Forget resorts. I'd rather sleep on a yacht.

The British Virgin Islands, a smattering of four main islands plus dozens of smaller ones, are perhaps best seen by yacht. This type of travel combines the privacy of a villa with the mobility of a cruise. Charter a boat with SunNass (sunnass.co.uk; seven nights from £2,045 for a two-cabin yacht), and here's what your week might look like.

**DAY 1** Civilisation. Before you set off, stroll around Tortola, doing some shopping and stock- ing up on food to prepare in your yacht's kitchenette. Walk along the beach.

**DAY 2** Delightful life. Two hours from Tortola, Wallerina Cay, a tiny (0.33km²) island quilted with bougainvillea and palm trees. But don't leave without a potter around Pusser's (pusser.com), a purveyor of rum for every man since 1935; the finessed rum cake travels well and tastes divine.

**DAY 3** Bath time. It's an hour's sail to Virgin Gorda's famous Baths, at the foot of huge toulons on the island's southern tip. The sheltered sea groves and pools are good for a swim like none you've had before.

**DAY 4** Dinner date. On the other end of Virgin Gorda and available only by boat, Bitter End Yacht Club (bitterendyachtclub.com) is a five-star resort with three white-sand beaches and a restaurant serving blackened local fish and cornmeal mush stuffed chicken breast.

**DAY 5** Outdoor adventure. Once you've trekked four hours to Cane Garden Bay, on Tortola's North Shore, you'll be ready for some action. Windsurf, kayak, horseback ride, or just take in the verdant views.

**DAY 6** Castaway. Norman Island inspired Robert Louis Stevenson to write Treasure Island. Sail four hours here, then dock near its purple- and orange-sailed navies for a sunset before a swanky final evening at the Mylly-Jolly-yacht with dinner at 62:2, a cocktails floating restaurant in a replica of a 1815 schooner.

I want to gain 10 pounds.*

On Barbados, a match-up of cricket-loving Brits, epic surf, and spilled rum has created one of the region's best food destinations. These are the three things you must do.

**FISH CUTTER AT DAY'S FISH STAND** The simple, addictive traditional - 30cl of fresh fish, lettuce, and tomatoes topped off with a sprinkling of sugar or a fried egg - draws lines of customers including chef Marcus Samuelsson to this simple lean-to in Bridgetown.

**GRILLED LOBSTER AT THE FISH POT** In an 18th-century fort, this is the place for lobster (54dhs) - so fresh it puts all other versions to shame. The restaurant is part of Little Good Harbour, anew resort composed of sea-side cottages with 21 suites, littlegoodharbour.com, doubles from 339.

HELLO! WHERE'S THE CULTURE?

Chris Bladwell, founder of Island Records and the GoldenEye resort (goldeneye.com; doubles from $400) - which debuted 28 new beach huts this winter - on what to do in Jamaica:

"Instead of bars or clubs, many people in Jamaica go to sound-system dances. Held on lawns or in the street on Friday and Saturday nights, they're 21+ parties that are always memorable. The dancing is truly wild, it is rude, it is raucous, and it is to a mix of reggae, dancehall music, and occasional classic R&B. We'll only find out about sound-system dances through word of mouth, and you should have a local accompany you; we have three or four staff members who'll take guests and help them enjoy the evening out."