


The waterside resort at Kú  
is one of only two on  
this part of the island.



# Chill on ANGUILLA

Billed as a high-end destination, this laidback isle  
still has a few affordable hideaways

*BY Dr Brad Bowins*



While there are plenty of excellent beach destinations in the Caribbean, few can touch Anguilla for the quality of the sand, aquamarine waters and tranquility. For peace and relaxation, this laidback British isle is


unsurpassed. That said, it isn't a discount island by any means. In fact, it can be challenging to find affordable accommodations, particularly around busy Rendezvous Bay and Meads Bay.

However, if you've been dreaming of a gorgeous pristine beach to soothe mind and body, then head to Shoal Bay East on the island's northeast side, where reasonably priced accommodations also await.

Shoal Bay East is mentioned as the best of the island's 33 beaches in the official Anguilla (pronounced an-GWILL-a) guide. Which is saying something, given that the island itself has been ranked first in the world by the Travel Channel's "World's Best Beaches." In fact, numerous travel magazines over the

Travel magazines frequently rank Shoal Bay East among the top 10 beaches in the world.

© WILLIAM BOYD



Kú has the only beachside pool in the area.

years have named Shoal Bay East as the best beach in the world. To top it off, it isn't overrun with visitors, and there are only two hotels in the vicinity.

#### FIVE-STAR SERENITY

Shoal Bay East wraps around a point of land, which is perfect for walks in sand so soft and cool that a stroll could qualify as a foot massage. Select a spot and relax or take a refreshing dip in the most beautiful aquamarine water imaginable. The beach is mostly devoid of rocks and shallow coral that can be hard on the feet, and there are no powerful currents to worry about.

If snorkelling or scuba diving help you relax, there is Shoal Bay Scuba. When we were there, they were very accommodating and even went out with just myself diving, something that doesn't often happen at other destinations. This operation also offers a full range of water sports — except for jet skiing and waterskiing, since both of these would disturb the tranquility of the spot.

On this beach, accommodations are limited to Kú and Shoal Bay Villas. Families select the latter, while Kú is ideal for couples. Having left the kids at home, we chose a four-day package at Kú, which came with a beachfront room, daily breakfast and two dinners.

*Koal Keel Restaurant is set in an old plantation now owned by descendants of slaves once housed on the very site*

The one-bedroom suites are spacious, clean, bright and airy. Kú describes the decor as a blend of the minimalist cool of South Beach and the relaxed sophistication of St. Bart's. Suites come with a fully equipped kitchen and an appropriately quiet air-conditioning system.

Casual elegance is the rule in Anguilla and certainly at Shoal Bay East. The restaurant is on the beach with a very re-



# CONFIDENCE IN COVERAGE

Providing the broadest coverage of *S. pneumoniae* serotypes indicated in a pneumococcal conjugate vaccine<sup>\*1,2,3</sup>

|   | PROTEIN CARRIER:   | SEROTYPE COVERAGE:                     |
|---|--|--|
| <b>Pneumovax<sup>®</sup></b><br><small>(7-valent)</small> | Diphtheria CRM...  | 4 6B 9V 14 18C 19F 23F                 |
| <b>Synflorix<sup>™</sup></b>                              | Non-typeable Haemophilus influenzae (NTHI) protein D, diphtheria or tetanus toxoid | 4 6B 9V 14 18C 19F 23F 1 5 7F          |
| <b>Pneumovax<sup>®</sup> 13</b>                           | Diphtheria CRM...  | 4 6B 9V 14 18C 19F 23F 1 5 7F 3 6A 19A |

\*Data from separate Product Monographs. Comparative clinical significance has not been proven.



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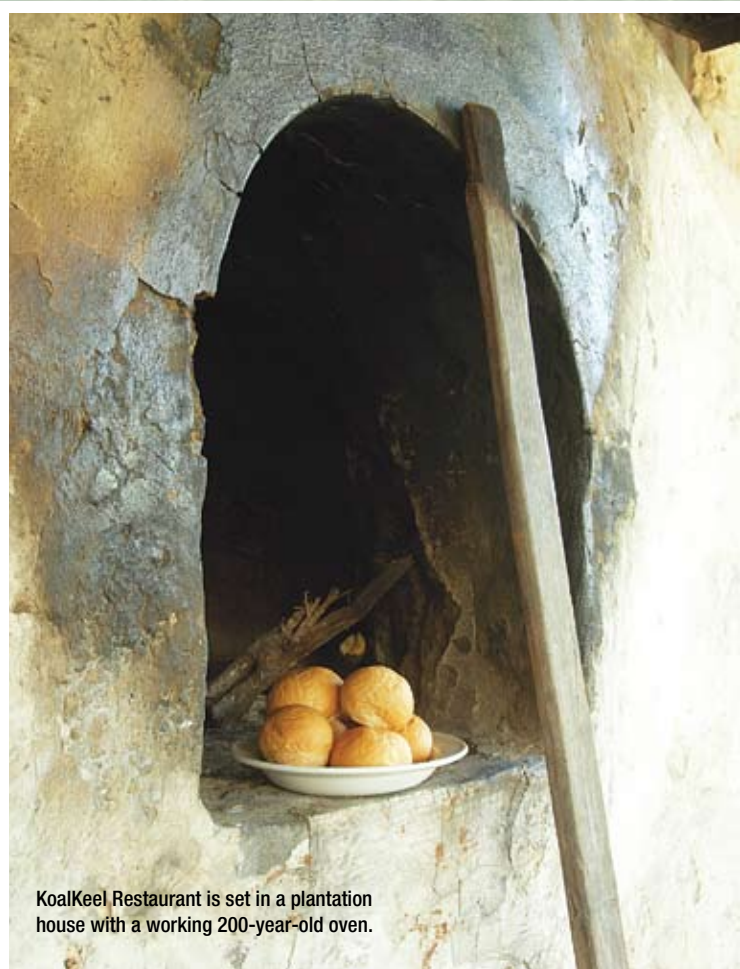
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Shoal Bay Scuba offers diving and snorkelling trips to offshore keys.



With only 12 units, Shoal Bay Villas are laidback and family friendly.



KoalKeel Restaurant is set in a plantation house with a working 200-year-old oven.

laxed atmosphere — so shorts are fine. Even its celebrity regulars seem relaxed here. Former US president Bill Clinton and his family have dined at Kú's resto more than once.

#### PLANTATION STYLE

A popular option for those staying for a week or longer is to rent a car and visit different beaches and restaurants. Given the limited length of our stay combined with the quality found at Kú and Shoal Bay East, we only ventured out once for a dinner in The Valley, the capital of Anguilla and the only real town.

We headed to Koal Keel restaurant, set in an old plantation owned by descendants of slaves which were once housed on the very site. The building is rich in history and its 200-year-old rock oven is still used for baking and slow roasting.

Matching the history is the uniqueness of the cuisine, representing a fusion of Caribbean, French, and Indian styles. There is an amazing 15,000-bottle wine cellar and also a store selling various special rums.

Consistent with the quality and uniqueness, desserts have to be ordered at the start of the meal to allow adequate time for preparation. Several other restaurants on the island are also highly rated and worth trying, though the deep level of relaxation induced by Shoal Bay East tends to limit vigorous exploration of any sort. In case you need a little assistance in the relaxation department, you'll find spas across the island, including one at Kú.

If your goal is to explore a busy and exciting beach town, then the nearby island of St. Maarten is a better bet, and is easily reached by a very short connecting flight or ferry.

*Shoal Bay East wraps around a point of land providing nice walks in sand so soft and cool that it could qualify as a foot massage*

*Pprevnar*<sup>®</sup> 13  
Pneumococcal 13-valent Conjugate Vaccine (Diphtheria CRM<sub>197</sub> Protein)

**NEW!**

**PREVNAR<sup>®</sup> 13 NOW AVAILABLE**



*Pprevnar*<sup>®</sup> 13

Pprevnar<sup>®</sup> 13 is indicated for the active immunization against *Streptococcus pneumoniae* serotypes **1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F and 23F** causing invasive pneumococcal disease, including:

- Sepsis, meningitis, bacteraemic pneumonia, pleural empyema and bacteraemia<sup>1</sup>
- Indicated for use in infants and children from 6 weeks through 5 years of age<sup>1</sup>

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Kú's restaurant is a favourite of Bill Clinton's.



The airy rooms at Kú put a minimalist spin on Caribbean style.



But if tranquility is what you desire then make Anguilla your only stop in the Caribbean. Your mind and body will appreciate it. For peace and rejuvenation, it's unsurpassed: the food, the beach, aquamarine water, and sun all see to it. 

*Dr Brad Bowins is a psychiatrist working in private practice as well as at the University of Toronto Health Service.*

## A HOP AND A SKIP

Anguilla is short flight or ferry ride from St. Maarten. A recent online search for early December found an **American Airlines** (tel: 800-433-7300; [aa.com](http://aa.com)) flight from Toronto to St. Maarten for US\$550 return, with a connection in Miami, and an American Airlines flight from Montreal to St. Maarten for US\$470, return, with a connection in New York.

Customs delays at the St. Maarten airport often make the ferry the preferable option for getting to Anguilla. The **Link Ferry** (tel: 264-497-2231/3290; [link.ai](http://link.ai)) runs between Blowing Point on Anguilla and Marigot on French St. Martin every day. The cost is US\$10 per person one way.

At **Kú** (tel: 264-497-2011; [ku-anguilla.com](http://ku-anguilla.com)), rates in low season (from May until December 18) start at US\$180 for a garden view room and US\$220 for an ocean-view suite with a full kitchen. You can tag on a three-meal plan for an additional \$105 per day, or breakfast and either lunch or dinner for US\$80 a day.

**Shoal Bay Villas** (tel: 264-497-2051; [sbvillas.ai](http://sbvillas.ai)) has one-bedroom poolside suites with full kitchenette starting at US\$210 in low season (which ends December 14).

**Shoal Bay Scuba** (tel: 264-235-1482; [shoalbayscuba.com](http://shoalbayscuba.com)) offers full PADI certification as well as packages for multi-day dives.

**KoalKeel Restaurant** (tel: 264-497-2930; [koalkeel.com](http://koalkeel.com)) is located in The Valley. Open for supper only; closed Sundays.

Visit **Anguilla Vacation** ([anguilla-vacation.com](http://anguilla-vacation.com)) for more information.

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# CONFIDENCE IN COVERAGE



**Pprevnar<sup>®</sup> 13 helps protect children against pneumococcal disease caused by the seven serotypes contained in Pprevnar<sup>®</sup> (7-valent), plus six additional serotypes (1, 3, 5, 6A, 7F, 19A).<sup>1</sup>**

- These six additional serotypes caused up to 48% of residual IPD in 2007 in children <5 years.<sup>1</sup>
- Serotypes 19A, 6A and 3 have emerged as the predominant pneumococcal serotypes causing IPD in Canadian children, accounting for approximately 1/3 of residual IPD in 2007 in children <5 years.<sup>1</sup>
- 19A is increasingly likely to be resistant to commonly used first-line antibiotics.<sup>1</sup>

<sup>†</sup> Data from Canadian surveillance system: Immunization Monitoring Program, Active (IMPACT).

Very common (≥10%) and common (≥1% and <10%) adverse events associated with Pprevnar<sup>®</sup> 13 include fever, any injection-site erythema, induration/swelling or pain/tenderness, decreased appetite, irritability, drowsiness, increased sleep, restless sleep/decreased sleep, diarrhea, vomiting, rash.

Pprevnar<sup>®</sup> 13 is contraindicated in patients who are hypersensitive to any part of the vaccine including diphtheria toxoid.

As with all injectable vaccines, appropriate medical treatment and supervision must always be readily available in case of a rare anaphylactic event following administration of the vaccine.

Minor illnesses, such as mild respiratory infection, with or without low-grade fever, are not generally contraindications to vaccination. The decision to administer or delay vaccination because of a current or recent febrile illness depends largely on the severity of the symptoms and their etiology. The administration of Pprevnar<sup>®</sup> 13 should be postponed in subjects suffering from acute severe febrile illness.

As with any intramuscular injection, Pprevnar<sup>®</sup> 13 should be given with caution to infants or children with thrombocytopenia or any coagulation disorder, or to those receiving anticoagulant therapy.

Pprevnar<sup>®</sup> 13 will not protect against *Streptococcus pneumoniae* serotypes not included in the vaccine. Pprevnar<sup>®</sup> 13 will not protect against other microorganisms that cause invasive disease, pneumonia, or otitis media. This vaccine is not intended to be used for the treatment of active infection.

As with any vaccine, Pprevnar<sup>®</sup> 13 may not protect all individuals receiving the vaccine from pneumococcal disease.<sup>1</sup>

The use of the pneumococcal conjugate vaccine does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, asplenia, HIV infection, chronic illness, or who are otherwise immunocompromised.

Immunization with Pprevnar<sup>®</sup> 13 does not substitute for routine diphtheria immunization.<sup>1</sup>

**Safety and immunogenicity data on Pprevnar<sup>®</sup> 13 are not available for children in specific groups at higher risk for invasive pneumococcal disease (e.g., children with congenital or acquired splenic dysfunction, HIV infection, malignancy, nephrotic syndrome). Children in these groups may have reduced antibody response to active immunization due to impaired immune responsiveness. Vaccination in high-risk groups should be considered on an individual basis.<sup>1</sup>**


Product Monograph available on request.

1. Pprevnar<sup>®</sup> 13 Product Monograph, Wyeth Canada, December 21, 2009. 2. Pprevnar<sup>®</sup> Product Monograph, Wyeth Canada, December 22, 2008. 3. Synflorix<sup>™</sup> Product Monograph, GlaxoSmithKline, May 5, 2009.

Pprevnar<sup>®</sup> Wyeth, owner, now a part of Pfizer Inc. Synflorix<sup>™</sup> is a trademark of GlaxoSmithKline.

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