain or not, both can make use of the very safe waterways between the islands.

From the new marina set sail to photograph the nearby candy-cane striped lighthouse of Hope Town on Elbow Cay and enjoy the sandy, coconut-tree lined Tahiti Beach. On Man O War Cay you can visit with shipbuilders, and at Pelican Cays National Park soak in the beauty of the shallow coral gardens.

Nature lovers should plan to explore Great Guana Cay known for its vast Elkhorn coral reefs, sea turtles, and migrating birds. Don't miss stopping in the local's favorite, Nipper's Beach Bar for a lively island party any time of day.

These are just a few stops you can take in a just under 100 miles of sheltered waterway known as the Sea of Abaco with many surrounding cays and islands to visit.

Down Time

While the Abacos provide plenty of outdoor adventures and cute towns to explore, no vacation to these laid-back islands would be complete without some down time to relax, rejuvenate and return home more balanced.

The Abaco Beach Resort offers a private white sand beach for guests to grab a chaise to lounge in, sunbathe, read or enjoy sipping an island cocktail. When you're ready to jump in the water, complimentary kayaks, paddle boards and snorkelling gear are available. Our beach bar offers snacks & drinks and lead the Bahama Buddies Program for all kids 4-12 years. The program offers visiting children the opportunity to learn about the island life from a resident child ambassador by spending an afternoon participating in authentic island activities and crafts.

For many no vacation is complete without some spa pampering. At Abaco Beach Resort the masseuse comes to you, whether you want your massage in a beachside cabana or in the privacy of your room.



CULTURE, CUISINE &

Color

Come to Life in Trinidad

STORY BY Bevan Springer



When one thinks of a Caribbean getaway, destinations like the Bahamas, Dominican Republic, Jamaica, and the U.S. Virgin Islands come to mind readily. These are undoubtedly popular and well-known choices, but venture a bit farther south and there's a populous island just a heartbeat away from South America that deserves a spot on every traveler's radar.

Long known as a business travel hotspot, especially among those employed in the oil and gas sector, Trinidad boasts unmatched cultural diversity, natural beauty, unpretentious Caribbean hospitality and a plethora of attractions, activities, and delights to win over any visitor.

A Harmonious Tapestry of Cultures

Trinidad's greatest asset is its people, who form a harmonious tapestry woven from many ethnic and cultural backgrounds. This diversity has created a vibrant and inclusive society that welcomes visitors with open arms. From the bustling streets of Port of Spain to the tranquil villages dotting the countryside, Trinidad offers a kaleidoscope of cultures coexisting in enviable harmony. The island is a testament to multiculturalism, with a rich history that includes African, Indian (South Asian), Chinese, European, and indigenous influences. This cultural amalgamation is most prominently showcased in the island's festivals and celebrations, where Christians, Hindus, Muslims, and other groups come together under the powerful Trinidad and Tobago brand.

Year-Round Festivals and Authentic Insights

While Carnival is undoubtedly the crown jewel of Trinidad's festival calendar, featuring dazzling costumes, the electrifying

beat of soca music, and the soul-stirring resonance of the steel pan, Trinidad's year-round festivities provide an authentic insight into the local way of life and offer a glimpse into the nation's soul.

A highlight of Trinidad and Tobago's Carnival is the Panorama steel pan competition, featuring the only musical instrument invented in the 20th century. "Pan is spirit. Pan is me. It's a vibe. It's a feeling that you can't explain, but yet still it's surreal. It's about passion, it's about love, it's about togetherness," explained Desiree Myers, music coordinator of the Shell Invaders Steel Orchestra. "I love the steel pan. I wouldn't give up that instrument for any other."

Cultural Celebrations for All

Trinidad's festivals include Divali, the Festival of Lights, which is celebrated by the Hindu community. During Divali, the night sky is illuminated with the soft glow of countless diyas (oil lamps), creating a breathtaking spectacle. Visitors are welcomed to join in the festivities, partaking in traditional dances, savoring delectable cuisine, and learning about the significance of this sacred event.

Additionally, Eid-ul-Fitr, marking the end of Ramadan for the Muslim community, is celebrated with great fervor. People from various backgrounds in Trinidad often come together to participate in the traditions of breaking fast, symbolizing the nation's values of unity and togetherness. And as the year draws to a close, Christmas emerges with sumptuous cuisine (including tasty pastelles), jubilant parang music, and heartwarming gatherings.

Culinary Delights and Natural Wonders

Trinidad's culinary diversity is another layer of richness in its cultural tapestry. Mouthwatering dishes like roti, callaloo, doubles, pelau, and fiery hot pepper sauces add an extra kick to every meal. One culinary experience not to be missed is the famous bake and shark fish sandwich at Maracas Beach.

"Bake and shark is generally popular because it's fresh, but it's also because you can piece it together for yourself," said Tano Harewood, general manager of Island Experiences. "You can put any type of fruits and vegetables that you want. Some people put pineapple, some people put avocados, tomatoes, lettuce, coleslaw. Then you combine it with an array of different flavors. You can put the chadon beni (cilantro) sauce, tamarind sauce, and when you combine all of these things with some of our local spices, it creates an explosion of flavor. And this is one of the reasons why it's considered one of the top ten sandwiches in the world."

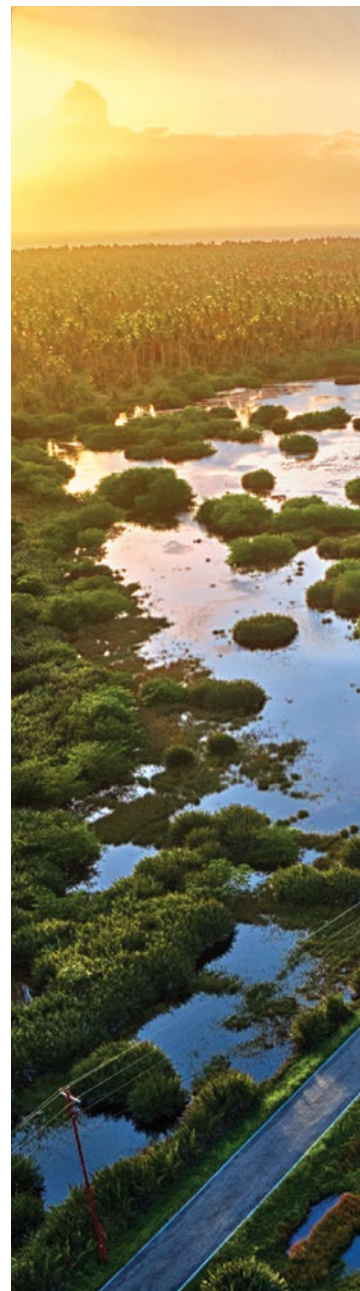
Beyond its cultural treasures, Trinidad boasts a stunning natural landscape that will leave any nature enthusiast inspired. The island's lush rainforests, majestic waterfalls, and relaxing beaches offer endless opportunities for adventure as well as relaxation. Hikers and nature lovers can explore the vast Trinidadian rainforest, home to a diverse range of flora and fauna. The Asa Wright Nature Centre, a world-renowned birdwatching destination, allows visitors to spot some of the most exotic bird species in their natural habitat, while the Caroni Swamp, filled with wildlife, including one of the island's national birds, the Scarlet Ibis, is a must-visit.

Hidden Gems and Unique Experiences

The "Land of the Hummingbird" also boasts hidden gems, such as the magnificent Gasparee Caves, just waiting to be experienced. Here, you can descend 100 feet underground into limestone caverns and explore natural tunnels. In the southwest, witness La Brea's Pitch Lake, the largest natural deposit of asphalt on Earth. These unique experiences add a sense of adventure and wonder to your Trinidadian journey.

Sports Tourism

Trinidad's allure extends beyond its cultural and natural treasures; it's also a sporting haven that beckons enthusiasts and athletes alike. The island features a diverse array of sports, making it a destination of choice for sports tourism. From Caribbean Premier League cricket games to world championship athletics meets, football, tennis and swimming, Trinidad offers something for everyone. With world-class facilities and a fervent sporting culture, Trinidad ensures that sports enthusiasts and athletes have a memorable and active stay. Whether you're a spectator or an athlete looking to hone your skills, visitors can be part of Trinidad's sporting legacy, which has produced the likes of cricket legend Brian Lara, sprint sensations Hasley Crawford and Ato Boldon, and world-class swimmer George Bovell.







Varied Accommodations Amidst Natural Beauty

The island has an abundance of accommodations to select, including Hilton Trinidad & Conference Centre, a landmark “upside down hotel” with its entrance on the top floor. The hotel is located in 25 acres of gardens and close to the National Museum & Art Gallery, Queen’s Park Savannah, the Royal Botanic Gardens, and Emperor Valley Zoo.

A Caribbean Wonder Awaits

Trinidad is a captivating Caribbean destination that transcends the typical beachside vacation experience, something which can be seamlessly experienced in the sister isle of Tobago. It’s a place where cultures converge, nature thrives, and memories are made. So, add Trinidad to your travel radar and prepare to embark on an unforgettable journey of discovery and delight in the heart of the southern Caribbean.

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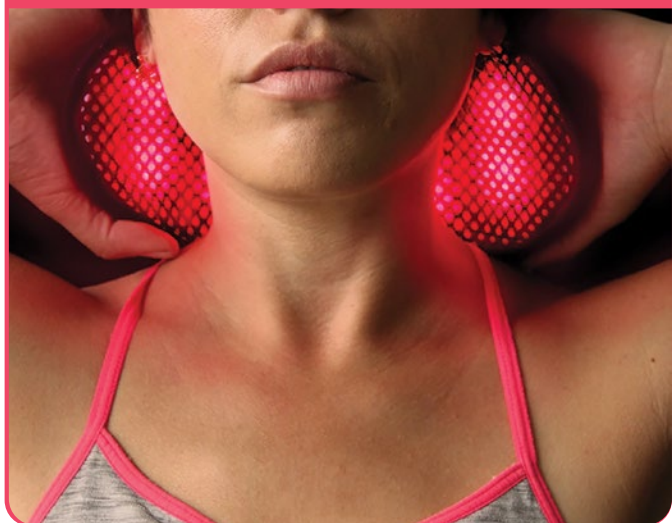


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We tried it out on sore ankles after long travel days and we can say it worked wonders! www.dnavibe.com



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CULTURE, CUISINE AND COLOR COME TO LIFE IN TRINIDAD

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Chris Anderson

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