



But if you're not mad about a huge array at every meal, there are always burgers or juicy fresh fish or meat on the menu. The Indian restaurant, Safran, has what I thought were the most tender and flavoursome chicken kebabs in the world; the flavours and combinations were amazing.

One of the nearby islands is still untouched and you should do yourself a favour by eating at Crusoe's Restaurant and Robinson's Bar on Sunday afternoon.

On your arrival on the island you are greeted warmly – take off your shoes to enjoy the white sand beneath your feet. Huge bottles of home-made rum are displayed on crates – litchi, lemon grass and ginger, orange and cloves and coconut. They literally steal the breath away, as well as any cares that you might still have had at this time. And make sure – and this is

very serious – that you leave a little room for dessert. My favourite was the yoghurt dessert at Safran restaurant. Next time I'll be ordering it as a main meal.

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When you enjoy food the way I do, and simply cannot refuse anything, but feel a little guilty about it afterwards, there is a solution – the gym. And there are also water sport activities,

tennis courts and bicycles for exploring the island, which should quickly burn off those extra kilojoules.

Mauritius is the perfect destination for any occasion – a romantic honeymoon, for the single person looking for solitude, a group of friends wanting to play, and also for a family. Children aged between 4 and 11 are entertained at the resort's T-Club so that tired parents can relax while their littlies are looked after.

Spoil yourself and visit Mauritius for your next holiday. It's only slightly further than a trip to Cape Town. Go on – you deserve it. ✨