



HOW DO I GET HERE?

sunday school

Whitsunday Island

The hypnotic tidal flats of Hill Inlet on Whitsunday Island off Australia's northeast coast are fringed with creamy silica-sand beaches and coveted for their isolation. The Whitsundays, an archipelago of 74 islands, are wedged between Queensland and the mighty Great Barrier Reef. To reach them, fly to Proserpine on the mainland; then take a 25-mile bus ride (from \$17 per person, one-way) to the resort town of Airlie Beach. From there, we recommend signing on for Mantaray Charters' day-long cruise, which takes in the magic at Hill Inlet and the adjacent five and a half miles of pine- and eucalyptus-lined Whitehaven Beach before turning north for a swim among the equally-spectacular reefs of Mantaray Bay. Rates from \$114 per person. mantaraycharters.com — TIM JACOB



MIRACLE GARDEN

About 20 minutes outside the bustling Dutch-Caribbean city of Willemstad, Curaçao, is a haven: Den Paradera, a botanical garden built by Dinah Veeris, the island's most well-known healer, or *curioso*, as she's known in the native Papiamentu language. You don't need an ailment to seek her out, though: You can visit Den Paradera for lessons in both healing and heritage. A tour of the garden includes exhibits and historic cottages that demonstrate the way people lived on the island generations ago. Veeris has collected more than 300 species of medicinal plants and herbs from the ABC Islands (Aruba, Bonaire and Curaçao) and planted them in her garden, including *yerbè hole blanco*, or white basil, which is good for making tea for an upset stomach. Veeris offers more than 100 herbal remedies, available in Den Paradera's shop as well as at her shop at the Hotel Kura Hulanda Spa & Casino in Willemstad. Tours daily at 10 and 11 a.m., except Sundays. dinahveeris.com — BLANE BACHELOR

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