

LIVELY UP **MADE IN THE SHADE***Gwen's Reggae Grill, Anguilla*

DEEP BACKGROUND Four years ago, Gwen Webster took a risk. She quit her job at Anguilla's best-known beach bar (Uncle Ernie's) on its most popular beach (Shoal Bay East) to go around the sandy corner and open her own bar and grill on Upper Shoal Bay. The friendly place named after her favorite music quickly became an island institution, and the big gal with the bigger smile has no regrets.

CAST OF CHARACTERS Following Gwen's lead, the more adventurous folks who start on Shoal Bay wander down the beach and wind up at the Reggae Grill. Those who drive find her sandy parking lot filled with cars of dedicated beach-hoppers and, on several days a week, the van that brings St. Martin day-trippers. On Sundays, a good number of locals and live-music fans enliven the mix.

DIVERSIONS Dig your toes into the island's whitest sand, snorkel the patch reef a few feet offshore, paddle a kayak along the beach and

then grab a cold drink and settle in for some serious swinging in one of the hammocks strung amid Gwen's shady palm grove — hands-down and feet-up the best place on Anguilla for an afternoon nap.

SUSTENANCE You can't go wrong with the fish sandwich (\$9) when the catch is mahi or snapper. Shrimp salad (\$15) is another favorite. Sandwiches, seafood, burgers and barbecue are served with fries or — a much better bet — Gwen's excellent curry pasta salad and special home slaw.

LOCAL KNOWLEDGE Gwen's Reggae Grill (264-497-2120) is open 10 a.m. to 5 p.m. Monday through Saturday, and 10 a.m. to 7 p.m. on Sundays, when there's live reggae. November is the height of the sea-turtle nesting season, and gigantic leatherbacks often lay their eggs on the long, thin beach near the bar. You can see the nests protected with fencing until the long-flipped babies are ready to flap out to sea in January. — *Bob Friel*

**TRY THIS AT HOME****Gwen's Reggae Colada**

- 1 oz. rum
- 1 oz. Cointreau
- 1 oz. Coco Lopez
- 4 oz. pineapple juice
- Pinch of nutmeg

Serve on the rocks or blend with ice.

