Welcome
to
Barbados
visitbarbados.org
BARBADOS

Each place in Barbados has a story.

Every meal is a celebration, and each day promises new experiences, discoveries and memories to last a lifetime. Many expect Barbados to be a once-in-a-lifetime type of trip, but quickly discover that it is the kind of place you want to return to, time and time again.

WITH SO MUCH TO DO, IT IS PROBABLY PRETTY OBVIOUS NOW WHY TRAVELERS KEEP COMING BACK!

The time of your life is waiting

ACCOMMODATIONS

Major Hotel Brands:
Marriott, Hilton, Sandals, Fairmont, Wyndham

Luxury EP and All-inclusive Hotels

Boutique Bed and Breakfast

Villas

HOTELS

1. Fairmont Royal Pavillion
2. Apes Hill Barbados
3. The Crane Resort
4. Sandals Royal Barbados
5. Turtle Beach by Elegant Hotels/Marriott
6. O2 Beach Club & Spa
7. Bougainvillea Beach Hotel
8. Wyndham Grand Barbados Sam Lords Castle
9. The Sands

GASTRONOMY

1. Cuz Fish Shack
2. The Cliff
3. Oistins Fish Fry
4. The Lone Star
5. The Fish Pot
6. QP Bistro
7. Worthing Square
8. Champers

HISTORY

1. Nidhe Israel Museum
2. Garrison Clock Tower
3. George Washington House
4. St. Nicholas Abbey
5. UNESCO World Heritage Site

ATTRACTIONS

1. Andromeda Botanical Gardens
2. Harrison's Cave
3. Gun Hill Signal Station
4. Atlantis Submarines
5. Mount Gay Rum Distillery

GOLF COURSES

1. Apes Hill Barbados
2. Barbados Golf Club
3. Rockley Golf and Country Club
4. Royal Westmoreland Golf Club
5. Sandy Lane Golf Club - The Green Monkey and Old Nine

Wellness and Soft Adventure

REJUVENATE MIND, BODY AND SOUL WITH TRANSFORMATIVE EXPERIENCES IN BARBADOS.

- Spa Treatments
- Paddle Board Yoga

Barbados offers a number of exciting diversions to satisfy even the most adventurous soul.

- Hiking
- Biking Trails
- Island Safari
- Snorkeling
- Scuba Diving
- Surfing and Kite Surfing

Heal your mind, body and soul with the warm touch of Barbadian white sands under your feet and a gentle tropical breeze playing across your brow.

And at dusk, you'll witness the serene beauty of our everyday miracle as the sun slips into the sea on our western horizon.

The boutique clubs and spas of Barbados increase this balance and harmony, setting you free from the stresses and strains of daily routine and the obligation of being tied to the grid. We offer you a VIP pass to some of the most luxurious and best spa resorts in the world, where you can rejuvenate in nutrient-rich plunge pools, indulge in a massage or hot tub experience, and receive the pampering you deserve to look and feel your very best.

For those with an adventurous side, Barbados offers a number of exciting diversions for you!

Offshore; the ocean beckons with the call of deep sea fishing or a diving expedition. Closer in, you can also enjoy jet skiing, kite & windsurfing, stand-up paddle boarding, snorkeling and swimming with the turtles. And for those who wish to see the marine life without getting wet, dive right in with the Atlantis Submarine!

Inland, the diverse terrain of the island offers a number of activities to enjoy, including hiking & biking trails, exploring our wild side in a safari jeep or spelunking the water carved caverns of Harrison's Cave.

No matter what brings you to our famous Caribbean island, your perfect combination of adventure and relaxation will be just a booking away.

Indulge in your escape and restore your calm. Take all the time you need.

Romance in Barbados

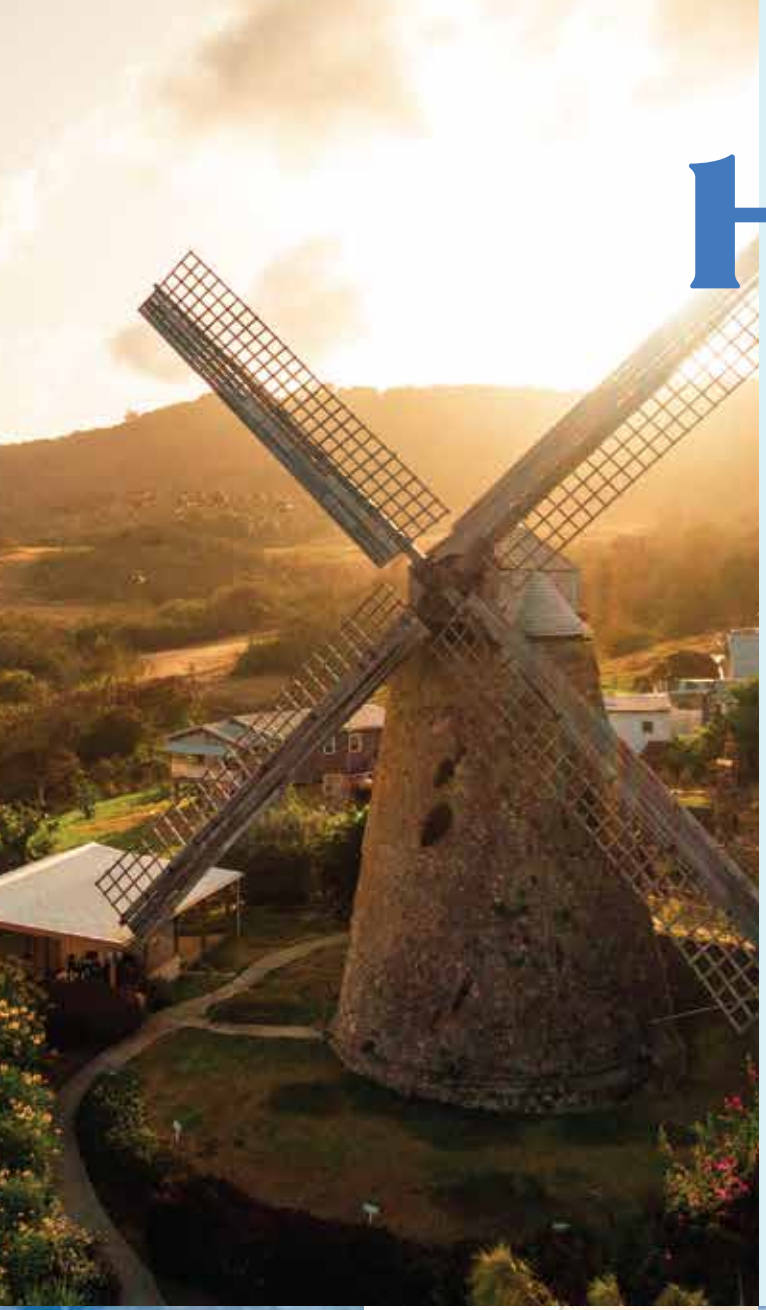
DISCOVER YOUR PERFECT PLACE AND SAY 'I DO' IN BARBADOS.

- Exotic Places and Spaces
- No required waiting period to get married
- Memorable Honeymoon and Anniversary experiences

Get ready to be swept away by the travel experience of a lifetime. Rich in colour and diversity, what could be more romantic than a wedding in Barbados?

It's your big day, so choose every detail of getting married in Barbados - your romantic getaway can include a beachside ceremony at sunset with spectacular views as the backdrop to your special moments, or a tropical garden wedding in a sea of colourful blossoms. Invite all of your family and friends, or maybe make your union a small and intimate event. Everything you need for a perfect wedding is here on our cherished Caribbean island.

And with world class wedding professionals on island who can take care of every detail, what better way to celebrate love, than to be in a place that celebrates living?



History and Heritage

THE HISTORY AND CULTURE OF BARBADOS IS UNIQUE, AND WE BAJANS (THE FAMILIAR TERM FOR BARBADIANS) ARE AT EASE WITH OUR PAST AND PROUD ARCHITECTS OF OUR FUTURE.

Bridgetown, the capital of Barbados, and its Garrison is a UNESCO World Heritage Property and was one of the two largest, and most influential British port cities in the Americas in the 1600's.

Since the 17th Century Barbados has been known for its sugar production and every year Barbados comes alive as we celebrate the end of the sugar cane harvest season with Crop Over.

The Crop Over Festival is our premier cultural festival and is celebrated island wide over an eight-week period from June to August. Featuring a myriad of events such as visual art & craft exhibitions, calypso tents & competitions and fetes; the festival culminates in the colourful Kadooment Day parade where locals and visitors take to the streets in beautiful, elaborately designed costumes.

Your Barbados experience is incomplete until you've sampled our oldest and greatest export, rum, which is a by-product of the sugar cane industry. Discover the story, the mysteries and the secrets behind our finest and most celebrated spirit. Make sure to book a Barbados rum tour - you'll be glad you made the journey from beach to bottle.

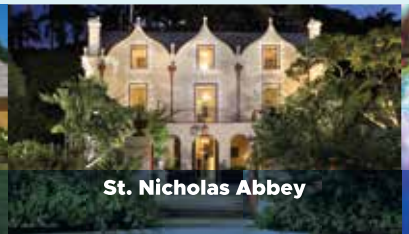
Barbados is considered the birthplace of rum, and Mount Gay distillery - founded in 1703 - is believed to produce the oldest rum found anywhere in the world.

So just say yes to that first rum punch, and you'll soon ease into the spirit of island life. As the saying goes, time flies when you're having rum.

Nidhe Israel Museum

Historic Bridgetown and its Garrison

George Washington House


St. Nicholas Abbey

Kadooment Day

Gastronomy and Nightlife

MEMORIES ARE MADE AS WE GATHER OUR LOVED ONES AND FRIENDS AROUND THE TABLE TO SHARE A MEAL.

Your Barbados travel experience will include some truly special meal-time moments to treasure forever. You're on holiday so try everything - locally caught fish, home-grown grass-fed meats, sweet plantains, rice and peas, tasty West Indian curries and rotis.

Lunch and dinner can be as formal or as laid-back as you like. On this small island, we have amazing restaurants and cafés to suit every need, serving familiar international dishes and Caribbean food. Widely acclaimed as the Culinary Capital of the Caribbean, we're the first and only island to be Zagat rated with more restaurants per capita than any other island in the Caribbean –and you'll see why!

Staggeringly beautiful top-notch restaurants perfectly perched on clifftops above the sea include The Cliff, Champers and The Animal Flower Cave Restaurant. Beachfront shacks where the dress code is swimsuits and bare feet include Bombas, Bo's Place and JuJus.

For the foodies, our Food and Rum Festival in October is a four-day opportunity for indulgence! Featuring international and local chefs, your taste buds are in for a treat. After a wonderful meal, it's time for a night out on the town and the night life in Barbados ranks amongst the best in the Caribbean.

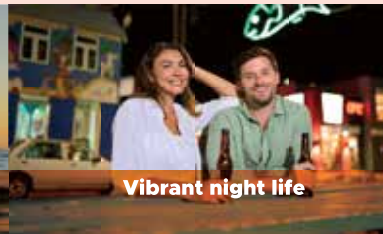
Bajans love to party; whether you're in 1st & 2nd Street Holetown, on the West Coast, or the ever-popular St. Lawrence Gap on the South Coast; there are numerous clubs and bars to choose from for a fantastic night out!

The Barbados Food & Rum Festival

An authentic rum shop experience

Zagat rated restaurants

Sunset cocktail cruise


Vibrant night life

Beaches and Accommodation

AS DISTINCT AND DIVERSE AS BARBADOS ITSELF...

...the accommodations available on island range from the refined luxury of a private villa; to a sumptuous 4 star boutique hotel to the laid back, intimate guesthouse.

Barbados is certain to have the accommodations to compliment your preference and your budget!

Travelers can also find familiar brand names such as Marriott, Hilton, Fairmont, Sandals and Radisson as well as a variety of locally owned options perfect for that getaway for two.

Most of the island's hotels are located on or very close to the beach and Barbados is blessed with over 70 miles of glorious beaches; however the coastal scenery varies as you travel across the island.

On the West Coast you will find the calm Caribbean Sea; superb for sailing, water skiing, and snorkeling while on the South Coast the beaches are windblown all day which are ideal for windsurfing and kitesurfing, especially in the Silver Sands Area.

On the rugged East Coast, the Atlantic Ocean meets the shore and creates stunning rock formations. Great for surfing but not for swimming.

Shopping in Barbados

BARBADOS OFFERS YOU A GLORIOUS DIVERSITY OF SHOPPING EXPERIENCES.

Exquisite local craft and international designer brands are all here, and the duty-free shopping makes your favourite label that much more affordable.

Barbados offers you a glorious diversity of shopping experiences, and some of the best shopping in the Caribbean. Our island is renowned for duty-free shopping - you can buy expensive jewellery and designer goods with discounts of 30-50% compared with Europe, the USA and other parts of the world. It's easy to claim your savings - just present your passport and travel documents at the point of sale.

There are many different shops in Barbados. Choose bustling downtown locations such as Broad Street and Swan Street in the centre of Bridgetown, and cheerful suburban shopping centres such as Sheraton Mall and Sky Mall, or even indulge your luxury spending habits all the way up to world-class shopping experiences available in our new Limegrove Lifestyle Centre in Holetown.

For local shopping culture, immerse yourself in some bustling markets. You'll have to wake up early to join discerning housewives as they select exotic fruit and vegetables at Cheapside Market, and ask for fresh fish to be filleted on the slab at one of our many famous fish markets. There are also several farmers' markets offering farm-to-fork sustainability and organic produce, along with unique arts and crafts which make perfect gifts and keepsakes to take back home.

Barbados is a haven for shoppers - everything is here and priced to entice.

CHRIST CHURCH

Coconut Walk Shopping Centre
Sheraton Mall
Lanterns Mall

ST. JAMES

The Chattel Village
Sunset Crest Mall
Limegrove
Lifestyle Centre

BRIDGETOWN

Cave Shepherd
Colonnade Mall
PeliCan Island

50 Reasons to visit Barbados Pt1

FOOD & DRINK

1. Visit Oistins Fish Fry on Friday nights
2. Sample locally grown fruit
3. Enjoy a traditional ‘Cutter’ from Cuz’s Fish Shack
4. Taste local delicacies like ‘Bread and Two’ (fresh salt bread and fishcakes)
5. Quench your thirst with an island brewed, ice cold Banks Beer
6. Appreciate the sweet taste of a Bajan sno-cone
7. Enjoy some Saturday morning Pudding & Souse
8. Drink coconut water from a freshly picked coconut
9. Sample our national dish, Cou-Cou and Flying Fish
10. Tickle your palate with unique flavour of a roasted breadfruit from Yelluh Meat!
11. Take a Rum Tour and sample the rum from many of the distilleries on island

HISTORY

12. Learn about Bajan cricket at the Legends of Barbados Cricket Museum
13. Visit Bridgetown a UNESCO World Heritage Site
14. Visit beautifully restored Plantation Houses across the island
15. Watch the changing of the guard at the Historic Garrison Clock Tower
16. Take a selfie at the Family Monument at Heroes Square in Bridgetown

CULTURE

17. Visit the childhood home of our International Superstar – Rihanna
18. ‘Jump’ all night at ‘Fore Day Morning’
19. Then, ‘Jump’ all day at Grand Kadooment
20. Soak up the sounds of calypso music at bars and nightclubs across the island
21. Join the locals and other visitors as they give thanks and praise, during Gospelfest
22. Lime (Gather) in any one of the many rum shops

50 Reasons to visit Barbados Pt2

SPORTS

23. Place a bet during Saturday horse racing at The Historic Garrison Savannah
24. Visit the Mecca of cricket, Kensington Oval
25. Stomp divots during a polo match at the Holders Polo Club
26. Go horse riding along Morgan Lewis Beach
27. Explore amazing reefs and wrecks with day/night dives
28. Try a yoga class on a paddle board in the ocean
29. Get your adrenaline going at Bushy Park Racing Circuit
30. Learn to kite/board surf at Silver Sands and Bathsheba
31. Participate in the Run Barbados Marathon Series every December
32. Set sail during the Mount Gay Round Barbados Race in January
33. Try your hand at road tennis, our indigenous sport

ATTRACTIONS & ACTIVITIES

34. Experience the wonderful flora when you take a stroll through the Andromeda Botanical Gardens
35. Have your picture taken with the lion at Gun Hill
36. Experience our number one natural attraction, Harrison's Cave
37. Take a walk, cycle or run on the Barbados Trailway Project
38. Visit some of the 1,200 rum shops across the island and join in a karaoke session
39. Swim with turtles
40. Enjoy a sunset from any of our West Coast Beaches
41. Take a journey on the St. Nicholas Abbey Heritage Railway
42. Hire a private catamaran for the day
43. Plunge in the invigorating Bathsheba Pools on the island's East Coast
44. Go off-road on an island safari
45. Experience a unique underwater adventure on the Atlantis Submarine
46. Watch race horses swimming at dawn at Pebbles and Brandons beaches
47. Experience a natural hot tub at the Hot Pot in Brandons
48. Take advantage of the duty free shopping in Bridgetown and at Limegrove Lifestyle Centre
49. Join the locals at an early Saturday morning market
50. Stroll along the boardwalk which hugs the South Coast

BRIDGETOWN
BARBADOS®
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