



MY FAVOURITE ISLAND IS...

Festival-loving model and actor Cara Delevingne reveals why she just adores Parrot Cay



'As soon as the boat pulls up to the pier, I jump out, plant my feet in the sand and sprint into the bluest sea. It's the sheer sense of calm, the peace, that sets this apart from other islands in the Caribbean - being able to run along the beach to the beat of Pharrell on my headphones and not see anyone for miles, just run and run with nothing but wildlife and lush island greenness.

'That's not to say there isn't plenty to do. We windsurf, we play tennis, we walk around the island and kayak down the river. We go out deep-sea fishing and I reel in a huge barracuda. There's plenty of fish on the menu too, of course - whether fresh from the barbecue at Lotus, my favourite restaurant by the pool, or the wicked fish and chips from room service, pure hole-up-in-your-villa comfort food. And you couldn't find a more picturesque place to hole up, dressed all in white: it's just 10 steps to the beach, where there are two sunbeds waiting under an umbrella. It's well worth walking up the hill to the incredible spa. I go every day for a different treatment - the reflexology is really good and the COMO Shambhala Bath, which makes my skin the softest it's ever been, begins with a scrub and a soak and ends with a soul-soothing full-body massage. After each one they serve the most amazing ginger tea. But if you only do one thing, lie on the beach all day, from sunrise to sunset, because it's the most beautiful beach in the world. Then stay right there, don't move, and watch the stars come out at night, every one of them blazing out so brightly across the sky, like nothing I've ever seen.'



Cara Delevingne

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Price: Cleveland Collection offers seven nights at Parrot Cay from £2,099 per person, including return flights, transfers and accommodation in a Garden View Room on a bed-and-breakfast basis