

Friday
Saturday



clocks back one hour before retiring
Yippee, one extra hour of sleep!

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No phone, no TV ... aaaah, it's paradise

Shipwrecks, Mayan sea caves and fringing coral reefs – they're all in a day's dive in the Bay Islands of Roatan, Honduras. With no phones and no TVs, Anthony's Key Resort (AKR) offers travellers rustic elegance with cabanas on the beach and resident parrots in the trees.

AKR is a certified, all-inclusive diving resort perched on the edge of the world's second longest barrier reef. Roughly 96 per cent of all species found anywhere in the Caribbean can be seen on the Bay Islands' reefs. Divers can observe a myriad of marine life including reef sharks, bottlenose dolphins, parrotfish, seahorses and sea fans. Guests are free to explore the many wrecks nearby, including a sunken plane covered with sea grass and coral sand.

With water visibility ranging from 75 to 150 feet (25-43 metres), and 35 distinct dive sites five to 30 minutes away, the possibilities underwater are unlimited. AKR is suited to the eco-traveller and ideal for families, offering children and adults the opportunity to



THE FAMILY THAT snorkels together, stays together.

swim, feed and train dolphins on site at the Roatan Institute for Marine Sciences. AKR is a five-star PADI Instructor Development Centre, offering

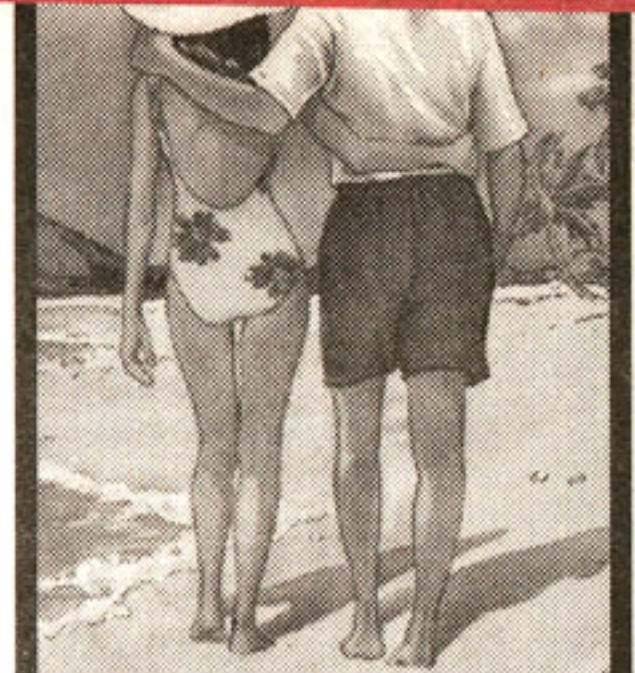
a full range of courses and certifications for all levels, including Open-water Certification, Rescue Diver, Dive-master, and Adventure Diver.

For children, they offer a Dolphin SCUBA Camp and SAS (Supplied Air Snorkeling for Youth) programs. Activities above water include horseback riding on white-sand beaches, sea kayaking and canoeing, deep-sea fishing, and exploring museums and the 2000 year-old Mayan ruins of Copan.

The island of Roatan is located in Central America, 35 miles (55 kilometres) off

the north coast of Honduras. At 40 miles (60 kilometres) in length and less than four miles (six kilometres) in width, Roatan is the largest of eight islands and rests upon an extensive fringing reef system. The warm climate, usually in the mid-80s (27° Celcius) is kept comfortable by constant trade winds.

For more information, visit www.anthonyskey.com or call 1-800-227-3483.



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