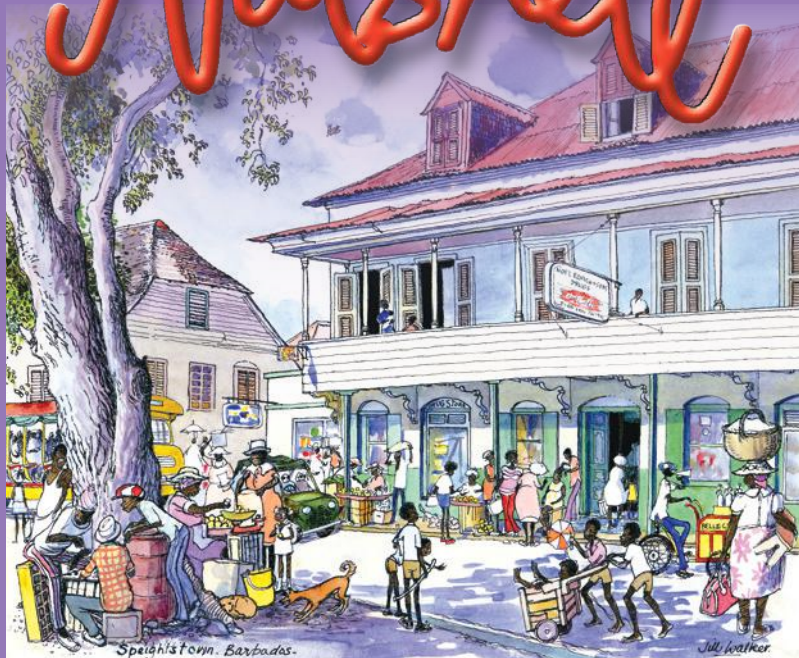


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Cover Art "Speightstown"
by Jill Walker

Having dedicated much of her career to documenting the buildings, landscape and everyday life of Barbados, in a style that is simultaneously accurate and charming, Jill Walker has earned the right to be considered one of the most outstanding and important artists this country has ever known. Her comprehensive collection of work provides the most extensive and invaluable archival record of Barbadian architecture ever produced.

Jill's most recent exhibition, the "3 Generations Art Show", featured her own impressive work alongside that of her daughter, Sue Trew, and granddaughter, Holly Trew. Their family operated business, Best of Barbados gift shops, which is celebrating 40 years in business, also features three generations of wonderful Barbadian art, as well as quality merchandise created by many other talented Barbadians.

Barbados
The
Nutshell

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A sunset sail

Sally Miller



"Dinner with George"
at George Washington Attraction

Andrew Hulsmeier



Private Dining at Sitar

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The Careenage in Bridgetown

Sally Miller



"Trotty" playing pan at Lobster Alive

Courtesy Tiarni Catamaran Cruises



West coast catamaran cruise

Andrew Hulsmeyer



Kite Surfing at Silver Sands

AREA CODE - The international telephone area code for Barbados is (1) 246.

CAPITAL CITY - Bridgetown, the main shopping centre. On June 25 2011, 'Historic Bridgetown and its Garrison' was inscribed on the UNESCO World Heritage List. Jolly Roger Tavern offers guided walking tours daily Tel: 436 2885

CURRENCY - The Barbados Dollar is tied to the US Dollar at a rate of US\$1 = BB\$1.98; other currencies fluctuate so check with the local banks or the press.

DRESS - Keep swimwear on the beach. Camouflage is prohibited.

ELECTRICITY - 110/230V 50Hz.

HOURS OF BUSINESS - Banks open Monday to Thursday from 8am-3pm and Friday 8am-5pm. Supermarkets open daily from 8am and close between 7pm and 10pm in the evenings. Other retail outlets generally open Monday to Friday from 9am-5pm and on Saturday from 9am-2pm. Special opening hours in December.

POPULATION - 287,733

SIZE - Barbados is 166 square miles, measuring 21 miles long x 14 miles wide.

TAX - 17.5% VAT is usually included in prices quoted. 7.5% VAT and 10% service charge will be added to your hotel bill.

TIPPING - Usually 10%-15%.

WATER - Safe to drink from tap.

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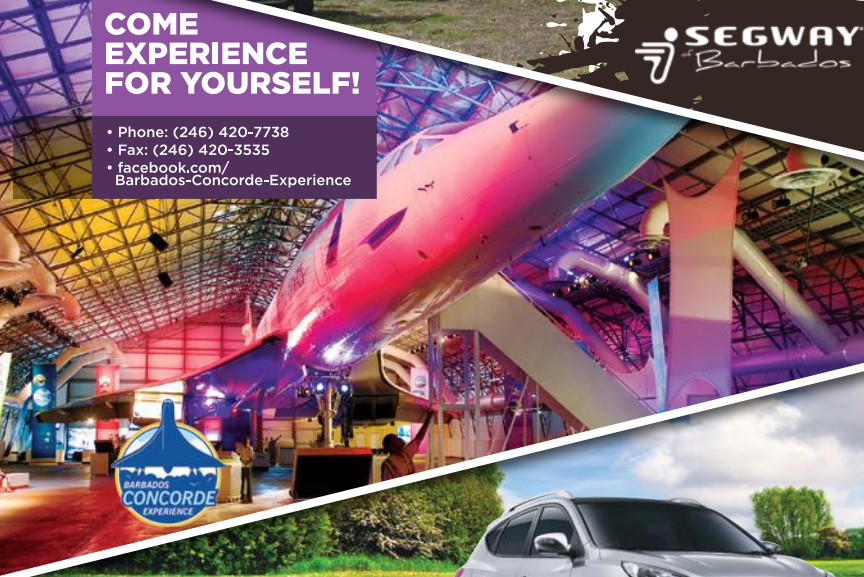
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Photos courtesy Barbados Tourism Marketing Inc.



50TH ANNIVERSARY OF INDEPENDENCE CELEBRATIONS

MAY 2016

- 7-8 Barbados Festival of Speed at Bushy Park Racing Circuit, St. Philip.
- 12-14 BIM Literary Festival & Book Fair.
- 20-29 The Baobab International Theatre Festival - Three plays being performed by international artists from New York and South Africa. Venue to be confirmed.

JUNE 2016

- 1 Launch of the Barbados National Park - Sturges, St. Joseph.

- 2-1 Aug. Crop Over - "Barbados at 50, Celebrating our Culture, Showcasing our Pridel!"
- 27-6 Aug. Visual Arts Festival at the Grand Salle, Tom Adams Financial Centre; Queens Park Gallery and Pelican Craft Centre.

JULY 2016

- 28 20/20 Cricket Match in honour of The Right Excellent Sir Garfield Sobers at Kensington Oval, Bridgetown.

SEPTEMBER 2016

- 16 Tribute to The Right Excellent Sir Frank Walcott. Venue to be confirmed.





OCTOBER 2016

- 16 Through the eyes of a child: A toast by the youth of Barbados. Venue to be confirmed.

NOVEMBER 2016

- 5 Tribute to the Skipper - Sir Errol Walton Barrow, the Father of Independence, Float Parade.
- 5/6 "50 Shades of Barbadian Art" Exhibition at The Gallery of Caribbean Art, Speightstown.
- 17-20 "Mirror Mirror, Show Me a Hero" at Frank Collymore Hall, Bridgetown.
- 20 NIFCA Gala - "Night of the Masters" at 3Ws Amphitheatre, Cave Hill Campus.
- 27 National Independence Service at Kensington Oval, Bridgetown.

- 28 Prime Minister's Dinner & Ball in honour of 50 Outstanding Barbadians at Ilaro Court.
- 29-30 Golden Anniversary Spectacular Independence Day Parade Entitled "Inspired, Exalting, Free!" at the Historic Garrison Savannah.
- 30 Independence Around the Island Flight by the Barbados Light Aeroplane Club.

For further information on the abovementioned events contact the 50th Anniversary of Independence Celebrations Secretariat at (246) 430-0045
email: secretariat50@barbados.gov.bb
www.50barbados.com



Courtesy Bushy Park Racing Circuit Inc.



Nick Reid



Barbara Secher-Greenidge



Barbara Secher-Greenidge



MAY 2016

- 1 May Day (Bank Holiday)
- 7 Polo Club Matches at Lion Castle
- 13-16 B'dos Int'l Masters Football Festival
- 14 Polo - Presidents/Kearns Trophy
- 16 Whit Monday (Bank Holiday)
- 16 Horse Racing - 2nd Racing Season
- 21 Full Moon/Gun Hill By Moonlight
- 21-29 Gospelfest
- 26-29 Celtic Festival
- 28 Horse Racing - Guineas Day
- 28-29 Sol Rally

JUNE 2016

- 2 Crop Over In The City
- 3-5 Sol Rally
- 4 Crop Over Craft Works Annual Craft Fair, Barbados Museum
- 11 Jazz in the Yard & Heritage Gala at St. Mary's Church, Bridgetown
- 11 Horse Racing - 2nd Racing Season
- 20 Full Moon
- 20-26 Tri Nation Series ODI Cricket at Kensington Oval (Australia, South Africa, West Indies)
- 25 Crop Over Gala - City Fest & Ceremonial Delivery of Canes
- 25 Horse Racing - Midsummer Creole Classic Day

JULY 2016

- 3 Crop Over Water Xplosion Wet Fete at Kensington Oval
- 8 Pan Fusion at Ilaro Court
- 9 Crop Over Speightstown Market
- 9 Horse Racing - 2nd Racing Season
- 10 Pan Pun De Sand at Brandons
- 10 Barbados Cruising Club Regatta
- 19 Full Moon
- 22 Barbados Museum Torchlight Tour
- 23 Horse Racing - Massy United Derby
- 23 Junior Kadooment
- 24 Soca Royale at Bushy Park RC
- 26 Crop Over Evening of Folk at Frank Collymore Hall, B'town
- 29 Foreday Morning Jam
- 30 Pic-O-de-Crop Finals at Kensington Oval, Bridgetown
- 29-31 Bridgetown Market
- 31 Monarchs of the Mas' at Kensington Oval

AUGUST 2016

- 1 Emancipation Day (Bank Holiday)
- 1 Grand Kadooment
- 1-2 Bridgetown Market
- 6/20 Horse Racing - 2nd Racing Season
- 11-15 3rd B'dos Open Water Polo T'ment
- 18 Full Moon
- 18-30 Barbados Historic Rally Carnival
- 21-27 B'dos Int'l Hockey Festival
- 26 Barbados Museum Summer Torchlight Tour



Peter Marshall

SEPTEMBER 2016

- 3 Horse Racing - 2nd Racing Season
- 10/24 Special Opening of Barbados Museum's Shilstone Library
- 16 Full Moon
- 24 Barbados Museum Bus Tour



André Williams

OCTOBER 2016

- 2 27th Annual B'dos Nat'l Triathlon
- 9 B'dos Kennel Club's All Breeds Championship Dog Show
- 9/23 National Dinghy Championships
- 16 Full Moon
- 29-30 Barbados Golf Club Open Championships



Sally Miller

NOVEMBER 2016

- 5-6 Open Water Festival at Carlisle Bay
- 5-6 Sizzlin' Sand Beach Volleyball Championships at Brandons
- 5/19 Horse Racing - 3rd Racing Season
- 14 Full Moon
- 17-20 Food & Wine and Rum Festival - "Celebrating 50".
- 20 Barbados Kennel Club's All Breeds Championship Dog Show
- 26-27 RBC Classic Golf Tournament at Barbados Golf Club
- 30 Independence Day (Bank Holiday)



Courtesy Barbados Tourism Marketing Inc.

DECEMBER 2016

- 2-4 Run Barbados Series
- 3/17/ Horse Racing - 3rd Racing Season
- 26 Full Moon
- 9-10 Classical/Pops Festival
- 13 Full Moon
- 25 Christmas Day (Bank Holiday)
- 26 Boxing Day (Bank Holiday)



Lola Briann/Brian deAction Man Talma



Sally Miller



André Williams



Photo courtesy: B'dos National Trust



JANUARY 2017

- 1 New Year's Day (Bank Holiday)
- TBA Naniki Barbados Music Festival
- TBA Mount Gay Round B'dos Race Series
- 12 Full Moon
- 21 Errol Barrow Day (Bank Holiday)
- 21 Mount Gay Round B'dos Race
- 28-29 BHS Flower & Garden Show

FEBRUARY 2017

- 11 Full Moon
- TBA Waterman Festival
- 12-19 Hometown Festival
- 24-26 Agrofest

MARCH 2017

- 4 Horse Racing - Sandy Lane Gold Cup
- 12 Full Moon
- TBA Holders Opera Season

APRIL 2017

- 11 Full Moon
- 14 Good Friday (Bank Holiday)
- 15-17 Oistins Fish Festival
- 17 Easter Monday (Bank Holiday)
- 28 Nat'l Heroes Day (Bank Holiday)
- TBA B'dos Int'l Fishing Tournament
- TBA B'dos Int'l Fishing Tournament
- TBA Sir Garry Sobers Festival of Golf

CALENDAR NOTES

- The B'dos Horticultural Society hosts Open Gardens on Sundays from 2-6pm in Jan., Feb. & Mar. Call (246) 428-5889 or visit www.horticulturebarbados.com
- The B'dos National Trust hosts Open Houses every Wed. from 2:30-5:30pm from January to March each year. Hike Barbados is held every Sunday year round and hikes take place at 6am & 3:30pm. Moonlight hikes are at 5:30pm. Call (246) 426-2421 for hike calendar and details of Open House venues.
- Polo Season is from January to May each year. For full details visit: www.barbadospoloclub.com
- Horse Racing takes place on Saturdays throughout the year. Call (246) 626-3980 or visit: www.barbadosturfclub.org



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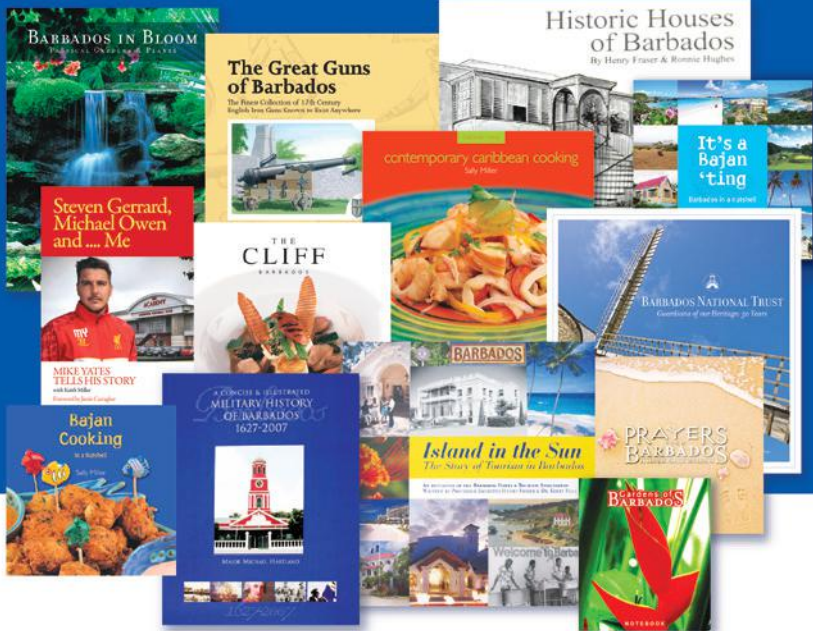
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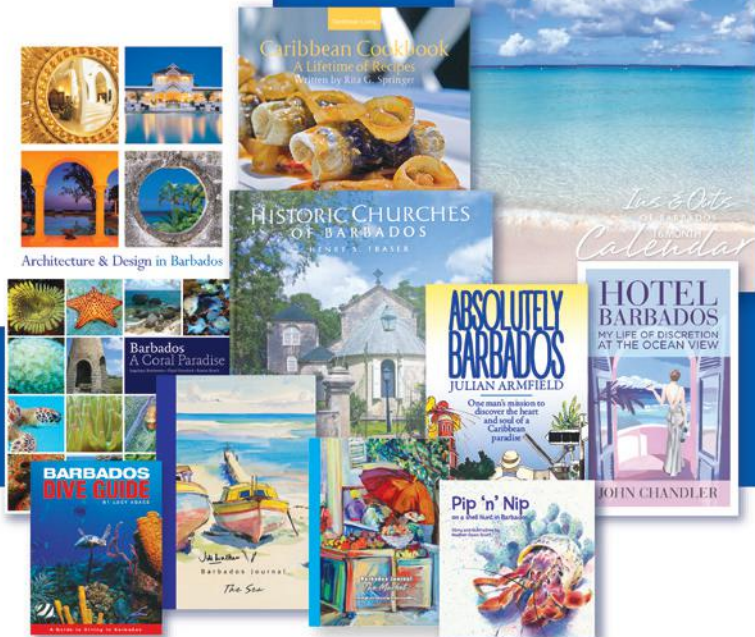
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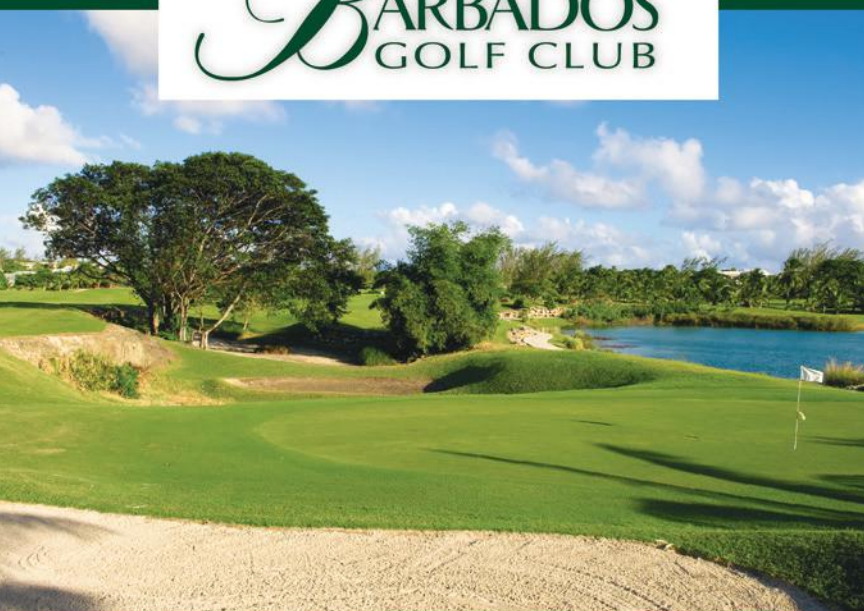
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Andrew Hulsmeier

The Parliament Buildings looking across the Careenage from the Waterfront Café

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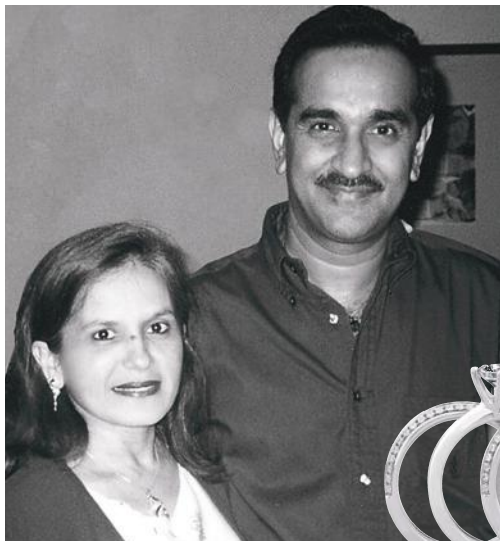
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Butterfly Boutique

"Beautiful clothes for stylish people."

Elegant resort wear, swimwear and accessories pack this lovely Holetown boutique, located only a few minutes walk from Limegrove Lifestyle Centre. Feminine pieces shine, you'll find stylish, affordable clothing that radiates effortless style, featuring great new lines by well known European, US, Canadian and local designers, all suited to the Caribbean climate... Bold-hued kaftans and beaded tunics, timeless dresses in ultra-flattering styles and chic accessories that will brighten up any ensemble. There is also a bevy of elegant, head-turning swimwear; whether poolside or on the beach you'll feel confident and comfortable in Butterfly's wonderful range of exquisite swimwear, suitable for all sizes. The gents can join in the fun too as Butterfly also carries an exclusive range of Italian menswear.

Open Mon-Sat 9am-6pm

Tel: 256 5045

Sunset Boulevard, Holetown, St. James

rebecca@butterflyboutiquebarbados.com

www.butterflyboutiquebarbados.com

Facebook/butterflyboutique



Butterfly Boutique



Limegrove Lifestyle Centre

"The most stylish place to shop and dine in Barbados"

Located in Holetown along Barbados' famed West Coast, Limegrove Lifestyle Centre boasts an exciting mix of shopping, dining, boutique cinemas, live entertainment and more. Limegrove is home to some of the world's leading retail brands including Louis Vuitton, Burberry, Hugo Boss, Ralph Lauren, Michael Kors, Cartier, Longchamp, MAC and others offering an unmatched selection of luxury and duty-free items. Visitors to the centre can also enjoy casual, alfresco dining in the Water courtyard or a fabulous rooftop dining experience at one of Barbados' newest restaurants. Specialty stores include a Parisian café, Indian tea room and a Cuban cigar bar. Added to a wide selection of other stores, an art gallery, spa, salon, boutique cinemas and the popular Lime Bar, Limegrove truly has something for everyone.

Open Mon-Sat 10am-7pm; Sun 10am-5pm (December to April)

Louis Vuitton open 7 days a week.

Select restaurants, bars and boutique cinemas: open 'til late

Limegrove Lifestyle Centre,

Holetown, St. James

Tel: 620 5463

info@limegrove.com

www.limegrove.com | facebook: /Limegrove





La Casa del Habano Cuban Cigar Shop, Lounge & Bar

"The walk-in humidor is considered one of the best in the world!"

Imagine yourself in peaceful and serene surroundings, somewhere central but tucked away from the hustle and bustle, a place where the aroma of fresh Cuban tobacco, coffee, spices and fine spirits fill the air... This experience awaits you at the refreshingly unique La Casa Del Habano Cuban Cigar Lounge & Bar at Limegrove in Hometown where you will find yourself transported to a sophisticated, warm and relaxing environment.

Here you'll find the largest Walk-in Humidor in the Caribbean, housing a well-rounded collection of only the finest Habanos, alongside a fully stocked bar and lounge area where you can relax under ambient lighting in comfortable fine leather armchairs.

Pair your cigar with a superb selection of spirits, from cognacs and rums to an extraordinary selection of single malt whiskeys, or simply a cup of their excellent freshly brewed coffee.

**1st Floor, Limegrove Lifestyle Centre,
Hometown, St. James**
Tel: 621 0621 | lcdhbdsgmail.com





Best of Barbados Gift Shops

"Creating Quality Art and Gifts Since 1975"

For many, their holiday in Barbados would not be complete without a visit to see what's new at a Best of Barbados Gift Shop. An established family firm, their founder, artist Jill Walker, is thought of as a "legend" by her fans for her wonderful record of Barbadian life over the past 50 years. Each of their 5 shops, now run by Jill's daughter and son-in-law, Sue and Chris Trew - and their friendly and helpful staff - is filled with a fabulous selection of quality merchandise. Artwork by Jill, Sue and Sue's daughter Holly, feature heavily alongside a variety of local craft by talented Barbadians. You're sure to find the right gift for everyone on your list, plus a little something for yourself, to remind you of Barbados until you return!

See their advert and FREE OFFER on the Nutshell map.

The Chattel Village, Holetown
 Quayside Centre, Rockley
 Southern Palms Hotel, St. Lawrence Gap
 Airport Departure Lounge
 Bridgetown Cruise Terminal

www.best-of-barbados.com





Sheraton Mall

"The Mall that has it All!"

Synonymous with shopping in Barbados for over 25 years, Sheraton Mall promises a truly authentic Barbadian shopping experience. Two floors of shopping with over 120 stores which includes a six screen multiplex cinema, boutiques, cellular service providers, banking, pharmaceutical, doctor and homeopathic services, Sheraton Mall has everything you could possibly need.

The Coca Cola Food Court features the largest multicultural selection of restaurants on the island, all conveniently housed under one roof. Located ten minutes from Oistins and fifteen from Bridgetown, Sheraton offers a daily shuttle service operating along the South Coast with stops at select hotels. Book your visit to Sheraton Mall with your South Coast hotel activities desk or contact them at 437 0970.

Open 9am-9pm Monday through Saturday.

Sargeants Village, Christ Church

Tel: 437 0970

office@sheratonmall.com

www.sheratonmall.com

Facebook: /SheratonMall



THE MALL
THAT
HAS IT ALL



SHOP · EAT · PLAY

Sheraton Mall is Barbados' premier shopping and entertainment destination featuring over 120 stores and services, duty-free shopping, an extensive Food Court and a Multiplex and VIP cinema.

Getting to the Mall That Has It All is easy! Ask your Hotel Concierge about our daily South Coast Shuttle Service or call (246) 437 0970 for more details.



Sheraton Mall



Sargeants Village, Christ Church
www.sheratonmall.com

Take Home the Flavours of Barbados

While your stay in Barbados will inevitably come to an end, you can always take home memories of the island in the form of tasty souvenirs so you can savour the “taste of Barbados” long after your tan has faded!

Cockspur Splash Flavoured Rums come in 3 delicious island flavours: Mango Citrus, Pineapple Coconut and Green Apple - they are the newest and only fruit-flavoured white rums produced in Barbados. Cockspur Splash can be purchased at **Runway Duty Free** in the departures hall of Grantley Adams International Airport. There you will also discover “**The Caribbean Rum Collection**” of over 80 premium rums from the region.

The Green Monkey Chocolatier brings you a selection of locally made, uniquely flavoured luxury chocolates and macarons that make perfect gifts. Everything is handcrafted in small batches using only the finest ingredients. Visit their little French inspired shop in Worthing on the south coast, or purchase from Runway Duty Free in the departures hall at the airport.

Cutters' VSRP™ (Very Special Rum Punch): Cutters of Barbados is a family delicatessen at Crane Beach, St. Philip and the creators of the award winning Cutters' VSRP™ (Very Special Rum Punch). Be sure to stop by and pick up a bottle (the first taste is free)!

Find the perfect
look to complement
your style . . .



NEW COLLECTIONS IN STORE

#42 Swan Street, Bridgetown Tel: 431.9164
Sheraton Mall, Christ Church Tel: 437.1983

Tropicana
JEWELERS
Exotic. Exquisite. Exciting.



Milano Diamond Gallery

"A unique jewellery store!"

Milano Diamond Gallery is a delight for experienced, savvy shoppers. Thanks to its global presence, Milano is able to bring the latest and finest jewellery designs into Barbados, from natural white and colour diamonds to colourful gemstones, all available at surprisingly affordable prices. Worthy of attention is Milano's own Unity brand, focusing on 'Big Look' diamond jewellery and diamond tennis bracelets of all carat weights. Milano also represents Divina all natural fancy yellow diamonds, LeVian all natural Chocolate Diamonds®, Green Nile all natural Columbian emeralds, Philip Stein watches, Luminox watches and the increasingly popular Bering watches of Denmark. Milano is the fastest growing retailer in the Caribbean with over 35 stores opened in 5 years. The sister company Kiran Group is a DTC Sight holder and the world's largest manufacturer of diamonds of a carat and under. Kiran has achieved benchmarks of quality complying with the Best Practice Principles (BPP) and Ethical norms of the industry. As diamond site-holders, they guarantee their clients are offered genuine wholesale prices on all of their GIA/EGL Certified diamonds and they also have a New York based customer service centre.



Take along your copy of Barbados in a Nutshell to receive a free island-inspired lithograph as a keepsake of your visit.

29-30 Broad Street, Bridgetown
 Open Mon-Fri 9:30am-5pm; Sat 9:30am-3pm
 Tel: 429 2900 | www.milanodg.com



Cockspur

SPLASH

Flavoured Rums



Citrus Mango

Green Apple

Pineapple Coconut

Get Wet!

Arguably the largest
collection of rum
in the Caribbean!

 **RUNWAY
DUTY FREE**
Departures Terminal,
Grantley Adams Int'l Airport



Runway Duty Free

"Arguably the largest collection of rum in the Caribbean!"

Introducing The Caribbean Rum Collection at Runway Duty Free... This superb collection of 80 plus Rums showcases the diversity of flavours and aromas unique to the region where the sun-drenched warmth and humid climate create the ideal aging environment for Rum. Our spirits mature 2 to 3 times faster than spirits in other climates meaning a 10 year old Rum is comparable to a Whiskey aged 25 to 30 years.

Runway's Caribbean Rum Collection embodies the great heritage of rum-making in the region. Generations of craftsmanship and knowledge have been handed down and blended to make this exquisite taste of the Caribbean.

Free sampling daily from 12pm, so please come along and visit our tasting bar, **only at Runway Duty Free**. Located on the left as you come through security.

Departures Terminal, Grantley Adams International Airport
Tel: 428 7101 ext. 4471

Shopping





Hastings Farmers Market at ArtSplash

"It's a simply lovely local experience."

Homemade, home grown or created in Barbados in the heart of the south coast just across from the beautiful Richard Haynes Boardwalk with lovely sea views, the Hastings Farmers Market at ArtSplash is held every Wednesday and Saturday!

- ArtSplash Café serving super fresh natural juices, fresh fruit smoothies, great coffee, breakfast, salads and gluten free waffles & wraps
- Children's play park with zip lines & climbing frames open during the market
- Local and Organic fresh fruit and vegetables
- French bakery stall & other locally baked goods
- Trini roti, fish cakes, Bajan food and breakfast goodies
- Lots of Plants, Art & Crafts and Local Souvenirs
- Covered seating areas to sit back, relax and enjoy what the market has to offer

Market open Wed and Sat 9am-2pm.
ArtSplash Café serving healthy eats
opens daily for breakfast and lunch until 3pm.
The ArtSplash Centre, Hastings Main Rd, Ch. Ch.
Tel: 228 0776 | www.artsplashbarbados.com





The Green Monkey Chocolatier

"A perfect combination of texture and flavour, making every bite a pure moment of delight."

This unique Barbadian Chocolate Shop, located on the south coast of the island, is stocked with loads of locally handmade creations designed for chocolate lovers. Each chocolate is made in the traditional artisan method, in small batches without preservatives, using organic, Fair Trade & Rainforest Alliance certified chocolate. Their wide range of goodies features artisanal chocolates including the classics, salted caramels, a rum collection, French macarons with butter cream or ganache, chocolate bark, chocolate mendiants, a hot chocolate kit and a wonderful Confitures Collection of marmalades and jams.

Factory tours can be arranged for small groups.

Open Tues - Fri: 10am-6pm,

Sat: 10am-4pm.

Tel: 435 5567

Worthing Main Road, Christ Church

info@thegreenmonkeychocolatier.com

www.thegreenmonkeychocolatier.com





'Déjeuner Retarde' by Janice Sylvia Brock

Art & Craft

Barbados has quite an astonishing array of artistic talent – the Bajan-born and artists 'from away,' who leave the northern climes for tropical colours and magical light, the visiting residents and those who have shaped new lives here all add to the mix. Their work and their many styles of painting, portray views of local life with realism, mystery or whimsy – together they create a wonderful picture of this blessed little island.

There is also a wide variety of beautiful local craftwork to be found, much of it created out of the island's most readily available natural resources such as clay, mahogany, pandanus grass, coconut, palm fronds, bamboo, shells and leather. Pottery, batik, basket making, jewellery and wood carving are among the prominent local skills.

On your travels around the island be sure to visit some of our art galleries and our talented local artists and crafts people. They will be delighted to show you their work and you will get an interesting glimpse of Bajan life. Perhaps you'll find a unique treasure as a reminder of your visit to our 'island in the sun'.

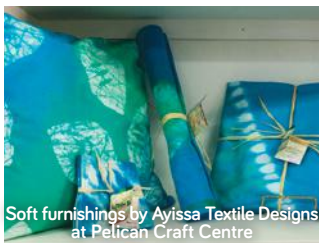


Jamal Ifill of Crystal Forms at Pelican Craft Centre shows off recent designs from his handcrafted collection of borosilicate jewellery and functional art

Photo: Sally Miller



Jill Walker with daughter Sue and grand daughter Holly



Soft furnishings by Ayissa Textile Designs at Pelican Craft Centre



Hand-crafted art jewellery by Tiyi



Art for Everyone

Galleries & Studios

Best of Barbados Gift Shops

Tel: 421 6900

The Best of Barbados Gift Shops are the perfect place to find tasteful and authentic souvenirs. Featuring the art of Jill Walker, her daughter Sue Trew and Sue's daughter, Holly, they each bring their own unique style of colourful art and giftware designs to this family institution.

Brocklands Gallery

Halcyon Heights, St. James.

Tel: 432 6061 or 237 7670

The studio gallery of Janice Sylvia Brock. Much of her recent work is on display, as well as prints of selected paintings in over 500 square feet of exhibition space.

Tiyi By Design

Store #12, 2nd Floor Town Square Mall, Speightstown, St. Peter.

Tel: 422 6816 or 252 0184

An exquisite line of hand-crafted art jewellery by Barbadian metalsmith/jeweller Ichia Tiyi.

Art for Everyone Gallery

Exchange Cottage, St. Lawrence Main Road, Worthing, Ch Ch.

Tel: 435 9756. Beautifully located on St. Lawrence Bay, featuring the work of over 50 Barbadian artists - all styles, all mediums, all sizes, all prices! A lush display of Barbadian talent.



The ArtSplash Centre

“Santa Neta”, Hastings, Ch. Ch.

Tel: 228 0776

A vibrant, creative hub for all the family, the ArtSplash team offer private art lessons for all ages. They will find a medium that's best for you and help you to explore your own creative path. They also provide studio and exhibition space for local artists.

Don't miss their Organic Farmers & Craft Market every Wednesday and Saturday 9am-2pm.

Pelican (Village) Craft Centre

Princess Alice Highway,
Bridgetown. Tel: 427 5350

The largest art and craft centre in the Caribbean, with 25 shops and a number of craft workshops. The Barbados Arts Council Gallery is also located here, featuring the work of the island's most accomplished artists.

Frangipani Art Gallery

Sugar Cane Club Hotel & Spa,
Maynards, St. Peter, Tel: 422 5026
Savannah Hotel, Hastings, Ch. Ch.
Tel: 228 3800

An outstanding selection of work by owner/curator, Marilda Weatherhead, as well as other artists from Barbados, the Caribbean, and as far afield as Peru, Bali and Vietnam.



Roslyn of Barbados

“Authentic Barbadian Craft since 1962”

Since the 1960's, the place for traditional Caribbean craft and trendy local creations in Barbados is Roslyn Watson's shop in Pelican Village. Roslyn's ceramic figurines and famous tapestries make super gifts, as do the shop's cornucopia of baskets, books, hats, jewellery and select Caribbean crafts.

**Open Mon-Fri 9am-5pm.
10am-3pm on Sat.**

**Tel: 426 3852
Pelican Village, Bridgetown
roslynwatson@caribsurf.com**





The work of Catherine Forter-Chee-a-Tow is on display at Gallery of Caribbean Art

Gallery of Caribbean Art

Northern Business Centre,
Speightstown, St. Peter.

Tel: 419 0858. The largest and best appointed fine art gallery in the Caribbean, featuring a wide selection of Barbadian and Caribbean art with impressive exhibition space and continuously changing art pieces.



On the Wall Gallery

The Very Vanita line of cushion covers, pouches, tea towels and more

On The Wall Gallery

Earthworks Complex, St. Thomas,

Tel: 438 9246 or 234 9145

Champers Restaurant, Ch. Ch.

Tel: 426 3380. Features the work of many of the island's best known artists and crafts people.

Earthworks Pottery

Edgehill Heights 2, St. Thomas.

Tel: 425 0223. A fascinating, working pottery producing fabulous, functional works of art.



Henderson Reece at The Batik Studio

The Batik Studio

Earthworks Complex, St. Thomas.

Tel: 424 0391. Henderson Reece creates stunning batiks depicting the Caribbean in vibrant tropical colours. Batik classes are also offered.



The Village Gallery at The Crane

The Village Gallery

The Crane, St. Philip

Tel: 423 6220. This spacious gallery opens daily from 1pm to 9pm and features the work of an eclectic mix of established and up-and-coming Barbadian artists.





Gallery of Caribbean Art



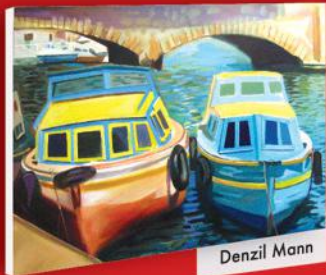
Glenroy Jordan



Tracey Williams



Susan Alleyne-Forde



Denzil Mann

An impressive display of over 300 works of art, constantly updated.

MORE INFO: (246) 419 0858

Gallery of Caribbean Art

Northern Business Centre, Speightstown, St. Peter
artgallerycaribbean@caribsurf.com • www.artgallerycaribbean.com
Open: Monday - Friday 10am - 4pm, Saturday 10am - 2pm



Janice Sylvia Brock

"The vibrant hues, sense of movement, & the sometimes offbeat treatment of subjects, imbue her paintings with joie de vivre."

Janice Sylvia Brock has gained international acclaim as a master of colour and form. Her work has been likened to that of Matisse and Chagall, though the vibrant hues and sense of movement are uniquely Brock. From the first touch of colour laid onto virgin canvas her brush strokes are utterly confident, and this is evident in the result: works which resonate with life, sensuality, and occasionally, humour.

Her paintings are keenly sought after on both sides of the Atlantic. In the USA, the White House has two of her pieces, while in the UK she was recently invited to exhibit in the prestigious Saatchi Gallery.

At 'Brocklands', her studio gallery overlooking the ocean in St. James, much of her recent work is on display, along with prints of select paintings, in over 500 square feet of exhibition space. You can see work in progress and chat with Janice about her art.

Janice's autobiography, **My Life On Canvas**, can be ordered directly from the artist by email (or in the UK call 01625 585744 or 07940 744684).

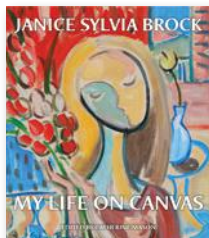
Viewing by appointment.

Tel: 432 6061 or 237 7670

Brocklands Gallery, Halcyon Heights, St. James

janice@brock-gallery.com

www.brock-gallery.com



The Paintings of International Artist JANICE SYLVIA BROCK





Clockwise from the top: Visiting children having fun with the clay. The bespoke corner. All purchases are expertly packed for travel. David's cat, Jetski.



Earthworks

"No ordinary pottery"

A breezy hillside in St. Thomas is the home of renowned Earthworks Pottery. In a country-comfortable studio open to visitors free of charge, twelve Barbadian master potters produce pieces that marry function with quality of design; from the smallest commissioned piece to the architectural installation (such as the 100 ft mural in Warrens), with close attention paid to detail. Their full repertoire includes 150 unique shapes and sizes and 40 eye-catching original patterns, not counting the bespoke and personalised designs produced daily. Each piece is tailored for constant use, dishwasher and microwave safe, and lead free. Earthworks will package your purchase for easy carriage, or ship to any destination. Repeat visitors to Barbados often return to Earthworks to add to their collection; new guests are intrigued to watch and inquire about the design process!

On the property you'll also find On The Wall Gallery run by Barbadian artist Vanita Comissiong, Tree Tops Café and The Batik Studio.

Open Monday to Friday 9am-5pm and 9am-1pm on Saturdays.

**Tel: 425 0223 | eworks@caribsurf.com
www.earthworks-pottery.com**

EARTHWORKS

No Ordinary Pottery



Edghill Heights 2,
St Thomas, Barbados
Tel. 246-425-0223
Fax: 246-425-2334
email:
eworks@caribsurf.com

Open:
Mon.- Fri. 9 - 5, Sat. 9 - 1

No.1 on Trip Advisor for shopping!

www.earthworks-pottery.com





Pelican Craft Centre

"Wonderful, authentic Barbadian crafts"

Pelican (Village) Craft Centre, located near the Bridgetown port, and outside of the main shopping district, is the largest arts and crafts centre in Barbados. A modern facility with air-conditioned shops, disabled facilities and parking, houses 25 shops and several workshops where visitors can observe craftsmen making pottery, basketry and straw work, flame glass work, carving, weaving, molded figure-making, sewing and cigar making. Shopping at Pelican (Village) Craft Centre affords you the opportunity to shop for authentic unique gifts, home décor, fashion and jewellery items made and designed by artisans in Barbados and the Caribbean. Make your selection of Batik, Pottery, Woodwork, Dolls, Metal & Wirecraft, Loom-woven crafts and lots, lots more!

Open 10am-4pm, Mon-Fri / 10am-2pm, Sat
Princess Alice H'way, Bridgetown
Tel: 427 5350
pelican@bidc.org
www.bidc.org

"Like a fingerprint, each
handmade piece carries
its own signature"



Ayissa Textile Designs produces original Caribbean inspired textiles and lifestyle products ranging from soft furnishings, luxury clothing and fashion accessories to fine art pieces. Using the finest 100% natural fibres and dyes, each unique piece is created with acute and loving attention to details.

Ayissa Burnett boasts over two decades experience in textile manufacturing and is formally trained in Asian, African and traditionally Caribbean textile techniques.

Visit **Ayissa Textile Designs**, a Green-certified business, at Shop #8, Pelican Craft Centre today.



**PELICAN
CRAFT CENTRE**

We call it home

OPEN Mon-Fri 10am-5pm
Sat 10am -2pm

Courtesy Black Pearl Party Cruises/Jolly Roger



Swimming with the turtles is a big part of the Barbados Experience

Water Adventures

As with all islands, the sea influences many of our leisure activities and the island is blessed with a full range of sea conditions from flat calm to pounding surf. When combined with our crystal clear water, this means that we enjoy superb conditions for just about every water sport under the sun. Swimming, surfing, windsurfing, kitesurfing, stand-up paddle boarding, snorkeling, diving, sports fishing – they are all practiced here and many companies offer services in these areas, including rental of equipment and lessons. Learning how to surf or dive can be a great souvenir to take home! Sailing is also a big part of the Barbados experience, especially when it includes a chance to swim with the sea turtles. If you are lucky enough to be on the island around the full moon, be sure to take advantage of one of the evening cruises on offer – few things can compare to the sublime beauty of being on the water under the light of the full moon.

The Atlantis Submarine offers a fascinating opportunity to explore the mysteries of the underwater world ... either by day or by night!



Fun in the sun!

Photo: Bob Thomas/Courtesy Good Times Catamaran Cruises



Tiami Luxury Catamarans

"It really doesn't get any better than this!"

Tiami Luxury Catamarans operate daily Five Star Lunch Cruises, with three stops to swim and snorkel, including one with the fascinating turtles. A sumptuous lunch along with cool refreshments from an open premium bar, snorkel equipment and transfers are included.

The Turtles at Sunset Cocktail Cruise offers the opportunity to swim with the turtles just before the sun sets into a blaze of colour. Sumptuous canapés and cool tropical cocktails are served as you soak up the day's last golden rays of sunshine.

Tiami Luxury Catamarans also specializes in **private charters** catered to your requirements.

Tel: 430 0900
reservations@tiamicruises.com
www.tiamicatamarancruises.com
Facebook: /TiamiCatamarans





Black Pearl Party Cruises on Jolly Roger 1

"Fun filled adventure from the time they set sail!"

Jolly Roger Lunch Cruises set sail most days from 11am-3pm serving a delicious BBQ lunch and unlimited drinks. This action-packed, top class adventure on the seas for all ages is a highlight in Barbados. Entertainment, laughs, swimming in blue waters with turtles and dining are all offered up by their friendly Captain and his mates. Rum barrels are brimming with the Captain's famous Rum Punch. **Jolly Roger Dinner Cruise & Show** sets sail every Thursday evening from 7-10pm featuring fire eating, limbo dancing, stilt walkers, dancing, and of course the sumptuous BBQ and unlimited bar.

Reservations: 826 7245 (SAIL)
www.barbadosblackpearl-jollyroger1.com
bookings@barbadosblackpearl-jollyroger1.com
 Jolly Roger Tavern,
 The Careenage, Bridgetown



El Tigre

"Great excursion for all ages...an unforgettable experience."

El Tigre has a proven commitment to customer service and to making every cruise special. These classic schooner catamarans provide an elite and relaxing experience guaranteed by limiting the number of guests on board for absolute comfort.

El Tigre offers daily **3-hour Snorkeling Cruises, 5-hour Lunch Cruises, Sunset Cruises and Private Cruises**, each includes unlimited drinks, snorkeling gear and transportation. Escape to an underwater playground of sea turtles, tropical fish and historical shipwrecks; unwind in the shade or work on your tan on the spacious decks. On the lunch cruises you will enjoy a tasty, traditional Bajan lunch served by professional crew. Sunset Cruises provide a unique occasion to dine on delicious canapés and watch the sun set on one of the most beautiful coastlines in the world. If you prefer to personalize your cruise for a special event, the Private Cruise option is perfect for you.

Visit the website for more details and to book online today!

Tel: 417 7245 / 231 1585 | info@eltigre cruises.com | www.eltigre cruises.com

Small Cats

"Small, intimate & loads of fun!"

Small Cats specializes in private charters for families and small groups of no more than 12 people. With a commitment to making every experience a memorable one, the professional crew will entertain you as you sail along the beautiful West Coast of Barbados on this sleek catamaran. With **3-hour Snorkeling Cruises, 5-hour Lunch Cruises or exclusive Private Cruises**, there is a perfect option for everyone. Imagine yourself sailing into picturesque bays to swim and snorkel with sea turtles and tropical fish. Savour delicious meals on the lunch cruises. Relax in the sun, or shade, and enjoy a wonderful time in paradise. You can also personalize your exclusive private cruise for a dream day on the water. Small Cats provides unlimited drinks, snorkeling gear and transportation on all cruises.

Contact them today to reserve your place on one of their unique cruises.

Tel: 421 6419 / 231 7306 | info@smallcatscruises.com | www.smallcatscruises.com

El Tigre

Catamaran Sailing Cruises

5 HOURS

Turtle & Shipwreck
Cruise with Lunch

3 HOURS

Turtle & Shipwreck
Cruise

3 HOURS

Sunset Turtle &
Shipwreck Cruise

PRIVATE EXCURSIONS
ALSO AVAILABLE

☎ 417-7245

www.eltigrecrises.com

SMALL CATS

CATAMARAN SAILING CRUISES

5 HOURS

Turtle & Shipwreck
Cruise with Lunch

3 HOURS

Turtle & Shipwreck
Cruise

PRIVATE EXCURSIONS
ALSO AVAILABLE

☎ 421-6419

www.smallcatscruises.com



Jammin' Catamaran Cruises

"Witty & friendly crew ensure a Jammin' good time for all ages!"

Look forward to a fun-filled and entertaining, yet relaxing day on the water with Jammin' Catamaran Cruises. This eye-catching 63-ft. craft has all the ingredients necessary for a fun day in the sun! Jammin's competent crew is headed by the skilled Captain Roger Kelly who guarantees all 'Jammers' an unforgettable ride, while the Jammin' crew, with their dynamic personalities and friendly dispositions, ensure a truly extraordinary day on the water. All cruises offer delectable buffet meals onboard and a well stocked bar. In the water activities include swimming with the turtles and snorkeling.

Their featured cruises include the **Sun Blast Cruise** which is the fun lovers' favourite – great for families; and for a slamming party with really great entertainment, Jammin's **Twilight Cruise** is the hottest affair on water.

Tel: 436 4456
info@jammincats.com
www.jammincats.com

Jammin'
Catamaran Cruises



Photo: Bob Thomas

Good Times Catamaran Cruises

"Always good times onboard!"

This year Good Times has added a brand new, state-of-the-art catamaran to its fleet, the elegant Saba 50. Private charters and various day cruises are offered with a limited number of passengers onboard. Be enchanted by the exciting underwater world of exotic fish, coral reefs and the fascinating turtles. Enjoy an excellent Caribbean buffet with specially selected wines and their famous rum punch which always ensures "Good Times" onboard! The Good Times catamarans will pick you up on the beach in front of your hotel (west coast) or transportation will be provided.

There are also lots more watersports activities on offer with an 18-ft Boston Whaler for turtle trips, scuba diving, fishing, water skiing, banana rides, etc. Enjoy your fun days with Good Times!

Tel/Fax: 422 1900
info@goodtimesbarbados.com
www.goodtimesbarbados.com





Shasa Catamaran Cruises

"A really personal experience for the fortunate few onboard."

A classy, comfortable 30-ft. catamaran catering specifically to small groups of 8 or less where the emphasis is definitely on personalised service in a friendly, laid-back atmosphere. With more than 20 years sailing experience, Captain Jason O'Neal has a richly deserved reputation with all of his guests, with many of them returning to sail on Shasa time and time again. Sailing options include the 3hr Sail & Snorkel Cruise, the popular 5hr Lunch Cruise and their romantic Sunset Cruises. Shasa's Private Charter itinerary offers total flexibility where you choose the setting and they do the rest!

Tel: 823 4670

shasacatamarancruises@gmail.com

www.shasacatamarancruises.com



Sail Calabaza

"Sail • Snorkel • Swim • Relax • Enjoy"

Calabaza limits their cruises to a maximum of 12 guests so you are assured of a peaceful and relaxing time on their spacious catamaran. They offer 5-hr Lunch Cruises, 3-hr Sunset Cruises, as well as their extra special and very popular Private Cruises.

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elegancebarbados@aol.com
www.elegancebarbados.com





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ryan@surfsupbarbados.com
www.surfsupbarbados.com



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Team Baywatch Watersports

"Glass bottom boat tours, water taxi & loads of fun in the sun!"

An established owner run water-sports and taxi service operating from the west coast of Barbados. They specialize in traditional glass bottom boat cruises with drinks and two snorkeling stops at shipwrecks, coral reefs and the ever popular turtles. Private Charters available. They also offer water skiing, jet ski rentals, towables, water taxi services and **live bait fishing**. Capt. Mike has over 20 years experience with a friendly and helpful staff. Full safety equipment on board. Taxi services: airport transfers and trips to restaurants, supermarkets, beaches and **Island Tours**.

Trents, Holetown, St. James
 Contact Max or Michael
 Tel: 249 5115/232 8157
teambaywatch@hotmail.com
www.teambaywatch.com



Photo: Daniel Weisgerber/Courtesy Barbados Blue Watersports



The Berwyn wreck in Carlisle Bay

Carlisle Bay Marine Reserve

During the 1600's to early 1900's Carlisle Bay was one of the most important anchorages in the Caribbean and served as the island's main hub for commerce with hundreds of schooners scattered across what was then, and remains today, the island's only natural anchorage. Back then, Schomburgk (History of Barbados, 1848) wrote that he could literally "walk across the backs of turtles", from his boat anchored in Carlisle Bay, "all the way to shore". Though turtle numbers have declined, and all marine turtles are now listed as "endangered", it is indeed a local blessing that turtle sightings occur daily in Carlisle Bay.

More recently, the bay has evolved into one of the better known Marine Reserves in the Caribbean, where fishing and anchoring is prohibited. No other island can boast having five shallow shipwrecks and over 150,000 visiting snorkelers and divers annually.

Today, Carlisle Bay is a success story and demonstrates what can be achieved by protecting small sections of the coastline from fishing and anchors. Although less than 1 km from Bridgetown, Carlisle Bay has one of the highest abundance and diversity levels of reef and predatory fish around Barbados, so visitors can see thousands of fish in shallow water very close to shore.



Carlisle Bay is a haven for snorkeling and is also the perfect place to learn to scuba dive. Besides having five fabulous shipwrecks all covered in colourful marine life and teeming with fish such as chub, sergeant major, parrotfish, octopus and starfish, just to name a few, Carlisle Bay also enjoys almost 12 months of calm, clear and shallow water, ranging in depth from 5m/18ft - 15m/50ft, and generally no current. When snorkeling, be sure to carry a flag or floating marker so that you are clearly visible to water craft. **Hazell's Water World**, located in Carlisle Bay, stocks an excellent range of scuba gear and underwater cameras at Tax Free prices. Snorkeling equipment is also available for rent or purchase.



Courtesy Barbados Blue Watersports



Dan Christaldi

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Reefers & Wreckers

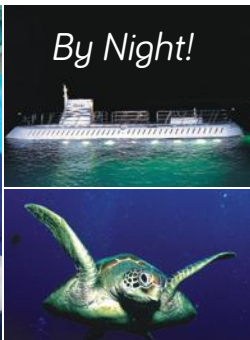
"Friendly, efficient & professional."

Located in historic Speightstown with easy diving access to the unspoilt reefs in the north – definite favourites among locals and visitors. They also make regular visits to the wrecks of the Stavronikita, Pamir and Carlisle Bay. The family owned business, run by brothers Philip and Michael Mahy, offers flexible, personalised service and diving in small groups – no crowds, which has earned them a loyal following of clients.



Tel: 234 1377 or 422 5450
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 Reefers and Wreckers Barbados





Atlantis Submarines

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Tel: 436 8929 or after hours 243 1069
www.barbados.atlantissubmarines.com
www.facebook.com/AtlantisBarbados
www.twitter.com/AtlantisSubs_BB





Sally Miller

Feeding time at Welchman Hall Gully

Exploring Barbados

Measuring just a compact 21 x 14 miles, Barbados is a neatly packaged bundle of variety with something different around every corner. Whether for a random exploring adventure or a planned visit to some attractions, the island provides a compelling range of scenic surprises, a fascinating history and rich architectural heritage, and a chance to interact with our people who are considered to be among the friendliest in the world!

Take an exhilarating off-the-beaten-track 4 x 4 jeep safari with the folks at **Island Safari**, or hire a car and explore at your own pace... the different parts of Barbados are so diverse that it really would be a shame not to do some touring around.

The full fury of the Atlantic Ocean pounds the steep, weathered cliffs of the northern coastline. The lush central highlands are home to an array of horticultural delights, prime farmland, historic plantation houses, beautiful Gothic churches and small country villages. The eastern side of the island, with its rolling hills, stony crags and fishing villages, offers dramatic coastal scenery. The west coast, known as the "Platinum Coast", is home to posh hotels, grand luxury villas, exquisite restaurants and calm, inviting sea – the perfect backdrop for dazzling sunsets. The south coast is blessed with spectacular beaches, lively nightlife and the UNESCO World Heritage site of the capital city, Bridgetown and its Historic Garrison.

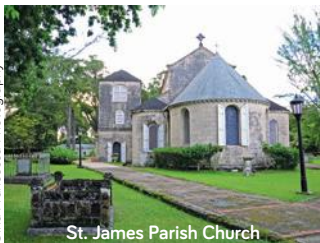




The full fury of the Atlantic
Ocean pounds the steep, weathered cliffs of the northern coastline

Andrew Hulsmeier

Gina Francesca Photography



St. James Parish Church

Gina Francesca Photography



Bombas Beach Bar

Courtesy Royal Westmoreland



Mullins and Gibbs Beach

Gina Francesca Photography



Quaint Speightstown

Touring the West & North

Holetown, in the parish of St. James is the site where John Powell landed in 1625 to claim Barbados in the name of England's King James.

Just north of Holetown is St. James Parish Church, which stands on one of the oldest parcels of consecrated land on the island and is often referred to as "God's acre". Many of the original settlers and a number of prominent Barbadians were laid to rest in the church and adjoining graveyard. Tours are offered Monday to Thursday from 9am - 1pm.

Nearby, Gibbs Beach and Mullins are perfect for a swim and a bite to eat at the colourful and very laid back, **Bombas Beach Bar**.

A few miles further north is the quaint little seaside town of Speightstown. There's a salty charm here in the historic buildings, the vegetable vendors on the sidewalk, the esplanade, fish market and little stretch of boardwalk by the jetty. There are a number of seriously good restaurants in the area where you can grab a bite and a cold drink before moving on.

If you're an art lover, stop in at the **Gallery of Caribbean Art** or visit Arlington House Museum for an introduction to this old port town's role in Barbados' trade with England. On the upper floors, kids will love the chance to captain a ship and meet a pirate!





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Port Ferdinand Marina

Andrew Hulsmeier



The Restaurant at Animal Flower Cave

Christine Wilkie



Cove Bay

Andrew Hulsmeier



Baby monkeys at the Wildlife Reserve

Just past the Port St. Charles and **Port Ferdinand** Marinas is the charming little fishing village of Six Men's which has produced some of the island's most skilled boat builders. Interestingly, during the 19th century, whalers set sail from this area. Today, fishermen still bring their fresh catches ashore here and sell them at the roadside. The delightful **Fish Pot Restaurant** at Little Good Harbour is a wonderful stop for lunch as you explore the north of the island.

The steep, weathered cliffs of the northern coastline are constantly pounded by waves coming in from the Atlantic. The resulting erosion provides countless photo opportunities with dramatic rock formations, powerful blow holes and sea caves.

The **Animal Flower Cave** is located on the rugged cliff tops at the northernmost point of the island. This large sea cave, with several huge chambers, is filled with pools, unusual rock formations and a few sea anemones. The cliff-side restaurant is a wonderful addition to this popular attraction, with tasty local dishes and awesome ocean views.

There are also some really good photo opportunities to be had at Little Bay and Cove Bay.

The **Barbados Wildlife Reserve** is set amidst a lush Mahogany grove where you can mingle with free



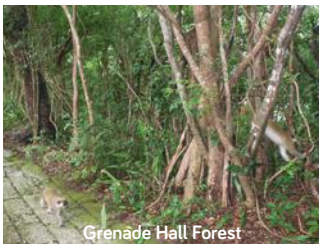
roaming monkeys, turtles, deer, maras and many other animals. There is a much-improved walk-in bird sanctuary and iguana sanctuary. Just next door, **Grenade Hall Forest & Signal Station** houses many interesting artifacts, including pre-Colombian tools unearthed during its restoration. The forest has over 2 km of trails winding through many species of trees and plant life - intriguing, informative and educational.

Another fascinating stop in the north is **St. Nicholas Abbey**, one of only three remaining Jacobean houses in the western hemisphere, and probably the oldest original building on the island. Visitors can also view the restored 1890 steam mill grinding sugar cane in the old syrup factory and sample their special aged rum in the plantation bond where it is hand-bottled and sold.

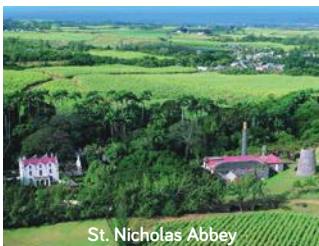
Central Barbados

The central portion of Barbados is exceptionally verdant with rolling hills and mile upon mile of sugar cane fields.

St. George and St. Thomas are the only two parishes not bordered by the sea. An essential stop in the lofty hills of St. Thomas is **Earthworks Pottery**, a working pottery carrying irresistible, functional works of art.



Andrew Hulsmeyer



St. Nicholas Abbey



Andrew Hulsmeyer



Andrew Hulsmeyer



Barbara Secher Greenidge



Welchman Hall Gully

"An enchanted Tropical Forest"

Take a stroll through one of Barbados' true tropical treasures. Located in the heart of the island, 2 minutes from Harrison's Cave, Welchman Hall Gully is a unique place, definitely well worth a visit. Formed centuries ago when the roofs of caves collapsed, it is now filled with an abundance of flourishing, exotic tropical plants and trees. In the peaceful hush of the forest, visitors can often see troops of Green Monkeys frolicking in the trees – monkeys' feeding time is generally around 10:30am.

Open daily 9 am to 4 pm. Dec to April guided tour at 10:30am (Mon to Fri)

Monkey feedings between 10:30am & 12pm



The Barbados National Trust

Tel: 438 6671

www.welchmanhallgullybarbados.com

Visitors can tour the work area of the pottery and chat with the potters. On the grounds you'll also find On the Wall Gallery, The Batik Studio and the lovely Tree Tops Café where you can sit on the breezy verandah and enjoy the panorama of the surrounding countryside.

In close proximity you'll discover some of the island's most treasured sites, all within a relatively small radius: **Welchman Hall Gully**, home to wild monkeys, majestic rainforest trees and delicate native plants; the breathtaking Harrison's Cave, and the exquisitely landscaped **Flower Forest**.

In St. George, orchid lovers will be astounded at the thousands of spectacular orchids on display at Orchid World.

While in the area, visit the interesting **Exclusive Cottons of the Caribbean Ginnery and Visitor Centre**, producers of the most fabulous West Indian Sea Island Cotton (call ahead to arrange a tour 433 3108).

Nearby, in the lush hills of St. Joseph, follow the signs to **Hunte's Gardens** – a real treat for all garden enthusiasts. Legendary horticulturalist, Anthony Hunte has lovingly landscaped an arena-sized natural sink hole into what can only be described as a stunning tropical garden!

Photos: Andrew Hulsmeyer



The Jade Vine blooms from Valentine's Day to the end of May



Banana flower



Angela's fish cakes



Majestic trees and tropical blooms

Flower Forest

"This garden gets better every year and brings peace and energy to those who visit."

Located within a 53-acre nature reserve 750 ft. above sea level in the scenic Scotland District, the Flower Forest Botanical Garden offers visitors a golden opportunity to enjoy a close-up view of rare and exotic tropical blooms and foliage, while also admiring spectacular panoramic vistas of the East Coast. An easy stroll through the peaceful gardens and mature forest reveals majestic palms and a variety of specialist hybrid flowers, many of which have been included in the Barbados Horticultural Society's Gold Medal exhibits at the prestigious Chelsea Flower Show in London. With its magnificent natural beauty, the Flower Forest can provide an ideal location for weddings and events. A Café serves light lunches, snacks, cold drinks and teas.

Open 8am - 4pm daily.

Tel: 433 8152

flowerforest@caribsurf.com

www.flowerforestbarbados.com





Cotton ginnyery tour



WISIC fabrics produced in Italy, by the meter



Exclusive Cottons of the Caribbean

"Cotton Experience Tour - From Field to Fabric!!"

In Barbados, West Indian Sea Island Cotton (WISIC) is produced by Exclusive Cottons of the Caribbean Inc., at its ginnyery in the countryside. WISIC boasts a rich heritage and distinguished reputation: likened to silk and cashmere, this internationally certified fibre is among the best cottons available and the source of the most brilliant of cotton fine fabrics. This year Exclusive Cottons offers WISIC fabrics by the meter, ladies lingerie, and some of the most luxurious bed sheets money can buy! Visit their Ginnyery and Visitor Centre to purchase their products, or have them custom made, hand-painted or embroidered. Take in a "Cotton Experience" tour – an inclusive look at the industry from field to fabric, with friendly and knowledgeable guides to introduce Barbados' remarkable, regal cotton!

Hourly guided tours from 10am to 2pm
Mon to Fri. Calling ahead is recommended.

Groves, St. George
Tel: 433 3108
www.eccicotton.bb





Sally Miller

The east coast, looking north from Chalky Mount

The Rugged East Coast

The Ermy Bourne Highway hugs the east coast from Belleplaine at the northern end, through to Cattlewash. In the area of Belleplaine, stop by **Sand Dunes**, a friendly, casual roadside bar and restaurant run by Curtis Hall – they serve ice cold drinks and the tastiest fresh grilled fish with macaroni pie.

Further along the Ermy Bourne Highway is Cattlewash and its wild, Atlantic seascape, with the spectacular clay escarpment of Chalky Mount, rising up dramatically inland.

The quaint, seaside village of Bathsheba is just over the hill. In the middle of the bay is Soup Bowl – a favourite surf spot with top surfers from around the world! Have lunch at **Round House** in Bathsheba, or at **Naniki** near Horse Hill.

Another first-class stop for lunch on the east coast is the historic **Atlantis Hotel** in Tent Bay. Having undergone an extensive and thoughtful renovation in recent times, Atlantis still retains its unique charm and famous buffet lunches!



Andrew Hulsmeier



St. Lawrence Bay

Sally Miller



The Hastings Bandstand & Boardwalk

Jonathon Farmer



Bonning Flying Fish at Oistins



Barbados Concorde Experience

South Coast

This lively coast is home to many of the island's hotels and is renowned for its famous Oistins Fish Fry and St. Lawrence Gap with its outstanding restaurants and vibrant nightlife scene. Take a leisurely stroll along the lovely South Coast Boardwalk which meanders along the waterfront between Rockley and Hastings. A number of inviting watering holes and good restaurants pop up all along the way, notably **Blakey's on the Boardwalk**, **Naru** and **Tapas**, which all come highly recommended. Near the southern tip of the island is the coastal town of Oistins – the island's fishing capital, famous for its Friday night Fish Fry. All types of fresh fish are available daily from the vendors in the fish market.

Less than ten minutes from Oistins is the **Barbados Golf Club** at Durants, a challenging links character championship course redesigned by famous golf course architect, Ron Kirby.

The fascinating **Barbados Concorde Experience**, located next to the airport, offers visitors an exciting and unforgettable insight into the history and unique character of the legendary supersonic aircraft.

The spectacular **Crane Resort** is not far away, perched on a cliff top with panoramic views and the magnificent beach below.

Historic Bridgetown & its Garrison

In June 2011, Historic Bridgetown and its Garrison joined the ranks of iconic global landmarks such as the Great Pyramids and the Great Wall of China as a **UNESCO World Heritage site**. Distinguished by a degree of preservation that remains relatively unheard of in the rest of the world, Historic Bridgetown and its Garrison offer a rare and fascinating insight into our British colonial history.

Bridgetown itself, with its splendid churches, ancient Jewish Synagogue, old balconied shop houses, bridges, sugar warehouses, the Neo-Gothic Parliament Buildings beside the Careenage and the Screw Docks—a marvel of Victorian engineering and the last one in existence, really makes walking through the capital and exploring the Garrison like taking a trip back in time. Two hour **Walking Tours of Bridgetown** are offered by the folks at Black Pearl Party Cruises - call 826-7245 or 436-2885 to book.

The clever use of interactive audio and video along with the exceptional, high quality exhibits make a visit to the **Museum of Parliament & the National Heroes Gallery** a real pleasure. Interestingly, the Nidhe Israel Synagogue and Museum, founded in 1654, is the earliest constructed



Jonathan Farmer



Gina Francesca Photography



Andrew Hulsmeyer



Andrew Hulsmeyer

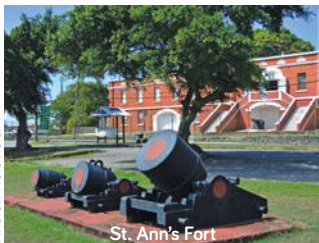


Andrew Hulsmeier



The Garrison

Andrew Hulsmeier



St. Ann's Fort

Gina Francesca Photography



George Washington Attraction

Suneeta Simmons



Changing of the Sentry Ceremony

synagogue still in use in the Americas. There is much to explore in the Garrison Historic Area where a collection of solid and graceful Georgian structures encircle one of the oldest racetracks in the world. Based in the beautiful old military prison, the **Barbados Museum** depicts the island's colourful past, including its African heritage.

Deep within the eerie bulwark of St. Ann's Fort, the **National Armoury & Cannon Museum** displays the world's finest collection of 17th century English iron cannon.

The **George Washington Attraction** is the only house outside of the USA where young George Washington resided during his visit in 1751 — the tour includes an interesting film about Washington's time here and a chance to explore the recently rediscovered network of "secret" tunnels running beneath the Garrison complex.

Every Thursday at 12 noon there is a **Changing of the Sentry Ceremony** at the Main Guard, performed in the 1858 Zouave uniform. Visitors really enjoy this colourful event.

A full 3 hour Garrison Tour is offered on Thursdays to coincide with the Changing of the Sentry Ceremony.

For further information on tours of The Garrison, contact James Blades on 233 2601 or Peter Stevens 233 1648.

www.barbadosgarrison.org





Museum of Parliament & National Heroes Gallery

“Fun and fascinating for all ages”

The clever use of interactive audio and video along with the exceptional high quality exhibits make a visit to the Museum of Parliament and the National Heroes Gallery fun for all ages. The heroes are cleverly depicted by extraordinary art installations, or ‘icons’.

This small state-of-the-art museum is located in the west wing of the stunning Neo-Gothic Parliament Buildings, which were built entirely of hand cut and carved local coral limestone in the 1870’s. The enthusiastic staff who run the museum also include guided tours of the hallowed chambers of the Senate and Parliament (once not in session). There is a series of intricate stained glass windows depicting the ruling monarchs from the time of Barbados’ settlement in 1627 to 1870. A beautiful young Queen Victoria stands out over the speaker’s chair and interestingly, Oliver Cromwell is also included in the line up.

Open Mon and Wed to Fri 10am - 4pm; Sat 10am - 3pm. Closed Tues.
Group rates available.

Tel: 310 5400 / 426 3725

Parliament Buildings, Trafalgar Street, Bridgetown

parliament_museum@caribsurf.com

www.barbadosparliament.com





The Barbados Museum

"Get a superb overview of 10,000yrs of Barbadian history"

The best way to learn about Barbados is through a visit to the Barbados Museum & Historical Society located in the island's sole UNESCO World Heritage Property. Before the establishment of the Society in 1933 and the museum's opening in 1934, its 19th century buildings used to be the Garrison's military prison. Explore the exhibits to learn about the island's natural, social and military history, decorative and fine art and African artefacts. Research your family history and more in the Shilstone Memorial Library and get locally-made keepsakes from The Museum Shop. Please contact them or check their website for dates of historic tours and other exciting activities.

*The Barbados Museum -
The Home of Barbadian Culture and Heritage*

Open Mon - Sat 9am - 5pm & Sun 2pm - 6pm.

Admission: Adults BB\$20; Children BB\$10.

Bring this advert to receive a 10% discount on your admission to the Museum.

The Garrison, St. Michael
Tel: 427 0201 | Fax: 429 5946
info@barbmuse.org.bb
www.barbadosmuseum.org

**Barbados
Museum**
& Historical
Society





Look beneath the surface and discover
a new world within the old.

George Washington Attraction

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For further information please call (246) 228-5461

gwadmin@caribsurf.com | georgewashingtonbarbados.org | barbadosgarrison.org

Courtesy Altman Real Estate



Clifton Cove

Property

Barbados has been described as the 'best compromise in the Caribbean' – essentially meaning that while nowhere in the world is perfect, this small island manages to offer a little bit of everything to everybody, creating a happy balance that can rarely be found elsewhere.

Firstly, this small isolated tropical island is easy to get to from the UK, the USA and Canada. Barbadians are generally well-educated and helpful people who are happy to welcome visitors into their life. Barbados is peaceful and safe. Children grow up happy here. The island is blessed with remarkable natural beauty, spectacular beaches, ideal sea conditions and the most benign climate imaginable. Sports and outdoors activities are a natural way of life. There is a plethora of entertainment, nightlife and dining options. Barbados works. Barbados is good for you.

The world's most successful entrepreneurs can make money anywhere and live anywhere, yet many of them have chosen to invest in a home in Barbados. That vote of confidence in Barbados indicates that they can enjoy a lifestyle in this island that is at least as comfortable as in their homeland – possibly even more so, due to the intangible but invaluable attributes of enjoying a more relaxed frame of mind and improved health and wellbeing. While signature properties at the very top of the market continued to sell even





Courtesy Gardenia

Gardenia is a signature property at the very top of the market

after the post-2008 economic slump, including several recent houses that have been listed or sold for figures in excess of US\$50 million, general prices in Barbados have dropped by about 20%. This was mainly due to a significant decrease in interest from overseas buyers and an overstock of inventory, especially on the west coast where significant construction continued despite the lull in sales activity. In the opinion of most realtors, this 20% drop in prices was in effect a correction of the values.

General consensus is that after a 5-year decline the market has now bottomed out and prices will not go any lower, with investors possibly benefitting from some of the best buying opportunities in years. Given that there is still a substantial amount of completed inventory available for sale, in addition to attractive pricing, it is fair to assume that there will be greater potential for appreciation as this existing stock continues to sell and diminish.

Positive indicators for the property market in Barbados include a general increase in tourism arrivals and, more significantly, a big increase in bookings for villa rentals. Based on previous history, when the rental market booms like this it often gives a bump-start to property sales activity. And from an overall perspective, there have been definite signs of revived interest in the market.

Barbados offers a diverse range of properties for sale, including the ever-popular beachside apartments, individual houses, lifestyle themed resorts and country homes. For many reasons, this is an opportune time to buy.



Courtesy Altman Real Estate



Half Century at Sugar Hill

Owning a second home in Barbados

According to the United Kingdom's The Telegraph newspaper, "Barbados is fast becoming the holiday home destination of choice." Aside from Barbados' impressive global ranking and purely emotional decision-making, here are some added incentives that you may not have considered about owning a second home in Barbados:

1. Ownership of a second home in Barbados offers much more than just 'bricks and mortar'. The wonderful staff who care for your home and look after you will seem like 'family'. That is what many owners like most about their home.
2. With home ownership you can be eligible for special recognition with regard to spending longer periods in Barbados. That can also help you to get to know Barbados more intimately and enjoy it even more.
3. Historically, through capital appreciation and rental income, second homes in Barbados have generally proven to be a good investment.
4. With Barbados as your home base, you are closely connected to our Caribbean neighbours and can 'nip off' to the St. Lucia Jazz Festival, go hiking in Dominica, sail the Grenadines and so much more.
5. You'll find it difficult not to boast about your home in Barbados!



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The Crane

PRIVATE RESIDENCES



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Enviably located within the iconic Crane Resort, The Crane Private Residences' two- and three-bedroom homes are just steps from world-class amenities and services, award-winning restaurants, and the world renowned Crane Beach! With pre-construction pricing approximately half that of comparable Barbados real estate, these residences present an unprecedented capital appreciation opportunity for astute investors.

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Owning a home at Royal Westmoreland is your key to privileges such as membership in one of the world's most beautiful and enjoyable championship golf courses, their beach club at Mullins Bay, gym membership, beautiful clay tennis court, community lap pool, exercise classes, tennis and golf clinics and an enviable social calendar of Member activities. Residents also enjoy making firm and lasting friendships in this like-minded community. Home ownership options range from fractional ownership in a gorgeous 4 bedroom villa, 1-3 bedroom apartments, 4 bedroom semidetached homes with private pools and our signature - architecturally designed villas. Royal Westmoreland is the private golf club community in Barbados.

Home Ownership

Barbados Office - Tel: (246) 422 4653

UK Office - Tel: +44 (0) 1524 889558

property@royal-westmoreland.com

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**ROYAL
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Sally Miller

The Crane Beach on the South East Coast

Time for some Beach Therapy

Barbados is surrounded by miles of glorious, palm-fringed, white sand beaches lapped by crystal clear, turquoise waters. Here is a brief coast-by-coast guide to some of our favourite beaches. Check the Barbados in a Nutshell Road Map, included in this publication, for the symbols indicating Vehicular and Pedestrian Beach Access.

For ready-to-go picnic lunches, contact **Relish Epicurea** (621 0077) at Limegrove, or **Cutters Deli** (423 0611) near the Crane Beach.

A FEW WORDS OF CAUTION: When snorkeling remember to take a brightly coloured buoy/float so that you are clearly visible to water craft. Remember, Barbados is only 13 degrees north of the equator so be sure to protect yourself from the sun.

Beware of the poisonous manchineel trees (usually marked with a red ring around the trunk) with their yellow-green “apples” found along the west coast beaches - the tree and its fruit cause severe blistering.





Little Bay in the North
Photo: Andrew Hulsmeier



Silver Sands on the South Coast
Photo: Sellyville



The East Coast
Photo: Andrew Hulsmeier



Mullins on the West Coast
Photo courtesy Royal Westmoreland

Andrew Hulsmeyer



The pristine west coast of Barbados offers glorious white sand beaches and tranquil turquoise waters perfect for swimming, snorkeling and a variety of watersports

West Coast Beaches

Calm, clear water, good swimming and snorkeling – lots of watersports. If you need masks and fins for snorkeling visit Hazell's Water World in Carlisle Bay (see page 73). The earlier you get to the beach on the west coast, the better – it's best in the mornings while there's still some shade on the beaches. For Glass Bottom Boat Tours call Monica at Shamon Too (233 6089) or Max and Michael at **Team Baywatch Watersports** (249 5115 or 232 8157).

Speightstown Area: In the north, between Half Moon Fort and Speightstown, there are a number of quiet beaches with excellent conditions for swimming, snorkeling and paddle boarding. Call Ryan at **What'SUP** 243 7878 and ask about his "Pick-up & Paddle" package which includes transport.

There are quite a few very good restaurants and great little eateries in and around Speightstown, some to look out for include: **The Orange Street Grocer, Juma's, The Lobster Pot, Island Plates** and **The Topsy Turtle**.

Between Port St. Charles and Almond Beach Resort there is a public access road leading to a parking area and a glorious stretch of beach in front of the marina.

Mullins Bay: Mullins is very busy with chair/umbrella rentals, drinks and food from the beach bar, toys in the sea for clambering about on and constant availability of watersports operators. **Bombas**, just north of Mullins, is a wonderfully laid back beach bar serving tasty food and cold drinks.



Gibbes Beach: A sweeping, sandy stretch of beach with lots of large shady trees and some of the most desirable villas on the island.

Alleynes Bay: Lovely stretch of beach with clear turquoise water (and sometimes turtles); beach bars for food and drinks; beach chair rentals.

Reed's Bay: A long, wide arc of golden sand, with great swimming conditions. Usually quiet with some shady spots. There's a small area next to St. Alban's Church for parking.

Folkestone Marine Reserve: Large marine reserve with good snorkeling conditions—equipment available for rent at the visitors centre.

Holetown: Zaccios Beach Bar & Restaurant is right on the beach serving food and drinks all day with beach chair and umbrella rentals.

Paynes Bay: Long stretch of beach, a favourite with families and cruise ship passengers. Good for long strolls, swimming and snorkeling – you may even spot some turtles!

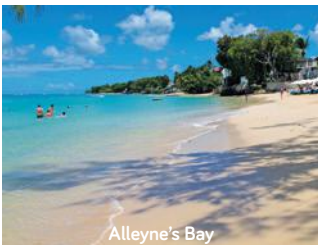
The public access path next to One Sandy Lane, is the closest access to the splendid **Sandy Lane Beach** which also has excellent swimming conditions.

Fitts Village: Quiet beach with good snorkeling conditions. Lunch at **Il Tempio**, happy hours 4-6pm daily, closed Mondays.

Brighton Beach: A long, usually quiet, strand of soft white sand just off the Spring Garden Highway.



Speightstown Beach



Alleynes Bay



Holetown Beach



Sandy Lane Beach

All photos: Andrew Hulsmeier



Andrew Hulsmeier



On the south coast, the Carlisle Bay Marine Reserve plays host to five shallow shipwrecks and provides a safe refuge for the island's rich and abundant marine life

South Coast Beaches

Small to medium waves, except Carlisle Bay and Sandy Beach which are both very calm. Good conditions for body surfing, surfing, wind & kite surfing.

Carlisle Bay: A stunning, long, wide crescent of powdery white sand running from Bridgetown to the Hilton Hotel. Great for swimming and long walks. Umbrellas and sun loungers available for rent at **Pirate's Cove** and **Harbour Lights** along with drinks and food. **Lobster Alive** also rents chairs and umbrellas where you can sit in your swimsuit with your toes in the sand and devour a freshly cooked lobster!

Pebbles Beach: Located between the Hilton Hotel and the Radisson Aquatica Hotel. Lovely beach with amazing conditions for swimming and paddle boarding. Look out for Paddle Barbados and **What'SUP** and do some Stand Up Paddling, then try a Bajan fish cutter from Cuz's food stall.

Accra Beach (Rockley Beach): Very popular – lots of activity, food stalls, parking, beach chair, umbrella & boogie board rentals. Good for body surfing and body watching!



Hastings: There are some lovely, shallow swimming areas along the Hastings Boardwalk, perfect for cooling off after a jog or brisk walk. Grab a bite to eat at **Blakey's** or **Tapas**.

Sandy Beach & Carib Beach:

Picturesque lagoon – calm, shallow water. Ideal for families with young children. Beach chairs, umbrellas and towels for rent from “Spock”.

Dover Beach: Long, wide stretch of beach, perfect for long walks. Shady areas, breezy, with some swells. Beach chair and umbrella rentals. Charles Watersports offers hobie cat sailing, kayak and boogie board rentals. **Pureocean Restaurant** at the western end of the beach is a great choice for lunch and drinks.

Enterprise Beach: Just south of Oistins and known locally as Miami Beach. Magical beach with gorgeous turquoise water, lots of shade and picnic tables. Chairs for rent. Delicious fish cakes and snacks from the Mr. Delicious food truck!

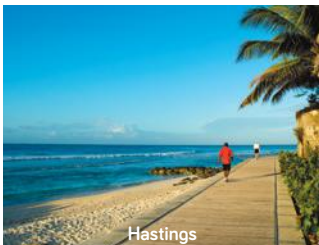
Silver Sands & Surfer's Point:

World-class beach for windsurfing, wave-jumping and kitesurfing.

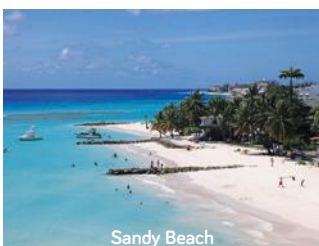
DeAction Beach Shop at Silver Sands rents equipment for all types of surfing and offers lessons in Kite and Windsurfing. **Boosy's Surf School** (267 3182) offers surfing lessons for beginners and surfing tours around the island for more advanced surfers.



Sally Miller



Andrew Hulsmeyer



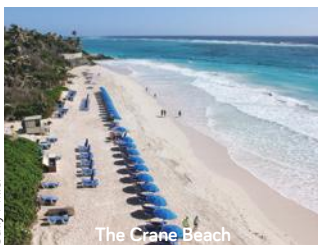
Jonathon Farmer



Andrew Hulsmeyer



Sally Miller



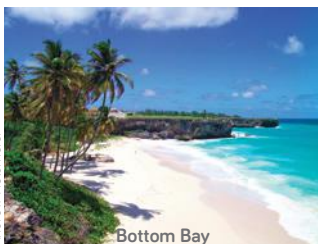
The Crane Beach

Andrew Hulsmeier



Foul Bay

Andrew Hulsmeier



Bottom Bay

Andrew Hulsmeier



Harrismith

South-East Coast

Big waves, some strong currents – be sure to keep within your depth.

Crane Beach: One of the world's most glorious beaches. Public access is at the eastern end of the beach. Great for boogie boarding. Chair, umbrella and boogie board rentals. Drinks sold on the beach. Lunch at **L'Azure at The Crane Resort** which features fresh seafood.

Cutters of Barbados is located very nearby and they serve delicious sandwiches, pizzas, salads, etc. They will deliver any size picnic to the beach, including their special rum punch, beer and wine!

Foul Bay: A spectacular stretch of beach with easy parking and shady areas for picnics. Exercise extreme caution when swimming as there are strong currents. For security reasons, you are advised to use the northern end where the NCC wardens are present.

Bottom Bay: Beautiful, often deserted bay north of the Crane. Park on the clifftop and go down the steps – beach chairs available for rent. Watch out for undercurrents.

Harrismith: A deserted beach that is probably best to visit in a group for a picnic. There are lovely shallow pools formed by a natural breakwater.



East Coast

Biggest waves – strong, and often dangerous, undercurrents.

Cattleshed: Miles upon miles of untouched beach along the island's most rugged stretch of coast. Swimming here is extremely dangerous! Exercise extreme caution.

Bathsheba: Fresh ocean breezes and pounding surf. "Soup Bowl" is a famous surf break with local and international surfers and surfing competitions are held here throughout the year. Strong undercurrents make swimming here extremely dangerous but there are some shallow tidal pools where you can take a dip at low tide. Exercise extreme caution. **Round House** and **Atlantis** are great choices for lunch.

Bath: Popular picnic spot. Unlike most of the east coast, there are rarely strong currents here as it's protected by a vast off-shore reef. Lots of picnic benches under shady casuarina trees. Facilities include parking, picnic areas, small snackette and washrooms.

Martin's Bay: Small fishing village, probably best known for the popular Bay Tavern Rum Shop, with its renowned local food and perfectly placed picnic tables overlooking the bay.

CAUTION: The east coast has very dangerous currents – it is NOT SAFE FOR SWIMMING but has some spectacular photo opps!



Cattleshed

Sally Miller



Surfing at Soup Bowl

Courtesy Deaction Beach Shop



Tidal pools at Bathsheba

Andrew Hulsmeyer



Overlooking Martin's Bay

Andrew Hulsmeyer





Dipper's Beach Bar

"One of Barbados' Best Beaches"

Located at the Barbados Cruising Club on Pebbles Beach, Dipper's is the place to relax and enjoy a cold drink and tasty affordable food while enjoying the clear water and golden sands of Carlisle Bay. Cruising Club members receive a 15% discount. Non-members are welcome.

Regular activities include our Wednesday Quiz Night and Sunday evening acoustic music sets. On the last Saturday of each month our terrace comes alive with the sounds of Sunset Jazz.

Open Wed to Sun
From 12pm
Closed Mon & Tue

Tel: 426 4434
 Aquatic Gap,
 Garrison Historic Area, St. Michael
dippers@barbadoscruisingclub.org
www.barbadoscruisingclub.org



Pirate's Cove

"Stunning beach - superb facility"

The exciting new Pirate's Cove on stunning Carlisle Bay has everything you need for a really great day at the beach... **Daiquiris Beach Bar**, ideal swimming and watersports, comfortable chairs, excellent music, free wifi, local and international food, changing facilities with showers, local craft stalls... Perfect!

Tel: 436 2885
 Carlisle Bay, Bridgetown



DIPPER'S BEACH BAR





The Tipsy Turtle Beach Shack

"A casual family-friendly beach bar on the gorgeous west coast"

The Tipsy Turtle is located right on the beautiful beach of Speightstown Bay and offers fantastic homemade burgers, ribs, chicken wings and fresh fish as well as retro classic desserts such as Knickerbocker Glory and Banana Split. They serve great cocktails too - Mojitos, Daiquiris, Mudslides and try their tantalising Tipsy Turtle Punch!

Complimentary beach loungers and umbrellas are available for guests' use, and there's regular live music.



Open 10am to 9pm every day.
On Sundays The Tipsy Turtle hosts
a lunchtime hog roast.

Tel: 832 1804
Speightstown, St. Peter
info@thetipsyturtlebarbados.com
www.thetipsyturtlebarbados.com



Photo courtesy Cin Cin



Eating Out in Barbados

Although most restaurants welcome walk-in diners, there are many that are fully booked in advance, especially between December and May, so reservations are highly recommended.

Sunset varies between 5:30pm in December and 6:30pm in June. An early evening reservation sipping cocktails while the sun goes down on either the south or west coast is a wonderful idea.

The quality of the restaurants in Barbados is superb, ranging from fine dining establishments to friendly beach bars and bistros, so visitors can enjoy a wonderful variety of dining options while on the island. Wherever you decide to dine, be sure to try the island's fresh fish. A very good choice is Mahi Mahi or Dorado, referred to locally as Dolphin. This moist, flaky fish is absolutely delicious and is not in any way related to the beloved porpoise, known as 'Flipper'. Other recommended catches include Flying Fish, Barracuda, Red Snapper, Tuna and King Fish. Shrimp here are usually very large and very good. Most of the beef served is very high quality US Prime.

Unless otherwise stated all prices are in Barbados dollars and include 17.5% VAT. A restaurant bill is usually not presented until it is requested.

Bon Appétit!





Photo courtesy Café Luna

Photo courtesy 13°/59° at Port Ferdinand



Photo courtesy The Cliff Beach Club

Eclectic Restaurants

13°/59° at Port Ferdinand	133
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D'Onofrios Trattoria	127
Garden Terrace, The	158
L'Azure	129
Mews, The	140
Muscovado	161
Nishi	141
Primo Bar & Bistro	168
Pureocean	172
Sandy Lane	150

Tasters Menu

13°/59° at Port Ferdinand	133
Cliff, The (On request)	153

Private Dining Rooms

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Cin Cin	155
Juma's	135
Nishi	141
Tapas	163
The Mews	140
Zen	128

Steak Houses / Grills

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Cheers Bar & Grill	139
Just Grillin'	144,162
Lobster Alive	121
Rude Boyz Jerk Kitchen	170
Sand Dunes	124

Picnics

Cutters	120
Relish Epicurea	140

Vegetarian / Vegan

Island Plates	138
Orange Street Grocer	132





Breakfast

Atlantis Hotel	126
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Camelot at Cobblers Cove	134
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Country House Café	164
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Golden Apple Café	161
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Island Plates	138
Jules Italian Trattoria	142
Juma's	135
L'Azure	129
Lime Bar & Restaurant	180
Nino's by the Sea	137
Open Kitchen	148
Pureocean	172
Relish Epicurea	140
Round House	123
Sanctuary Café	164
Sand Dunes	124
Sandy Lane	150



Afternoon Tea

Atlantis Hotel	126
Camelot at Cobblers Cove	134
Coffee Bean	159
Country House Café	164
Cutters	120
Garden Terrace, The	158
Island Plates	138
Lancaster (by special request)	149
L'Azure	129
Open Kitchen	148
Relish Epicurea	140
Sanctuary Café	164
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Cafés

Café Indigo	144
Coffee Bean	159
Country House Café	164
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Open Kitchen	148
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Waterfront Café	156



Photo courtesy Tapas



Bar Food / Tapas

Animal Flower Cave	125
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Bubba's	160
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Drift Ocean Terrace Lounge	181
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Delivery

Coffee Bean (South Coast)	159
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Just Grillin'	144,162
Lime Bar & Restaurant	180
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Relish Epicurea	140
Rude Boyz Jerk Kitchen	170
Sanctuary Café	164
Sand Dunes	124
Sitar	143
Tagore's	166
Zaccios	145
Zen	128



Bajan / Caribbean

Animal Flower Cave	125
Brown Sugar	159
Cariba	146
Champers	165
Cin Cin	155
Cliff, The	153
Daphne's	151
D'Onofrios Trattoria	127
Garden Terrace, The	158
Irie Foods	172
Lancaster Great House	149
L'Azure	129
Mews, The	140
Muscovado	161
Naniki	124
Nishi	141
Pirate's Cove	110
Primo Bar & Bistro	168
Pureocean	172
Rude Boyz Jerk Kitchen	170
Sandy Lane	150
Stream	166
Waterfront Café	156
Zaccios	145

Japanese / Sushi

Café Luna (Thu & Fri)	173
Drift Ocean Terr. Lounge (Thu)	181
Nishi	141
Zen	128

Indian

Apsara Samudra	169
Asian Spice	146
Pirate's Cove	110
Sitar	143
Tagore's	166

Asian

Apsara Samudra	169
Asian Spice	146
Cin Cin	155
Pirate's Cove	110
Zen	128

Italian

Daphne's	151
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Il Tempio	154
Jules Italian Trattoria	142
Luigi's	171
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Mediterranean

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Mexican

Café Sol	167
----------	-----

Jamaican

Irie Foods	172
Pirate's Cove	110
Rude Boyz Jerk Kitchen	170



Photo courtesy Bajan Blue at Sandy Lane



Bistros

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Country House Café	164
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D'Onofrios Trattoria	127
Golden Apple Café	161
Irie Foods	172
Island Plates	138
Jules Italian Trattoria	142
Juma's	135
Lime Bar & Restaurant	180
Lobster Alive	121
Lobster Pot	136
Luigi's	171
Mews, The	140
Nino's by the Sea	137
Nishi	141
Open Kitchen	148
Orange Street Grocer	132

Primo	168
Relish Epicurea	140
Round House	123
Sandy Lane	150
Sitar	143
Stream	166
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Beach Bars

Beach House, The	147
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Bombas Beach Bar	131
Dipper's Beach Bar	110
Il Tempio	154
Juma's	135
Lobster Alive	121
Lobster Pot	136
Nino's by the Sea	137
Pirate's Cove	110
Pureocean	172
Tapas	163
Tipsy Turtle Beach Shack	111
Zaccios	145

Lunch

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		Pirate's Cove	110



Photo: The Restaurant at Animal Flower Cave



Ψ Cutters

of Barbados

YOUR DELI AT CRANE BEACH

OPEN DAILY

 **tripadvisor**
CERTIFICATE OF EXCELLENCE



NAMED AFTER BARBADOS' FAVOURITE SANDWICH
THE FLYING FISH CUTTER
ALSO SERVING DELI TREATS ALL DAY
BREAKFAST, LUNCH AND A LITTLE RUM PUNCH
WE DELIVER!!



Lobster Alive

"Freshest lobster, in a beachfront setting - vintage Caribbean!"

With a classic beachfront setting in scenic Carlisle Bay, this popular 'casually chic' restaurant is THE place to eat lobster. For absolute freshness, owner/manager Art Taylor pilots his own aircraft to the Grenadines to fly in live lobsters to stock the restaurant's large tank. Enjoy Lobster Alive's laid-back vibe any day of the week, or go for a more upbeat mood with the Jazz Quartet on Tuesday, Thursday and Saturday nights, or the Swing Jazz Sunday Lunch. Varied menu and wine list. Wheelchair friendly. Great restaurant to reach by boat. Beach umbrellas and beach bar. Enquire about takeaway/delivery.

Open daily for lunch and dinner. Reservations strongly advised.
Jazz sessions and reduced openings in summer.

Reservations: 435 0305
 On the beach in Carlisle Bay,
 close to Bridgetown.
art@lobsteralive.net
www.lobsteralive.net





East Coast maps showing the location of restaurants listed on pgs 120 and 123 - 129



THE CRANE RESORT
D'Onofrio's L'Azure
The Carriage House Zen





Round House

“With its unique hilltop perch and breathtaking panorama of Bathsheba and its pounding surf, Round House is a “must-do” part of every visitor’s Barbados experience.”

Located in historic Bathsheba on the rugged east coast, Round House has been a beloved destination of locals and visitors for over 100 years. Built in the early 1800’s, the property boasts a uniquely beautiful scenic environment, commanding views of the Atlantic coast and an undisturbed stretch of beach studded with natural tidal pools.

This popular bar and restaurant offers casual dining all day long with a menu that emphasizes fresh, organic and locally-sourced ingredients for its signature soups, salads, sandwiches and Bajan specialties. Indoor and outdoor seating overlooking the beach provides some of the best views on the island, as well as being a prime spot for watching surfers brave the waves at “Soup Bowl”, one of the world’s most famous surf breaks.

Round House also houses an historic inn featuring four architecturally unique guest rooms, comfortable common areas and a rotating selection of Caribbean art and antiques for sale.

Open daily for breakfast, lunch and dinner - Fridays til 4pm.

Summer low season closes at 4/5pm.

Reservations essential to avoid disappointment.

Reservations: 433 9678 | Office: 433 9079

Bathsheba, St. Joseph

roundhouse@caribsurf.com | www.roundhousebarbados.com





Sand Dunes

"A great local favourite!"

A brightly-painted roadside café that is the perfect stop for a cold drink, light snack or a great Bajan lunch while touring the east coast. It's a popular spot with the local crowd and there is always a warm, friendly atmosphere. Daily menu favourites include flying fish, fresh grilled fish, Bajan beef stew, baked chicken, macaroni pie, bar snacks and sandwiches. In the evenings, their Fresh Fish-off-the-Grill is worth the trip! On Tuesdays and Fridays try their tasty breadfruit cou-cou with flying fish or grilled mahi mahi, and on Saturdays their ever-popular Puddin' & Souse is known to draw a crowd!

Open daily from 9am until...
Breakfast is served daily.

Tel: 422 9427
Ermy Bourne Highway,
East Coast Road, St. Andrew



Naniki

"A truly Caribbean experience"

Nestled within the verdant hills overlooking the scenic Scotland District, with an awesome view of the Atlantic, Naniki is known as much for its lovely setting as for its sumptuous Caribbean cuisine. The menu features a wonderful variety of Caribbean delicacies, including: catch of the day, curried or grilled chicken or roast pork served with local favourites like yam, breadfruit, sweet potato and their special coconut bakes. À la carte lunch is served daily while on Sundays "A Taste of the Caribbean" buffet lunch is accompanied by great jazz. A 3 hr hike through the valley on Saturdays at 10am includes lunch and a vegetarian menu is also available.

Open for lunch Tues-Sun.
Closed Mondays.

Tel: 433 1300
Suriname, St. Joseph
naniki@lushlife.bb | www.lushlife.bb





The Restaurant at Animal Flower Cave

"Tasty local dishes and stunning ocean views!"

Something wonderfully different on the dining scene! Just 15 minutes from Speightstown and 30 minutes from Holetown and well worth the drive! Owners, husband and wife team, Mannie & Sue Ward have re-invented the Animal Flower Cave. Located right out on the most northerly point of Barbados, the ocean views are stunning - it feels almost like dining at sea! Tasty local dishes using farmers produce and fresh local fish and seafood. Lovely childrens area. Sun Deck and Bar for enjoying drinks. Visit & swim in the cave.

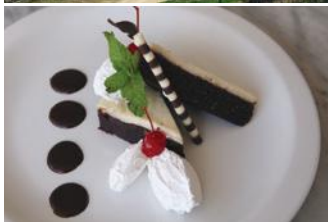
Lunch (in season) • Everyday 11am-4pm
Lunch (out of season) • Everyday 11am-3pm
Closed: Kadooment Day & Christmas Day pl
4 weeks in September/October (call to check
Reservations recommended on Sundays and
Bank Holidays.

Reservations: 439 8797
North Point, St. Lucy
animalflowercave@outlook.com
www.animalflowercave.com



THE RESTAURANT
 AT THE
 ANIMAL FLOWER CAVE





The Atlantis Hotel

"Breezy, tranquil, east coast eatery, delicious local fare."

Overlooking picturesque Tent Bay in Bathsheba, the historic Atlantis Hotel is synonymous with high quality, traditional Barbadian fare. This has been the driving passion of the team (of Fish Pot fame) that has restored this local icon to former glory. Their legendary Sunday and Wednesday Buffet Lunches offer a veritable feast of 'Bajan' delights, while the regular menu presents delectable native dishes prepared in more modern style. With its delicious food, dramatic coastal setting and cooling east coast breezes, Atlantis is a wonderfully authentic Barbados experience. The restaurant is open each day for breakfast, lunch, tea and dinner*, or just drop in for drinks and the fabulous view!

Starters BB\$15-45; Mains BB\$30-120; Buffet BB\$70-90.

Reservations are advised for Buffets.

***Closed for dinner on Sundays.**

Reservations: 433-9445 or 271-6154

Tent Bay, Bathsheba, St. Joseph

enquiry@atlantishotelbarbados.com

www.atlantishotelbarbados.com



THE ATLANTIS HOTEL



D'Onofrio's Trattoria

"Great Italian home cooking at the heart of Crane Village"

For casual family dining and a taste of Italian home cooking head to D'Onofrio's in the charming Crane Village. Toast to good friends and good health with a glass of Prosecco while you savour the aromas of authentic Italian cuisine prepared to your liking.

An extensive selection of fine wines complement classic regional dishes, inspired by the simple flavours and old-world traditions of Italy - antipasti, homemade pastas, paninis, salads and thin crust pizzas.

Dine indoors or on our garden terrace. Create your own special occasion and discover the meaning of la dolce vita at D'Onofrio's.

Open Daily: 6pm - 9pm.
Reservations: 423 6220

The Crane, St. Philip
dining@thecrane.com
www.thecrane.com

D'Onofrio's
Trattoria





Zen

“Authentic, Asian-inspired restaurant in an amazing setting”

Zagat rated #1 for Food in Barbados, Zen offers authentic Thai and Japanese delicacies in a magnificent setting on the island's southeast coast. Zen's sophisticated, Asian-inspired architecture and interior décor complement its dramatic setting, complete with an all-glass frontage offering spectacular views of the sea.

The centre-piece of the restaurant is a 12-person sushi bar overlooking the sea 50 feet below, where sushi chefs prepare delicious, exotic fare as you relax, chat and enjoy the amazing view. The intimate Tatami room, designed in traditional Japanese style, provides an option for larger parties to dine in privacy. Reservations required

Open 6pm – 9pm.
Closed on Tuesdays.

The Crane, St. Philip
Reservations: 423 6220
dining@thecrane.com
www.thecrane.com

ZEN



L'Azure

"Exquisite Food & Desserts. Elegant Dining. Enchanting Ambiance."

Famous for its seafood and panoramic views of the Atlantic Ocean, L'Azure Restaurant serves up a tempting range of classic Caribbean and International delicacies. From soup to seafood and mouth-watering desserts, L'Azure maintains its long-held reputation for elegant dining. The atmosphere speaks of charm and beauty as patrons sit inside or on the balcony.

Sundays at The Crane are extra special and is a well-established tradition, offering a Sunday Gospel Breakfast with live performances and a steel-pan accompanied Bajan buffet lunch. Reservations required.

Open Daily: 7:30am - 9pm.

The Crane, St. Philip
 Reservations: 423 6220
dining@thecrane.com
www.thecrane.com

L'AZURE



West Coast map showing the location of restaurants listed on pgs 131 - 156

ST A, 2ND STREETS HOLETOWN
Jules Italian Trattoria
Wishi Sitar
The Mews

SUNSET MALL
Coffee Bean



SPEIGHTSTOWN

- Nines by the Sea / Orange Street Grocer
- The Lobster Pot
- Jama's Restaurant
- Groddings Bay
- Cobblers Cove Hotel
- Cameo Restaurant
- Cobblers Cove
- Saint Peter's Bay Luxury Resort & Residences
- Bombas Beach Bar / Cheers Bar & Grill
- The Legend Condos

Mullins Beach

- Battaleys Mews Townhouses

Gibbes Bay

- Bayfield House

Lower Carlton

- Reed's Bay
- St. Alban's Church
- Reed's House

Allynnes Bay

- St. Francis R.C. Church

Royal Pavilion

- Fairmont Royal Pavilion

Glitter Bay

- Heron Bay Colony Club Hotel
- Coral Reef Club

Falkstone Marine Reserve

- St. James Parish Church
- Trents
- Discovery Bay Hotel
- Relish at Limegrove
- Cafe Indigo

HOLETOWN

- Holetown Police Station
- Tropical Sunset Hotel
- Zaccos
- Villas on the Beach
- The Beach House

The Club Barbados Resort & Spa

- Sandy Lane Hotel
- Bejan Blue/Alcajón/The Spa/The Spa Café

Sandy Lane Bay

- Sandy Lane Golf Course

Paynes Bay

- Treasure Beach
- Tamaniel Hotel
- Daphne's The House

Waterside Condominiums

- The Cliff/The Cliff Beach Club
- Sandy Cove Condominiums
- Cariba Restaurant
- Manatary Bay
- Crystal Cove Resort
- Crystal Cove

Fitts Village Esplanade

- Il Tempio

The Moorings Palm Shores

- Waves Hotel
- Great Escape Portico
- Cliff On by the Sea

Batts Rock Bay

- Paradise Beach

ST. PETER

ST. JAMES

ST. THOMAS

WARRENS



Bombas Beach Bar

"Easy, breezy beach bar bursting with irie vibes!"

Your favourite beach bar is back and buzzing in a new location north of Mullins at Turtle Bay. Bringing back its colourful setting, eclectic music and friendly service, fresh and organic foods set the scene. Wayne arrives daily with the seafood catch from his local fishermen and organic salads from Nature's Produce. Visiting turtles at high tide wow diners, stunning sunsets and evenings under the stars make Bombas somewhere you will want to dine more than once. A small boutique on the premises features colourful sarongs and jewellery from Tanzania.

Starters from BB\$15; Salads from BB\$25;
Mains from BB\$36.

Open Tues-Fri from 11am, Sat & Mon from 4pm
for dinner and drinks in high season.

Closed Saturdays in low season.

Reservations: 432 5664

Turtle Bay (North of Mullins), St. Peter

beachbarbombas@yahoo.com

www.bombasbeachbar.net





The Orange Street Grocer

"Wood fired pizza, organic salads, modern European cuisine."

The Orange Street Grocer is an intimate, owner run bistro that offers reasonably priced, casual oceanfront dining with a friendly atmosphere. Choose whether you want to curl up on the sofa with a cup of freshly ground coffee and a homemade muffin enjoying their free wifi, or simply relax with friends in the open air enjoying the sunset with a glass of wine. Their thin crust pizzas, baked to order in a traditional wood fired oven, are a MUST! Or sample one of their creative, daily changing organic salads.

Simple, modern European cuisine at its finest.

**Open Mon - Thurs & Sat 8:30am - 6pm;
 Fri 8:30am - 10pm; Closed Sundays.
 During high season open Saturday nights til 10pm
 & Sundays for breakfast 8:30am-12noon.**

Tel: 419 0838
 Speightstown, St. Peter
nick@theorangestreetgrocer.com
www.theorangestreetgrocer.com



Life's too short to eat anywhere else!





13°/59° at Port Ferdinand

"Waterfront Fine Dining."

13°/59° is a celebration of the sea and land around you. Spiced barracuda with sweet potato dumplings, cucumber and tamarind. Aged organic Black Angus beef with caramelised onions and buttermilk potatoes. An impossibly light mille feuille of mango. These are some of their current house specialities, although menus evolve with the freshest and best seasonal produce.

It's all served in the relaxed elegance of the waterfront at Port Ferdinand. And on Sundays, a brunch vibe takes over with stiff Bloody Marys, southern specialities and gentle local music.

Dinner Tue – Sat from 6:30 pm - 10:00 pm
Starters from BB \$32 Mains from BB \$65

Sunday Brunch 11 am – 3:30 pm
Starters from BB \$12 Mains from BB \$35

Reservations: 272 2020
1359reservations@unnaliving.com
www.1359barbados.com
Port Ferdinand, St. Peter

13°/59°
 AT PORT FERDINAND





Camelot Restaurant at Cobblers Cove

“Award-winning food with Caribbean flavour”

Camelot Restaurant, the stunning oceanfront restaurant at Cobblers Cove Hotel, Speightstown, is a winner with both discerning guests and island residents alike. Renowned for its fusion of elegant, modern dishes with Bajan flavours, the delicious menus are created by Head Chef Jason Joseph using the best local ingredients and superb freshly caught fish by the hotel's fisherman, Barker. Positioned right beside the water's edge on the idyllic west coast, the restaurant is open daily for breakfast, lunch and dinner. With an extensive wine and cocktail list, the hotel's signature Cobblers Cooler is not to be missed.

Open daily for breakfast, lunch
and dinner.

Cobblers Cove Hotel,
Road View, Speightstown, St. Peter
Reservations: 422 2291
camelot@cobblerscove.com
www.cobblerscove.com



CAMELOT
RESTAURANT



Juma's

"Oceanfront. Open everyday!"

Juma's is located on the oceanfront with all tables overlooking the beautiful and unspoilt Speightstown beach. The restaurant is owner run by Mark and his chef wife, Jules, whose menu is highly eclectic and features Thai, Bajan and French dishes. Lovely Thai curries, homemade desserts and cocktails are among the delightful offerings. Subs and burgers are available at lunchtime; and there is an extensive wine list. Juma's is furnished with unique, custom built mahogany tables and an astounding collection of African art.

Complimentary transport to and from the restaurant from anywhere on the west coast is provided, as well as beach loungers and umbrellas. Juma's received the Trip Advisor Certificate of Excellence for 2014 & 2015.

Open daily for breakfast, lunch and dinner.
Starters from BB\$15 | Mains from BB\$40.

Reservations: 432 0232 or 234 7286
Speightstown, St. Peter
info@jumasrestaurant.com
www.jumasrestaurant.com

Juma's





The Lobster Pot

“Perfect for informal and relaxed dining”

The Lobster Pot can be found on one of the finest beaches on the West Coast, and is considered the ultimate place to relax and unwind. A new and unique dining experience, The Lobster Pot’s menu places heavy emphasis on fresh seafood, and in particular of course, lobster. The restaurant offers oceanfront dining on a deck shaded by mature almond trees.

Complimentary beach loungers and umbrellas are available for all of their guests along with free Wi-Fi and shower facilities. Complimentary transport is provided to and from anywhere on the west coast.

Open for breakfast, lunch and dinner.
 Mon - Sun | 9am-9:30pm.
 Starters from BB\$20 | Mains from BB\$50.

Reservations: 432 0287 or 231 7286
 Speightstown, St. Peter
info@thelobsterpotbarbados.com
www.thelobsterpotbarbados.com





Nino's By The Sea

"A cosy little seaside Italian in Speightstown!"

Nino's By The Sea opened in May 2016 on the broadwalk in Speightstown with fantastic sea views from both its ground floor and first floor dining areas.

Serving modern Italian food including fantastic pizza and pasta dishes with delicious Italian coffee, pastries and desserts. Chef Lee Ann Daniel will wow your tastebuds with her outstanding cuisine!

Open everyday from 9am-9pm.
Breakfast, lunch and dinner

Starters from BB\$15
Mains from BB\$40.

Reservations: 622 2432
Speightstown, St. Peter
info@ninosbythesea.com
www.ninosbythesea.com





Island Plates

"Really good, wholesome food!"

This casual little bistro, run by Barbadian sisters, Pat and Marie, places emphasis on fresh and wholesome. Daily lunch specials might include Pat's tasty homemade frittatas, curries or an ultimate salad – gluten-free and vegan options available – all served with a smile, and at prices that please.

Try their delicious curry on Wednesdays and Saturdays. The kitchen also turns out breakfasts daily. Their health-boosting smoothies are a great start to your morning or to refresh you throughout the day. Delicious packed lunches and dinners to go, contact them for take-away dinners and menu options.

Open Mon-Sat 8:30am-3pm;
Dinner (Oct-May) Mon & Thurs 7-10pm.

Tel: 252 7793
The Town Square
Speightstown, St. Peter
IslandPlates.Dining@gmail.com





Cheers Bar & Grill

"Flavour-packed fare at reasonable prices."

An upbeat, roadside bar and grill serving great food and drink in a casual, laid-back setting. Owner run by British/Bajan duo, Tony and Nancy, Cheers lends itself to leisurely meals and long conversations, with a menu that's designed to delight... favourites include English Fish & Chips, Curries, Jerk Chicken and Shrimp and flavourful Baby Back Ribs. There is also a full kid's menu, so bring the family along for a great night out. Cheers' "spirited" bartender, Steve mans the fully stocked bar and has tended bar at many of the island's popular watering holes such as Crocodile's Den and Groots.

Sports fans can enjoy live sports action on their wide screen TV and you can ask about their live weekly entertainment.

Starters \$9-30; Mains \$32-45

Open Tuesday - Sunday 11am til late. Last food orders 10pm.

Reservations: 265 5785 or info@cheers.bb

Road View, Mullins, St. Peter

www.cheers.bb

Facebook: Cheers Barbados





The Mews

"Wonderful food - happening bar"

For a perfect evening with friends, try The Mews - a friendly, intimate atmosphere in a charming, lively Hometown setting. Select from two distinct Euro-Caribbean menus - Classic with everyone's favourites or Farm to Table using fresh local organic farm produce. After hours, the bar becomes a bustling drinking spot. Live entertainment Friday nights. Private complimentary car park.

Dinner from 6:30pm nightly.

(Sundays, only in season).

Reservations are recommended.

**Available for private functions/
bespoke catering.**

themews

Reservations: 432 1122
2nd Street, Hometown, St. James
info@themewsbarbados.com
www.themewsbarbados.com
Fb /themewsrestaurantbarbados



Relish Epicurea

"Nothing is ordinary at Relish!"

Relish's menu is anchored on world flavours with lots of healthy options but the culinary emphasis is on cleverly created dishes using island inspired ingredients. The team of young, internationally trained chefs delivers unique, creative and unexpected flavours in every dish... the kind of food that makes you say, "Wow, that was good!"

Relish serves up the best **All Day West Coast Breakfast** and has a refreshingly varied wine list.

Private dinners and specialty event catering services available.

**Open Mon-Sat 9am-6pm
(9am-5pm from May - Nov)
Sunday 9am-3pm.**

Breakfast BB\$6-40;

Café Menu BB\$18-60

- Limegrove Lifestyle Centre, Hometown, St. James,
- Simpson Motors, Warrens

Orders & Reservations: 621 0077
alison@relishpicurea.com





Nishi

"Are they mad? Sushi and pies?"

Nishi is a chic, elegantly casual bistro, owner-run by hosts Paul Edwards and Steve Prebble. Their award-winning restaurant presents the best of British, Caribbean and Japanese cuisines - traditional specialties like English pie and lovely puddings, regional dishes as well as highly popular sushi. Nishi's sushi chefs, born and trained in the Far East, have earned a solid reputation for preparing both traditional sushi and the latest trends in Japanese cuisine. Dine under the stars in the lit courtyard or in air-conditioned comfort. Families are welcome! Sushi specials are available during the week and Nishi's bar serves a brilliant range of cocktails in a relaxed atmosphere.

Open for dinner nightly in season. Closed Mondays from May to Oct.
Take-away available from 5 - 7pm.

Reservations Recommended:
432 8287 or 432 2112
2nd Street, Holetown, St. James
nishirestaurant.com@gmail.com
www.nishi-restaurant.com

nishi
restaurant





Jules Italian Trattoria

"Italian That Is Simply Brilliant"

Jules' menu is simple, seasonal and phenomenal with hand-crafted pastas and flavourful sauces that will leave your tastebuds wanting more. Jules is committed to sourcing fresh local produce, quality meats and daily catches from local fishermen. Their signature dishes include Seafood Soup, Chicken Parmesan and Mushroom Ravioli. Modern cocktails and lovely wines are also available to enhance your experience. Historic *Pilgrim House*, creatively renovated and outfitted with aviation-inspired accents, offers a chic and relaxing ambiance. Jules and the entire crew are ready to serve you; your experience is their top priority; just sit back and prepare yourself for a culinary take-off.

Jules, the first stop on 1st Street, is a Jewel that is "Simply Brilliant!"

Open every night for dinner from 6pm. Closed in Sep.
Lunch Mon to Fri from Nov to Mar 12-3pm.
Starters BB\$10-35 | Mains BB\$45-100

Reservations: 432 8889
1st Street, Holetown, St. James
julesreservations@hotmail.com | www.jules1st.com



Tel:
432-8889



Sitar

"Indian cuisine in a unique style"

After nearly 20 years on the west coast Sitar has truly earned the accolade of being the trendsetter in East Indian food on the island. For locals and visitors alike, one mention of the name conjures up images of sizzling tandooris, oven fresh nans, mouthwatering curries and delectable vegetarian dishes all served in the cool comfort of a fully air conditioned dining room. Feel free to call ahead and book their cozy private room, the perfect setting for special occasions with friends and family. Join them for a taste of the best fare from north and south India and enjoy warm Indian hospitality while you do so.

Open for dinner Mon-Sun 6:30-10:30pm

Reservations: 432 2248 | 422 8779

2nd Street, Holetown, St. James

info@sitarbarbados.com

www.sitarbarbados.com





Just Grillin' West

"Good food and great prices"

Just Grillin' West offers some of the best value around. A great casual dining option, with meals ranging in price from US\$7-\$19, the menu features a selection of up to 5 varieties of fresh fish daily. Many agree it is among the tastiest grilled fish to be had on the island. Other selections from the grill include shrimp, steak, spare ribs, chicken and burgers, served with your choice of any two delicious side orders including Caesar salad, coleslaw, grilled vegetables or potatoes. Ready-to-go salads and take-away service also available.

Open Mon-Sat 11:30am-10pm
Sun 5:30-10pm

Tel: 432 5410
Sunset Crest,
Holetown, St. James
www.justgrillinbarbados.com



Café Indigo

"Good value. Great for families!"

A charming restaurant set on the upper level of a lovely Caribbean-style building in Holetown. Indigo is a family-oriented restaurant offering unsurpassed good value and excellent quality, specializing in a variety of fish and chicken dishes, U.S. steaks, pizzas, paninis, garden fresh salads and homemade pies.



Credit Cards accepted.

Open for breakfast and lunch
Mon-Sat 8:30am-4:30pm.
Dinner on Tuesdays and
Thursdays only until 8:45pm.

Reservations: 432 0968
Indigo Courtyard
Holetown, St. James



Zaccios Restaurant & Beach Bar

"Great Food, Great Drinks, Great People!"

Zaccios Restaurant is located on one of the lovely beaches on the west coast of Barbados, in the heart of Holetown. This location makes it easily accessible by car, public transport and by sea. Spend a relaxing day on the beach - they also rent beach chairs and umbrellas if desired. Zaccios offers a wide variety of meals. The cuisine is an international mix, including vegetarian dishes, seafood, fish, prime choices of meat and pizzas or pastas. Drop in for lunch or stay for the day and enjoy the beach. For dinner we suggest making a reservation especially for boardwalk seating. Come and enjoy a cool drink and watch the beautiful sunsets by the ocean.

Open everyday 11am - 11pm. Happy Hour from 4 - 6pm.

Lunch Starters BB\$17-27; Mains BB\$33-60.

Dinner Starters BB\$15-29; Mains BB\$29-85.

Reservations: 432 0134

Holetown, St. James

zaccios@hotmail.com

www.zaccios.com





Cariba

“Modern Caribbean cuisine with an Asian twist”

Owner run by Executive Chef Glen Bent and his wife Faye whose warm hospitality perfectly complements his innovative flair in the kitchen. This synergy has earned them a loyal following of repeat clients and made their cosy eatery a favourite with gourmet foodies, who rate their flavourful cuisine highly. Glen is internationally-trained and has worked in 5-star establishments all over the world, including Sandy Lane Hotel.

**Open daily 6-9:30pm (Dec - Apr).
Mon to Sat 6-9:30pm (May - Nov).
Private catering available.**

**Reservations: 432 8737
Derricks, St. James
info@caribarestaurant.com
www.caribarestaurant.com**



Asian Spice Indian Restaurant

“Authentic North Indian Cuisine”

The relaxed poolside setting of Asian Spice's cosy dining room, with pretty ceiling-hung lanterns, compliments the menu: a mélange of exotic Northern Indian Mughlai cuisine. Indian chefs create their authentic dishes - from traditional Tandoori favourites and delectable, melt-in-your-mouth kebabs, to rich and creamy Kormas, as well as superb vegetarian and vegan selections, invigorated with authentic spices to create a truly palate-pleasing dining experience.

**Take away available
for lunch & dinner.
Open for dinner
6:30-10pm.**

**Asian
SPICE**
Indian Restaurant

**Reservations: 432 1321
All Seasons Resort, Palm Ave.,
Sunset Crest, St. James
asianspice@allseasonsresort.bb
www.allseasonsresort.bb**





The Beach House

"Trip Advisor Certificate of Excellence 2015"

The aptly named Beach House Restaurant sits on a gorgeous stretch of West Coast shoreline in Holetown. Daytime menus feature fresh, local, daily specials alongside international favourites; while romantic flamelit evenings serve up Caribbean flavours with Mediterranean flair for dinner. Have cocktails next door at Drift as a sunset appétitif or starlit digestif. Friday evenings are buzzing and Sunday's famous Caribbean lunch buffet is a feast to remember. The Beach House is ideal for special occasions and private parties, large or small. Free Wifi is available and the property is fully accessible.

Open daily for lunch and dinner.

Lunch BB\$29-64.

Dinner Starters BB\$20-40 | Mains BB\$55-115.

Reservations: 432 1163

Holetown, St. James

www.thebeachhousebarbados.com

info@thebeachhousebarbados.com

Facebook: /TheBeachHouseRestaurantBarbados



**THE BEACH
HOUSE**

Bar & Restaurant





Open Kitchen Café & Bistro

“Barbados’ trendiest best kept secret in dining”

The stylish Archer’s Hall showroom at Canewood creates a delightfully unusual setting for casual upscale dining. Eatery meets emporium in a clever twist on the open concept, with your meal served at one of the gorgeous designer tables on display. “Bistro cuisine . . . taken seriously” is one way loyal patrons describe Open Kitchen’s tantalising offerings. Serving rustic dishes at sensible prices with an emphasis on local and organic produce, gourmet coffee and pizza are their specialty. The restaurant boasts superb breakfasts and lunches with daily specials, while Friday and Saturday night a la carte dinners are the perfect way to kick off the weekend.

Diners may select a crisp accompaniment to their meal from the extensive collection at the Wine Cave, the en suite cellar-style wine shop. Air-conditioned and chandelier-lit, this trendy new ‘best kept secret’ is as apt for couples as for small groups.

Walk-Ins Welcome. Good For Groups.

Take Out Available. Dinner entertainment.

Open for breakfast and lunch from Monday to Saturday. Dinner Friday and Saturday nights.

Reservations encouraged: 622 1819

**#1 Millhouse Complex, Canewood, St. Michael
openkitchenbim@gmail.com**

Open
kitchen
Cafe & Bistro



Lancaster Great House

"An amazing Barbadian experience"

John and Rain Chandler, renowned for their planters lunches and entertaining candle light dinners at Fisherpond House in St. Thomas, have bought and renovated the wonderful Lancaster Great House in St. James. Their collection of whimsical and eclectic antiques and objects d'art in this lovely old home will take you back in time to an era of elegance and sophistication. Tropically landscaped grounds with exotic birds surround their family home. Lancaster Great House offers a selection of carefully chosen menus of both Barbadian and International cuisine. Their Sunday Planters buffet won an award from the late Michael Winner in his Winner's Dinners Book.

Fabulous flowers, crystal and china. Live piano music. John will regale you with stories from his recently published memoirs - *Hotel Barbados - A life of discretion at the Ocean View*.

Sunday and Thursday: Buffet Lunch Friday: Dinner with Mr. Chandler

Reservations: 266 8752 or 432 6198

Lancaster, St. James

rainchandler@hotmail.com

www.facebook.com/LancasterGreatHouse

**LANCASTER
GREAT HOUSE**





Sandy Lane

"Experience the luxury of this five-star, beachfront resort!"

L'Acajou - Overlooking the sparkling waters of the Caribbean Sea is L'Acajou, Sandy Lane's signature restaurant. The romantic L'Acajou specializes in light, gourmet European cuisine with an emphasis on French and Mediterranean paired with an impressive range of Old and New World wines. The stunning, open-air beachfront setting of this chic, fine dining restaurant is simply magical. Set the tone for a wonderful evening by starting with canapés and champagne cocktails in the L'Acajou Bar.

Bajan Blue - Located on the lower oceanfront terrace, this informal restaurant offers sumptuous all day dining with a mélange of European, Caribbean and Asian influenced cuisine. The elaborate Sunday Brunch is a must, as are the spectacular themed buffet evenings. Other features include the modern wine bar, sushi station and state-of-the-art grill.

Reservations: 444 2030
Sandy Lane Hotel, St. James
diningreservations@sandylane.com
www.sandylane.com





Daphne's

"An elegant, beachside location with classic Italian cuisine."

Daphne's, one of the top restaurants in Barbados, reflects the style and grace of its sister establishment, the famous Daphne's of London. Manager Marco Alleyne, an excellent host, will welcome you to this elegant beachside restaurant that offers 'al fresco' and covered dining in an amiable atmosphere. Though the menu is based on classic Italian cuisine, their chef adds his modern style to better suit contemporary tastes. This is complemented by an extensive list of Italian, New World and Classical French wines. Try their delicious, authentic pizzas with a glass of beastly cold pinot grigio for a seaside lunch. Trip Advisor Certificate of Excellence.

Starters BB\$38-56 | Mains BB\$54-138
Sunset cocktail happy hour with bar eats
from 5-7pm daily. Open daily for lunch and
dinner, Nov - Apr. Closed Mon: May - Oct.

Reservations: 432 2731
Paynes Bay, St. James
daphnes@eleganthotels.com
www.daphnesbarbados.com



DAPHNE'S





The Cliff Beach Club

"Top class food in a relaxed setting"

Located next door to its world renowned sister restaurant, The Cliff, the new Cliff Beach Club offers an exciting alternative for anybody who wants to enjoy an eclectic menu of top class food in a chic but relaxed environment. With an open plan design that maximizes the wonderful oceanside setting, this is an excellent choice for lunch or dinner, or simply to enjoy a refreshing cocktail at the island's best 'bar with a view'.

Starters \$35-70; Mains \$55-120;

Open Lunch Mon-Sun 12-3

Dinner Mon-Sat 7-10

Days and times subject to change

Reservations: 432-0797

Derricks, St. James

reservations@thecliffbeachclub.com

The Cliff
BEACH CLUB



The Cliff

“Patrons acclaim this as consistently one of the very best”

Long established as one of the Caribbean's top restaurants, The Cliff is the first choice of many for any special celebration. The stunning, oceanfront, cliff-top setting and ambiance are captivating but the food itself is what sets The Cliff apart from its contemporaries. Chef Paul Owens continually gains accolades from top food writers who praise his creative talents. He and his team of 12 chefs remain committed to improving upon their performance, using only the finest fresh ingredients and producing consistent quality. Attentive waiters and knowledgeable wine stewards provide the highest standards in service. The Cliff Lounge is also a superb place to drop in for cocktails.

Open Mon - Sat (Sundays during high season).

Reservations required.

Set price menu. Please call for current pricing.

Available for private functions.

Reservations: 432 1922

Derricks, St. James

info@thecliffbarbados.com

www.thecliffbarbados.com



RESTAURANT & LOUNGE
RESERVATIONS 432 1922





Il Tempio

“A taste of Italy in a beautiful beachside location.”

The only authentic Italian Restaurant situated on the beach, beside the tranquil waters of the west coast, dubbed “the best Italian food in Barbados” by opera great, the late Luciano Pavarotti. Italian owners Anna and Leo welcome you, while the Italian Chef delights your senses. Featured in Condé Nast Traveller as one of the “coolest beachfront restaurants in the Caribbean”. The NY Times Frommer’s Review said, “The chef’s light touch is ideal for tropical dining. The homemade pastas are a delight... and the main dishes are equally delectable...”

Open for Lunch noon-2:30pm, Dinner 6-10pm.

Happy Hours: 4-6pm daily; Fri & Sun 4-7pm with complimentary finger food.

Closed Mondays and for the month of September.

Visa and MasterCard accepted.

Reservations: 417 0057
Fitts Village, St. James
iltempio@yahoo.com
www.iltempiorestaurant.com
www.diningwithus.net





Cin Cin

"A cool hot spot not to be missed!"

As the name suggests, Cin Cin (pronounced Chin Chin) is chic and fun! Since Larry Rogers and his wife Michelle opened in 2011, Cin Cin has enjoyed resounding success. Refreshingly contemporary and très elegant with uninterrupted views of the Caribbean Sea meeting the horizon. The 'al fresco' terrace is perfect for waterside dining under the stars, while the air-conditioned interior provides a cool sanctuary allowing sweeping vistas of the ocean framed by an expansive glass wall. Whether indoors or out, Cin Cin By The Sea is the perfect place for lunch with a business partner, or family and friends!

The trendy bar lounge area is ideal for sipping cocktails or simply enjoying a light bite served by friendly and efficient staff. Larry has a flair for creating an eclectic range of Mediterranean style dishes with a Caribbean twist using the freshest of ingredients. His distinctive style and standard of "no compromise on quality" has gained him a loyal following over the years...many from the "Olives" and "La Terra" days.

Open for lunch Monday to Friday, dinner nightly.

Reservations: 629 4557

Prospect, St. James

dine@cincinbarbados.com | www.cincinbarbados.com





Waterfront Café

"One of the best places to enjoy delicious Bajan food!"

This renowned café has a superb waterside location on the marina in Historic Bridgetown. Much to everyone's delight owner Sue Walcott is back at the helm there. It is one of best places to try Caribbean specialities over a few drinks. The Waterfront Café always bubbles with atmosphere with live jazz on Thursday, Friday and Saturday nights. The Thursday night Jazz evening is a particular great night with Dixieland Jazz with the VSOP Jazz band. Friday night is a band with a wide repertoire of music genres. Saturday night is a trio playing traditional jazz. This is one of the best places to enjoy delicious Bajan food - dine alfresco by the water or inside with the music.

Starters \$14-32; Mains \$24-78

Open 9am-5pm, Mon-Wed
and 9am-10pm Thurs-Sat

Reservations: 427-0093
The Carenage, Bridgetown
waterfrontcafe@caribsurf.com
www.waterfrontcafe.com.bb

WATERFRONT
café





Restaurant Guide



CARIBBEAN SEA

South Coast map showing the location of restaurants listed on pgs 121 and 156 - 173

- Waterfront Cafe
- St. Michael's Cathedral
- St. Elizabeth Hospital
- St. Ann's Church
- Nautilus Apts.
- Brown Sugar Island Inn
- Needham's Point
- Needham's Point Lighthouse
- Hilton Barbados
- Savannah Hotel
- The Coffee Bean
- Coconut Court Hotel
- Marriott Courtyard
- The Soco Hotel
- Sunshine Beach Apts.
- Hotel Pom Marine
- Muscovado
- Golden Apple Cafe
- Regency Cove Hotel
- Blakely's Tapas
- Tagore's
- Pirates Inn
- Magic Isle Apts.
- Bubba's Sports Bar
- Country House Cafe
- Just Grillin'
- Chilly Moo's
- Acra Beach Resort
- South Beach Hotel
- Blue Horizon Hotel
- Southern Surf Apts.
- Bert's Bar
- Chambers
- Blue Orchids Hotel
- Coral Mist Hotel
- Sea Foam Haciendas
- Worthing Court Apts.
- Anthurium Suites
- The Coffee Bean @ Peronne Village
- Palm Garden Hotel
- Coral Sands Beach Resort
- Sanctuary Cafe
- Stream
- Cafe Sol
- Plymo Bar & Bistro
- Yellow Bird Hotel
- Apsara Samudra
- South Gap Ocean Hotel
- Rostrevor Apts.
- Mistle Cove
- Divi Southwinds Hotel
- Purecean
- Southern Palms Hotel
- The Garden Terrace
- Rude Boyz Jenk Kitchen
- Irie Foods (2nd Ave., Dover)
- Sanctuary Cafe
- Also in St. Lawrence Gap/Dover:
 - Rio Guest House
 - Infinity On The Beach
 - Carib Blue Apts.
 - Time Out in the Gap
 - Maresol Apts.
 - Monterey Apts.
 - Sommeret Apts.
 - Salt Ash Apts.
 - Four Aces Apts.
 - Ocean 15 Apts.
 - Meridian Inn
 - Dover Beach Hotel
 - Turtle Beach Resort
 - Sandals Beach Resort
- Luigi's
- Butterfly Beach Hotel
- Golden Sands Hotel
- Little Arches Hotel
- Cafe Luna
- Bougainvillea Resort
- Barbados Beach Club
- Sea Breeze Hotel



The Garden Terrace

“Southern Palms is a wonderful spot to enjoy live music”

For a delicious lunch by the ocean sipping Caribbean cocktails or a starlight dinner with dancing, Southern Palms is a delightful hotel in St. Lawrence Gap set against stunning beachfront. Its restaurant, The Garden Terrace, provides year round live entertainment for dancing. Sunday lunch is their famous buffet with live steelpan band, popular with both visitors to the island and residents. Monday night dinner is Country & Western with the Redmen, and Thursday night is BBQ with a steelband beneath the stars. Popular band ‘Syndikyt’ plays on Saturday night with à la carte dining or roast beef menu. Dining at Southern Palm’s Garden Terrace is a great night out!

All Day Snack Menu 11am-10pm. Buffet Breakfast.
Lunch Starter from BB\$16 | Main Course from BB\$24;
Dinner Starters from BB\$16 | Mains from BB\$60.
 Prices include VAT. 10% SC is added to the bill.

Reservations: 428 7171 | www.southernpalms.net
 Southern Palms Hotel, St. Lawrence Gap, Christ Church





Brown Sugar

"The home of Bajan Cuisine"

Brown Sugar is the place to sample the authentic flavours of Bajan cuisine served with warm hospitality in a charming traditional Barbadian home.

• LUNCH

Sumptuous 4 Course Bajan Buffet

The Best in Island Cuisine

Sunday-Friday from 12pm-3:30pm

• DINNER

À La Carte Dining nightly from 6pm

A delightful mélange of local & Caribbean cuisine.

• TRADITIONAL BAJAN

ALL YOU CAN EAT BUFFET

EXPERIENCE

Live Musical Entertainment

Monday nights from 6pm-9:30pm



Aquatic Gap, St. Michael

Reservations: 426 7684

dine@brownsugarbarbados.net

www.brownsugarbarbados.net



thecoffeebean

The Coffee Bean

"Barbados' premium café"

• DELICIOUS COFFEE

Espresso, cappuccino, iced latte, mocha frappe and teas with carrot cake, cookies and pastries.

• BREAKFAST OR LUNCH

Pastas with a choice of two sauces
Caesar, Greek and Garden salads
Grilled, jerk or curried chicken
Crab backs or crab salad
Wraps, bagels, paninis, sandwiches
Daily Caribbean soup special
Spicy Barbadian patties and sushi

Call about south coast delivery.

• Hastings 437 BEAN (2326)

Easy walking distance from
The Garrison Historic Area

• Peronne Village 426 1094

Behind Massy Stores, Worthing

• Welches 421 BEAN (2326)

The Walk, adjacent to Cost-U-Less

• Sunset Mall 422 BEAN (2326)

Sunset Crest (Near Cave Shepherd)

• Bridgetown 629 4681

Top floor, Cave Shepherd

thecoffeebean@caribsurf.com





Blakey's

"Perfect spot to enjoy a good meal with family and friends!"

A casual restaurant and bar, with lots of island atmosphere, located on the south coast boardwalk in Hastings. With its indoor and outdoor seating and great sea views, Blakey's is the perfect spot to relax with family and friends. The affordable menu offers local favourites like pepperpot, along with pasta selections, pizza and burgers. Live entertainment most weekends draws a lively crowd.



Take out available.

Open: Dinner Tues - Sun from 6pm; Lunch Tues - Sat from 11am. Closed Mondays (Apr to Nov).

Reservations: 228 5284
Hastings, Christ Church
blakeysbar@gmail.com



Bubba's

"Great food, fun & sports action"

Bubba's offers an unbeatable combination of cuisine and atmosphere. You can enjoy all the sports action live via two satellite dishes on three 10-ft. screens and 17 additional TVs. An extensive à la carte menu features their popular Buffalo Wings, tasty burgers, sandwiches and garden-fresh salads. Try their massive 20oz. steak if you dare! Kids menu available. Happy Hours daily.

Bubba's
Sports Bar & Restaurant

Open daily: Monday - Thursday
11:30am-11pm, Friday & Saturday
11am-1am, Sunday 8am-11pm.
Call for weekly game specials.

Tel: 435 8731
Rockley Main Road, Ch. Ch.
bubbassportsbar96@gmail.com
www.bubbassportsbar.net



Muscovado & Golden Apple Café

"Great food and some of the best value for money"

These two restaurants in the PomMarine Hotel are part of the Hospitality Institute of the Barbados Community College and they provide some of the best value on the island. The young students are charming in their diligent efforts to please. The Institute is the proud recipient of numerous global awards.

• LUNCH IN GOLDEN APPLE CAFE

Open year round

Daily Lunch Buffet BB\$30

Mon - Fri from 12pm - 2:30pm

Sunday Buffet \$60 - Soup, Roasts,
3 Salads, Fish, 3 Starches, Desserts

• GOURMET DINNERS IN MUSCOVADO

5 courses including a glass of wine BB\$75

Each Friday 7pm - 9:30pm

Sep 15 - Dec 15 & Jan 20 - Apr 30

Reservations: 228 0900

PomMarine Hotel, Marine Gardens, Ch. Ch.

bcchi@bcc.edu.bb

www.pommarine.com



Golden Apple Cafe





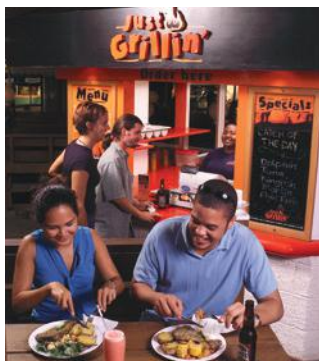
Chilly Moo's

"Loads of flavours to choose from!"

Create your own flavour!
At Chilly Moo's there are dozens of delicious mix-ins like candy, syrup, fruit and nuts – smashed together on a frozen granite slab with your choice of 20 delicious flavours of ice cream and stuffed into one of their homemade cookie dough waffle cones to produce a unique creation! (Tastebuds required). Try one of their divine Smoothies, Shakes, Sundaes or Floats!

Opening hours:
Monday-Thursday, 11am-10pm;
Friday-Sunday, 11am-11pm.

Tel: 437 1877
Quayside Centre, Rockley,
Christ Church



Just Grillin' South

"Good food and great prices"

This popular open-air grill and bar serves some of the best fresh grilled fish on the island, with a choice of up to five varieties of fresh fish daily. The atmosphere is friendly and very casual with meals ranging between US\$7 and US\$19 – among the best value anywhere. Other selections from the grill include shrimp, steak, chicken, spare ribs and burgers served with your choice of any two delicious side orders including Caesar salad, grilled vegetables, coleslaw or potatoes.

Take away service available.
Open Mon-Sat 11:30am-10pm,
Sunday 5:30-10pm.

Tel: 435 6469
Quayside Centre, Rockley, Ch. Ch.
www.justgrillinbarbados.com





Tapas

“Reserve early and request a water-side table”

This trendy restaurant, wonderfully positioned along the south coast boardwalk, is not only known for its breathtaking view but for exceptional service and delicious cuisine. No small wonder it's a favourite amongst locals and visitors alike. With a wide variety of tapas dishes and an à la carte menu, there is more than enough to satisfy any palate.

Just a few feet away from the water's edge, the atmosphere at the bar is casual and the conversation bubbly. Dining is intimate with sweeping views of the island's southern coastline from both floors of the restaurant. Outdoor seating alongside the boardwalk and shoreline has been a very popular addition, making Tapas the ideal spot for sunset cocktails and a romantic dinner under the stars.

Open Daily from 12 noon, last order 10:30pm.

Reservations: 228 0704
 Hastings, Christ Church
 info@tapasbarbados.com
 www.tapasbarbados.com





Sanctuary Café

"An amazing south coast oasis!"

This unique café is a refuge of peace and quiet on the south coast for breakfast, lunch, afternoon tea or just a chat over coffee with a tasty snack. They do wonderful coffees and teas, delicious sweet treats, good quality sandwiches, pastas, salads and hot daily specials. 100% wheelchair accessible. Free WIFI available.

Open 9am-5pm, Tue-Sat
Closed Sun & Mon

Tel/Reservations: 435 9727
Graeme Hall Nature Sanctuary,
Worthing, Christ Church
admin@graemehall.com



Country House Café and Food Shop

*"Great Coffee & Wonderful
Homestyle Cooking"*

Heather Richardson and her team freshly prepare superb quality local food - the best flying fish, crab backs, salt fish cakes, callalou soup, guava bread'n'butter pudding, fudge, local preserves, fish and chicken pies, seafood lasagne - all delicious! Cosy airconditioned dining inside or al fresco on their balcony. Perfect for breakfast, lunch or just a coffee with treats. Their Homemade Frozen Foods are ideal for those in self catering.



Country House
caterers

Fresh and frozen Take-away foods.
Open Mon-Sat 8am-3pm,
Closed Sunday
Tel: 228 0333
"Rosemary" Dayrells Road,
Rockley, Ch. Ch.
www.countryhousecaterers.com
countryhousecaterers@gmail.com





Champers

"One of Barbados' most popular restaurants"

Champers' solid reputation for consistently good food and value for money has made it one of the leading restaurants on the South Coast. Set away from the main road, right at the water's edge, this elegant cliff-top eatery 'bubbles' with atmosphere and has well earned its fiercely loyal clientele of locals and visitors. Champers is owner-run by much admired restaurateur Charyl Newman, who ensures the highest quality, locally grown produce and Barbados-caught fish and seafood are served. The restaurant boasts a dedicated gallery of original Caribbean art and several perfect options for weddings and corporate functions.

Open for lunch Sunday to Friday, and dinner seven days a week.

Dinner Starters BB\$20-40; Mains BB\$55-99.

Wine BB\$50-455; Champagne BB\$185-\$425.

Reservations: 434 3463 or 435 6644

Skeetes Hill, Rockley, Ch. Ch.

champers@champersinc.com

www.champersbarbados.com



C H A M P E R S





Stream

"The blackened fish is legendary!"

With consistently excellent food, good value for money, pleasantly served in a relaxed environment, the Stream Bar & Restaurant is very popular with local diners.

Head Chef John Boland, who made his name at the now closed 39 Steps, is renowned for his range of signature dishes, especially his much-relished blackened fish. The varied menu, including temptingly lush desserts, is nicely matched with a well-planned wine list. Add a lively little bar to the mix, complete with 'hard to say no' cocktails, and it all adds up to a wonderful hangout spot for any occasion.

Starters \$13-30; Mains \$38-52
Dinner Mon - Sun 6.30-10pm

Reservations: 427 0715
Worthing, Christ Church
39Steps15@gmail.com
Facebook/Stream Bar & Restaurant



Tagore's

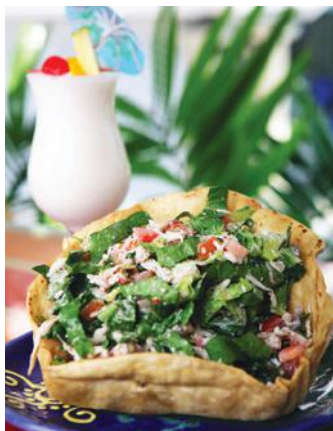
"Kebabs, curries & more!"

For many years fans of Sitar have been yearning for a branch on the South coast and finally their wish has come true! Ideally located at Lanterns mall in Hastings, the latest addition to the Sitar Foods Family, Tagore's will offer favourites of Sitar's along with a few new dishes served in a more casual café setting. The menu will include: Seek Kebab, Tandoori, Tikka, Korma, Madras, Tikka Masala, and the tantalizing Butter Chicken. For the first time Indian style Chinese will also be introduced to the island. A centuries old style of cooking influenced by our neighbours to the east for all those who like their Chinese with a little more spice and zest! Eat in and takeaway.

Average price range: \$13-35
Open Mon to Sat 11am-10pm

1st Floor, Lanterns Mall
info@tagorebarbados.com
www.tagorebarbados.com





Café Sol Mexican Grill & Margarita Bar

"Barbados' original Mexican restaurant"

At the entrance to The Gap with a fabulous ocean view, Café Sol is the island's original Mexican restaurant. Enjoy 2 happy hours nightly at this lively, fun spot: 5-7pm and 10-12pm. Margaritas are a specialty with 15 fruity flavours on offer! Get two for one margaritas on Fiesta Fridays - the last Friday of each month, with prize packed piñatas and live music on the deck from 10pm to midnight. The menu boasts a wide variety of Mexican favourites, from Cheese Nachos to Chicken Chimichangas and Shrimp Fajitas. A "Gringo" menu features non-Mexican fare such as Striploin Steaks, Mojito Chicken, Buffalo Wings and much more. Open for dinner nightly and for lunch from Tuesday - Sunday from 11:30am - There's rarely a time when Café Sol can't satisfy whatever hunger ails you!

Starters BB\$14-18; Mains BB\$30-44;
Desserts BB\$10-16

Reservations: 420 7655
St. Lawrence Gap, Christ Church
info@cafesolbarbados.com
www.cafesolbarbados.com





Primo Bar & Bistro

“New name, new look, new menu and the same great team led by master Barbadian chef, Larry Rogers has earned Primo immediate and well deserved popularity.”

Perfectly located on St. Lawrence Bay, Primo offers rustic sophistication with stunning views. Formerly Pisces Restaurant, Primo has been given a makeover that has elevated it to a new level. The open-plan bar, located just off the boardwalk, is an ideal spot for more casual dining or just a quick bite and drinks. The varied eclectic menu with a subtle West Indian influence includes an extensive variety of fresh seafood, meat and pasta dishes. Eat, drink and relax in a unique ocean chic setting, where West Coast style meets South Coast charm.

Primo is also redefining the South Coast drinking experience every Saturday night with LIVE DJ music and drink specials on all your favourite brands!

Starters \$22-50; Mains \$25-140; Desserts \$20-28
Dress code in effect. Open daily from 6:00pm

Reservations: 573 7777

St. Lawrence Gap, Worthing, Christ Church
dine@primobarbados.com | www.primobarandbistro.com





Apsara Samudra

“Classic Indian & Thai cuisine served in an enchanting waterside setting”

Renowned for the excellence of their Indian and Thai cuisine, Apsara welcomes you to its lovely seaside home in bustling St. Lawrence Gap. Apsara's slatted pavilions and beguiling swings step down into gentle terraces, through the dense foliage of a tropical landscape, to the brilliant sun dappled Caribbean Sea that laps below your feet. The caress of ocean breezes and the romantic flicker of the flambeau create an atmosphere of enchantment that embraces you as you dine. Diners have a choice of sitting indoors in the breezy dining room, or outdoors where the brilliance of the Caribbean Sea is challenged by the excellence of the food! Whichever you decide we know you will succumb to the charms of Apsara.

Available for weddings and private functions.

Starters BB\$15-48; Mains BB\$50-80; Desserts BB\$15-18.

Open for dinner nightly from 6pm.

Reservations: 420 5453 or 420 5454

Waverley House, St. Lawrence Gap, Christ Church

apsara@caribsurf.com

www.apsara-samudra.com





Your hosts, Heather & Jeff



Rude Boyz Jerk Kitchen

"Authentic Caribbean dishes at reasonable prices."

Known for their great tasting Jerk Chicken, Rude Boyz brings an extra dose of Caribbean zest to the island's dining scene. Located at the lower end of bustling St. Lawrence Gap, above the Dover Market, with a casual, friendly atmosphere and contagious island vibe.

Enjoy popular Caribbean dishes like Jerk tails, Bajan style fish cakes, Jamaican pepper shrimp, and of course their famous Jerk Chicken.

Open for dinner Mon - Thurs & Sat: 5pm-10:30pm
Take Away available.

Starters: \$15-\$30, Mains: \$23-\$49

Reservations: 841 6175 or 622 1754
3rd Ave., Dover, St. Lawrence Gap,
Christ Church
Facebook: Rude Boyz Jerk Kitchen





Luigi's Italian Restaurant

"Authentic Italian - a real Italian experience!"

Luigi's has been serving their genuine Italian cuisine for over 50 years! A long time favourite with Bajans and visitors, this charming, cozy trattoria promises hearty, traditional Italian fare in a relaxed, rustic setting. Italian owner, Davide Chiesa is always on hand to offer suggestions from the authentic Italian menu, including their famous Cotoletta alla Milanese, a wonderful selection of fresh homemade pastas and their legendary Tiramisu! Everything is prepared daily with market-fresh ingredients and served with the renowned Italian warmth and hospitality. Children's portions also available.

Open Daily 6-10pm, Boxing Day to Easter; closed Sundays otherwise.
Closed for holidays mid May to end of June and Sep to mid-Oct.

Reservations: 628 9218
 Cell/Whatsapp: 268 2163
 Dover, Christ Church
 luigisbarbados@gmail.com
 www.luigisbarbados.com

Luigi's
 Ristorante italiano

 ... dal 1963





Pureocean

"Spectacular beachside setting"

Located on one of the most spectacular beaches in Barbados, Pureocean is PURE magic for the eyes and the taste buds!

The menu features an exciting array of dishes which can be described as "Bajan cuisine with an international flair". It includes a selection of seafood and Bajan classics, such as Pudding & Souse with a twist, along with unique creations like Smoked Spice Rubbed Pork Tenders with a Tangy Caribbean Tamarind Sauce.

The perfect setting for dining and dining at sunset.



Reservations: 418 7303 or
418 7300 Ext. 7412

St. Lawrence Gap, Christ Church
Facebook /PureOcean
www.diviresorts.com



Irie Foods

"Come nyam yuh bickle!"

About as close as you'll get to Jamaica in Barbados! Irie Foods is probably best known for their char-grilled jerk chicken and pork, but it's not just the jerk that stands out... Dishes such as ackee & salt fish, curry goat and Escovitch fish share the menu with roti and oxtail & beans, accompanied by a host of tasty staples like rice & peas, roast breadfruit, plantain and "festival". Open for breakfast, lunch and dinner. Dine in or take away.



Open Mon-Sat: 9am - 9pm
Closed Sundays.

Tel: 420 4743
2nd Ave., Dover, Christ Church
irikitchens@gmail.com





Café Luna

"Romantic dining under the stars!"

Here you will discover one of the best kept hideaways in Barbados. Café Luna is located on the roof top of the award winning Little Arches Boutique Hotel, with sweeping vistas of Enterprise (Miami) beach.

Chefs Mark 'Moo' de Gruchy and Wayne Jackman offer the freshest locally grown and sourced farm to table menus. Fine dining at an affordable price is their hallmark and a full à la carte menu is offered, along with the new 'Back to Bajan' menu, showcasing local ingredients and produce. Guests can sample sushi specials on Thursday and Friday nights.

Enjoy the romance of this intimate hotel and be sure to bring your camera!

Open daily for breakfast, lunch and dinner.

Cocktails from 4-6pm. Dinner 6-10pm.

Starters from BB\$20; Mains BB\$35-85;

Back to Bajan Menu BB\$89 for 3 courses.

Reservations: 428 6172/420 4689

**Little Arches Boutique Hotel,
Enterprise Beach Road, Christ Church**

cafelunabarbados@gmail.com

www.cafelunabarbados.com





Bert Inniss



Bert's

"A dash of sports and a splash of island ambience – the perfect mix!"

Eat, drink and chill at Bert's for the perfect mix of island ambience, international sports coverage, world famous daiquiris and authentic stone fired pizza. Enjoy a weekday lunch combo in the air-conditioned dining room, pull up a stool at the island bar to catch the game or chill poolside with an ice cold draft or daiquiri. Bert's menu offers traditional Bajan fare, Bert's original favourites, vegetarian and healthy choices, and delicious meal options just for kids.

Open from 11am (earlier for the big sports matches).
Happy Hour & a Half: 4:30-6pm daily.

Rockley, Christ Church
Reservations: 435 7924 | Pizza Hotline: 431 1111
info@bertsbarbados.com
www.bertsbarbados.com





Bubba's Sports Bar & Restaurant

"With 20 well placed screens, plenty of space & great menu selections, Bubba's is for fans of all sports!"

Bubba's offers an unbeatable combination of cuisine and atmosphere. You can enjoy all the sports action live via 2 satellite dishes on three 10ft. screens and 17 additional TVs. You can be assured that whether it's English Premier League Football, NBA Basketball, NFL Football or Formula One Racing – you can catch them all at Bubba's!

Full menu ranging from tasty appetizers to an extensive à la carte menu. Be sure to check out their full-on Sunday Buffet Breakfast.

Open Mon to Thu: 11:30am–11pm, Fri & Sat: 11am–1am, Sun: 8am–11pm.
Daily happy hours. Call for weekly game specials.

Rockley Main Road, Christ Church
Tel: 435 8731
bubbassportsbar96@gmail.com
www.bubbassportsbar.net

Bubba's
Sports Bar & Restaurant





Harbour Lights is a “toes-in-the-sand, drink-in-your-hand” kind of place!

Bajan Nightlife

The night time entertainment in Barbados ranks among the best in the Caribbean. Not only do the locals love to party, but being such a popular destination with visitors, there is absolutely no shortage of night clubs, bars, reggae clubs, pubs, rum shops, dinner shows and great “liming spots”.

Island Hot Spots

Harbour Lights: Popular open-air, beachfront club. Best Nights: Mondays and Wednesdays - Beach Extravaganza & Dinner Show on the beach; Weekend Wednesdays - Free drinks 9:00pm-2:00am; Oh What ‘a Friday - Free drinks 9.30pm-3:00am.

Blue Moon Club: Located at the new Pirate’s Cove oceanfront, pirate-themed beach facility in historic Bridgetown, with a rustic, tropical island feel to it.

Blakey’s on the Boardwalk: Whether you go there to wine or dine, Blakey’s is always full of atmosphere! The boardwalk location makes it a great spot for sundown cocktails. Live music most weekends.

Bert’s Bar: Famous for their daiquiris and great island ambience, Bert’s is the perfect place to eat, drink and chill!



The Old Jamm Inn: Enjoy the music of some of Barbados' best musicians, 7 nights a week, on their open deck in the Caribbean air, under the stars.

Oistins Fish Fry: Centred around the Oistins Fish Market, a great opportunity to soak up some real Bajan atmosphere, enjoy the local music and sample all types of fresh fish, deliciously seasoned the Bajan way, and eaten hot off the grill.

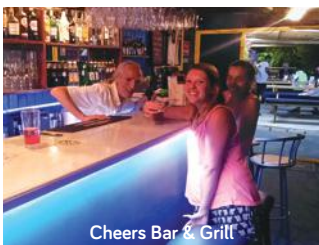
Drift: Great place to enjoy fine wines, select cocktails or a cold beer in a stunning oceanfront setting.

The Mews: Primarily known for their food, the bar has rapidly developed into one of the more popular on the west coast. Suitably lively on Fridays and Saturdays.

La Casa del Habano: On the 1st floor of Limegrove in Holetown, with a wide selection of the finest Cuban cigars, a fully stocked premium bar, comfy lounge and outdoor deck all provide a lovely setting to enjoy Blues, Jazz and Latin music.

Il Tempio: Italian hospitality at its best – great spot to enjoy drinks around the beach bar. Daily Happy Hours 4-6pm (4-7pm on Fri. and Sun. only, with complimentary finger food). Closed Mondays.

Cheers Bar & Grill: Located just north of Mullins, Cheers is an upbeat, roadside bar and grill serving great food and drink in a casual, laid-back setting.





Harbour Lights

"Unrivalled entertainment at an unbeatable price."

Harbour Lights, the renowned open air, beachfront club on stunning Carlisle Bay, is the favourite spot of visitors and locals. Liven up your **Wednesday and Friday** evenings at the Beach Extravaganza Dinner Show - discover the island's rich Afro-Caribbean heritage, traced through the melodies of three Caribbean bands and a full cast of performers. Immerse yourself in Bajan scenes and social pasttimes reenacted by symbolic cultural characters. There is non-stop action as towering stiltwalkers, once known as the 'guardians of the village', showcase acrobatic skills. The excitement heats up with the flaming limbo dancer and iconic fire eater Cassius Clay. Experience electrifying rhythms and be mesmerized by Carnival beauties and "Mudda Sally's" "movementations". Complementing the entertainment package, is a delicious spice-infused BBQ dinner straight from the grill and free-flowing drinks throughout the evening. Harbour Lights goes until late with a full fledged nightclub experience after the dinner show that's not to be missed.

What's Included: Transfers, Dinner, Drinks and Show.

Show Dates: Monday & Wednesday | All ages welcome 7-10:30pm

Nightclub: Wednesday 9pm - 2am, Friday 9:30pm - 3am

Tel: 436 7225 | contactus@harbourlightsbarbados.com
www.harbourlightsbarbados.com | #harbourlights





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www.harbourlightsbarbados.com



The Old Jamm Inn

"The place to be in The Gap!"

The Old Jamm Inn is the place to be in St. Lawrence Gap on any given night. Open for dinner from 6pm nightly, they offer a full and varied menu guaranteed to satisfy. Enjoy the music of some of Barbados' best musicians, 7 nights a week, as you sit out on the open deck under the stars in the Caribbean air.

After the live music, head inside to the fully air conditioned dance floor for crazy late night parties each night, with resident and guest DJs going extra late on weekends.

Open 7 nights a week.

Tel: 428 3919

St. Lawrence Gap, Christ Church
[facebook/theoldjamminn](https://www.facebook.com/theoldjamminn)
[Instagram: @theoldjamminn](https://www.instagram.com/theoldjamminn)



Lime Bar & Restaurant

"Relaxing, stylish, modern blend of bar & restaurant in an al fresco courtyard setting."

Lime Bar has quickly become the new buzzword on the west coast's nightlife scene, popular for its cool and edgy approach to liming, dining and drinking out.

Every week they feature live entertainment catering to all generations, with a great selection of the island's top musicians and entertainers. Lime Bar is the perfect location for mingling, having fun and meeting new friends. Join them on Facebook or visit their website to see what's on and receive special event invitations.

Open Mon - Sat 10am until...

Sundays from 5pm

Tel: 271 8261

Limegrove Lifestyle Centre,
 Holetown, St. James
entertainment@limebarbarbados.com
www.limebarbarbados.com
 Facebook: /limegrovebar





Drift Ocean Terrace Lounge

"A perfect place to be, meet with friends and relax in comfort!"

Inspired by the ocean, Drift is the new chic West Coast lounge bar next to The Beach House in Hometown. Exuding sophistication and comfort in a seductive setting, Drift welcomes those who wish to enjoy fine wines, select cocktails or just a cold beer in a stunning oceanfront setting. Whether it's a date, get-together, corporate event, or just you, Drift is the perfect place to be, meet with friends and relax in comfort.

A delicious "night bites" selection complements your evening and on the first Thursday of each month Drift welcomes executive chef Scott Ames and The Bento Box sushi extravaganza. Every Friday evening and late night Saturdays they also have gourmet pizza by Gianluca. The Drift Art Gallery features works by local and international artists.

Open daily from 5pm until late. Free Wifi.

Night Bite platters from \$25.

Tel: 432 1163

Hometown, St. James

info@driftinbarbados.com

www.driftinbarbados.com

Facebook: /DriftBarbados

drift
OCEAN TERRACE LOUNGE



Andrew Hulsmeyer



Hiring a Car

Visitors must produce a valid driver's licence in order to obtain a Visitor's Permit which is usually issued by the car hire companies, or from the Barbados Licensing Authority in The Pine, St. Michael, Oistins or Speightstown for BB\$10 – it is valid for two months from the date of issue. When hiring a car pay close attention to the demonstration of the vehicle, as many models are different in the Caribbean. Note the emergency hotline number of your rental company and check that they offer breakdown assistance. Many of the rental companies offer unlimited mileage, free delivery to and pick-up from hotels, villas, airport and seaport; baby seats and free road maps.

Driving Tips in a Nutshell

- In Barbados we drive on the left and seat belts are compulsory.
- Download the free MyDestination/Barbados Travel App to help you find your way around. For a fee of US\$6 you can upgrade to unlock the Interactive Map that leverages the GPS in your device to show you the best attractions nearby. The map also uses the compass to guide you to a place once you select it - all available in offline mode too! It also has a wealth of useful information for visitors.



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With their 35 year track record for courteous and efficient service, along with first class transportation, Courtesy Rent-A-Car is Barbados' #1 choice for car rentals. Their well-maintained fleet comprises the finest Economy to Executive and Luxury vehicles at excellent prices. Visit them at convenient Airport, Cruise Terminal or Wildey locations, or courtesyrentacar.com to book online, check availability or reservation status and take advantage of special offers.

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**reservations@courtesyrentacar.com
www.courtesyrentacar.com**



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Do not leave valuables unattended

Andrew Hulsmeier



Protect yourself from the sun

Andrew Hulsmeier



Be aware of falling coconuts

Courtesy Barbados Blue Watersports



Black sea urchins

SAFETY

Barbados is considered to be a safe place but always be as cautious as you would be at home. Exercise common sense when venturing into isolated locations; secure your valuables; never leave your belongings unattended on the beach or in full view in a locked car; always leave your key at front desk as lost keys mean insecurity.

Barbados has never had a shark attack. The most common sharks are Nurse Sharks, which do not attack. There are no poisonous spiders or snakes but a centipede bite, though not poisonous, can be very painful.

BE AWARE

Barbados is close to the equator and the sun can cause severe damage to the skin, so be sure to use a good sun screen and sit under an umbrella.

Before sitting under a coconut tree, check that there are no brown coconuts or drooping brown branches that are apt to fall.

If you are stuck by the spines of the black sea urchins found on the reef, although painful, they are harmless and will eventually dissolve and be absorbed by the body. Only pull them out if they are clearly protruding.



POLICE

Emergency only: 211
 Crime Stoppers Hotline: 429 8787

AMBULANCE SERVICES

Private Ambulance:
 622 3061/2 / 228 8633

QEH Ambulance:
 511 or 426 0016

MEDICAL CENTRES

Sandy Crest Medical Centre:
 (Open 24-Hrs.) Sunset Crest,
 Hometown, St. James.
 Tel: 419 4911

Elcourt Clinic:
 (Open 24-Hrs.) Maxwell, Christ
 Church. Tel: 428 9452

FMH Emergency Clinic:
 Open 8am – midnight.
 3rd Ave., Belleville, St. Michael.
 Tel: 228 6120

Queen Elizabeth Hospital:
 Martindales Road, St. Michael.
 Tel: 436 6450

Decompression Chamber:
 Barbados Defence Force
 Medical Unit, The Garrison,
 St. Michael.
 Tel: 436 6185/6/7/8 Ext. 2556

EYE CARE

Express Optical:
 Sheraton Mall, Ch. Ch. Tel: 437 0896
 Cave Shepherd, Broad St., B'town
 Tel: 629 4653

Eye Q - Stylist Opticians:
 Limegrove Lifestyle Centre,
 St. James. Tel: 419 3937

Harcourt Carter Optical:
 Belleville, St. Michael. Tel: 417 5650
 Dome Mall, Warrens, Tel: 417 5651
 Sergeants Village, Ch. Ch. Tel: 417 5652

DENTISTS

B'dos Dental Association:
 For your dental needs call the BDA
 for a referral to a dentist in your
 area. Tel: 228 6488
 bdosdentalassoc@caribsurf.com

PHARMACIES

Massy Stores Pharmacy:
 Worthing, Christ Church
 Tel: 435 0020
 Oistins, Christ Church
 Tel: 428 6057
 Sky Mall, Haggatt Hall, St. Michael
 Tel: 434 1023
 Sunset Crest, St. James
 Tel: 432 1290

Warrens, St. Michael
 Tel: 417 5231/3

Lewis Drug Mart:
 Rockley, Christ Church
 Tel: 435 8090

iMart:
 Tel: 271 DRUG (3784)
 The Walk, Welches, St. Thomas
 Lanterns Mall, Hastings, Ch. Ch.
 Carlton Pharmacy, Carlton,
 St. Michael



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"Providing reliable transportation"

Team Baywatch is an owner run taxi service company operating from the west coast of Barbados. Hassle-free, dependable airport transfers and trips to restaurants, supermarkets, beaches, shopping etc. They also offer **Island Tours**. Max and Julia are prompt and reliable and take pride in providing a safe, comfortable experience. **Advance Bookings Appreciated.**



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