

Hi Isobel

A while ago you organised a break at Le sport in St Lucia for me. I said I would report back and I know you tried to call me once when I was back. Sorry that I haven't done it sooner, been really busy and to be honest forgot.

The place was absolutely fantastic. Exactly what I wanted. In fact it exceeded my expectations because I generally set them quite low to avoid being disappointed. I was apprehensive about the all inclusive side, expecting either poor quality or everything worth having (food and activity wise) being an "extra". But no! The food was fantastic - really fresh, beautifully presented and well prepared. Service really good too. I think they have 350 staff for approx 110 rooms or something, so plenty of people about - but on the other hand not overly intrusive.

The social side was very good too. Everyone was really friendly (also the management were often around in the evening just to socialise). My estimate was that approximately 30% of the people there were on their own, and about 90% of those were single. That made for a really friendly atmosphere and because most people there were 30+ it wasn't full of pretensions and the normal immaturity of younger places (if you know what I mean).

The activities and spa side were really, really good. As you know I was there to help my ankle. So I was up and either doing a spinning class, or cycling at 7.30 am every morning, and then my day consisted of exercise, stretching and rest/massage until early eve, when the socialising would start. Might not sound ideal to you, in terms of a holiday, but I found it incredibly de-stressing and relaxing. Also after the week I was walking without a limp. (sadly 2 days back and I was limping again).

Many of the people there had been before. often several times. I met one girl who was on her 5th time this year (obviously very well off), and another who had been six times. Shows that the place must be quite good if people go back, and in fact I am tempted to return. They are doing a big make over, so I hope they don't ruin it!

All in all it is an awesome place and I had a great time. Thank you very much for spending so much time with me trying to understand exactly what I wanted. You have done a stunning job and I'm really pleased, thank you. I shall definitely recommend you to others.

I'll see you when I next want to go away.

Best regards

Adrian