



SWIMMING SPOTS

Send clients desperate to take a dip in turquoise waters to one of **Nigel Tisdall's** top picks

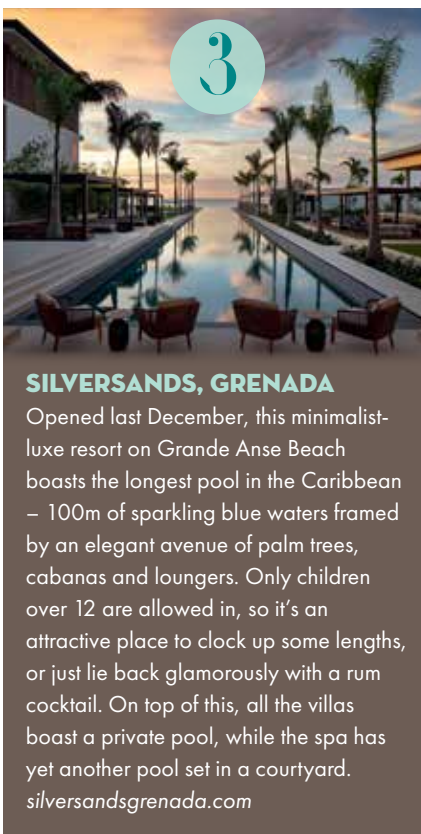


**MAUNDAYS BAY, ANGUILLA**

Anguilla is only 16 miles long but has 33 beaches that are among the most bewitching in the Caribbean – long, clean, rarely busy sands that instantly tick the ‘dream’ box. In the southwest, Maundays Bay Beach is a classic crescent that catches both sunrise and sunset and is home to just one resort, the newly opened Belmond Cap Juluca. All 108 rooms, suites and villas face its turquoise waters, guaranteeing its lucky guests the shortest of commutes to swimming heaven. [ivisitanguilla.com](http://ivisitanguilla.com)

**ANSE DE GRAND CUL DE SAC, ST BARTS**

This enchanting, C-shaped lagoon lies on the northeast coast of this classy French playground. Fringed by a distant reef, it's shallow enough to stand up in, with warm, clear waters that are home to turtles, rays and richly coloured fish and coral. It's ideal for children and paddleboarders or, if the wind's up, surfers and kiteboarders. The super-stylish Le Sereno St Barth hotel, rebuilt following hurricane Irma, sits right beside it. [serenohotels.com](http://serenohotels.com)



**SILVERSANDS, GRENADA**

Opened last December, this minimalist-luxe resort on Grande Anse Beach boasts the longest pool in the Caribbean – 100m of sparkling blue waters framed by an elegant avenue of palm trees, cabanas and loungers. Only children over 12 are allowed in, so it's an attractive place to clock up some lengths, or just lie back glamorously with a rum cocktail. On top of this, all the villas boast a private pool, while the spa has yet another pool set in a courtyard. [silversandsgrenada.com](http://silversandsgrenada.com)

**PIGEON POINT BEACH, ANTIGUA**

On the south coast at Falmouth Harbour, this family-friendly cove with gently sloping sands and yacht-dotted waters is what relaxing in the Caribbean is all about. There's a colourful wooden beach bar, Bumpkins, serving chilled Wadadli beer and simple fish lunches, or guests can take a picnic and find a shady point under the palms and sea grape trees. Weekdays are quieter and some downtime here makes a great follow-on after visiting the historic Nelson's Dockyard in English Harbour. [visitantiguabarbuda.com](http://visitantiguabarbuda.com)



**MIDDLEHAM FALLS, DOMINICA**

Fans of freshwater swimming are in for a treat in Dominica, which claims to have 365 rivers flowing down its mighty mountains. Cooling off in their waterfalls is a just reward for hiking through its towering rainforests, with Middleham Falls a smart pick. After a muddy 45-minute scramble, you reach an 84m cascade that drops like a long, silvery mane. At its base lies an enchanted pool where butterflies flutter, and the only decent thing to do is jump into its refreshing waters to enjoy a natural power-shower. [discoverdominica.com](http://discoverdominica.com)



PICTURES: Shutterstock; Edgardo Contreras; Magda Blernat