

# THE GENTLEMAN'S JOURNAL

AUTUMN 2015 £5

*The*  
**ICONIC  
GUNTER  
SACHS**

INTERVIEW

**EDDIE  
REDMAYNE**

**JONNY  
WILKINSON**  
DISCUSSES RETIREMENT  
AND *THAT KICK*

POLITICS

*THE SPIN DOCTORS  
BEHIND THE SPEECHES*

*The* **SHOOTING  
SPECIAL**

*TOP SHOTS, GUNMAKING  
& GAME WITH MARK HIX*

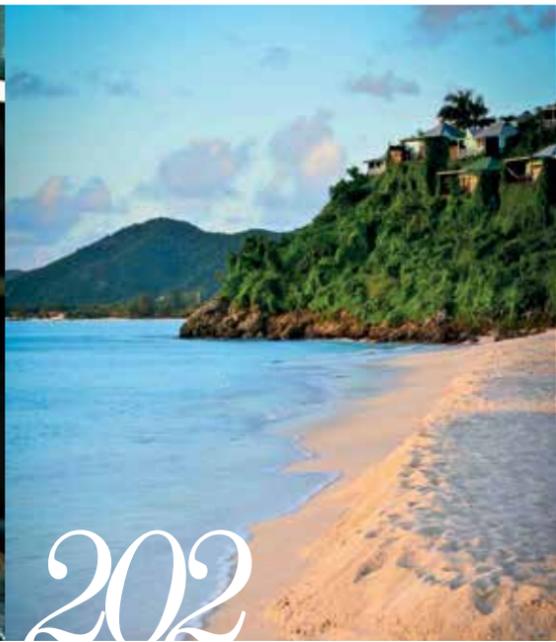
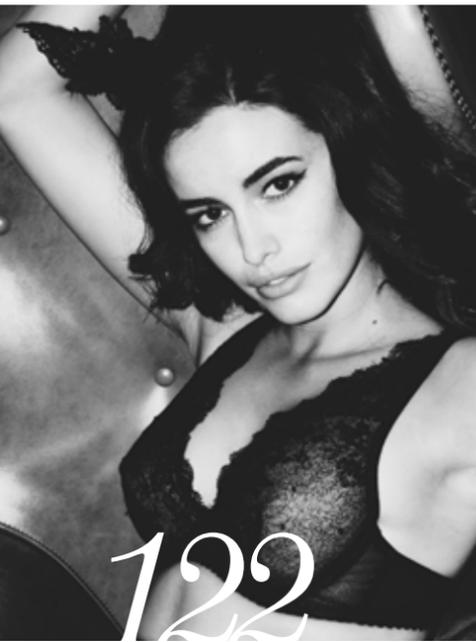
**TRAVEL**

**ANTIGUA & CHINA**  
THE SPICE OF LIFE

ISSN 2052-4285



9 772052 428019



**SHOOTING SPECIAL**

- 140 TOP SHOTS 2015  
*A revised pick of the finest shoots and moors in the UK*
- 146 COUNTRY CALLING  
*Let quality tweed jackets and country coats take you into the shooting season in style*
- 158 A GUIDE TO BUYING AT AUCTION  
*If you're after a new shotgun, modern sporting auctions are the place to be*
- 160 LOCK, STOCK & BARREL  
*Patrick Tillard explores the five processes involved in the making of shotguns through four revered gunmaking houses*
- 169 UK SPORTING BUCKET LIST  
*10 unique experiences within stunning surroundings*
- 173 FUR, FEATHER & FIN  
*Celebrity chef and restaurateur Mark Hix shares three game recipes*
- 180 HIP FLASK HEROES  
*Team your favourite tippie with the best country accessory every man should own*

**POWER**

- 184 THE RECIPE FOR AN AUTOMOTIVE ICON  
*A misty-eyed Rory FH Smith heads to Islay, the true home of a national treasure: The Land Rover Defender*
- 190 BUILDING THE DREAM  
*A superyacht is a serious piece of maritime engineering, so plan ahead*
- 194 THE ITALIAN JOB  
*Four days, 1,000 miles from Modena to Goodwood, and the fastest production saloon money can buy*
- 198 IF MONEY WAS NO OBJECT  
*The most extravagant and desirable items of luxury that money can buy*

**ART & CULTURE**

- 106 THE PASSION OF PIRELLI  
*Emily Gallagher reflects on 50 years of the world's most famous calendar*
- 116 A LEGACY IN THESE WALLS  
*David Collins was a one in a million designer, and his name lives on through a number of London's most iconic establishments*

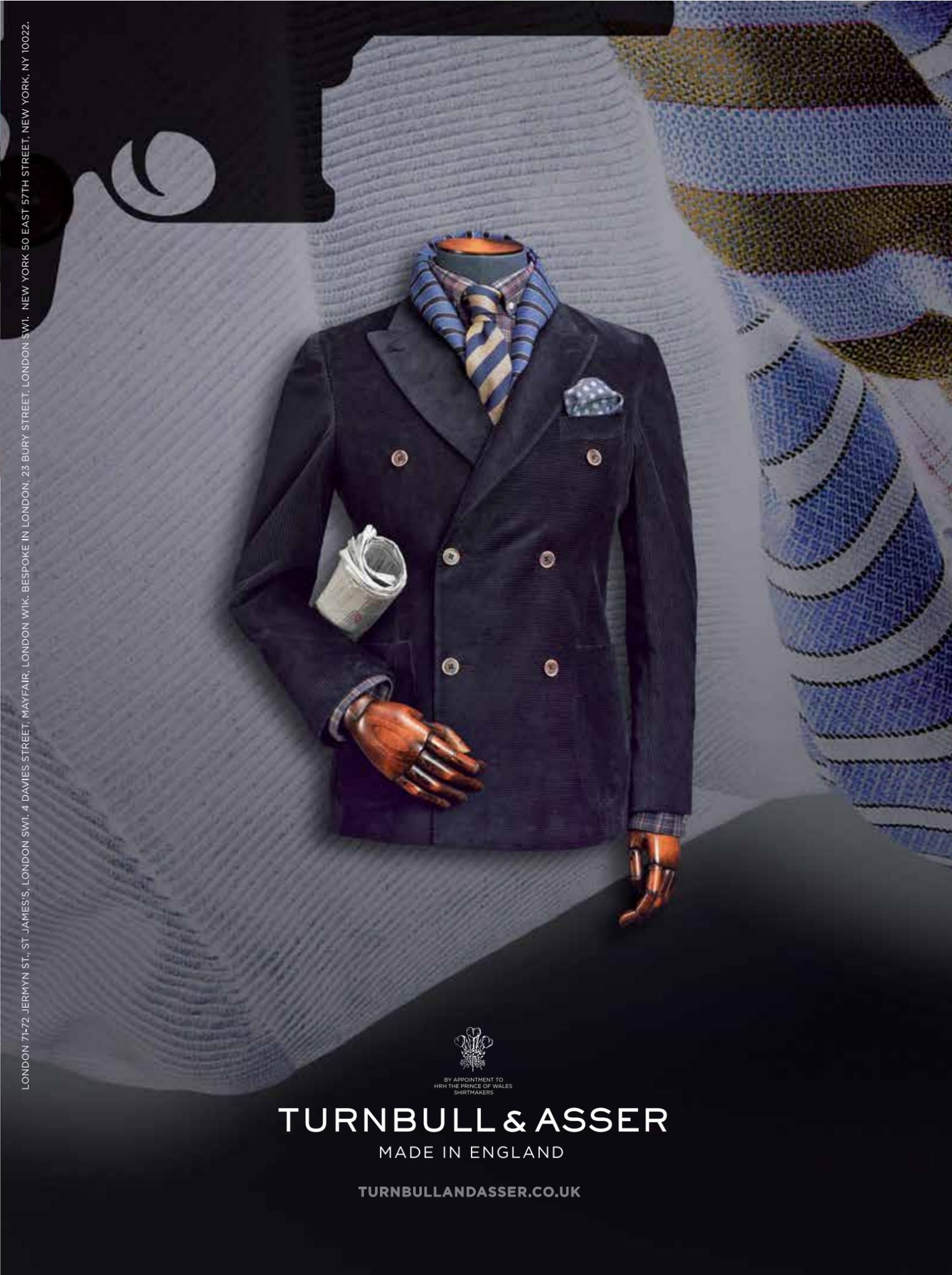
**TRAVEL**

- 202 ANTIGUA: THE SPICE OF LIFE  
*Carlisle Bay has a breathtaking abundance of beauty and charm, but this island is so much more than just a destination*
- 208 THE MARCH TO MODERNITY  
*Holly Macnaghten is enthralled by Beijing, even more so by its underground scene*

On the cover



Rugby legend Jonny Wilkinson, shot by Ryan Edy



LONDON 71-72 JERMYN ST., ST. JAMES'S, LONDON SW1A 1JF. BESPOKE IN LONDON, 23 BURY STREET, LONDON SW1. NEW YORK 50 EAST 57TH STREET, NEW YORK, NY 10022.

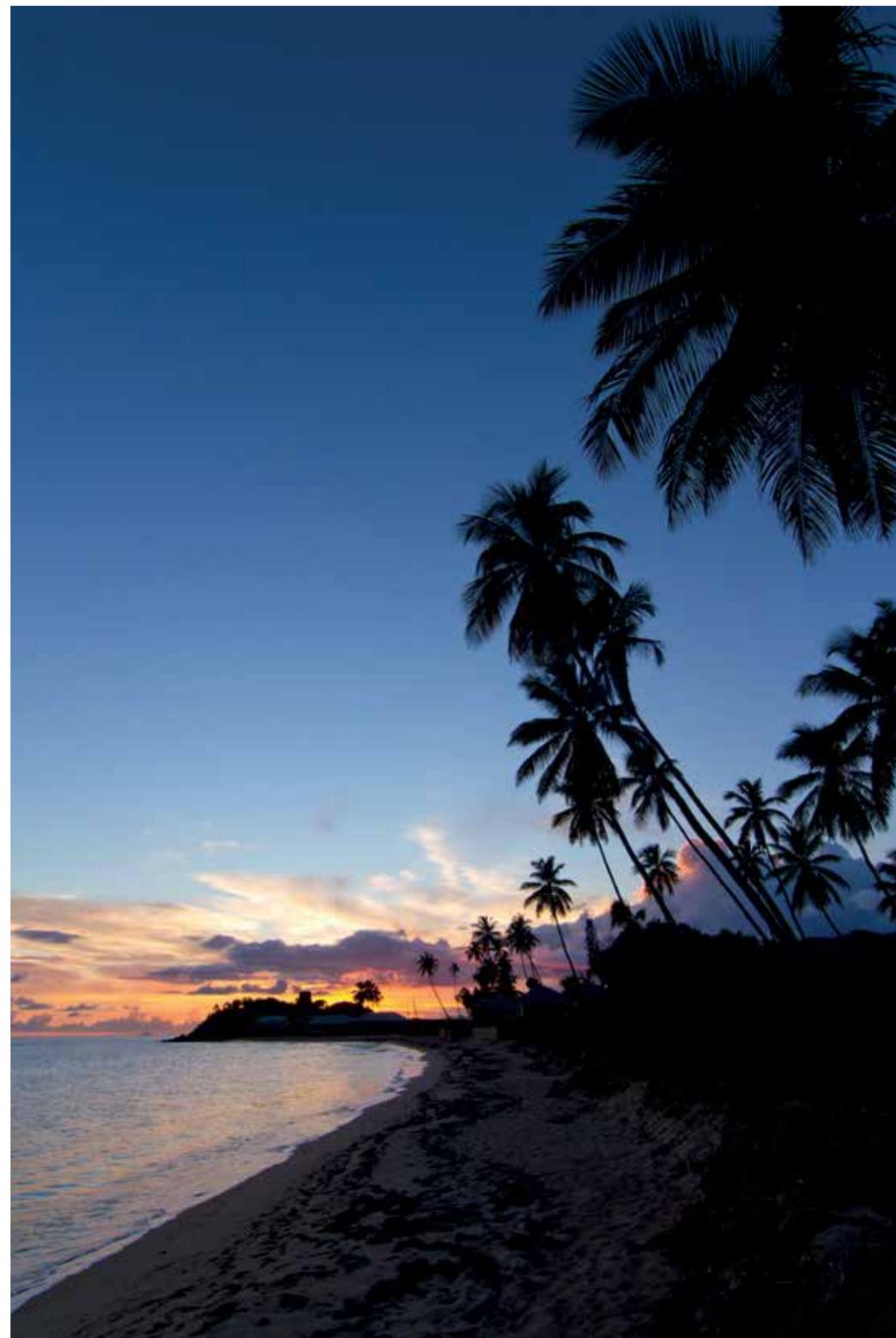


## ANTIGUA — THE SPICE OF LIFE

*CARLISLE BAY has a breathtaking abundance of BEAUTY and CHARM, but, as HOLLY DAVIES discovers, there is something larger and less apparent that makes this ISLAND so much more than just a destination.*



All images: Antigua & Barbuda Tourism Authority

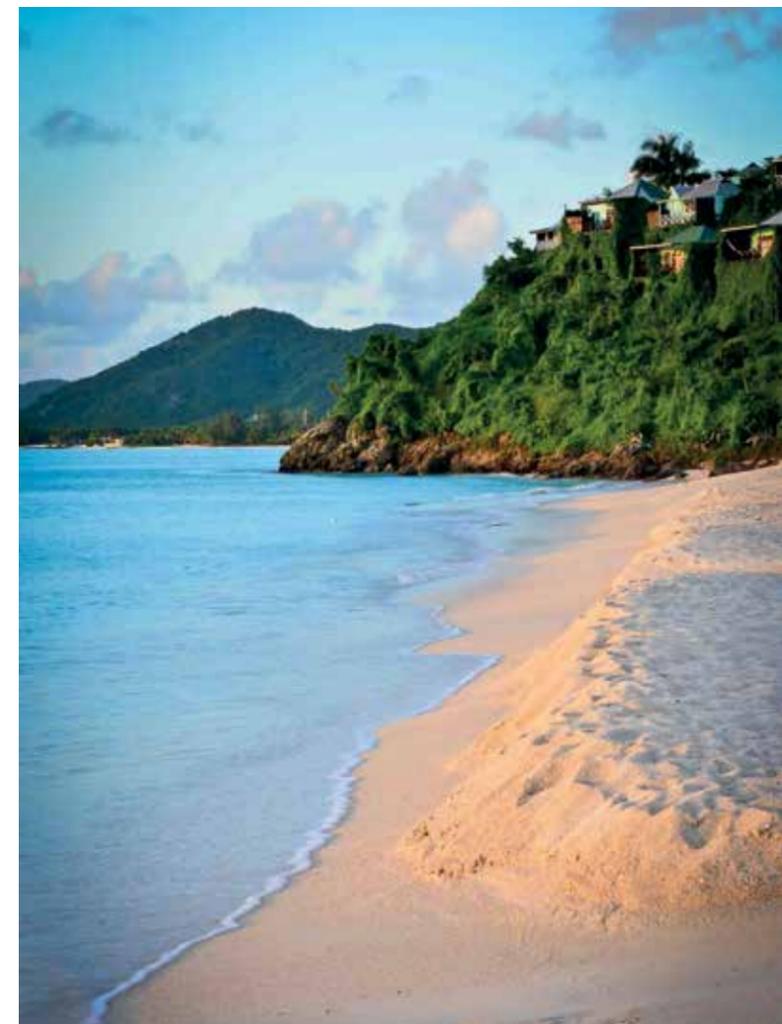


While admiring the dusky sunrise from the top of the second highest peak in Antigua, the heavy morning breeze carried an oddly familiar scent to our nostrils. “It’s lemongrass,” explained Elliot, our trusty guide, pointing at the plumes of green that littered the hillside before hacking out a handful for us to carry back down. Gazing down towards the southern coast and the town of Old Road, my eyes were suddenly drawn to the space between the lush green mangroves and the gleaming ivory sand and to what would be our retreat for the week, Carlisle Bay.

Antigua, or Wadadli to its inhabitants, is home to the world’s sweetest pineapples, 365 beaches and some of the most exclusive and luxurious holiday destinations. It’s no surprise then that many have journeyed to this isle for its white sands, blazing sunshine and sapphire seas for decades (even their national flag champions this famed trio). It was therefore only a matter of time before the well-heeled started setting up shop.

The next day, following the contours of the coastline, as the ocean moves from turquoise and azure to a deepening aquamarine, we travel further into the Caribbean Sea on our boat excursion. Chasing the sunset we pass smatterings of dramatic cliff-side retreats that our captain eagerly points to as homes owned by Giorgio Armani and Pierce Brosnan. Yet, between these supposed highlights are verdant expanses of nature, illustrating that the island is reassuringly far less developed than its cousins. With Russian oligarchs and the investment elite buying up whole chunks of coastal land, the island is set to be the next big thing for super-lux private property. I do realise that these palpable red flags may lead you to paint Antigua with the same brush as its neighbours, but this would do it a great disservice.

Antigua, where the British first settled in 1632, is a land of untiring beauty that has endured a millennia of foreign invasion, slavery and political suppression. If you drive through the island’s heart you cannot help but observe the ruins of old sugar mills framed by vast fields; acting as landmarks of tyranny, these structures pockmark its rugged





“  
 HERE THE LOCAL  
 CHILDREN PLAY  
 IN THE SEA AND  
 FISHERMEN  
 STROLL BY  
 ”



internal landscape. Yet, the people talk about their history with pride oozing from their very pores; it is an island aware of its colourful history, but one that does not wish to be defined by it. With its vivacious character untouched it is this unspoilt harmony that is never more evident than in Carlisle Bay.

Thankfully far from the gaggles of cruise liner zombies that are shipped into the capital of St John's, and nestled in the south west corner of the island, lies the resort. Its design effortlessly harmonises a clean European aesthetic with the functional sensibilities of the West Indies. In contrast to the technicolour palettes of the more tired island retreats, Carlisle Bay has refined style in abundance.

Taking steps over the rather grandiose bridge and their vast Koi pond, you reach the resort's entrance, a cavernous open-air lobby that nods to the island's colonial past. A chilled towel and an ice-cold cocktail wait invitingly for you, as swifts dance through the wooden rafters. As you continue through the hotel's vibrant gardens you reach apartments sitting just steps away from the beach, with the majority boasting uninterrupted views of the wide crescent bay.

Whilst stretches of coastline found in many parts of the Caribbean feel tired, merely ticking over on their inflated price tag, something about the beach here feels inherently more genuine. The urbanised area of nearby Jumby Bay sees visitors rip along in 90s pastel-coloured dune buggies to their local markets selling Waitrose essentials, whereas here the local children play in the sea and fishermen stroll by. No hounding beach vendors, no Bob Marley tours.

For the adventurous there are coral reefs made for snorkelling, a multitude of water sports, and breath-stealing sunrise hikes. However, those just looking for respite from the rush will find afternoon tea served on the beach, swaying hammocks and spa treatments. Carlisle Bay is a breath of collective rapture, both revitalising and tranquil – it clears the mind and warms the soul.

Once known as Carlisle Bay Tennis Club, elite players of the 70s and 80s frequented the hotel's grounds. They say that in tennis a good ball boy is one that is invisible to the player, his role should be entirely unobtrusive. The same should be expected from service in a restaurant or hotel. Rest assured, wherever one chooses to rest their head, prepare to find folded fresh towels, chilled water and fruit skewers awaiting you, but more importantly a glass that is continually replenished.



Carlisle Bay undoubtedly has service down to a tee, yet it is the staff that make it so special.

Our concierge for the trip, Larry, made sure we did not have to make any decisions other than where to eat that night. He eagerly arranged boat excursions, romantic private dining and even a climb up Signal Hill at 5am, which he chose to join us on, to our delight. No matter what, we were met with a smile by our guardian angel dressed in starched white linen.

In addition to the HNW elite, the island is also a favourite among the sailing class, particularly during Sailing Week, when the town of English Harbour comes alive for its raucous after-party scene. In all honesty, it doesn't come close to partying with the locals at Shirley Heights. This Sunday night knees-up is notorious across the island for steamy nights and heady drinks, where the 360° view of the shore provides a dramatic backdrop for dancing till dawn.

However it isn't the glitterati that will stay with you – if that's your bag, Monaco is a much shorter flight. Antigua is an island that is best judged by the charming smiles and stories of its inhabitants. Waiters, street vendors and taxi drivers keenly divulge their lives and loves, regaling tales of island life with archetypal Antiguan soul – “Life's not a dress rehearsal. It's like a fine wine. You don't want to rush. Just enjoy every sip. With every sip you take, you reminisce of the first.”

Chef Hennis, resident at the resort's Jetty Bar and Grill, does things with a barbecue that cannot be explained with science or reason. I implore you to eat anything that encounters his grill. Hennis cheers upon overhearing me ask for Kahlúa in my lunchtime iced coffee – he knows the island has me now. It seeps into your skin as your shoulders slump and your wound-up muscles ease. Antigua is a lifestyle, not a

destination.

In my taxi ride to the airport, the streets dotted with cookouts, chickens and goats, I reminisced of the halcyon days that had passed. But I wonder, what gave the Carlisle Bay its exceptional charm? Is it the pearlescent sands and azure sea? No, there are other destinations that offer such sights. Is it the Caribbean temperament? Possibly. But perhaps it is something larger, and less apparent. A trip to Carlisle Bay is a chance to reconnect with the emotions dulled by a world of responsibilities and schedules; it permits you to blend into a landscape filled with unspoilt charm and relaxed smiles. It facilitates an un-tempered glimpse into the island attitude, allowing you to bask in an organic luxury of the highest calibre. And while some will say the haze of rum punch and warm waves may have led me to make such grand statements, maybe the truth is that life is just that little bit easier when you make the trip down to Old Road.

British Airways Holidays offer five nights at Carlisle Bay from £1,549 per person for selected departures in November. Includes return flights from Gatwick and accommodation with breakfast. For reservations visit [ba.com/antigua](http://ba.com/antigua) (book by September 30)

For further information on room rates and bookings at Carlisle Bay please call +1 286 484 002 or contact the resort at [reservations@carlisle-bay.com](mailto:reservations@carlisle-bay.com) or via the website [carlisle-bay.com](http://carlisle-bay.com)

#### — HIGHLIGHTS —

**Breakfast at Indigo on the Beach** – go for the full Caribbean experience and order the salt-fish, plantain and float while you lounge in the open air, mere metres from the sea.

**Lunch at the Jetty Grill** – just feet from the water's edge, it is without a doubt host to the best food on the island.

**Private picnic excursion** – as Bond as it gets. Get papped by hoodwinked holidaymakers, pull into deserted beaches and relish lunch for two.

**Explore the depths of Cades Reef** – let Carlisle Bay specialists Prince and Garfield guide you through some of the most vibrant coral life Antigua has to offer. Stingrays, turtles and a plethora of tropical fish are just some of the sights you'll see.

**Experience award-winning serenity at The Blue Spa** – with clientele including Oprah and the Duchess of Cornwall, you can be certain to get the best treatments this side of anywhere.

