Let's make a day of it

Whether you're on a cruise or have a 'free' day to explore the island during a work trip, this handy guide will give you a taste of what Barbados has to offer! **But fair warning, a taste is never enough.**

Feeling for a little history?

- Visit the Blackwoods Screw Dock, the only remaining screw dock of its kind in the world
- Add delicious bites to historic Bridgetown with a walking food tour
- Enjoy a delicious sip of history with the Rum Vault or Mount Gay rum experience

Feeling for adventure?

- From ziplines to obstacle courses discover the eco adventure at Harrison's Cave
- Dive under our crystal waters without getting wet with an Atlantis Submarine tour
- Want to get a little closer? Grab your snorkel and flippers and swim with the turtles

Feeling for a day of luxury?

- Enjoy the allure of the sea onboard Seaduced Luxury Charters
- Spend the entire day being pampered at Coral Reef Barbados Spa
- Love shopping? Check out luxury brands at Limegrove Lifestyle Centre

Feeling for a spectacular view?

- Take the path less traveled with an Island Safari tour
- Head to Farley Hill or Gun Hill for stunning views steeped in heritage
- Travel to the tip of the island and explore the Animal Flower Cave (a great spot for lunch too)

Feeling for a little bit of everything 'Bajan'?

- Take an early morning sea bath and then get ready for a day of adventure
- Fuel up with a Bajan breakfast (Surfer's cafe is a great spot)
- Snack on a fish cutter (sandwich)
- See the sights on a Bajan Bus excursion
- Head to Oistins Fish Fry or St Lawrence Gap for good food and good vibes!

BARBADOS

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24 hours?
24 things to do in Barbados

Check these items off your Barbados Bucket list

- [ ] Drink a Banks beer at a local rum shop
- [ ] Sink your toes in our velvety sand and wander along silk-smooth shorelines
- [ ] Dip your toes (or your entire body) in our warm waters of the bluest blue
- [ ] Have a roti from Chefette. It's Riri's favorite!
- [ ] Spot a ZR Bus (and hop in!)
- [ ] Visit Oistins Fish Fry
- [ ] Have a fish cutter (sandwich) from Cuz's fish shack
- [ ] Eat like a 'Bajan' and choose from local delicacies like fishcakes, cou-cou and flying fish or a cold glass of mauby
- [ ] Cool down with a snow cone
- [ ] Visit Rihanna Drive and explore the area where Rihanna lived as a child
- [ ] Check to see if your surname is on the wall in Golden Square Freedom Park
- [ ] Check out the local arts and craft at Pelican Village
- [ ] Snorkel in Carlisle Bay and see the shipwrecks
- [ ] Savor fresh coconut water straight from the source
- [ ] Explore Barbados' heritage with a trip to the Barbados Museum & Historical Society
- [ ] Indulge in some history and liquid gold with a Mount Gay Rum Distillery Tour
- [ ] Book an island tour and visit the four towns on the island
- [ ] Step back in time and have "Dinner with George" at the George Washington House
- [ ] Party the night away in St Lawrence Gap or 1st and 2nd Street
- [ ] Try a rum punch or two!
- [ ] See if you can spot a green monkey (they are all over the island)
- [ ] Head out on a catamaran and make friends with a turtle
- [ ] Embrace nature and try 'forest bathing' at CoCo Hill Forest
- [ ] Experience the majestic sight of horses taking a sea bath at Pebbles Beach