



LIVE / Travel



LaLa Goes to the BAHAMAS

DOLPHINS, MERMAIDS AND WATERFALLS, OH MY!

By LA LA ANTHONY

L

LA ANTHONY and hubby NBA forward Carmelo "Melo" Anthony, who star in VH1's *La La's Full Court Life*, decided to make a stop on Paradise Island in the Bahamas for some family one-on-one. Melo was traded to the New York Knicks, and the family had to pack up and move to NYC for what La La says was the craziest transition of her life; if you're intrigued, it's all chronicled on the show. They hopped a plane, dumped their bags and spent five lovely days relaxing in the surf and sun. La La gives us a day-by-day glimpse of their vacation.

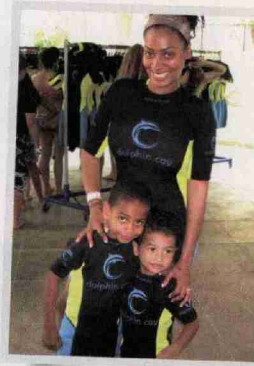


IMAGE COURTESY OF THE ATLANTIS HOTEL. IMAGES COURTESY OF LA LA ANTHONY

Day 1: Swimming with the Dolphins

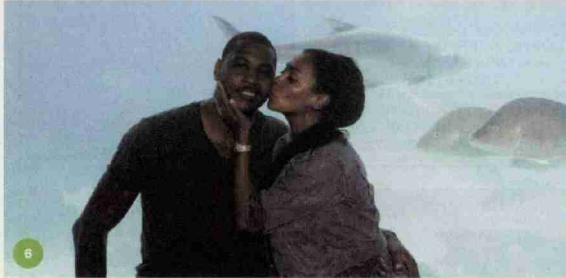
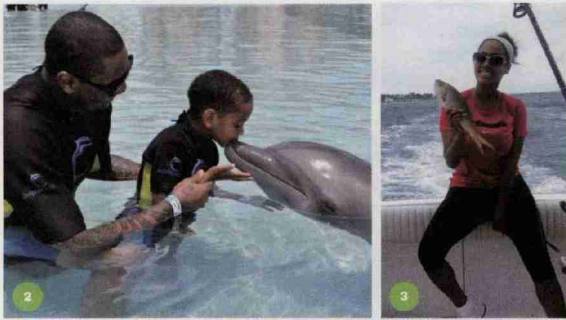
Our son, Kiyana, 4, has been talking about swimming with dolphins for a very long time, so it was cool to finally put on wet suits and dive in at Dolphin Cay, a part of the marine habitat at the Atlantis Paradise Island resort. This was probably the

best part of the trip for Kiyana—he LOVED it! Melo, on the other hand, was a little hesitant to touch the dolphins when we first got there. So funny. But by the end of the day, he actually kissed one! As an added bonus, the staff took us behind the scenes, and we got to see them feed the dolphins and sea lions.

Day 2: Boat-Trippin'

On every family trip we take, no matter where we go, I know we always have to schedule a full day of fishing. Melo loves to fish, and, quiet as it's kept, I enjoy getting on that boat, pushing off from the dock and leaving my BlackBerry behind. The water was really

rough the day we went out, so we weren't able to go too far. Despite the bumpy start, we did manage to catch some barracudas and yellowtail. We gave a lot of the fish away, but we kept a few yellowtail and had them cooked up that night for a tasty Bahamian-style dinner.



Day 3: Relaxing by the pool

I am a bit of an organizing freak. Melo laughs at me because before we go on any vacation, I create itineraries for every moment of every day. This time, I threw away my planner—for one day! We hung out by the pool and waterfall and chilled.

Day 4: Kid's Day

The Atlantis is really great for families, so we decided to have a kids' day and do whatever Kiyam and my nephew Mekai, 3, wanted to do. The highlight for us was the mermaid show. The actors dressed up as mermaids and performed in the water with

the fish and dolphins. Afterwards, Kiyam even got to meet one of the mermaids and take a picture. So cool!

Day 5: Romantic Night Out

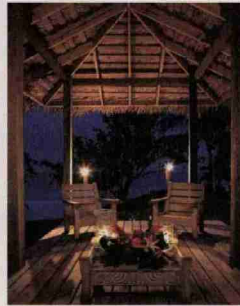
On our last night of the trip, Melo surprised me with a romantic night out. We went out to dinner and had a nice quiet night at Nobu. And I gave him a big thank you kiss at the end of the night. It was perfect. Muah!

Atlantis Special EBONY Reader Rate: 4th night free and two tickets for Crush, the new teen nightclub, for the price of one from September 15 through December 21, 2011.

1. A breathtaking view of the Royal Towers of the Atlantis Hotel. 2. Melo and Kiyam swim with the dolphins. 3. La La makes her big catch. 4. Taking in a tropical breeze on the hotel balcony. 5. Kiyam and Mekai interact with actors from the mermaid show. 6. Love among the marine life.

Beyond Paradise

PARADISE ISLAND ISN'T THE ONLY COOL PLACE TO VISIT IN THE BAHAMAS. CHECK INTO SOME OF OUR FAVE PROPERTIES:



Abaco Beach Resort at Boat Harbour, Marsh Harbour, Abaco

This 40-acre beachfront property includes suites, villas and condos—and Bahama Buddies, which pairs visitors between the ages of 5 and 15 with Bahamian kids for nature explorations.

Special EBONY Rate: \$1,390 per package based on double occupancy for five days/four nights in an oceanfront guestroom. Includes one-day boat rental, daily breakfast and round trip ferry transfer to Hopetown with golf cart rental from September to Dec. 15, 2011; visit abacobeachresort.com or call 1-800-468-4799.

regular room rate from November to Dec. 15, 2011; visit harbourislandlanding.com.



Old Bahama Bay Resort & Yacht Harbour, Grand Bahama Island

Try one of the 73 all-suite beachfront rooms at this elegant boutique hotel. Fishing enthusiasts can get their deep sea, fly or reef fishing on. Plus, there is a full-service marina.

Special EBONY Rate: 15 percent off the regular room rate from Sept. 6 to March 31, 2012 with booking code EBONYOBB; visit oldbahamay.com or call 1-888-800-8959.

Club Med Columbus Isle, San Salvador

What about an eco-certified, all-inclusive hotel? Best Feature: No crowds. And it's a diver's paradise with 32 moored dive sites.

Special Rate: \$899 per person for an all-inclusive 7-night family or couples getaway; book before Aug. 29, 2011 for travel through October 2012; visit clubmed.us or call 1-800-CLUBMED.

