

## Affordable Caribbean

A week in Barbados for £549? Act fast and it's all yours. **Fred Mawer** guides you to the best island bargains, with budget holidays for all seasons

## Tropical cool on the cheap

Jamaica has a number of small-scale, hip and very reasonably-priced hideaways, Jakes (001 876 965 0635: jakeshotel.com), pictured, on the south coast, attracts supermodels and rock stars, but its funky rooms, decorated with shells and mosaic tiles, cost as little as US\$114 (£76) for a double without meals. In party-loving Negril, The Rockhouse (001 876 957 4373; rockhousehotel.com) is a trendy but affordable option. It sits on the rocks with ladders leading into the sea: doubles from US\$150 (£100), room only.

On Barbados, the Sea-U Guest House (001 246 433 9450; seaubarbados.com) is a stylish, bargain place to stay. Its elegant bedrooms, with hardwood floors and hammocks on wide



verandas looking out to the unspoiled east coast, cost from US\$129 (£86) per double, including breakfast.

La Sagesse is less chic, but one of the Caribbean's great-value hideaways (001 473 444 6458; lasagesse. com). Set on a magical beach in southern Grenada, its double rooms, just steps from the palm-shaded sands, cost from U\$174 (£116), without meals.