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Ins & Outs

OF BARBADOS

Welcome to Barbados – and welcome to our 33rd annual edition of the Ins and Outs of Barbados, featuring heritage and culture, as Barbados proudly celebrates 50 years of Independence on November 30th, 2016.

We feel very privileged that the Parkinson family has generously permitted us to reproduce the amazing photographs of Henry Walter Parkinson taken over 100 years ago. These fascinating images, along with many kindly provided by the Barbados National Trust, graphically illustrate Barbados' rich heritage; while the accompanying current day equivalents demonstrate how Barbados has built upon that solid foundation and reinvented itself in modern times.

I am once again eternally grateful for the support of Dr. Karl Watson, President of the Barbados National Trust, and Senator Professor Emeritus Sir Henry Fraser, for sharing their profound knowledge with us in their delightfully readable heritage articles. I am equally appreciative of Dr. Jean Holder for providing a glimpse of our father of Independence, Errol Walton Barrow, taken from his recently published biography. And Sarah Venable, who drove all around Barbados with me and came up with entertaining guided tours that make great reading, whether or not you set off with the directions in hand.

As usual you can depend on us to feature the best of everything in Barbados. Have a fabulous holiday!

Sally
Sally Miller

On the Cover



"Passing Through Mango Lane"
by Neville "Oluymi" Legall
Tel: (246) 425-2126
e-mail: nevillelegall@gmail.com

Neville 'Oluymi' Legall states that, "Today man is enslaved. Shackled by the pressures of survival and belonging in a materialistic society. Constant hustle and chaos precludes seeing; thus many people fail to observe and experience treasures of nature". When he paints he is not concerned about current trends. His methods are set and simple—he paints the things he likes, however he wants to. Art for him is an expression of liberty. Past president of the Barbados Arts Council and a member since 1984, Neville has been painting full time since 1996 to great acclaim, exhibiting around the world, teaching, judging and producing beautiful vibrant Barbadian art. His work is available at Gallery of Caribbean Art, The Barbados Arts Council and Gallery NuEdge.

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ADVERTISING SALES
Sally Miller
Christine Wilkie

CONTRIBUTORS
Dr. Karl Watson
Senator Prof. Henry Fraser
Sarah Venable
Dr. Jean Holder
Sally Miller
Keith Miller
Christine Wilkie

ARTWORK & LAYOUT
Sally Miller
Christine Wilkie
Tao Howard
Janelle Bryan
Lyn Armstrong

PRE-PRESS CO-ORDINATOR
Janelle Bryan

MY DESTINATION BARBADOS
WEBSITE CO-ORDINATORS
Janelle Bryan
Tao Howard

DESIGN
Tao Howard
Lydia Browne

DISTRIBUTION
Lyn Armstrong
Frank Collymore



Miller Publishing Co. Ltd.
Edgehill, St. Thomas, Barbados
Tel: (246) 421-6700
Fax: (246) 421-6707
Email: miller@caribsurf.com
MyDestination.com/Barbados
insandoutsofbarbados.com
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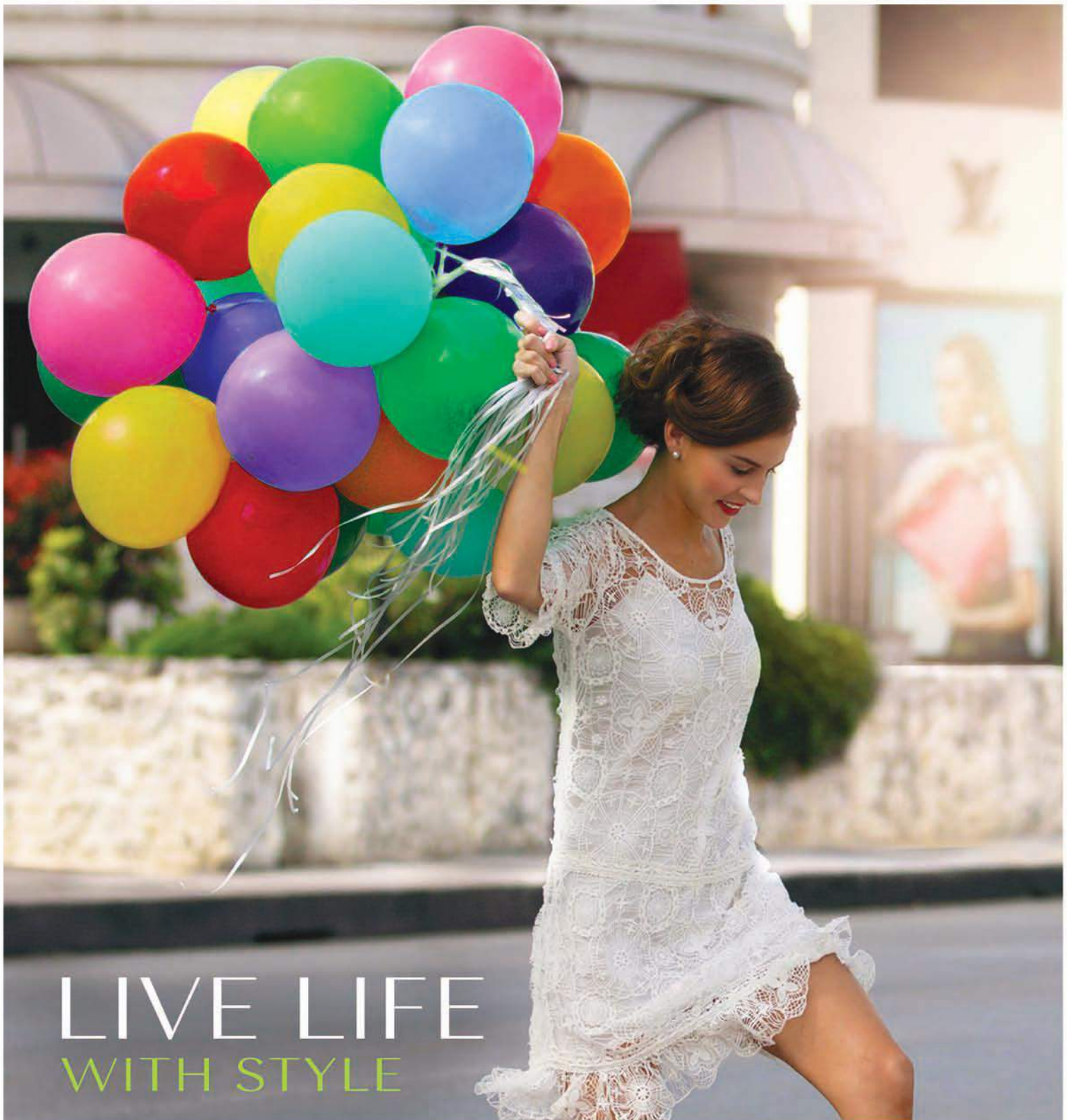
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National Anthem of Barbados

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When this fair land was young
Our brave forefathers sowed the seed
From which our pride is sprung
A pride that makes no wanton boast
Of what it has withstood
That binds our hearts from coast to coast
The pride of nationhood

We loyal sons and daughters all
Do hereby make it known
These fields and hills beyond recall
Are now our very own
We write our names on history's page
With expectations great
Strict guardians of our heritage
Firm craftsmen of our fate

The Lord has been the people's guide
For past three hundred years
With Him still on the people's side
We have no doubts or fears
Upward and onward we shall go
Inspired, exulting, free
And greater will our nation grow
In strength and unity

Lyrics by: Irving Burgie



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*Errol Walton
Barrow*
Father of
Independence

By Dr. Jean Holder

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Barbadian Heritage
By Dr. Karl Watson

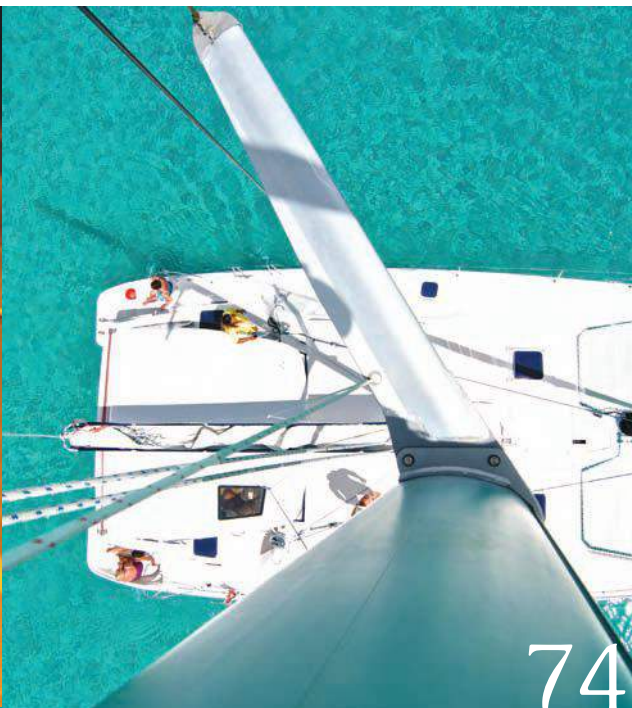


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Strict guardians of our heritage
Photographs of Barbados 1900-15

Firm Craftsmen of our fate...
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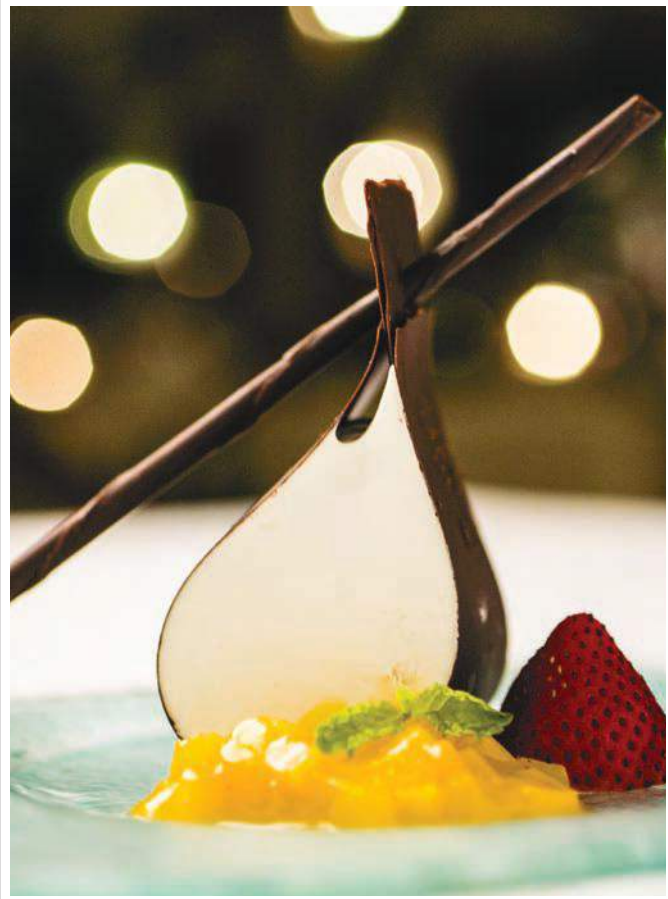
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A large, tall glass of beer with a thick head of foam. The glass is filled with a golden beer. The reflection on the inside of the glass shows a restaurant interior with tables set with white cloths, chairs, and a view of the ocean at night. The background of the entire advertisement is a blurred image of the ocean at sunset or sunrise, with a warm orange and yellow sky.

AT THE WATER'S EDGE

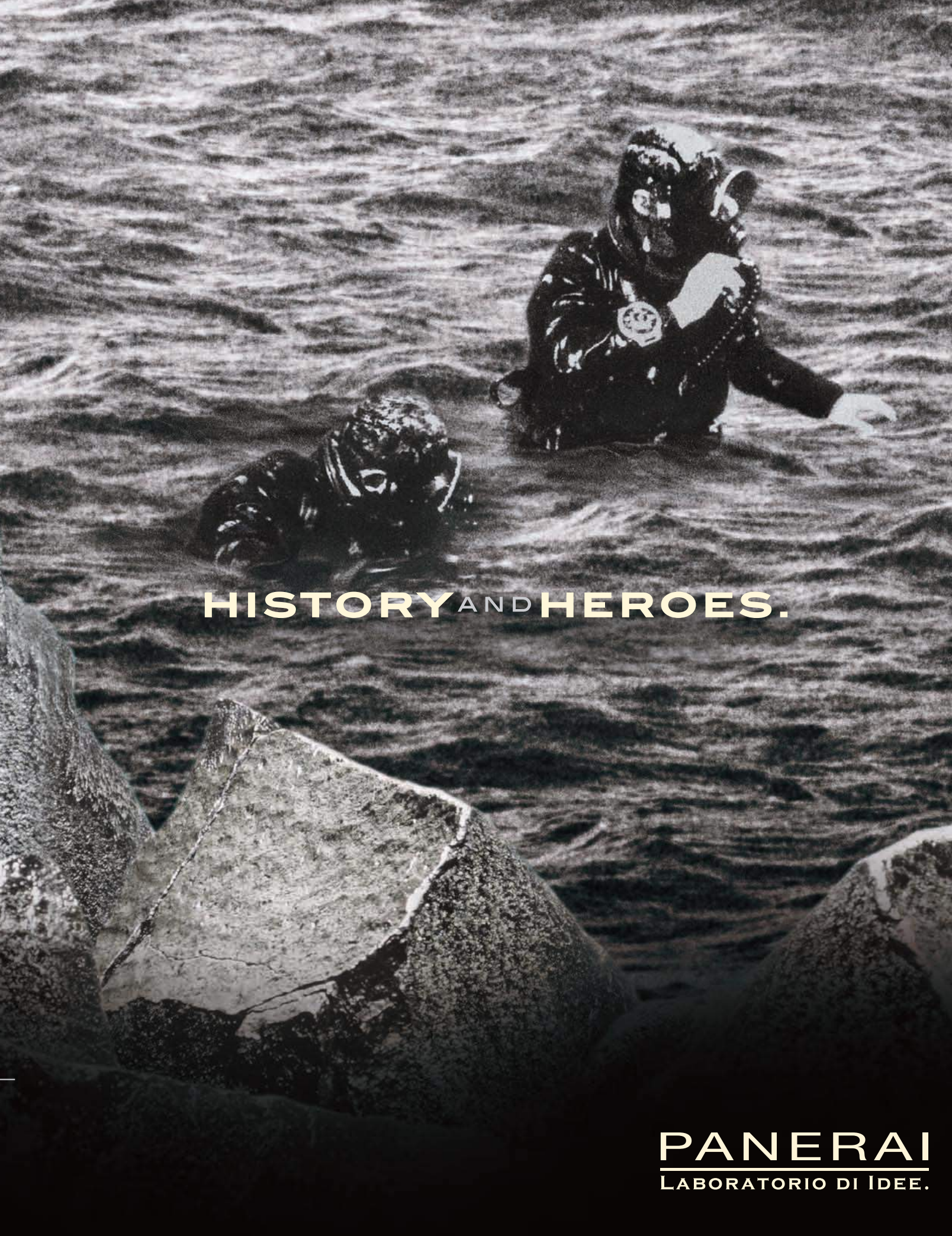


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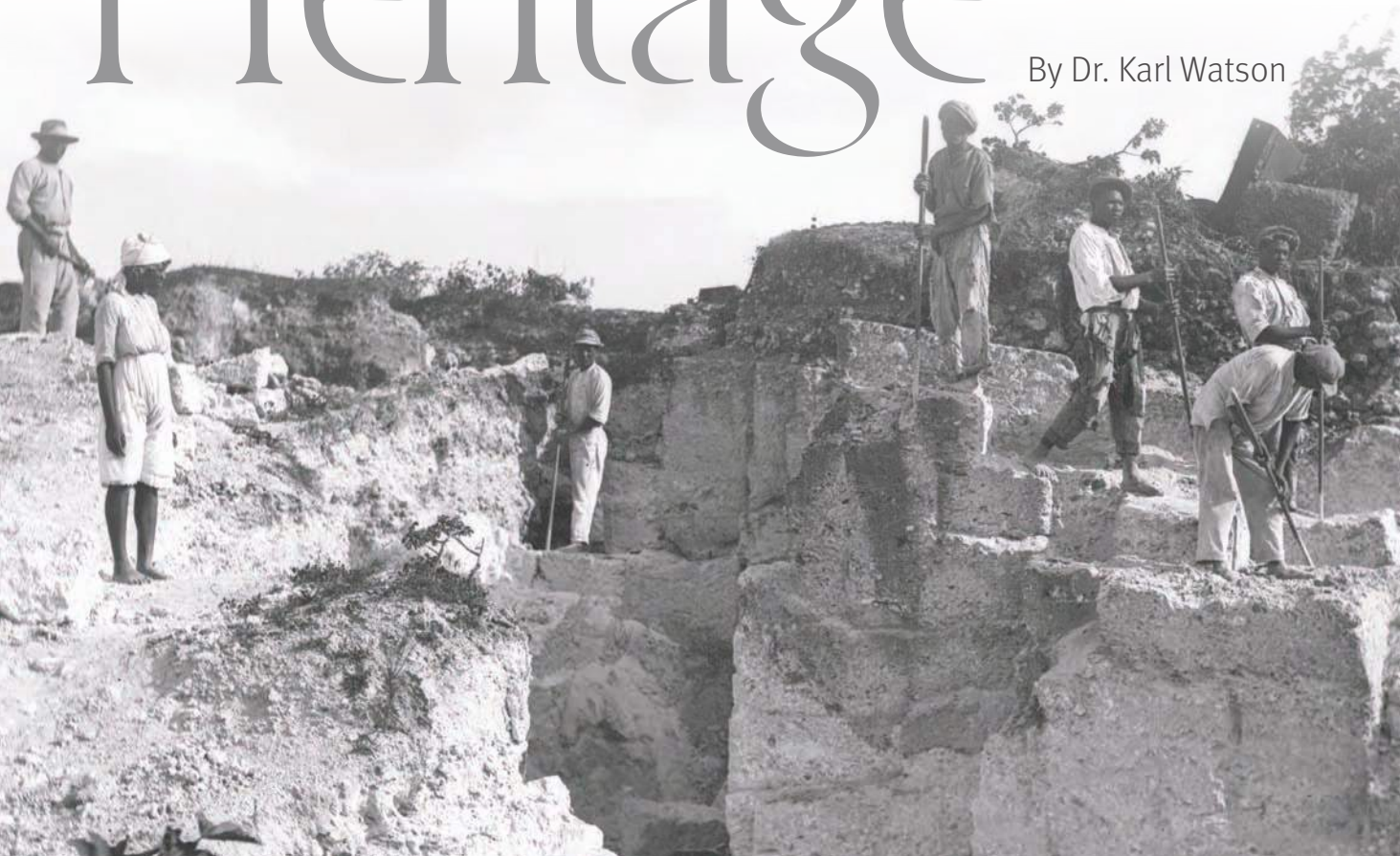
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Barbadian Heritage

By Dr. Karl Watson



The heritage that evolved in Barbados was greatly affected by the geography and geology of the island. Lying just out of sight of the islands of the inner volcanic arc of the Caribbean, Barbados is just as much an Atlantic island as she is a West Indian island. In the eighteenth century, the favourite motto of all Barbadians was: I neither Carib, nor Creole am but true Barbadian born. This sense of being apart, of being special, of being Barbadian is a very palpable one and is rooted in historical time.

Barbados is a coral island with a rolling topography. The soft coral bedrock of the island with its porosity led to a marked absence of surface water. All of Barbados' major streams are underground, so there are no water wheels or other water dependent energy sources. Yet, because we are the most easterly island, facing directly into the trade winds, that source of energy was tapped from the middle of the seventeenth century and the island was soon dotted with in excess of five hundred wind mills for the grinding of sugar. The iconic Morgan Lewis mill with its machinery and sails intact stands as a tangible reminder of the sugar industry.

“Our brave forefathers
sowed the seed from which
our pride is sprung
A pride that makes no wanton
boast of what it has withstood”

Excerpt from the first verse of the
National Anthem of Barbados

Above > Cutting coral stone by hand, circa 1915
Facing Page > Wind mill grinding sugar
cane, circa 1910

Photos: Henry Walter Parkinson
with permission of the Parkinson family



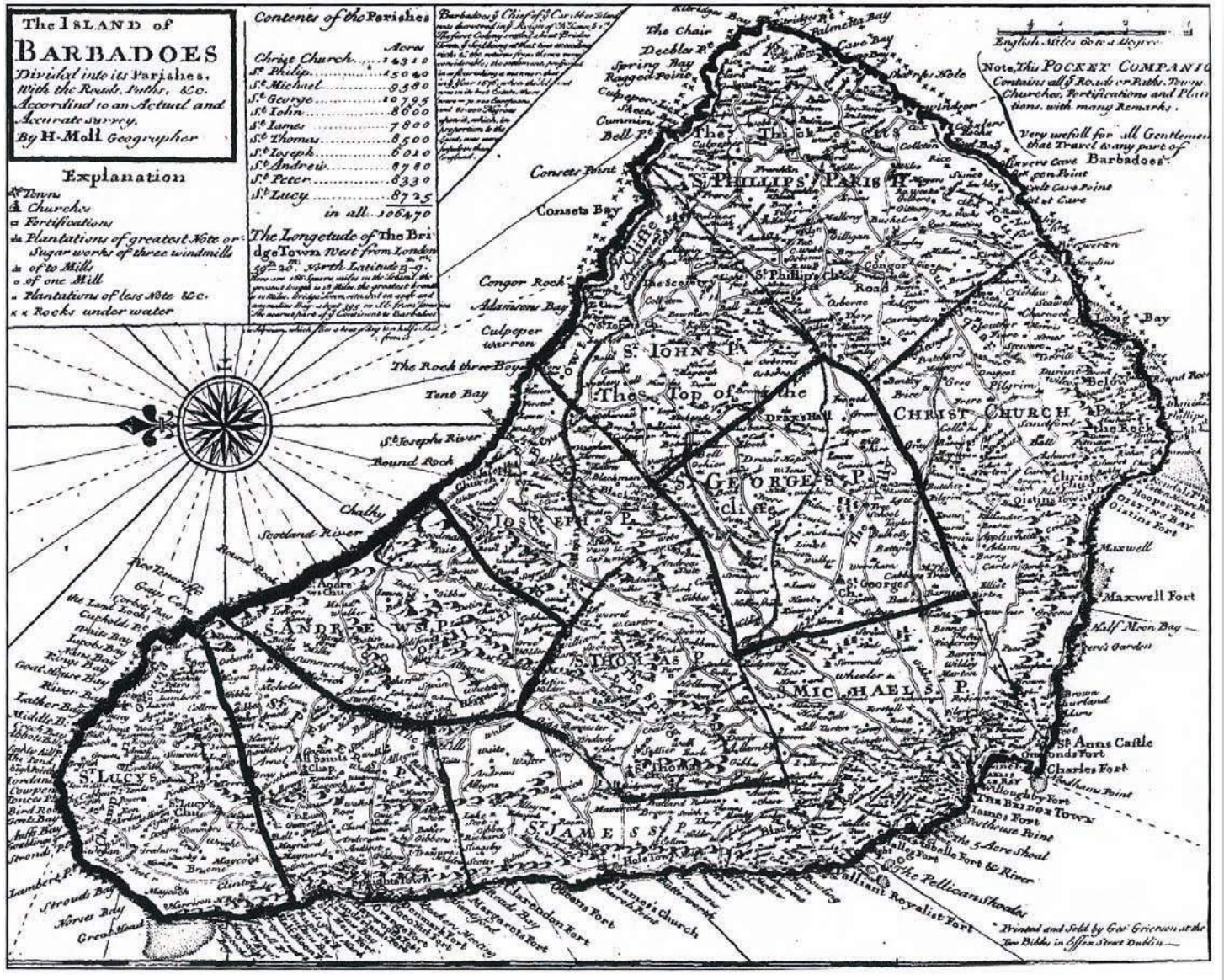


The very materials from which these mills and so many other Barbadian permanent structures, including dwelling houses, were constructed...sawn coral stone, reflect that relationship between Barbadian heritage and its geology.

The shifting demographic structure of Barbados also brought into play the variety of strands that helped to create those aspects of Barbadian heritage that we know today. Unlike the neighbouring islands of St. Vincent, St. Lucia and Dominica which have residual populations of its indigenous Amerindian peoples, Barbados has no such group. The island had been bereft of its native population in the early sixteenth century. They, as far as we know, had fallen victim to Spanish slave raiding expeditions from the larger northern islands and those Amerindians on Barbados who survived these forays, sought shelter elsewhere. Yet even today, evidence of their material culture can be seen scattered around the bays of the island. Brown stones lying on the surface reveal themselves on closer inspection to be shards of Amerindian pottery. We do not have the redolent place names of our neighbours...no sweet sounding Balliceau or Owia, no Macoucheri or Calibishie but in some of our place names, such as Indian Ground or the Indian River, the memories of the original inhabitants of this island or those brought during the first years of settlement live on. Even in terms of material culture, the conaree jar of Amerindian origin, was until recently, a utilitarian clay vessel found in every Barbadian household.

One often overlooked factor when assessing the roots of Barbadian heritage is the composition of Barbados' population during the first four decades following settlement in 1627. Today, with an overwhelmingly large black population...in excess of ninety per cent...observers often forget that nearly four hundred years ago these figures were reversed and that over ninety percent of the island's population was of European extraction. This fact is an important one as during these first four decades, the island's institutions were put in place, the basis for an economy based on tropical export agriculture was established and socio-cultural patterns were laid. One should note at this juncture that the early European population of Barbados was not ethnically homogenous, being made up of English, Scots, Welsh and Irish as well as Spanish and Portuguese Sephardic Jews along with a smattering of French and Dutch.

What ultimately became the Barbadian accent started to emerge during this period, influenced by West Country



and Irish speakers. The tendency of Barbadians to pronounce their vowels in broad, drawn out fashion can be attributed to the influx of Devon and Somerset folk at this time. Dance, music, folk beliefs and the cuisine of Barbados all bear traces of the diverse cultures of the seventeenth century British Isles.

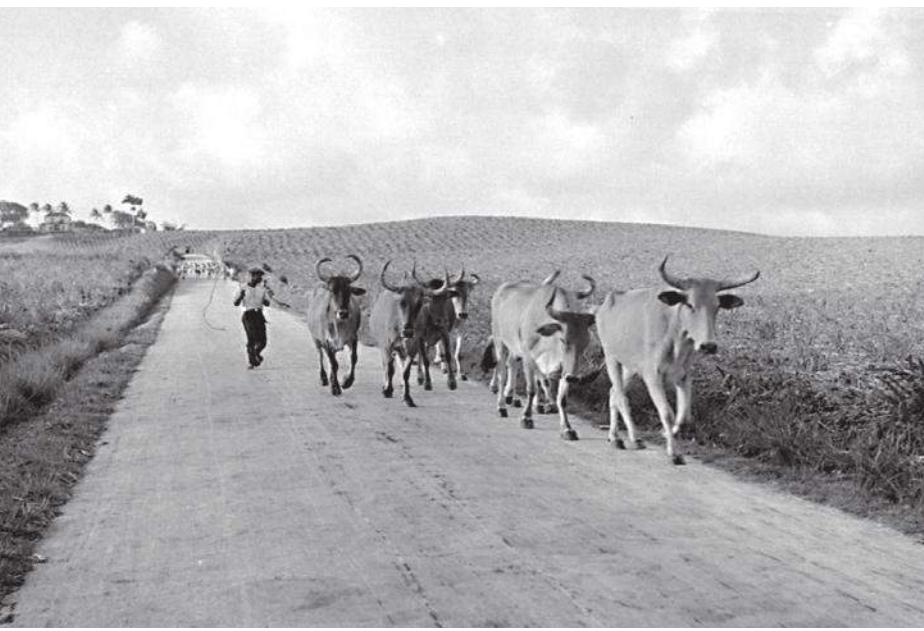
However, it was the shift to sugar cultivation that brought about those profound changes which resulted in the emergence of the Creole based heritage that informs the Barbadian identity.

To accommodate the needs of the emerging sugar industry, what became known as the Barbados model of cultivation

was established. The seasonal forest that covered the island prior to English colonization in 1627...not true rain forest but dense enough with very large trees such as silk cotton and hardwood trees such as mastic, fustic and bully wood...was cut down. By 1680, the island was essentially denuded of its original forest cover and the new agricultural landscape emerged. The total arable acreage of the island was divided into a system of cultivation of one third sugar cane, one third food crops such as yams, sweet potatoes, eddoes, guinea corn and maize interspersed with young sugar cane rations and one third grasses for the many plantation animals.

Dance, music, folk beliefs and the cuisine of Barbados all bear traces of the diverse cultures of the seventeenth century British Isles.

Above > Moll (1717) showing density of plantations
 Opposite page top > Eroding Amerindian midden by the cliffs of Pico Tenerife
 Below > Selling local pottery including conaree jars, Bridgetown circa 1915
 Photos & Map: Courtesy Barbados National Trust



Above > Secondary reforestation has taken place in the last thirty years as the sugar industry and agriculture have shrunk.

Photo: Andrew Hulsmeier

Below > This view of Barbados as one extensive garden is still widely remembered

Photo: Euchard Fitzpatrick.

Courtesy Barbados National Trust

Opposite above > Pudding and souse

Photo: Andrew Hulsmeier

Below > Selling pudding and souse, circa 1915

Photo: Henry Walter Parkinson with permission from the Parkinson family

Barbados essentially became one large cultivated garden. With over five hundred plantations, each with its own wind mill and almost two thousand smaller farms or places, every single square inch of soil that could produce crops was cultivated. Where the soil was too thin, with not enough rainfall or too close to the sea cliffs, other crops such as ginger, aloes or cotton were cultivated.

This transformation of the landscape suited the aesthetic ideals of the dominant planter class. Compared to the neighbouring mountainous, forested islands, whose wild

landscapes, redolent with just a hint of terror, fitted the idea of the sublime, Barbados presented picturesque scenery where nature had been subdued and controlled by human hand. Eighteenth century Barbadian opinion boasted of the pleasing cultivated garden like appearance of the island. In their opinion, Barbados had become “another Paradise...a likeness of what Eden was...” It was in short, “a model for” Britain’s “other islands.” This view of Barbados as one extensive garden is still widely remembered today and Barbadians lament the secondary reforestation that has taken place in the last thirty years as the sugar industry has shrunk. The island has run to bush people say and is no longer the vast garden she once was as recently as the middle of the twentieth century.

Not only was the landscape transformed with the introduction of sugar, but the island underwent a marked demographic transformation.

During the second half of the seventeenth century, thousands of West Africans were brought into the island on a yearly basis, to work as enslaved labourers. They came from a variety of ethnicities, speaking different languages, from varying cultural backgrounds and distinctive world views. Their world was a constricted one. Their legal persona was that of a living object with lives controlled by a monotonous daily routine which was governed by an oppressive legal system.

Over time, two shifts took place that would have a meaningful impact on the nature of Barbadian culture and heritage. First of all, race ratios changed, with an ever increasing higher percentage of blacks in the population. Secondly, for both racial groups, African and European, the percentage of Barbadian born increased rapidly as the seventeenth century came to an end. By 1750, the majority of the population was Creole or Barbadian born, so much so that the African slave trade

ceased to have internal meaning for Barbados and was focused on re exportation. For this economic reason rather than the principles of morality, Barbados was the only one of Britain's West Indian colonies that did not oppose the ending of the slave trade in 1807. At that time, less than seven per cent of the island's black population had been born in Africa. Since culture is essentially a learnt phenomenon rather than a genetically transmitted one, these population changes were the catalyst for a hastened degree of acculturation where African and European traditions blended.

It was out of this cauldron of forced interaction in a small tropical island environment that much of what comprises the heritage of Barbados emerged. Sugar created a society. Unequal and divided as it may have been, a commonality, a consensus of what it meant to be Barbadian quickly emerged. George Pinckard, who visited the island in the 1790's, noted that Barbadians "assumed a consequence, a sense of distinction." This pride in being Barbadian, Pinckard states was shared "even by the slaves, who proudly arrogate a superiority above the Negroes of the other islands! Ask one of them if he was imported or is a Creole and he immediately replies "Me neder Crab (Carib) nor Creole Massa! Me troo Barbadian born."

Examples taken from cuisine, language and music/dance will serve to illustrate this process of acculturation. Arguably cou cou and pudding and souse are the two national dishes of Barbados. Cou cou, is essentially corn meal steamed with an infusion of okra slush to give it texture. It is served with either steamed flying fish in a gravy or a hearty beef stew...a combination reflecting African and European roots. Much the same can be said of the sweet potato pudding heavily seasoned with pepper, stuffed into pig's intestines and served with soused pork trotters and head meat.

The Creole form of English spoken on the island had evolved sufficiently by the middle of the eighteenth century to attract the attention of visitors to the island.





George Washington in 1751 observed that “the Ladys by ill custom affect the Negro style” and Edward Thompson in 1756 remarked that white Barbadian women were often heard “swearing in a vulgar corrupted dialect.”

In dance and music, the tuk band is the successor to early African music traditions which were rooted in the “plays” held on various plantations over the weekend, when the slaves were allowed a degree of freedom and autonomy. Contrary to widespread belief, the planter class did not actively intervene to suppress West African-based cultural practices. The Anglican priest Griffith Hughes noted in 1750 that the slaves, both African and Barbadian born, were “tenaciously addicted to the Rites, Ceremonies and Superstitions of their Own Countries, particularly in their Plays, Dances, Music, Marriages and Burials.” Those practices however could not survive intact without constant transfusions from Africa as happened for example in the case of Haiti and to a lesser extent Jamaica. This was not the case in Barbados with such a heavily Creolized population. After Emancipation, these weakened cultural practices were challenged by the Church as manifestations of “devil worship” and underwent further modifications or in the case of dance, abandonment. The tuk band incorporated European military instruments such as the kettle drum and the penny whistle. Even the dancers in recent times have been emasculated by ideas of gender, so that a form that was rooted in male based societies in West Africa now has the principal dancer, the Mother Sally, played by a woman, reversing the tradition that these roles were played by men.

Another factor that served to further weaken surviving African influences on the island was education. From the 1780’s on, several church and parish and estate schools had opened their doors to slave children. Unlike the case in the US it was not illegal to teach slaves to read and write in Barbados. By 1827, the S.P.C.K. (Society for Promoting Christian Knowledge) was sending out over 6000 Bibles and National Society elementary school books for use by the children of the enslaved. By 1837 there were over two hundred schools on the island, the majority of which catered to non white children and seventeen of which had a racially mixed student population. No finer example can be chosen of the impact of the early emphasis on education than that of Sir Conrad Reeves, the first black Attorney General in 1882 and Chief Justice of Barbados in 1886.

The seventeenth century description of Barbados as “the richest spote of ground in the world...” was no exaggerated description. The wealth produced by sugar went far to



creating a massive stock of monumental heritage. Even today, Barbados has a larger number of viable, lived in seventeenth century plantation houses than the rest of the English speaking Caribbean combined. In centuries characterized by ongoing conflict between France and Britain for supremacy, the islands of the Caribbean were rich plums, prizes to the victors of war. It is inconceivable today that France in 1763 would give up Canada to the British so that she could retain the sugar island of Guadeloupe. Sugar then was more valuable than ice and beaver pelts.

Barbados was exceedingly well defended by a chain of forty two coastal forts. More importantly, the island became the logistical headquarters of the British in the Eastern Caribbean. St. Anne's Garrison is now inscribed on the UNESCO World Heritage list. This magnificent collection of over ninety four buildings is unique in the Caribbean. More so, because they have all been occupied and used since the British military left these shores in 1905, thus avoiding the abandonment and destruction characteristic of other assemblages of military structures elsewhere in the region.

Some of the wealth generated by sugar exports was spent in erecting Anglican churches, one for every parish with their beautiful interior decorations, magnificent stained glass windows, and sumptuous funerary plaques carved by many of England's noted sculptors.

Their many graveyards often repay a visit as one strolls through in quiet contemplation, looking at the resting places of those who built this nation over the last four hundred years.

By the middle of the seventeenth century, the Sephardic Jewish community built their synagogue, Nidhe Israel, arguably the oldest in the hemisphere, for even though largely rebuilt after the 1831 hurricane, its foundations and footprint are those of the original 1654 structure.

In the synagogue's compound can be found the recently excavated ritual bath, the bano or mikvah which also dates from 1654, as well as the island's largest collection of seventeenth century gravestones, many with beautifully carved icons.

The Roman Catholic Cathedral of St. Patrick's and the numerous Methodist

No finer example can be chosen of the impact of the early emphasis on education than that of Sir Conrad Reeves, the first black Attorney General in 1882 and Chief Justice of Barbados in 1886.

Above > Graduation at Codrington College, circa 1900

Facing page below > Tuk Band with the lead dancer played by a woman, reversing the tradition that these roles were played by men as seen in the Karl Watson photo above it.

Bottom Photo:
Barbara Secher-Greenidge



churches, including the James Street Methodist church in Bridgetown, are two splendid examples of nineteenth century church architecture.

Architectural styles also contribute to the visual impact of Barbados' rich tangible heritage. Most of the churches follow the norms of neo Gothic architecture with its emphasis on lancet or pointed windows. The stunning Parliament buildings in Bridgetown also follow this style. However, in terms of individual housing, the one style that rooted itself in Barbados was the Georgian, linked to the tenets established by the Italian architect Palladio.

With its emphasis on harmony and balance and specific features such as pediments and columns, sash windows and quoins, this style caught the attention of all Barbadians, and houses big and small featured aspects of Georgian style.

The iconic Barbadian chattel house is in many respects, a mirror image of Greek temples built some two thousand years ago.

Such was the impact of Georgian architecture on the island that even today, houses of all income ranges still incorporate standard features of Georgian style in their design. It is not uncommon to see government sponsored housing for workers utilizing quoins in their design.

Extrapolating from this continued appeal of Georgian architecture, one may venture the hypothesis that it is no accident that a style that emphasizes balance and harmony should resonate so strongly with Barbadians.

We after all are a small island with a dense population. Over time, the character of the Barbadian adapted and evolved to accommodate the specific circumstances of this crowded island and harmony, balance and moderation were attributes that facilitated our survival and more importantly, our progress.

Above > Government House was the home of wealthy Quakers in the 17th century. It was purchased as Governors residence in 1710

Photo: Mike Toy. Taken from Historic Houses of Barbados

Below > The iconic Barbadian chattel house is in many respects, a mirror image of Greek temples built some two thousand years ago.

Photo: Andrew Hulsmeier

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Errol Walton Barrow

Father of Barbados' Independence

By Dr. Jean Holder

Barbados, a small Caribbean island of 166 sq. miles, with a population of just under 300,000 persons, delivers a comprehensive programme of social services to its people that should be the envy of the great United States of America, where candidates for the 2016 Presidential election tiptoe gingerly around the notion that their philosophy should be known as democratic socialism. The socio-political achievements of Barbados are due to its good fortune in having had some wise and statesmanlike political leadership in the two main political parties, the Barbados Labour Party and the Democratic Labour Party which have dominated political life since the birth of the parties in the post 1940 period. This article is about Errol Walton Barrow, who as Premier of Barbados in a DLP Government, decided in 1966 to seek political independence from Britain. Barrow had no difficulty in defining himself as a Democratic Socialist, which he explained as meaning that every citizen should be provided with an equal opportunity to acquire the benefits offered by the society.

Social Standing

Born on 21st January 1920, Barrow had the good fortune to have been from a family in comfortable circumstances. His uncle was Dr. Charles Duncan O'Neal, a medical

practitioner and leading political figure, later named a National hero, and his father, an Anglican priest, the Rev. Reginald Grant Barrow, sometimes referred to as "A turbulent priest". This was because he insisted on delivering sermons about the social evils of the day from the pulpit to the conservative congregations in Parish churches like St. George and St. Lucy. He was finally shifted to be Head Master of the Alleyne School in St. Andrew and later given a tour of duty outside of Barbados, where his message did not change. These influences inevitably produced in Errol Barrow, a person who was committed to social change and public service. The first indication of this was when, having won a scholarship to Read Classics at Codrington College, he opted instead to enlist in the Royal Air force and go off to fight in the Second World War.

Opposite Top > Errol Barrow with his family from left, his son David Barrow with his two daughters Nadia and Astrid, his wife Carolyn and daughter Leslie.

Middle > Errol Barrow's first cabinet, from left, DaCosta Edwards, George Fergusson, Wynter Crawford, Errol Barrow, Cameron Tudor, Lester Vaughn and Edwy Talma
Photos courtesy Dr. Jean Holder

Bottom > Addressing supporters at Clifton Hall Great House
Photo courtesy Massimo Franchi

LSE and his contemporaries

By the time the war ended Barrow was already 27 years of age. He entered the London School of Economics(LSE) and the Inns of Court, in 1947, to study Economics and Law: It was at LSE that Barrow met Michael Manley of Jamaica, Forbes Burnham of British Guiana, Pierre Trudeau of Canada, and Lee Kwan Yew of Singapore, who became his life long friends. LSE was regarded then as a cradle of socialist politics. Each of them was to become Prime Minister or President of his respective country and though all were influenced by that great socialist, Professor Laski, each pursued the social policies they felt better reflected the reality of their own country.

Barrow - the politician

Errol Barrow was a totally self confident individual who was proud of his country and took every opportunity to make it clear that he would follow a foreign policy of “friends of all and satellites of none”. There were times when we Barbadian diplomats felt that more diplomatic language would have better suited the particular occasion. No one can forget his reference to US President Ronald Reagan as a cowboy, a remark in respect of which the US Embassy made a formal objection to the Barbados Minister of Foreign Affairs. This was not well received by Mr. Barrow who is reported to have sent a response that would have been seen as even less diplomatic than the original comment.

Barrow and Dame Nita Barrow - his soft side

Although he could be tough in political negotiations, there was a very soft side to him as he showed in his personal relationships. He greatly admired his own sister, Nita; later Her Excellency Dame Nita Barrow, Governor General of Barbados. He often spoke of her considerable accomplishments as an international public servant and I was privileged to be taken by him to visit with her when she was still working with PAHO and lived in Antigua. In spite of this he was very concerned when Mr. Cameron Tudor as

It was at LSE that Barrow met Michael Manley of Jamaica, Forbes Burnham of British Guiana, Pierre Trudeau of Canada, and Lee Kwan Yew of Singapore, who became his life long friends.



Mr. Barrow was forced to admit, from his perspective at any rate, that the time spent in trying to put together an Eastern Caribbean Federation had been wasted, and he was left with no choice but to take Barbados into Independence alone in 1966.



Above > Statue of Errol Barrow in Independence Square in Bridgetown
Photo: Andrew Hulsmeier

Facing page > Left Errol Barrow when he was a fighter pilot with the British Air Force in WWII
Right > He was a competent horseman and certainly the first Barbadian politician to canvass in elections on horseback

Photos: Courtesy Jean Holder

Foreign Minister recommended that she be appointed Ambassador of Barbados to the United Nations. He thought it would be seen as some kind of nepotism on his part. Mr. Tudor and Mr. Barrow had the kind of relationship in which he could be dismissive of Mr. Barrow's concerns, assuring him that people thought of him as Nita's little brother who gained his fame by his relationship to her, an international figure in her own right.

He had his own way of resolving conflicts. Once when Mr. Barrow and Mr. Forbes Burnham, then President of Guyana, were having some serious disagreements, Mr. Barrow went to the Barbados airport to receive him for a meeting. At the airport he ordered a Whisky and Soda and asked me to take it to the door of the plane. As the door opened and Mr. Burnham stepped out, Mr. Barrow took the drink from me and placed it in Mr. Burnham's hand with the words "I brought you your favourite drink". Mr. Burnham broke into a broad smile saying; "I came here to curse you, but how can I do so now?" The meetings went well.

Barrow - the collapse of the West Indies Federation, and leading Barbados into Independence in 1966

Ironically, as the Federation of the 10 West Indian countries began to collapse, Mr. Barrow, who had been so critical of the weakness of the West Indies Federal Government, led by Sir Grantley Adams, now found himself at the very centre of the struggle to keep Barbados and the Leeward and Windward Islands together in a federation of their own. They were referred to by the Press as the "Little Eight", a form of address which he hated with a passion.

One of the first practical things that needed to be done was to create a sub-regional agency to take the place of the Federal Government in managing the regional affairs of the "Little Eight" both at home and abroad. This led to the birth of the Eastern Caribbean Commission which was based at "Sherbourne", Two Mile Hill, Barbados.

In June 1962, an Eastern Caribbean Commission office was set up in London, and this was headed by Mr. Nicholas Taylor of St. Lucia while I was second in command. During the early days, Mr. Barrow had vowed that he and his fellow political leaders from the Eastern Caribbean would “build a monument more lasting than bronze”. However after three and a half years of total frustration, he was forced to admit, from his perspective at any rate, that the time spent in trying to put together an Eastern Caribbean Federation had been wasted, and he was left with no choice but to take Barbados into Independence alone in 1966.

Barrow - the man

One of my first impressions from those early days was that Mr. Barrow liked working with young people whom he considered to have ability and be well qualified. He felt that Civil Service Red Tape often prevented the right people from being placed in the right jobs for the service.

I recall in particular, efforts to prevent the young Branford Taitt from being appointed Consul General in the Barbados New York Consulate because he was only 27 years old even though he was the most qualified candidate available. Mr. Barrow overruled the objection.

In the years that followed, Mr. Barrow as Prime Minister of Barbados was to build a team around him drawn from a generation somewhat younger than his own, including people like Philip Greaves, Richard Haynes, Branford Taitt, Lloyd Erskine Sandiford, Asquith Phillips, Keith Simmons,

Maurice King, Wes Hall, George Moe and others now household names in Barbados.

It is very difficult to capture the total Errol Barrow, the man, in an article of a few words. He was multi-dimensional in his skills and catholic in his interests. He was as comfortable in the sky flying a plane, as he was underwater scuba diving or sailing with the Barbados Cruising Club which he helped to found. He was a competent horseman and certainly the first Barbadian politician to canvass in elections on horseback. Of his immediate family, he is survived only by his son David, the CEO of the Airport Authority. His wife, Carolyn and daughter, Lesley, are both deceased.

Like all of us, Errol Barrow had his faults, but they did not detract from a deserved reputation as an extraordinary person and an outstanding statesman.

I should add that I was also encouraged to write a brief biography of Errol Walton Barrow by his sister, Dame Nita Barrow, who served as one of our Governors General. I hope that her expectations were met.

*This includes excerpts from my book: **The Right Excellent Errol Walton Barrow, Father of Independence – an Intimate Portrait, The Little Eight Experiment and the March to Independence.***

The book is available at Pages Bookstore, the Cloister Bookstore, and Chattel House Bookstore at Sky Mall.



Events Calendar



During the 20 years since Luciano Pavarotti performed at the Holders Season, Barbados has developed into the 'Events Capital of the Caribbean'. It is hard to imagine any other country that stages more world-class events per square mile than Barbados – incorporating sports, music, culture, heritage, horticulture, food and more. With a fascinating spectrum of major events happening throughout the year there is always something to go to. What makes attending a big event in Barbados so very special is that there is so much more of the island to enjoy before and afterwards.

Queens Park was designed by Lady Gilbert Carter and opened in 1909. The annual Agricultural Exhibition was held there to the great satisfaction of all Barbadians for whom it was the event of the year. »

Above > Broadway to Barbados
Opposite > AI fresco event in Queens Park, attended by the Governor, Sir Gilbert Thomas Carter with his wife Lady Gilbert Carter (couple in the centre front)

The gentleman in the top hat appears to be the guest of honour but his identity is unknown





Mount Gay Rum Round Barbados Race
Photo: Peter Marshall

january

Full Moon

Jan. 23

Public Holidays

Jan. 1 - New Year's

Jan. 21 - Errol Barrow Day

BARBADOS NATIONAL TRUST EVENTS

OPEN HOUSES

Jan. 13, 20, 27

A winter season tradition every Wednesday from 2:30-5:30pm. Call 426-2421 for venues.

GUN HILL BY MOONLIGHT

Jan. 23

Gun Hill Signal Station, St. George from 5:30-8:30pm. Cocktails, refreshments and music are provided. Enjoy spectacular panoramic views and admire the beautiful full moon.

HIKE BARBADOS

Jan. 3, 10, 17, 24, 31

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 24th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

CULINARY FESTIVAL

BARBADOS CHOCOLATE FESTIVAL & CONFERENCE

Jan. 29 - 31

Lloyd Erskine Sandiford Centre. A chocolate, pastry, and sweets festival. For further details visit: www.barbadoschocolatefestival.com

SAILING

MOUNT GAY ROUND BARBADOS RACE SERIES

Jan. 16 - 24

MOUNT GAY RUM ROUND BARBADOS RACE

Jan. 21

7am at Carlisle Bay, St. Michael. This will be the 80th staging of this race.

For further details visit:

www.mountgayrumroundbarbadosrace.com

BARBADOS HORTICULTURAL SOCIETY EVENTS

OPEN GARDENS

Jan. 10

7 Gibbs Hill, St. Peter - Garden of Mr. & Mrs. Keith Simmons as well as the garden of Mr. Charles Packer at The Anchorage, Gibbs Hill, St. Peter, also open from 2-6pm.

Jan. 17

Paragon, Brittons Hill, St. Michael - Garden of Mr. Jerry Ishmael. Gardens are open from 2-6pm. Tea and refreshments are available.

ANNUAL FLOWER & GARDEN SHOW

Jan. 30 - 31

10am-6pm at Balls Plantation, Christ Church. For further details on Open Gardens or the Show call the BHS at 428-5889 or visit: www.horticulturebarbados.com

MUSIC FESTIVAL

NANIKI BARBADOS MUSIC FESTIVAL

Jan. 13 - 17

A unique jazz experience featuring world-renowned musicians.

For further details call 433-1351 or email: tom.hinds@lushlife.bb

POLO

CHARITY MATCH AT CLIFTON

Jan. 3

MATCH AT CLIFTON

Jan. 10

USA TOUR AT LION CASTLE

Jan. 17, 21

MOUNT GAY REGATTA EXHIBITION AT BPC, HOLDERS

Jan. 20

USA TOUR/AUSTRALIAN TOUR AT LION CASTLE

Jan. 24

AUSTRALIAN TOUR AT APES HILL

Jan. 26, 30

LADIES TOUR AT BPC, HOLDERS

Jan. 31

For further details call 432-1802, clubsecretary@barbadospoloclub.com or www.barbadospoloclub.com

HORSE RACING

FIRST RACING SEASON

Jan. 9 & 21

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

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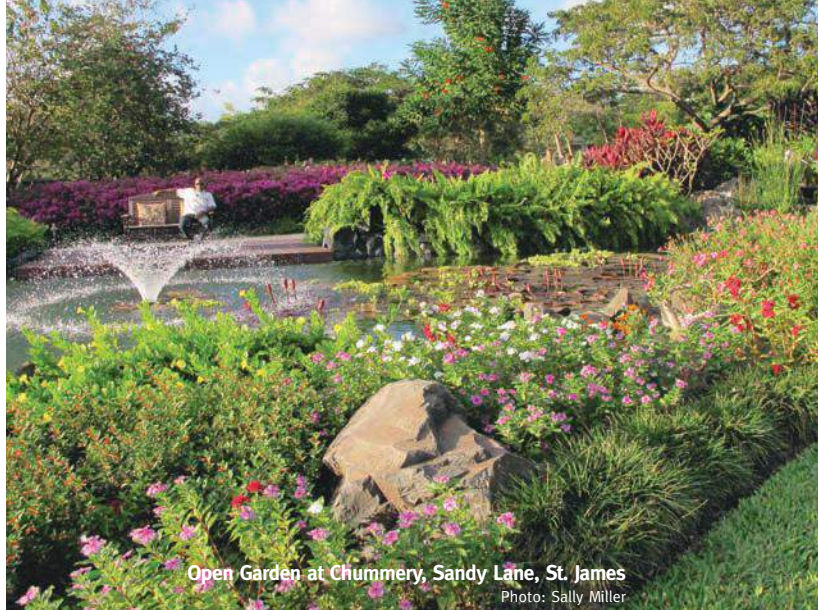
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Kitesurfing and windsurfing on the south coast
Photo: André Williams



Open Garden at Chummary, Sandy Lane, St. James
Photo: Sally Miller

february

Full Moon
Feb. 22

BARBADOS NATIONAL TRUST EVENTS

OPEN HOUSES

Feb. 3, 10, 17, 24

A winter season tradition every Wednesday from 2:30-5:30pm. Call 426-2421 for venues.

GUN HILL BY MOONLIGHT

Feb. 20

Gun Hill Signal Station, St. George from 5:30-8:30pm. Cocktails, refreshments and music are provided. Enjoy spectacular panoramic views and admire the beautiful full moon.

HIKE BARBADOS

Feb. 7, 14, 21, 28

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 21st at 5:30pm. For further details on Barbados National Trust events call 426-2421.

MUSIC & DRAMA

BROADWAY TO BARBADOS CHARITABLE TRUST

Feb. 25 - 27

A musical journey of popular Broadway hits at the Frank Collymore Hall, Bridgetown at 8pm. All proceeds for Emergency & Acute Critical Care at the Queen Elizabeth Hospital. For further details call 430-2400 or email: broadwaytobarbadosct@gmail.com

HORSE RACING

FIRST RACING SEASON

Feb. 6 & 20

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosurfclub.org

WINDSURFING, KITESURFING, SURFING, SUPING

WATERMAN FESTIVAL

Feb. 13 - 14

Silver Sands, Christ Church. For further details call 428-2027, deaction@briantalma.pro or visit: www.briantalma.pro

BRIDGE

SUN, SEA & SLAMS INTERNATIONAL TOURNAMENT

Feb. 16 - 20

Barbados Beach Club, Maxwell Coast Road, Christ Church. For further details visit: www.barbadosbridge.org

AGRICULTURE

AGROFEST (NATIONAL AGRICULTURAL EXHIBITION)

Feb. 26 - 28

Queen's Park, Bridgetown. For further details visit: www.agrofestbarbados.com

CULTURAL FESTIVALS

HOLETOWN FESTIVAL

Feb. 14 - 21

For further details visit: www.holetownfestivalbarbados.org

ST. JAMES HARVEST GARDEN PARTY

Feb. 6

St. James Parish church at 1:30pm (AdmBB\$10).

For further details call 422-4117.

BARBADOS HORTICULTURAL SOCIETY EVENTS

OPEN GARDENS

Feb. 4

Chummary, Sandy Lane, St. James - Garden of Mr. & Mrs. Torre Hansen

Feb. 21

The Flamboyants, Upton, St. Michael - Garden of Mr. & Mrs. Michael Weetch as well as Hillcrest, Upton, St. Michael - Garden of Mr. & Mrs. James Howard-Tripp. Gardens are open from 2-6pm. Tea and refreshments are available.

For further details call the BHS at 428-5889 or visit: www.horticulturebarbados.com

CRICKET

WICB PROFESSIONAL CRICKET LEAGUE REGIONAL 4-DAY TOURNAMENTS - BARBADOS PRIDE V WINDWARD ISLAND VOLCANOES

Feb. 12 - 15

BARBADOS PRIDE V GUYANA JAGUARS

Feb. 19 - 22

Kensington Oval, Bridgetown. For further details visit: www.windiescricket.com

POLO

LADIES TOUR AT BPC, HOLDERS

Feb. 4, 7

ROGER GOODING MEMORIAL

Feb. 9 (Apes Hill); **11** (BPC, Holders);

13 (Apes Hill); **16** (Lion Castle);

18 (Apes Hill); **20** (Apes Hill)

CHESHIRE TOUR AT BPC, HOLDERS

Feb. 28

For further details call 432-1802, email: clubsecretary@barbadospoloclub.com or visit: www.barbadospoloclub.com

GOLF

THE CRANE CLASSIC

Feb. 20th

For further details call the Barbados Golf Club at 428-8463 or visit: www.barbadosgolfclub.com



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MILLE MIGLIA

Chopard



Photo: André Williams

march

Full Moon
Mar. 23
Public Holidays
Mar. 25 - Good Friday
Mar. 28 - Easter Monday

BARBADOS NATIONAL TRUST EVENTS

OPEN HOUSES

Mar. 2, 9, 16, 23, 30

A winter season tradition every Wednesday from 2:30-5:30pm. Call 426-2421 for venues.

GUN HILL BY MOONLIGHT

Mar. 26

Gun Hill Signal Station, St. George from 5:30-8:30pm. Cocktails, refreshments and music are provided. Enjoy spectacular panoramic views and admire the beautiful full moon.

HIKE BARBADOS

Mar. 5, 12, 19, 26

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 20th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

BARBADOS HORTICULTURAL SOCIETY EVENTS

OPEN GARDENS

Mar. 6

Maynards Plantation, St. Peter - Garden of Mr. & Mrs. David Edwards.

Mar. 20

Lower Greys House, Christ Church - Garden of Mrs. Jennifer Mumford.

Gardens are open from 2-6pm. Tea and refreshments are available. For further details call the BHS at 428-5889 or visit:

www.horticulturebarbados.com

GAME FISHING

BARBADOS INTERNATIONAL FISHING TOURNAMENT

Mar. 30 - Apr. 3

Port St. Charles, St. Peter.

For further details visit:

www.barbadosgamefishing.com

GOLF

BARBADOS GOLF CLUB SENIORS OPEN

Mar. 15 & 17

For further details call the Barbados Golf Club at 428-8463 or visit:

www.barbadosgolfclub.com

TENNIS

B'DOS JUNIOR INT'L TENNIS CHAMPIONSHIPS

Mar. 21 - 27

National Tennis Centre, Wildey, St. Michael.

For further details visit:

www.tennisbarbados.org

DOG SHOW

BARBADOS KENNEL CLUB'S ALL BREEDS CHAMPIONSHIP SHOW

Mar. 20

Waterford Plantation, St. Michael.

For further details call 417-0607, email:

bkc@caribsurf.com or visit:

www.barbadoskennelclub.org

CULTURAL FESTIVAL

OISTINS FISH FESTIVAL

Mar. 26 - 28

This festival celebrates the local fishing industry and takes place in the historic town of Oistins.

HORSE RACING

FIRST RACING SEASON

Mar. 5 (SANDY LANE GOLD CUP) & **19**

For further details call the Barbados Turf Club at 626-3980 or visit:

www.barbadosurfclub.org

POLO

CHESHIRE TOUR AT BPC, HOLDERS

Mar. 3, 6

BARBADOS OPEN

Mar. 8 (Apes Hill);

10, 13, 20 (BPC, Holders);

15 (Lion Castle); **17** (Apes Hill)

NIGHT POLO AT APES HILL

Mar. 26

CANADIAN TOUR AT BPC, HOLDERS

Mar. 26, 30

JOHN BUNN TOUR AT APES HILL

Mar. 29 & 31

For further details call 432-1802, email:

clubsecretary@barbadospoloclub.com

or visit: www.barbadospoloclub.com

MUSIC & DRAMA

BROADWAY TO BARBADOS

Mar. 2 - 5

A musical journey of popular Broadway hits at the Frank Collymore Hall, Bridgetown at 8pm.

For further details call 430-2400, email:

broadwaytobarbadosct@gmail.com

HOLDERS SEASON

Mar. 3 - 19

The Caribbean's premier international arts festival held annually at Holders House, St. James.

For further details call 432-6385 or visit:

www.holders.net

SAILING

GP14 WORLD CHAMPIONSHIPS

Mar. 24 - Apr. 4

For further details contact:

sailbarbados@gmail.com or visit:

www.sailbarbados.com

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Photo: Joanne Spencer



16 year old Joshua Archer with his \$50,000 Blue Marlin catch weighing a record breaking 524.5 lbs.

Photo: Irelan Herrera

april

Full Moon
Apr. 22
Public Holidays
Apr. 28 - Heroes Day

BARBADOS NATIONAL TRUST EVENTS

GUN HILL BY MOONLIGHT

Apr. 23

Gun Hill Signal Station, St. George from 5:30-8:30pm. Cocktails, refreshments and music are provided. Enjoy spectacular panoramic views and admire the beautiful full moon.

HIKE BARBADOS

Apr. 3, 10, 17, 24

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 24th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

CULTURAL FESTIVAL

BARBADOS REGGAE FESTIVAL

Apr. 24 - May 1

One of the Caribbean's most popular music festivals. For further details visit: www.thebarbadosreggaefestival.com

HORSE RACING

FIRST RACING SEASON

Apr. 2, 16 & 28

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

POLO

JOHN BUNN TOUR FINAL AT APES HILL

Apr. 2

CANADIAN TOUR AT BPC, HOLDERS

Apr. 3

INTERNATIONAL LADIES TOUR AT APES HILL

Apr. 5, 7, 9

HORSE CHARITY MATCH AT BPC, HOLDERS

Apr. 9

CLUB MATCHES AT BPC, HOLDERS

Apr. 30

For further details call 432-1802, email: clubsecretary@barbadospoloclub.com or visit: www.barbadospoloclub.com

GOLF

SIR GARRY SOBERS FESTIVAL OF GOLF

INTERNATIONAL TOURNAMENT

Apr. 27 - 30

Played at 4 venues including Apes Hill, Barbados Golf Club, Royal Westmoreland and Sandy Lane. For further details visit: www.sirgarrysobersfestivalofgolf.com

GAME FISHING

BARBADOS INTERNATIONAL FISHING TOURNAMENT

Apr. 1 - 3

Port St. Charles, St. Peter.

For further details visit:

www.barbadosgamefishing.com

SAILING

J24 OPEN CHAMPIONSHIPS

Apr. 16 - 17

For further details contact:

sailbarbados@gmail.com or visit:

www.sailbarbados.com

TRIATHLON

BARBADOS SPRINT TRIATHLON

Apr. 16

MacDonald Blenman Highway, St. Michael at 4pm.

ITU/CAMTRI PAN AM CONTINENTAL CUP

SPRINT TRIATHLON

Apr. 17

MacDonald Blenman Highway,

St. Michael at 7:30am. For further details visit: www.triathlonbarbados.com

MUSEUM EVENTS

HIKE/WALK

Apr. 10

Bus Tour

Apr. 30

SPECIAL OPENING - SHILSTONE LIBRARY

Apr. 9 & 23

For further details call 427-0201 or visit:

www.barbadosmuseum.org



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Kensington Oval

Strict guardians of our heritage

The 'Mecca of West Indies Cricket', Kensington Oval, came into being under humble circumstances when Pickwick Cricket Club converted some former plantation land into their home ground in 1882. Within a decade, with its excellent batting strip and outfield, the ground was already attracting big matches, including hosting the first England touring side in 1895. Kensington's legendary place in West Indies cricket history was absolutely cemented when it became the venue for the first match involving a combined West Indies side, versus MCC in 1910, and the first ever Test match played in the West Indies, fittingly against 'the old mother country' England in 1930.

Kensington, circa 1910
Photo: Henry Walter Parkinson with
permission of the Parkinson family



Kensington Oval today
Photo: Sally Miller

Firm craftsmen of our fate...

The original Kensington Oval, despite being steeped in history, had to make way in the name of progress when Barbados won the right to host the 2007 Cricket World Cup Final. It was demolished in 2005 and rebuilt with its capacity increased from 15,000 to 28,000. While many people were sad to see the demise of a ground that had been the theatre of dreams for so many great players, the impressive new stadium has retained its character and remains an ideal stage for cricket at its glorious best. Furthermore, purists can still revel in Kensington's rich heritage by visiting the nearby Cricket Legends of Barbados Museum.



Peatbog Faeries perform at the Celtic Festival
Photo: Jennifer Allen



Mount Gay Regatta 2015
Photo: Peter Marshall

may

Full Moon
May 21
Public Holidays
May 1 - May Day
May 16 - Whit Monday

BARBADOS NATIONAL TRUST EVENTS

GUN HILL BY MOONLIGHT May 21

Gun Hill Signal Station, St. George from 5:30-8:30pm. Cocktails, refreshments and music are provided. Enjoy spectacular panoramic views and admire the beautiful full moon.

HIKE BARBADOS May 1, 8, 15, 22, 29

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 22nd at 5:30pm. For further details on Barbados National Trust events call 426-2421.

POLO CLUB MATCHES AT LION CASTLE May 7 PRESIDENTS/KEARNS TROPHY AT BPC, HOLDERS May 14

For further details call 432-1802, email: clubsecretary@barbadospoloclub.com or visit: www.barbadospoloclub.com

MUSIC FESTIVAL

GOSPELFEST May 21 - 29

For further details visit: www.barbadosgospelfest.com

CULTURAL FESTIVAL CELTIC FESTIVAL BARBADOS May 26 - 29

A music and food festival, steeped in history and tradition, celebrating the shared history between the Celtic countries of Scotland, Ireland, Wales and Nova Scotia with Barbados. Visiting musicians include bagpipers, folk singers, dancers and fiddlers who will join with local musicians to celebrate our musical history.

For further details visit: www.barbadoscelticfestival.com

MOTOR RACING SOL RALLY BARBADOS SCRUTINEERING & KING OF THE HILL May 28 - 29

For further details visit: www.rallybarbados.bb

HORSE RACING SECOND RACING SEASON May 16 & 28 (GUINEAS DAY - FIRST JEWEL IN THE TRIPLE CROWN)

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

TRADE SHOW BMEX 2016 May 13 - 16

For further details visit: www.bmex.bb

SAILING

MASSY STORES OFFSHORE REGATTA May 1

BOAT YARD J24 REGATTA May 7

BARBADOS MAY REGATTA May 12 - 15

MASSY STORES DINGHY REGATTA May 22

For further details contact: sailbarbados@gmail.com or visit: www.sailbarbados.com

FUNDRAISER

CHEFETTE RESTAURANTS FUN RUN May 15

From Chefette in Rockley to Chefette in Fontabelle, Bridgetown. In support of Auntie Olga's Needy Children's Fund. Buy your t-shirt and support this worthy cause. For further details call 429-9123.

FOOTBALL

WANDERERS INTERNATIONAL MASTERS FOOTBALL TOURNAMENT May 13 - 16

Wanderers Football Club, Dayrells Road, Christ Church. For further details visit: www.bimff.biz

MUSEUM EVENT

LEATHERBACK TURTLE WALK May 22

Morgan Lewis Beach, St. Andrew. For further details call the Barbados Museum at 427-0201 or visit: www.barbadosmuseum.org

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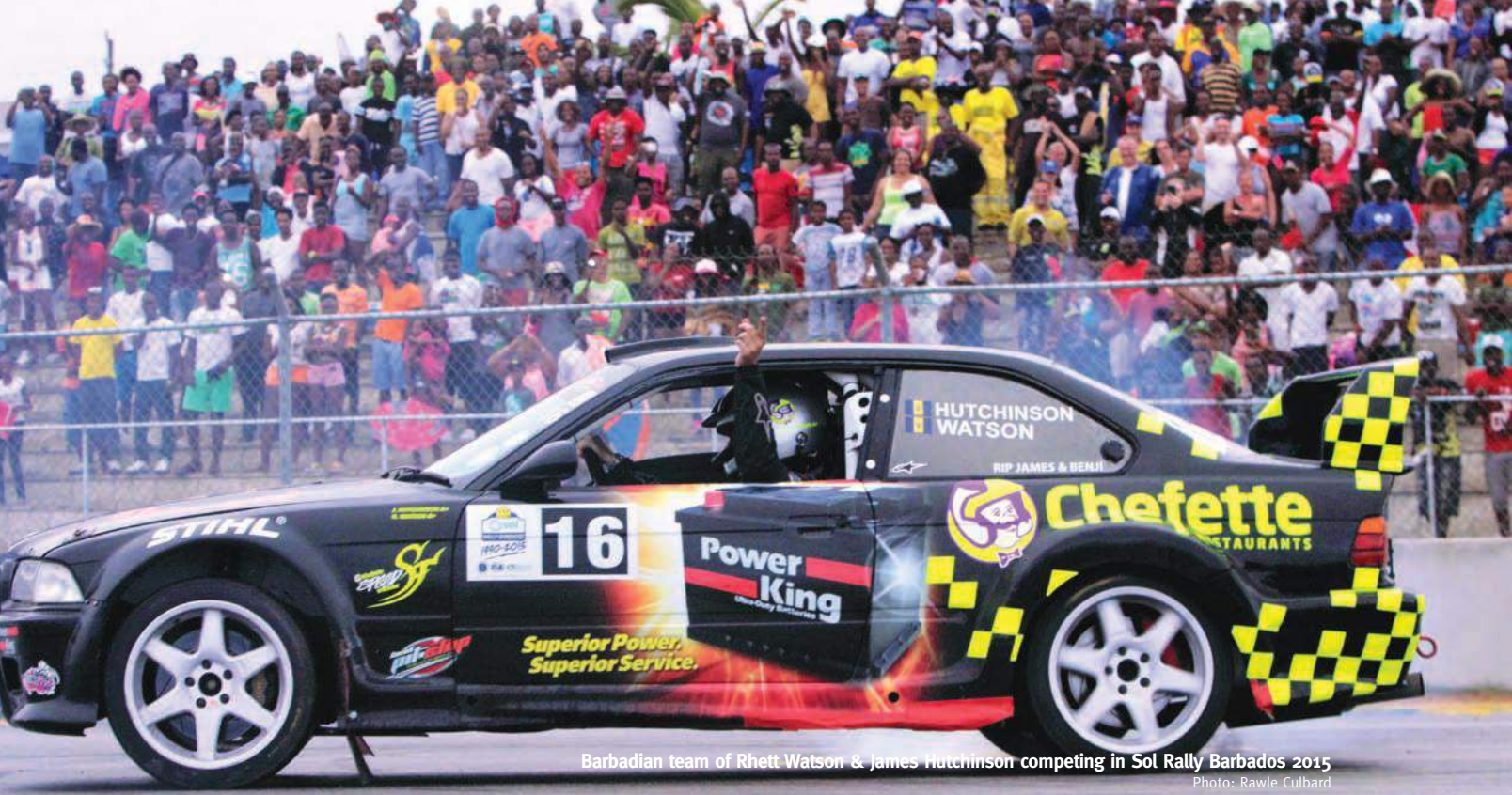
BRIDGETOWN

The Cruise Terminal, Harbour Road, St. Michael.
Tel: (246) 431-0296

ROCKLEY, CHRIST CHURCH

Accra Beach Hotel, Hastings, Christ Church
Tel: (246) 435-8920

email: info@theroyalshop-barbados.com | www.theroyalshop-barbados.com



Barbadian team of Rhett Watson & James Hutchinson competing in Sol Rally Barbados 2015
 Photo: Rawle Culbard

june

Full Moon
 Jun. 20

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS

Jun. 5, 12, 19, 26

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 19th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

HORSE RACING

SECOND RACING SEASON

Jun. 11

& 25 (MIDSUMMER CREOLE CLASSIC - SECOND JEWEL IN THE TRIPLE CROWN)

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosclub.org

SAILING

HARRIS PAINTS J24 REGATTA & OFFSHORE REGATTA

Jun. 11 - 12

MASSY STORES DINGHY REGATTA

Jun. 26

For further details contact: sailbarbados@gmail.com or visit: www.sailbarbados.com

MOTOR RACING

SOL RALLY BARBADOS

Jun. 3 - 5

For further details visit: www.rallybarbados.bb

CULTURAL FESTIVAL

CROP OVER FESTIVAL

Crop Over Festival is Barbados' premier cultural festival and is celebrated islandwide, usually over an eight week period from June to August each year. Several events take place during Crop Over and include the following ones in June:

HERITAGE BUS TOUR; CITY FEST & CEREMONIAL DELIVERY OF THE LAST CANES; JUNIOR CALYPSO MONARCH TENTS; VISUAL ARTS FESTIVAL

For further details contact the National Cultural Foundation at 417-6610 or visit: www.barbadoscropoverfestival.com

GOLF

BARBADOS GOLF ASSOCIATION

NATIONAL TRIALS

Jun. 4 & 5

For further details call the Barbados Golf Club at 428-8463 or visit: www.barbadosgolfclub.com

FUNDRAISERS

VARIETY'S ANNUAL ROW FOR CHARITY

Jun. 26

Harbour Lights, Bay Street, St. Michael from 8am to 3pm.

For further details call Variety, The Children's Charity at 428-9258 or visit: www.varietybarbados.org

MUSEUM EVENTS

CROP OVER CRAFT WORKS

Jun. 4

Celebrating Barbadian Craft and Culture.

SPECIAL OPENING - SHILSTONE LIBRARY

Jun. 11 & 25

BUS TOUR

Jun. 25

TURTLE WALK

Jun. 26

MUSICAL EVENING

Jun. 26

For further details on Museum Events please call the Barbados Museum at 427-0201 or visit: www.barbadosmuseum.org

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shine like the star you are 



Stilt Walkers at Bridgetown Market
Photo: Joanne Spencer



Geoffrey 'Biggie Irie' Cordle performing on Kadooment Day
Photo: Barbara Secher-Greenidge



Foreday morning Revellers
Photo: Barbara Secher-Greenidge

july

Full Moon
Jul. 19

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS

Jul. 3, 10, 17, 24, 31

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 17th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

HORSE RACING

SECOND RACING SEASON

Jul. 9

& 23 (MASSY UNITED DERBY - THIRD AND FINAL JEWEL IN THE TRIPLE CROWN)

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

GOLF

NISSAN GOLF CHAMPIONSHIPS

Jul. 23

For further details call the Barbados Golf Club at 428-8463 or visit: www.barbadosgolfclub.com

CULTURAL FESTIVAL

CROP OVER FESTIVAL

Crop Over Festival continues through the month of July with the following events taking place:

SWEET SOCA AND PARTY MONARCH SEMI-FINALS; JUNIOR CALYPSO MONARCH SEMI-FINALS; CROP OVER READ-IN; PAN FUSION; SPEIGHTSTOWN MARKET & PAN AROUND DE TOWN; PAN PUN DE SAND; PIC-O-DE-CROP SEMI-FINALS; JUNIOR CALYPSO MONARCH FINALS; EVENING OF FOLK; JUNIOR KADOOMENT; SOCA ROYALE; BRIDGETOWN MARKET; FOREDAY MORNING JAM; PIC-O-DE-CROP FINALS

For further details contact the National Cultural Foundation at 417-6610 or visit: www.barbadoscropoverfestival.com

CRICKET

SIR GARFIELD SOBERS INTERNATIONAL SCHOOLS CRICKET TOURNAMENT

Jul. 1 - 22

For further details call the Barbados Tourism Marketing Inc., at 467-3600 or visit: www.visitbarbados.org

MUSEUM EVENTS

SPECIAL OPENING - SHILSTONE LIBRARY

Jul. 9 & 23

SUMMER TORCHLIGHT TOUR

Jul. 22

TURTLE WALK - RICHARD HAYNES

BOARDWALK

Jul. 24

BUS TOUR

Jul. 30

For further details on Museum Events please call the Barbados Museum at 427-0201 or visit: www.barbadosmuseum.org

SAILING

LUCKY HORSESHOE J24 REGATTA & OFFSHORE REGATTA

Jul. 2 - 3

BARBADOS CRUISING CLUB REGATTA

Jul. 10

For further details contact: sailbarbados@gmail.com or visit: www.sailbarbados.com



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Festivals

Strict guardians of our heritage

During the early period of colonization, the various groups who entered the island would have brought aspects of their culture with them. Among the Europeans, this would have included mumming, maypole dancing and Harvest Home. Africans brought their own celebrations with them, which observers of the time collectively referred to as “plays.” Over time, as the percentage of Barbadians born in the local population increased, the one festivity that survived was Harvest Home, later rechristened Crop Over. The earliest known record of this dates from the late eighteenth century. The standard English celebration of feasting and dancing was suffused with African drumming rhythms and masked stilt dancing.

Tuk Band and stilt man in what may very well have been a Harvest Home festival gathering

Photo: Lennox Honychurch
Collection BMHS



Bajan superstar Rihanna returns home to have fun with her friends and family for the annual Crop Over Festival. Here she is seen partying on the road on Kadooment Day
Photo: Sandy Pitt

Firm craftsmen of our fate...

Each year Barbados hosts an impressive array of Festivals that provide ample opportunity for Barbadians to freely express themselves while celebrating their unique culture. The diverse events – mainly featuring music, dance, art, literary skills, food, heritage and sporting activities – are staged throughout the year and visitors are always made welcome. Crop Over, with its roots deeply entrenched in the history of Barbados, is the most significant, longest and biggest of them all. Starting in June with the Opening Gala and climaxing on the first Monday in August with the Grand Kadooment Day Parade. Crop Over is an energetic, fun-filled celebration of all things Bajan.



Everyone in the mix on Kadooment Day
Photo: Barbara Secher-Greenidge



Families enjoying Bridgetown Market
Photo: Joanne Spencer



Photo: Barbara Secher-Greenidge

august

Full Moon
Aug. 18
Public Holidays
Aug. 1 - Emancipation Day/
Kadooment Day

CULTURAL FESTIVAL

CROP OVER FESTIVAL - GRAND KADOOMET DAY
Kadooment Day is the grand finale of the Crop Over Festival. For further details contact the National Cultural Foundation at 417-6610 or visit: www.barbadoscropoverfestival.com

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS
Aug. 7, 14, 21, 28
Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 21st at 5:30pm. For further details on Barbados National Trust events call 426-2421.

HORSE RACING

SECOND RACING SEASON
Aug. 6 & 20
For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

HOCKEY

BARBADOS INTERNATIONAL HOCKEY FESTIVAL
Aug. 21 - 27
For further details visit: www.barbadoshockey.org

MOTOR SPORT

BARBADOS HISTORIC RALLY CARNIVAL
Aug. 18 - 30
INTERNATIONAL RALLY SPRINT
Aug. 20
HISTORIC RALLY
Aug. 27
For further details visit: www.barbadosrallycarnival.com

MUSEUM EVENTS

HIKE/WALK
Aug. 7
SUMMER TORCHLIGHT TOUR
Aug. 26
SPECIAL OPENING - SHILSTONE LIBRARY
Aug. 13 & 27
BUS TOUR
Aug. 27
TURTLE WALK - RICHARD HAYNES BOARDWALK
Aug. 28
MUSICAL EVENING
Aug. 28
For further details on Museum Events please call the Barbados Museum at 427-0201 or visit: www.barbadosmuseum.org

WATER POLO

3RD ANNUAL BARBADOS OPEN INVITATIONAL WATER POLO TOURNAMENT
Aug. 11 - 15
Barbados Aquatic Centre, Wildey, St. Michael.
For further details visit: www.facebook.com/BarbadosWaterPoloClub

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World-ranked Barbadian surfer Chelsea Tuach surfs Soup Bowl, Bathsheba
Photo: Nick Reid

september

Full Moon
Sept. 16

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS

Sep. 4, 11, 18, 25

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 18th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

HORSE RACING

SECOND RACING SEASON

Sep. 3

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

SAILING

NATIONAL DINGHY CHAMPIONSHIPS

Sep. 11 & 25

For further details contact: sailbarbados@gmail.com or visit: www.sailbarbados.com

SURFING

NATIONALS

Soup Bowl, Bathsheba

For further details visit: www.barbadosurfingassociation.org

MUSEUM EVENTS

SPECIAL OPENING - SHILSTONE LIBRARY

Sep. 10 & 24

Bus Tour

Sep. 24

For further details on Museum Events please call the Barbados Museum at 427-0201 or visit: www.barbadosmuseum.org



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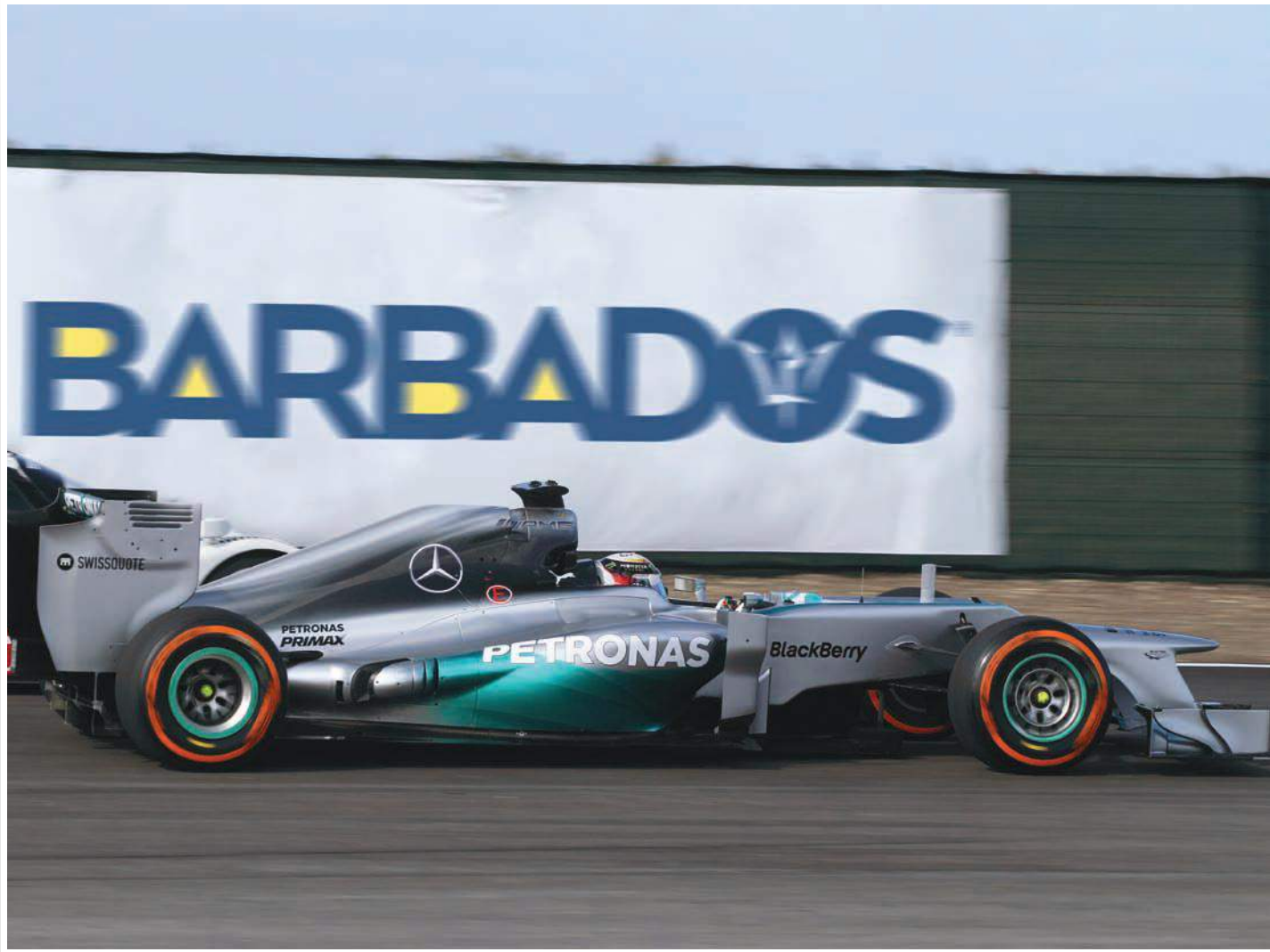
Motorsports

Strict guardians of our heritage

The automobile arrived in Barbados in the early 1900s and the first recorded motorsports event – a hillclimb – followed in 1934; it was won by Harry Manning, whose son Roger and grandson Trevor went on to be island champions. It was the formation of the Barbados Rally Club in 1957, however, which heralded the start of organised motorsports. Over the years, other clubs have been founded, organising acceleration tests, drag racing and circuit racing for cars, karts and motorcycles; six now operate under the umbrella of the Barbados Motoring Federation, with as many as 400 licensed competitors participating in around 50 events a year.

Fred Edghill and Harry Manning competing in a Chevrolet Master at a Hillclimb in 1934

Photo courtesy Richard Edghill



Firm craftsmen of our fate...

Lewis Hamilton at Bushy Park in St. Philip
Photo courtesy Bushy Park Racing Circuit Inc.

Motorsports today is acknowledged as the island's biggest spectator sport and Barbados as the hub of a growing regional industry. Over 25 years, Sol Rally Barbados has evolved into a keystone of the sports-tourism calendar, bringing competitors and spectators from as far afield as Europe, New Zealand and North America. The re-development of the 1970s Bushy Park racetrack as a world-class facility provides a springboard for further progress. It has already hosted Top Gear Festival and Race Of Champions, while growing numbers of youngsters racing karts – the 'nursery' of future champions – might even result in a Bajan competing on the world stage in years to come.



The ITU Americas Triathlon 2015
Photo: André Williams

Paddleboarding on the East Coast
Photo: Lola Brianni, courtesy Brian 'deAction Man' Talma

october

Full Moon
Oct. 16

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS

Oct. 2, 9, 16, 23, 30

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 16th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

HEALTH & FITNESS

ALLMAX NUTRITION OUTDOOR FITNESS CHALLENGE

Oct. 22

Usain Bolt Sports Complex, Cave Hill, St. Michael.

For further details visit:

<http://allmaxfitnesschallenge.com>

MOTOR SPORT

GLOBAL RALLY CROSS

For further details visit:

www.bushyparkbarbados.com

TRIATHLON

27TH ANNUAL BARBADOS NATIONAL TRIATHLON

Oct. 2

MacDonald Blenman Highway, St. Michael at 6am.

For further details visit:

www.triathlonbarbados.com

SAILING

NATIONAL DINGHY CHAMPIONSHIPS

Oct. 9 & 23

For further details contact:

sailbarbados@gmail.com or visit:

www.sailbarbados.com

DOG SHOW

THE BARBADOS KENNEL CLUB'S ALL BREEDS CHAMPIONSHIP DOG SHOW

Oct. 9

Waterford Plantation, St. Michael.

For further details call 417-0607, email:

bkc@caribsurf.com or visit:

www.barbadoskennelclub.org

PADDLE BOARDING

'DEACTION LAST WATERMAN STANDING' SUP AROUND BARBADOS INVITATIONAL Starting at Silver Sands, Christ Church.

For further details call 428-2027, email:

deaction@briantalma.pro or visit:

www.briantalma.pro

MUSEUM EVENTS

TORCHLIGHT TOUR

Oct. 7

SPECIAL OPENING - SHILSTONE LIBRARY

Oct. 8 & 22

HIKE/WALK

Oct. 9

BUS TOUR

Oct. 29

For further details on Museum Events please call the Barbados Museum at

427-0201 or visit:

www.barbadosmuseum.org

GOLF

BARBADOS GOLF CLUB OPEN CHAMPIONSHIPS

Oct. 29 & 30

For further details call the Barbados Golf Club at 428-8463 or visit:

www.barbadosgolfclub.com

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Independence Day Parade at the historic Garrison Savannah
Photo: Sally Miller



Swimmers taking part in the Open Water Festival in Carlisle Bay
Photo: Rick Taurel

november

Full Moon
Nov. 14
Public Holiday
Nov. 30 - Independence Day
50th Anniversary! 1966-2016

INDEPENDENCE CELEBRATIONS

INDEPENDENCE LIGHTING CEREMONY

Nov. 1

Heroes Square, Bridgetown at 5:30pm.

SPIRIT OF THE NATION SHOW

Nov. 19

Kensington Oval, Bridgetown at 6pm.

50TH ANNIVERSARY INDEPENDENCE DAY

PARADE

Nov. 29

Historic Garrison Savannah, St. Michael
(in the evening).

NATIONAL FESTIVAL

NATIONAL INDEPENDENCE FESTIVAL OF
CREATIVE ARTS (NIFCA)

For further details call the National Cultural
Foundation at 417-6610 or visit www.ncf.bb

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS

Nov. 6, 13, 20, 27

Four grades of hikes every Sunday at 6am and
medium hike at 3:30pm. Moonlight hike on
Sunday 13th at 5:30pm. For further details on
Barbados National Trust events call 426-2421.

CULINARY FESTIVAL

FOOD & WINE AND RUM FESTIVAL

Barbados welcomes international chefs
for this annual festival. Visitors and
locals are treated to six days of the very
best international cuisine and cooking
demonstrations. For further details visit:
www.foodwinerum.com

SURFING

INDEPENDENCE PRO/JUNIOR PRO

Soup Bowl, Bathsheba. For further details
visit: www.barbadosurfingassociation.org

HORSE RACING

THIRD RACING SEASON

Nov. 5 & 19

For further details call the Barbados Turf
Club at 626-3980 or visit:
www.barbadosturfclub.org

SAILING

NATIONAL DINGHY CHAMPIONSHIPS

Nov. 6

For further details contact:
sailbarbados@gmail.com or visit:
www.sailbarbados.com

DOG SHOW

THE BARBADOS KENNEL CLUB'S ALL
BREEDS CHAMPIONSHIP DOG SHOW

Nov. 20

Judge: Miss Ann Ingram (Ireland).
Waterford Plantation, St. Michael.
For further details call 417-0607, email:
bkc@caribsurf.com or visit:
www.barbadoskennelclub.org

GOLF

RBC CLASSIC

Nov. 26 & 27

For further details call the Barbados Golf
Club at 428-8463 or visit:
www.barbadosgolfclub.com

WATER FESTIVAL

BARBADOS OPEN WATER FESTIVAL

Nov. 5 - 6

For further details visit:
www.swimbarbadosvacations.com

BEACH VOLLEYBALL

ANNUAL SIZZLIN' SAND BEACH

VOLLEYBALL 'BARBADOS SUNSPASH'

Nov. 5 - 6

Brandons Beach, St. Michael. The best of
beach volleyball featuring players from
across the Caribbean, North and Central
America. Great beach parties with live
entertainment and music.

For further details:
sizzlinsand@gmail.com

MUSEUM EVENTS

SPECIAL OPENING - SHILSTONE LIBRARY

Nov. 12 & 26

Bus Tour

Nov. 26

EXHIBITION - BARBADOS AT 50

Closes in April, 2017

This exhibition looks at the progress made
since independence in 1966, presenting
around 50 objects. The telling of the
stories incorporates objects and memories
of Barbadians at home and abroad and
chronicles Barbados' growth since 1966.
For further details call the Barbados
Museum at 427-0201 or visit:
www.barbadosmuseum.org

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The Classical/Pops Festival at Apes Hill Club
 Photo: André Williams, courtesy Classical/Pops Festival

december

Full Moon

Dec. 13

Public Holidays

Dec. 25 - Christmas Day

Dec. 26 - Boxing Day

BARBADOS NATIONAL TRUST EVENTS

HIKE BARBADOS

Dec. 4, 11, 18, 25

Four grades of hikes every Sunday at 6am and medium hike at 3:30pm. Moonlight hike on Sunday 11th at 5:30pm. For further details on Barbados National Trust events call 426-2421.

DISTANCE RUNNING

RUN BARBADOS SERIES

Dec. 2 - 4

Spearheaded by the Barbados Tourism Marketing Inc., the Run Barbados Series continues to be one of the most prestigious distance running events in the Caribbean. For further details call 467-3600, email: info@runbarbados.org or visit: www.runbarbados.org

MUSIC FESTIVAL

CLASSICAL/POPS FESTIVAL

Dec. 9 - 10

Apes Hill Club, St. James. Classical music and contemporary hits performed by members of America's premier orchestras and vocal superstars. For further details contact@classicalpops.com or visit: www.classicalpops.com

POLICE BAND CONCERT

THE ROYAL BARBADOS POLICE FORCE BAND CHRISTMAS CONCERT

Dec. 25

A traditional Christmas event at Queen's Park in Bridgetown. Starting at 7am locals turn out in their numbers to see and be seen in their Christmas finery.

HORSE RACING

THIRD RACING SEASON

Dec. 3, 17

& 26 (BOXING DAY AT THE RACES)

For further details call the Barbados Turf Club at 626-3980 or visit: www.barbadosturfclub.org

MUSEUM EVENTS

BAJAN DAYS

Dec. 1, 8, 15, 22, 29

Every Thursday in December.

BUS TOUR

Dec. 17

EXHIBITION - BARBADOS AT 50

Closes in April, 2017

This exhibition looks at the progress made since independence in 1966, presenting around 50 objects. The telling of the stories incorporates objects and memories of Barbadians at home and abroad and chronicles Barbados' growth since 1966. For further details on Museum Events call the Barbados Museum at 427-0201 or visit: www.barbadosmuseum.org



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Ins and Outs Tip

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Road Tennis

Strict guardians of our heritage

This sport was played in Barbados as long ago as the 1950s and is believed to have originated here. It is called road tennis because it was originally played on courts marked out on streets. A cross between table and lawn tennis, it can be called the poor man's tennis. All it requires is a home-made wooden paddle, somewhat larger than a table tennis racket, a tennis ball with the fur removed and a net that is just a long piece of wood, with crude feet to enable it to stand. If a vehicle approaches while a game is in progress, the game is halted, the net is stood on end and play continues when the vehicle has passed.

Road Tennis being played in
Bruce Vale, St. Andrew

Photo: Andrew Hulsmeier



2015 Champion, Mark
"Venom" Griffith
Photo: Kenmore Bynoe

Firm craftsmen of our fate...

Since 1970, Road Tennis has been recognised as a national sport with its own association, the Barbados Road Tennis Association, which organises tournaments played on courts away from roads. The court has been standardised at 20 feet (6m) long and 10 feet (3m) wide, with the net being 8 inches (22cm) high, and there are written rules, more similar to table tennis than lawn tennis. There has been a spread of the game outside of Barbados, and it is known in several Caribbean territories, including Trinidad, St. Lucia, St. Kitts, Antigua and Jamaica as well as in some parts of urban New York, taken there by Barbadian emigrants. There are mens' and womens' divisions in the sport. (A-Z of Barbados Heritage by Sean Carrington, Henry Fraser, John Gilmore & Addington Forde) due to be republished in 2016.

On the Sea



The first catamaran cruises set sail around 1985, when enterprising Barbadians launched these charters to add something new and exciting to the island's attractions. Big catamarans, which are wide and very stable in the water, don't experience the same rocking motion as monohulls, so they are ideal for recreational sailing. Offering a great way to see the west coast, with stops for snorkeling and swimming, a delicious lunch served onboard, drinks and music, they were an instant success. Evening cruises soon followed, departing in daylight and sailing back after sunset. Swimming with the marine turtles became a big feature of catamaran cruises, thanks to an increase in the turtle population brought about by the Barbados Sea Turtle Project of the University of the West Indies. This section features some of the longest running and most successful catamaran charters in operation today.

Traditional Bajan fishing [^] boats looked more like the double ended whaling boats found in Bequia than anything seen in Barbados today. They had no keels and rock (later iron) ballast was used to maintain stability. Add a large sail area and you had a very tricky boat to sail.

Photo: Euchard Fitzpatrick,
courtesy Barbados National Trust

Opposite > Seaduced under sail on the
west coast
Photo courtesy Seaduced





The experience is so sublime, it becomes an annual tradition for many who've sailed on the Silver Moon fleet of luxury catamarans.



An unmatched level of comfort and service ... Away from the crowds

Silver Moon Catamarans are owned and operated by Captain Nick Parker, a hospitality pioneer who introduced his first catamaran to Barbados almost 30 years ago. With the launch of the Silver Moon brand, Nick and his wife Nicky reinvented this now classic Barbadian experience by adding comfort and luxury to the beauty of our calm and inviting waters.

Guests can enjoy the ultimate sailing experience onboard the Silver Moon catamarans, both carrying only 12 passengers each. On each vessel, Nick's vision rings true – sometimes, less is more. On Silver Moon your glass is never empty, a classic Bajan buffet lunch is served and all snorkeling equipment and safety gear are provided. This experience has earned them a TripAdvisor Certificate of Excellence each year since the award was introduced, and in 2015, Silver Moon had the honour of being inducted into TripAdvisor's "Hall of Fame" – a true source of pride for the entire Silver Moon team.

In 2015, Silver Moon introduced a **LUXURY POWER CATAMARAN** to their fleet – the only one of its kind in Barbados – offering unique coastal lunch cruises for 12 passengers, in addition to providing private day, evening and overnight charters for up to 24 guests. It is perfectly laid out with guest comfort in mind, offering large cushioned sun areas on the foredeck, comfortable shaded seating on the flybridge, a well-stocked wet bar and a seated dining area for up to 16 guests. It is also available for charter in the Grenadines, with Captain and crew, for up to 10 passengers from May to October.

SILVER MOON PRIVATE CHARTERS: The most discerning clients can book Silver Moon for private charter; you choose the time to sail, day or night, the refreshments and either the classic buffet menu, or a custom dining option from one of their partner Chefs. You'll want for nothing while indulging in utter privacy, serenity, and the company of your friends... there is no experience quite like Silver Moon.

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Ins & Outs Tip

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From Critically Endangered To Holiday Highlight!

Above left: Fisherman with Hawksbill Turtle, circa 1930

Photo: Euchard Fitzpatrick, courtesy Barbados National Trust

Top right: Swimming with the marine turtles

Photo courtesy Tiami Catamaran Cruises

Bottom right: Witnessing a hatchling release by the Barbados Sea Turtle Project

Photo courtesy Brigitte Bedel

For nearly thirty of the past 50 years, efforts have been underway to conserve the three sea turtle species seen around Barbados, i.e. the hawksbill, the green turtle and the leatherback turtle.

Once decimated by harvest for consumption and the shell trade, sea turtles and their eggs are now fully protected. The recovering populations are fulfilling important ecological roles on our reefs and seagrass beds, and Barbadians and visitors alike can now enjoy experiences like swimming with turtles and watching hatchlings making their way to the sea.

Contact the Barbados Sea Turtle Hotline at 230-0142 to report any nesting or hatching activity. For information on hatchling releases see www.Facebook.com/thebstp.

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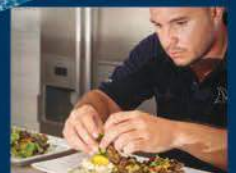
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Turning the Tide *for* Sea Turtles

By Julia A. Horrocks Ph.D.

Loss of nesting habitat for critically endangered hawksbill sea turtles is the most serious threat to their long term recovery in Barbados.

The Barbados Sea Turtle Project has published a booklet “Protecting Beaches: Turning the Tide for Sea Turtles” Contact the BSTP Office or the BSTP Information Centre located on the Richard Haynes Boardwalk during May-October. For further information call 230-0142 or 417-4320.

Hatchlings heading in the right direction; a rare sight in Barbados these days.
Photo: Carla Daniel

Hawksbills must locate a beach that is wide enough for their eggs to complete the 60 day incubation without being washed over by the sea. The sand needs to be deep enough to allow the safe burial of up to 150 eggs. Turtles prefer to nest on dark beaches where natural vegetation grows. Here their hatchlings can reach the sea without being disorientated by lights.

Beachfront property owners, developers, and hotel managers can help by ensuring that seaward boundaries are at least 10m from the High Water Mark. A post and chain link fence or a hedge can be used to delineate a boundary without impeding access to sea turtles.

Storms and seasonal sand erosion are natural phenomena in the Caribbean. Preserve native plant species (e.g. goats foot yam, sea grape, seaside mahoe, manchineel and West Indian almond) as they can help to stabilize the beach. A healthy beach is the best barrier between a property and the sea.

Trees provide shade and prevent artificial light from spilling onto the beach. Trees with

trunks more than 1m in girth at 0.5m from the ground are protected, and should not be felled or damaged. Coconut palms are not native to the Caribbean. Their shallow, dense roots are easily undermined by high waves and prevent sea turtles from digging a nest cavity. They also provide less shade and privacy than native tree species.

Boulders placed to protect seaward property boundaries may be covered by a thin veneer of sand during some months of the year. Turtles attempt to nest, but their efforts to dig a nest deep enough are fruitless.

Unstacked beach chairs can trap nesting females and reduce the area available for nests. Increase hatchling survival by turning off unnecessary lights that spill onto the beach during the nesting season (June to November). Any essential lights should be screened or shaded and/or on motion detector switches. A turtle-friendly light fixture is one that is low, shaded, and pointed down and away from the beach. Amber and red LEDs and low pressure sodium bulbs cause the least disorientation of sea turtles.



The Cliff Beach Club & Blue Star Navigation

Teaming up to offer sumptuous dining and exciting cruising on Schooner Ruth

The Cliff Beach Club and The Blue Star Navigation company are offering exclusive daytime and evening cruises onboard Schooner Ruth. Guests are invited for a relaxing cruise along the island's west coast before disembarking on the Cliff Beach Club's Yacht Reception for a sumptuous meal in the restaurant.

Built in Barbados, the newly launched hundred foot traditional Grand Bank's inter island sail cargo yacht, has been commissioned to provide seamanship sail training opportunities for young women and men of Barbados and the Eastern Caribbean, and to deliver fresh fruit and vegetables to the islands.

Designed by naval architect Thomas E. Colvin and built in Barbados, her full complement of sails and all her wooden blocks have been specially hand crafted. The smell of pine tar on every served stay and pure Barbados beeswax on every hatch are the kind of finishing touches that define the authenticity of Schooner Ruth.

Length Overall - 30.48m Beam 5.8m Draught 3.2m Crew 4-12 Sailing speed 12 knots

For reservations contact your tour rep, hotel activities desk, or (246) 432-0797
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A vibrant underwater photograph of a shipwreck in Carlisle Bay, Barbados. The scene is dominated by a large, rusted metal structure, likely part of a ship's hull or rigging, heavily encrusted with colorful coral and marine life. A scuba diver in a white shirt and black gear is visible in the upper right, swimming towards the wreck. The water is a clear, deep blue, and several small fish are scattered throughout the scene. The overall atmosphere is one of a well-preserved historical site in a rich marine environment.

Carlisle Bay *Marine Reserve*

Safeguarding our natural heritage while providing a safe refuge for the island's rich and abundant marine ecosystem

By André Miller MSc.
Marine Biologist, Barbados Blue Watersports

During the 1600's to early 1900's Carlisle Bay was one of the most important anchorages in the Caribbean, and it is intertwined with Barbadian heritage. More recently, the bay has evolved into one of the better known Marine Reserves in the Caribbean. No other island can boast having five shallow shipwrecks and over 150,000 visiting snorkelers and divers annually. Not surprisingly, Carlisle Bay is now considered the most popular dive and snorkel site in Barbados, where the Coastal Zone Management Unit's (CZMU) specially placed moorings help to space out boats and protect the reefs and wrecks.

During Barbados' fledgling years Carlisle Bay was 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.

Given the level of trade that was focused in this relatively small bay, as Barbados lived up to being "the brightest jewel in the British crown", it is not surprising that modern scuba divers continue to discover ancient bottles, utensils, cannon and musket balls, and yes, the odd piece of jewellery from centuries gone by.

Interestingly, some of the same ships that anchored in Carlisle Bay all those years ago, as they delivered food supplies, soldiers and weapons, continue to serve the island as Artificial Reefs (wrecks). These reefs are critical, as they divert the negative pressures from the island's surrounding reefs, to a small well-managed marine park where fishing and anchoring is prohibited.

The most popular Ship Wrecks in Carlisle Bay include: the Marion Wolfe, the Ce-Trek and the Berwyn (reportedly sunk in WW1 by her own French Crew), a large section of the Cornwallis (torpedoed by a German U Boat in 1942), the Eillion which was sunk in 1998 by the Barbados Coast Guard after being seized with contraband, and the Bajan Queen (the island's first tug and later party cruiser - sunk in 2001 by CZMU and Ocean Ark Foundation). Each vessel had a very colourful history while they were afloat, and now attracts visitors from around the world, including some of the German U-boat crew from WW2.

As the "Marine Ecological Hub" of Barbados, Carlisle Bay continues to shape the heritage of future generations. After all, the bay is the place where modern environmental projects started such as: the Barbados Mooring Project which reduces anchor damage to the reef, the first coral bleaching study, the first coral transplantation project, the first underwater cleanup, and the first coral spawning survey.

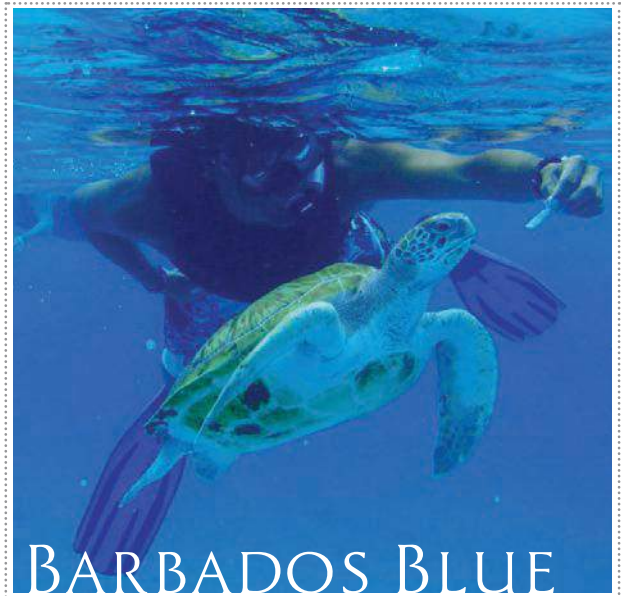
Today, Carlisle Bay is a success story and demonstrates what can be achieved by protecting small sections of the coastline from fishing and anchors. Although less than 1km from Bridgetown, Carlisle Bay has one of the highest abundance and diversity levels of reef and predatory fish around Barbados, and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







Best Place to Learn to Dive

Carlisle Bay Marine Park is the perfect dive for both beginners and nature lovers. Its biodiversity clearly demonstrates what marine reserves (with no fishing allowed) can accomplish; as the Bay is only 1 mile from Bridgetown, ranges in depth from (5m/18ft - 15m/50ft), yet has one of the highest abundance levels of reef fish. That is probably why most of the PADI dive shops on island are located so close to the bay.

Offering almost 12 months of calm, clear, and shallow water with generally no current, it is no wonder that Carlisle Bay is now also Barbados' most popular dive site. The Bay also has 8 permanent moorings that allow dive boats to easily and safely tie up next to one of the five shallow wrecks, and without the use of anchors.

It's also worth mentioning that Carlisle Bay is one of the monitoring sites for the Barbados Sea Turtle Project, Carib Marine's Coral Reef Transplantation, Reef Check, Reef CSI, Saving Coral Reefs/Lionfish project, and PADI Project Aware.



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Fishing



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Fishing boats in Tent Bay, circa 1900
Photo: Euchard Fitzpatrick, courtesy of the Barbados National Trust



Firm craftsmen of our fate ...

Fishing Boats in Tent Bay today
Photo: Andrew Hulsmeier

The Barbadian fishing industry underwent a paradigm shift after the impact of Hurricane Janet in September 1955, when almost all of the fishing boats were destroyed. In the wake of the disaster, the government of Barbados put a modernization plan into action, utilizing cheap and dependable two-stroke engines imported from the United Kingdom. Almost instantaneously, the traditional Barbadian fishing boats that had ventured into the ocean under sail were replaced by the ubiquitous ‘putt, putt, putt’ of the motorized boats we are familiar with today. The introduction of engines allowed the fishermen to travel further, which resulted in the building of bigger boats, equipped with ice, that could remain at sea for several days at a time. Today’s fishermen, who play an important role in the economy of Barbados, work hard to supply the nation with a wide variety of excellent quality fresh fish. To ensure that supply continues, the Government is establishing laws to restrict overfishing so that the land of the flying fish continues to enjoy the ocean’s bounty.



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Shopping & Lifestyle



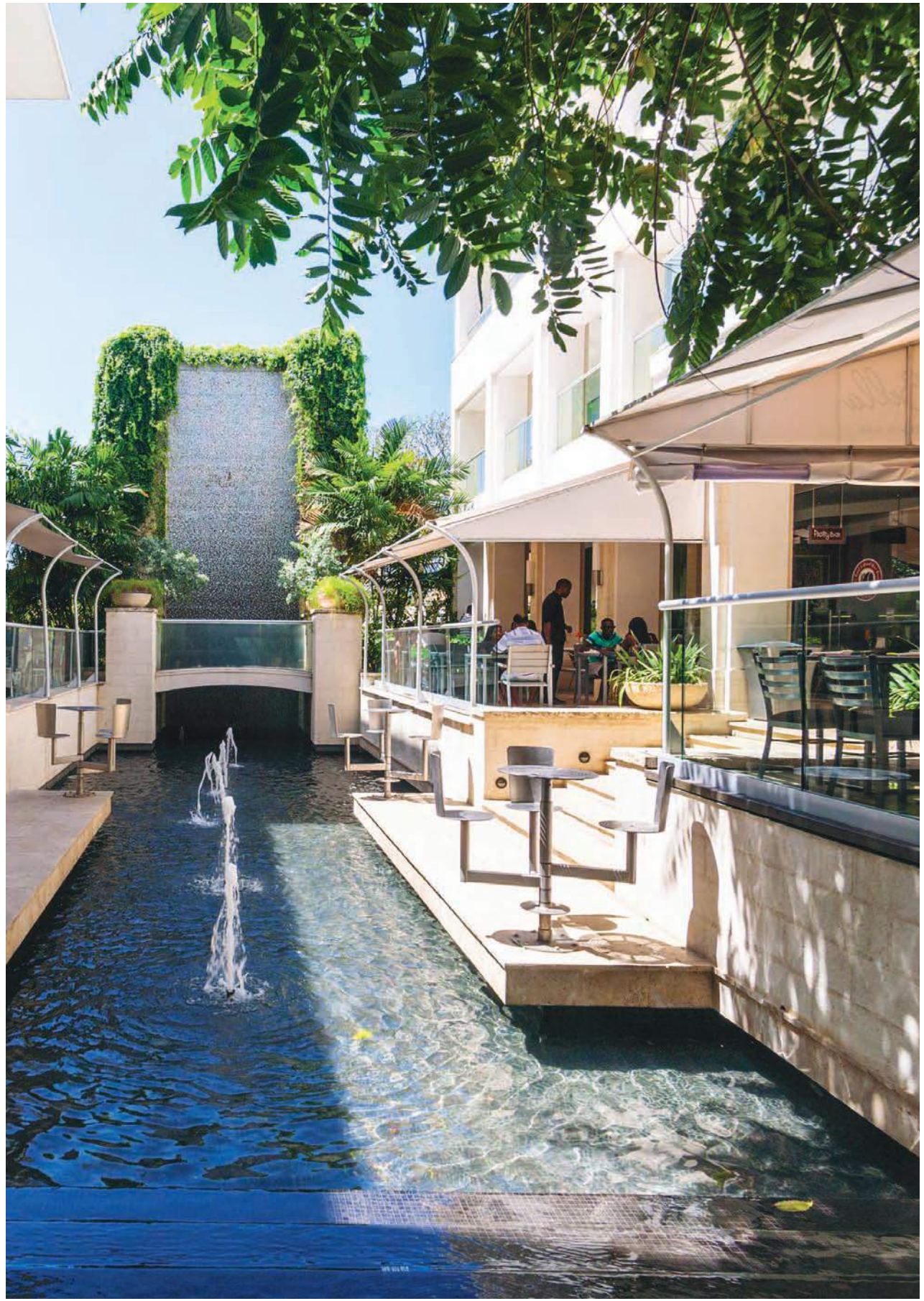
Hey, great news - Barbados is a duty free shopping destination and on presentation of your departure slip, prices are VAT free as well as duty free which makes the cost of most of the beautiful things featured in the new Ins and Outs LookBook, 30-40% less than those in stores in the UK, USA and Canada. So, go ahead, you're on holiday - indulge yourself with things that make you feel and look wonderful. You deserve it!

By 1880, thanks to its development as a major hub for Caribbean shipping and mercantile trade, Bridgetown had grown into a bustling but well maintained city with substantial buildings - many of which still stand today.

Above > Lower Broad Street in 1880

Photo courtesy Karl Watson's Collection

Opposite > Limegrove Lifestyle Centre





Duty Free Shopping

When you shop duty free, you also get your purchases VAT free - you automatically save 30% off the prices in North America and the UK

Resort wear from the new House of Jaipur, upstairs at Limegrove Lifestyle Centre

The overall quality of shopping in Barbados continues to improve. Bridgetown is the grand dame of shopping centres and it is still the only place with a department store, Cave Shepherd, or where you can buy a Rolex. We suggest the slightly extravagant idea of hiring a speedboat to take you there, followed by a lobster lunch at Lobster Alive in the stunning Carlisle Bay.

Holetown has always been worthwhile for a shopping expedition with the West Coast Mall, Sunset Mall, Chattel Village and the Indigo Courtyard. With the addition of Limegrove Lifestyle Centre, the overall area has become a major shopping destination in Barbados.

Holetown is actually much more than a shopping destination with the fabulous cinemas in Limegrove along with the many

notable restaurants. And, being bang in the centre of the west coast, it is very convenient.

If you're staying on the south coast, located just a few minutes from St. Lawrence Gap and just off the ABC Highway, Sheraton Mall is Barbados' largest shopping destination including over 120 stores and services in one convenient location. They feature duty free shopping, a multiplex and VIP cinema, pharmaceutical services, spa and salon services, banking services, doctor and homeopathic services, taxi services, and so much more! They are open for longer hours than most shopping centres in Barbados, Mon. - Sat. 9am until 9pm. The south coast also has shopping at Quayside Mall in Rockley, Lanterns Mall in Hastings and Cave Shepherd's branch at The Vista in Worthing.

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Limegrove is also the venue for interesting events throughout the year



Limegrove *Lifestyle Centre*

Experience Limegrove Lifestyle Centre, home to the very best in fashion, film, food, art and entertainment in the Caribbean. Featuring more than 100,000 square feet of some of the world's leading retail brands including Burberry, Cartier, Hugo Boss, Longchamp, Louis Vuitton, M.A.C., Michael Kors and Ralph Lauren. Limegrove also has a unique mix of specialty retailers and concept stores. It truly is an exciting and varied shopping destination and is definitely a 'must visit' while in Barbados.

In addition to shopping, Limegrove has something for everyone. A diverse and vibrant mix of restaurants offer a range of cuisines and the Centre boasts Barbados' only rooftop dining experience. Art aficionados will definitely enjoy a stroll through the art gallery which regularly showcases the most sought out contemporary artists from the local and international markets. The award winning boutique cinemas are a treat for the entire family and you need no reason to take a shopping break and retreat to the spa for a bit of pampering. After all, what better way to rest your weary feet than to indulge in a pedicure followed by a luxurious full body massage.

Limegrove is also the venue for interesting events throughout the year. From local craft fairs and live performances to kids fun days and more, there is always something exciting on the calendar. For more information and to find out what's on at Limegrove, visit them at limegrove.com and follow them at facebook.com/Limegrove.

Holetown



Strict guardians of our heritage

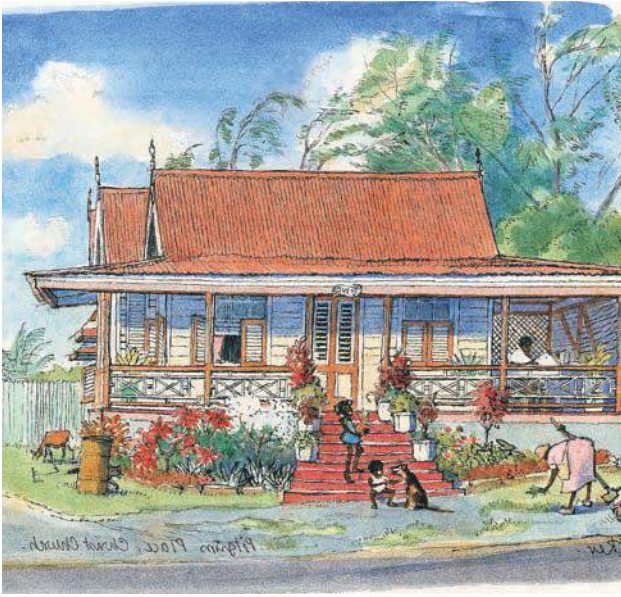


firm craftsmen of our fate...

When the first settlers landed in Barbados in 1625 they called the area Jamestown in honour of King James 1st, but it was renamed Holetown as the word 'hole' was used to describe a coastal inlet. With its small harbour and a fort, Holetown played a role in defence and shipping throughout the island's early history. Today Holetown is a commercial centre. Many of the historic buildings remain intact. Keeping up with modern times, the Limegrove Lifestyle Centre has taken Holetown into the 21st century in style.

Below >
Holetown today

Above >
Holetown, Circa 1900
Photo: Henry Walter Parkinson with the
kind permission of the Parkinson family



Leather Footwear



Tie-Dye and Calabash Art

Heritage Souvenirs

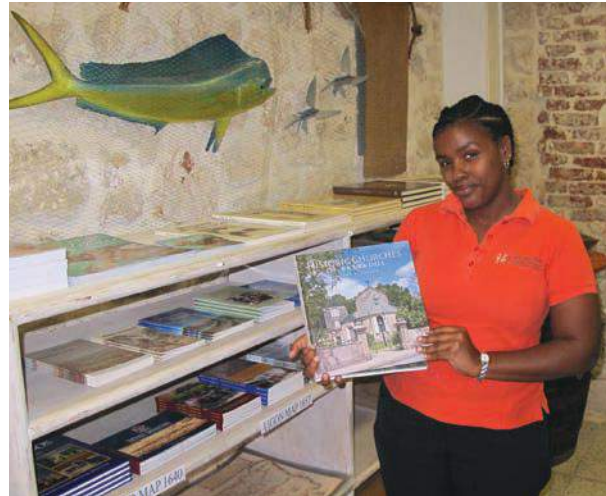
As well as fantastic photos and lifelong memories, the best and most meaningful souvenirs you can take back home, either for yourself or as gifts, are authentic locally created products - especially beautifully handcrafted items made from indigenous natural materials such as mahogany, clay, leather, wild cane and calabash. Look out for craft stalls wherever you go around the island, especially at farmers markets such as Brighton, Holders and Hastings, at some hotels, and during cultural and heritage festivals.

Clay Dolls



Pinging Place Mats and Baskets

Arlington Museum Gift Shop



Batik



Earthworks Pottery



Mahogany Wood Carvings

Bridgetown Experience



Barbados' capital city Bridgetown, a UNESCO World Heritage Site, has a cosmopolitan history. By the 18th century it was a major hub of Atlantic trade with England, colonial America and Africa, and was filled with taverns and stores of goods. In 1700 it was described as "handsome and large... [and with] an air of neatness, politeness and opulence which it would be difficult to find elsewhere." Opulence can still be found in many of the duty-free shops, and politeness is still the order of the day. For nightlife there is quality rather than quantity now, with superb jazz evenings at Lobster Alive and Waterfront Café.

In 1700 Bridgetown was described as "handsome and large [and with] an air of neatness, politeness and opulence."

Above > Bridgetown's Careenage, circa 1900.
Photo: Edward Stoute, courtesy Barbados National Trust

Opposite > Broad Street, circa 1915
Photo: Henry Walter Parkinson with permission of the Parkinson family






Shopping on Broad Street starts at Heroes Square and Nelson's Statue and finishes with the elegant 19th century Mutual Building with its shiny domes. You'll find the Thani's family business, the Royal Shop, selling Rolex and other finery directly across from The Colonnade Mall, a pink, 19th century elegant 19th century building with an ornate balcony that hasn't changed much in the past century. The street is chock-a-block with duty-free shopping. Little Switzerland, Milano, Tiffany, and Colombian Emeralds all carry a fine array of luxury goods. Diamonds International specialise in custom setting of the jewels, and you can enjoy their chic private shopping lounge. Cave Shepherd, the 110-year-old department store, gathers a range of merchandise from perfume to liquor, cameras, clothing and souvenirs all under one roof, duty-free. While there, visit the new dining lounge on the top floor.

At the top of Broad Street is National Heroes Square, whose points of interest include Nelson's statue, erected well before the famous one in London. The fountain commemorates the 1861 arrival of piped water in town. For a specimen of odd tropical flora, examine the nearby cannonball tree; its thorny stems bear fabulous pink flowers which grow into hard round fruits that sometimes explode!

The neo-Gothic Parliament buildings opposite National Heroes Square weren't erected until 1870-74, but Barbados' political stability can be traced back to 1639 when Parliament was established, making it the third oldest in the Commonwealth! How did

Top > The Colonnade Mall on Broad Street
 Middle > The Royal Shop is a Rolex dealer
 Bottom > The Senate Chamber - on most occasions your visit to the Museum of Parliament includes a guided tour of the upper and lower houses of Parliament



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the colony make the difficult transition from plantation slavery to a modern (and model) democratic society? The story is vividly told in the fine, interactive Museum of Parliament, housed in the building's west wing. Just behind is a wonderful historic district starring the Nidhe Israel Synagogue, built in 1654. It is thought to be the oldest in the western hemisphere and was restored by the Jewish community 20 years ago. With a graveyard full of mysteriously beautiful 17th century graves, the addition of the state-of-the-art and exceptionally interesting Nidhe Israel Museum, and the discovery of a Mikvah (now restored) with a fresh water spring running through it, the Synagogue is a reason to visit Bridgetown all by itself.



How do we explain how to find your way from here to the next nearby points of interest? Look up to the nearby southwest skyline and find a modern building with tubular supports. That's the Tom Adams Financial Centre at the Central Bank. Aim for it as you thread the maze of little streets and arrive on Spry Street. There, beside the bank's shaded plaza, a slice of glassy new facade adorns a 19th century gem. Formerly a school, then a Masonic lodge, it is now a multi-use museum that tells stories of Freemasonry (still quite strong in Barbados), education in Bridgetown, currency and trade.



Adjacent to the plaza is the walled churchyard of the classic 18th century Cathedral Church of St. Michael's and All Angels. The church's stately interior features galleries on three sides, fine stained glass windows and a ceiling in the shape of a capsized boat. The altar and its elaborate surround have been newly painted in colours that accentuate the glorious design. The organ is one of the best in the West Indies.

Top > Parliament Buildings in Heroes Square, Bridgetown
 Middle > Nidhe Israel Synagogue Museum
 Bottom > The new Freemasonry Museum in Spry Street, Bridgetown
 Photos: Andrew Hulsmeier



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The Cathedral

*The Lord has been the people's guide
for past 300 years*

The first church of St. Michael, one of the original six parishes of Barbados, was built in 1628 in the western side of Bridgetown where St. Mary's Church is now. Moved to its current location and consecrated in 1665, the nation's Anglican cathedral was completely destroyed in the disastrous hurricane of 1780. A lottery was run to raise the ten thousand pounds for its reconstruction which was completed in 1786. Bishop Mitchenson proposed a grand new cathedral in 1874. Unfortunately his radical ideas against racial prejudice and open criticism of the "Evil and impure lives of the upper classes, (their) lack of higher culture, odious self-complacency and narrow ignorance" made him increasingly unpopular. He resigned after only eight years in office and the new cathedral plans were abandoned.

St. Michael's and All Angels
Cathedral, circa 1900
Photo: Henry Walter Parkinson with
permission from the Parkinson family



St. Michael's and All Angels Cathedral today with the newly restored chancel
Photo: Sally Miller

*With Him still on the people's side,
we have no doubts or fears...*

In the past 230 years little has altered and the cathedral has miraculously survived the great Bridgetown fires and the hurricanes of 1831 and 1955. It is currently undergoing an extensive restoration, beginning with the chancel which was re-dedicated in September 2015. Fund raising efforts are on-going so this important project may continue. A wander around the ancient tree filled churchyard is enlivened by observing tombs and graves of the rich, the mighty and mysterious of centuries past. It is a tranquil and hallowed oasis in a rapidly changing city, at the heart of Historic Bridgetown, now a UNESCO World Heritage Site. Visitors are welcome at services. Sundays 7.15am, 9am, 11am and 6pm.

Sir Henry S. Fraser's **HISTORIC CHURCHES OF BARBADOS** is available at leading book stores, Diocesan House, the Cathedral and the major Anglican churches. All profits go to the restoration of the Cathedral and the churches which also sell them.



Lower Broad Street and Beyond

If having shopped your way down Broad Street you want to go back in time, visit Mustor's Restaurant and Bar in Prince William Henry Street. This is a first hand look at a traditional Bridgetown restaurant serving the most delicious local food. Stewed pork chops and breadfruit cou cou is one famous favourite that locals go there to savour.

If you are adventurous seek out ravaged Suttle Street for its old merchant houses. As the name implies, the Nut House retails all kinds of baked and raw nuts, while the small St. Lucian shop sells Bay Rum, palm leaf brooms and potions to cure many ailments. Other areas of historic interest include James Street and Lucas Street, while Swan Street teems with bargain hunters.

On the other side of Suttle Street is St. Mary's Church (1827), whose barrel-vaulted ceiling is prettily painted. This is one of Barbados' oldest graveyards and home to a whole cast of characters in the island's colourful history. Most notably it is where many of the free coloured community of the time were buried. Hunt for names such as Joseph Rachel, one of the earliest and wealthiest black businessmen in Bridgetown, buried there in 1760; Amaryllis Collymore, a mulatto slave born in 1745 who ended her life as an exceptionally wealthy free coloured businesswoman; the Barclay family, who were pivotal in the establishment of the African nation of Liberia and Samuel Jackman Prescod, who became Barbados' first black Parliamentarian in 1843. Across from St. Mary's, Jubilee Gardens displays a bit of the area's archaeology in panels at your feet. Behind this is the Old Town Hall.

Here you're at one end of Cheapside, where fruit and vegetable markets line the road from here to well past the Central Post Office and west side bus terminal. The markets are most active on Saturday, when well-scrubbed people flock to town for shopping and seeing friends. A visit to the vendors will reveal exotic items amongst familiar produce: edible roots and tropical fruits you've never seen before, fragrant heaps of culinary herbs and dried bunches of medicinal ones, crude cocoa sticks from neighbouring islands, a variety of hot peppers and assorted condiments and cures in bottles. Don't be shy! Vendors are happy to explain what you're seeing, and you're sure to emerge knowing more than when you ventured in.



Top > Mustor's Restaurant and Bar
 Middle > Vendors in Bridgetown
 Bottom > Cheapside Market on Saturday Morning

Photos: Andrew Hulsmeier



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Blackwoods Screw Dock is a relic from the days when Bridgetown was a shipping hub of the region. It is the only one in the world. There is a very interesting display of old photographs and memorabilia.

Above > Blackwoods Screw Dock
 Right Top > The Pierhead where Waterfront Café offers a great location for eating in Bridgetown
 Middle > Carlisle Bay
 Bottom > Lobster Alive
 Photos: Andrew Hulsmeier

Across the Careenage and Carlisle Bay

Across the water from the Parliament Buildings, Independence Square offers a calm place to sit and relax. The statue there depicts The Right Excellent Errol Barrow who, after Independence in 1966, became our first Prime Minister .

From Independence Square it's an easy stroll along the Careenage. Here you will find The Waterfront Café. Now under the new ownership of well known chef, Max Benz, and Robbie King, this waterside café is an institution in the most picturesque part of Bridgetown. Their tasty local specialities include cou cou and flying fish, coquille St. Jacques with garlic bread and pepperpot. This is a great spot to drop in for a beastly cold beer or a rum punch. They have live jazz on Thursday, Friday and Saturday nights with a Caribbean buffet on Thursday nights.

Further along is the Blackwoods Screw Dock, the world's only remaining dry dock of its type; which used huge screws to lift boats. Oh, those Victorians! Behind the Pierhead begins Carlisle Bay with its dazzling, mile-long stretch of beach. This area is slated for development, albeit controlled, since this is also part of the UNESCO World Heritage Site. At the moment it is a gem of under-development with small local restaurants and great swimming and snorkeling.

To finish off your day in town, wander along Carlisle Bay, arguably Barbados' best beach, and rent a beach chair from Lobster Alive. They serve good food ranging from a bowl of lobster bisque to a whole lobster, handpicked from the tank if you like, and deliciously dressed in lemon butter. Their live jazz is on Tuesday, Thursday and Saturday nights.



Ins & Outs Tip
Bridgetown has one of the best beaches in Barbados. Follow the boardwalk south to Blackwoods Screw Dock and Carlisle Bay beach starts there. Along the way you can eat at the Waterfront Café, Blackwoods or on the beach at Lobster Alive. They offer beach chairs and changing facilities.



Island Style



Bajans are fashionable and they love to dress-up for all occasions, whether going out on the town or just to work. Watching worshippers arrive at church, bedecked in elaborate ‘Sunday only’ outfits and gorgeous hats, is a great way to appreciate just how serious Bajans are about style. And while many of them still have their clothes made by local tailors and seamstresses, Barbadians have become increasingly fashion conscious and are up to date with the latest international trends – which is no surprise when considering that our own Rihanna is a global trendsetting fashion icon. As may be expected in one of the world’s leading leisure destinations, the focus of many of the island’s boutiques is on elegantly casual, high quality swimwear and resortwear from the leading brands. This means that a trip to Barbados can offer visitors a chance to buy some very special clothing and accessories.

When this photograph was taken Barbados was enjoying the ‘fabulous fifties’! No longer bound by war-time constraints and moderation, fashion conscious Bajans welcomed the opening of new boutiques and new fashion trends like the bikini, the girdle and pantyhose!

Opposite > Joan Lewis,
Miss Pin-Up Barbados, 1957
Photo: Donald Stoute





Gaye Boutique

Still delivering the goods!

This charming old building in Holetown which has been home to the chic and elegant Gaye Boutique for the past 50 years, was also the site of The English Shop, one of the very first clothing shops on the west coast. The gentleman in the donkey cart delivered purchases and alterations to guests staying at nearby hotels!

Gaye Boutique has been built on solid relationships with customers and suppliers. The remarkable longevity of the business is tied to the dedication of its owners, Gaye and Leonard Asseling and their daughter Camille, and of course, the care and service given to their customers over the past 50 years.



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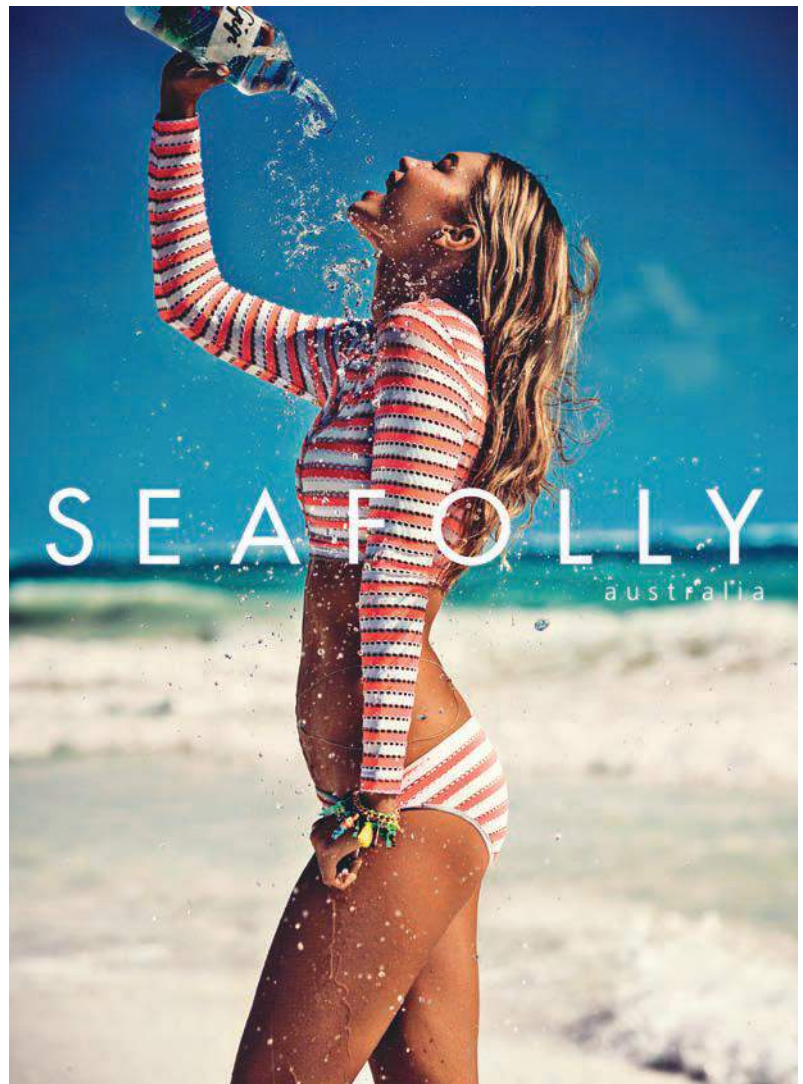


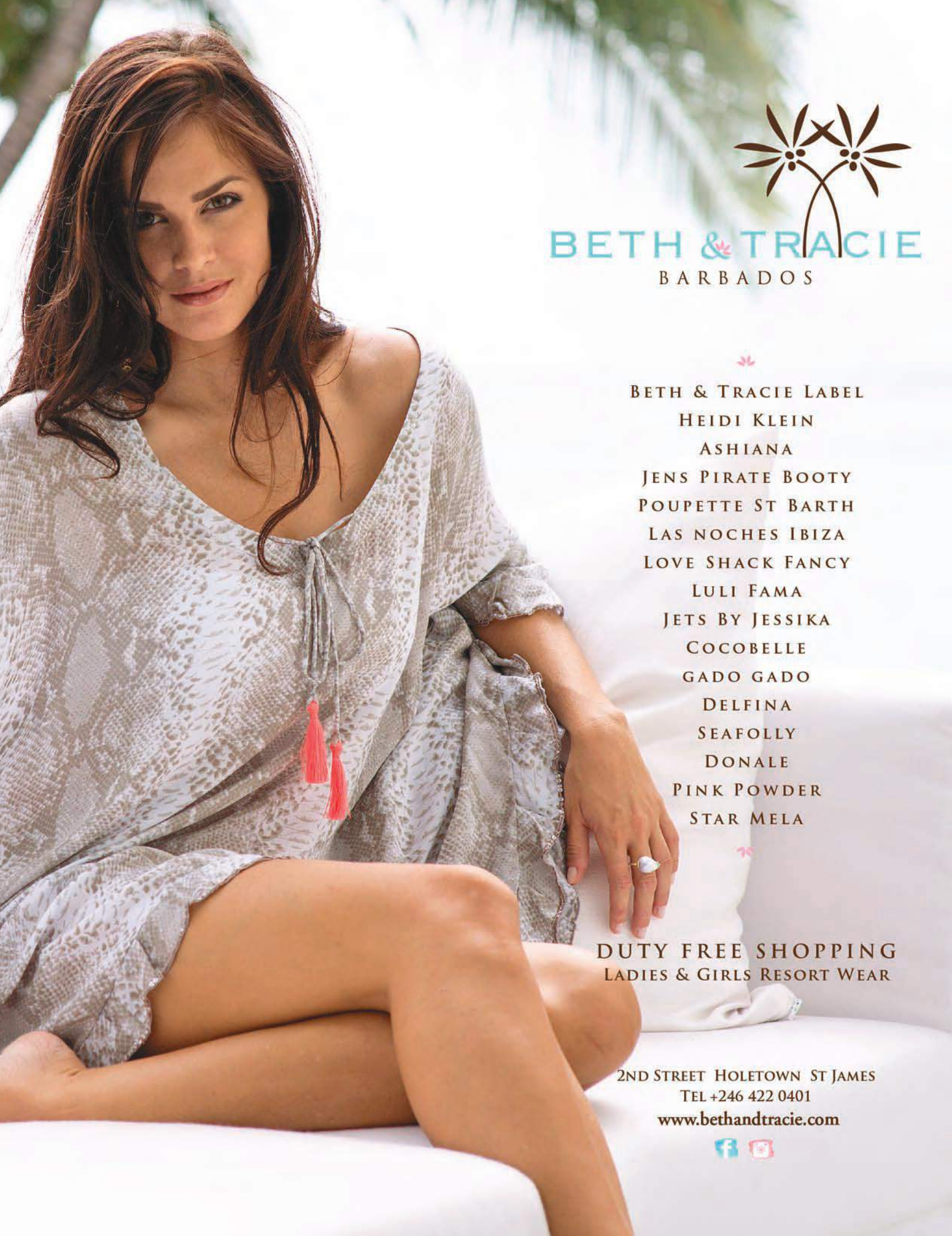
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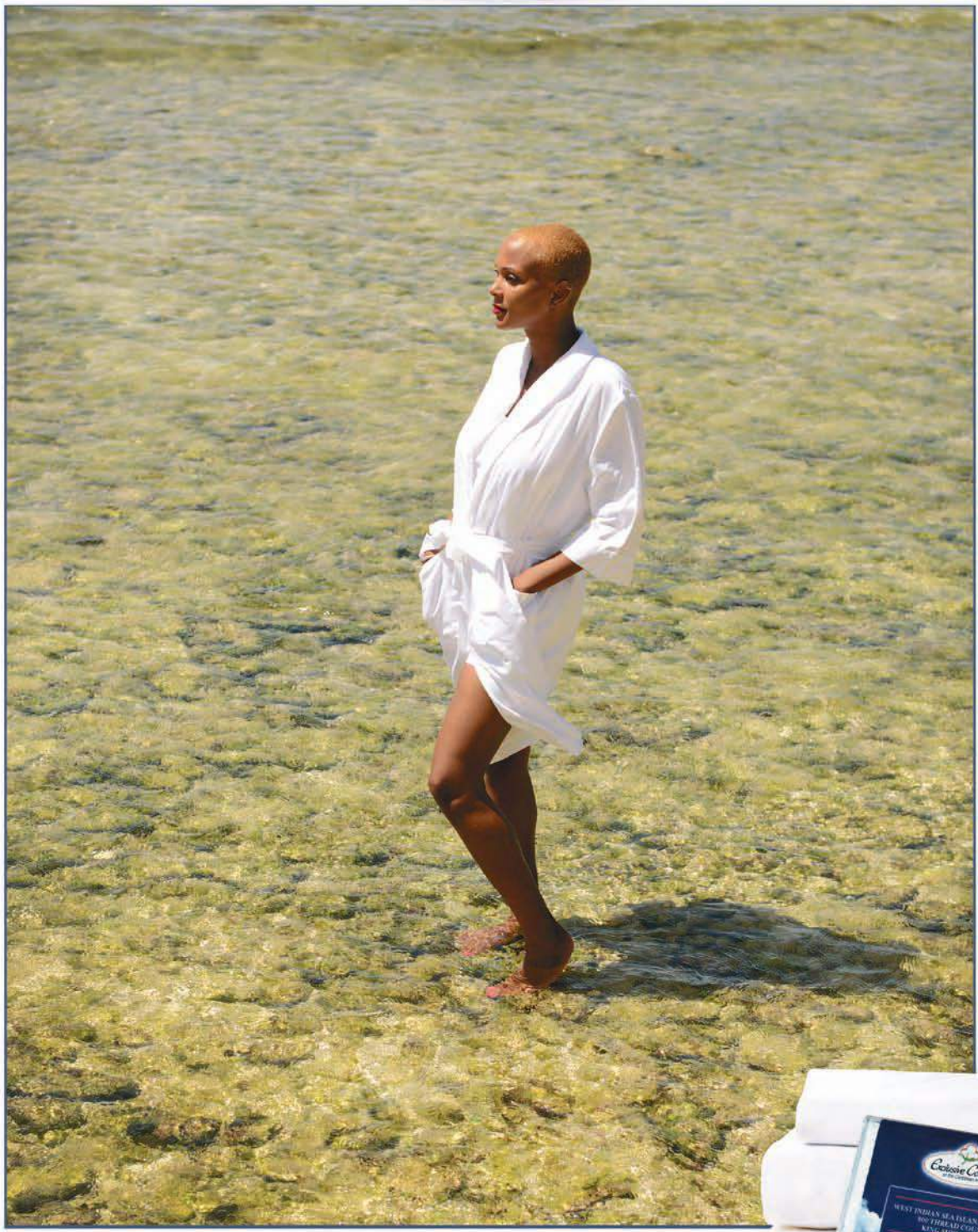




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A nineteenth century 'sweetie lady' in a beautiful white cotton dress that was typical of the day
Photo courtesy Karl Watson

By 1650 Barbados was the first of England's West Indian colonies to export cotton. West Indian Sea Island Cotton is distinguished by its long staple with the sheen of satin, strength of wool and softness of cashmere. It requires the special growing conditions which only the small land masses of the Caribbean islands can provide. Exclusive Cottons of the Caribbean is working to rejuvenate this unique industry. Barbadian cotton is spun in Europe, woven into fabrics and sold around the world. A small quantity comes back here and is made into a selection of finished clothing that can be purchased at their headquarters in St. George.



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Property



By Keith Miller

Despite being an island of a mere 166 square miles, Barbados can justifiably claim to have the Caribbean's largest and finest collection of signature properties. This treasure chest of signature properties is no accident, nor is it a recent phenomenon. Barbados has long enjoyed a distinguished history of fine architecture, engineering and craftsmanship, a national trait that still thrives today. The end result of four centuries of constructing superb houses is that Barbados is today blessed with a magnificent built heritage, which has been officially acknowledged with the accreditation of Historic Bridgetown and its Garrison as a UNESCO World Heritage Site.

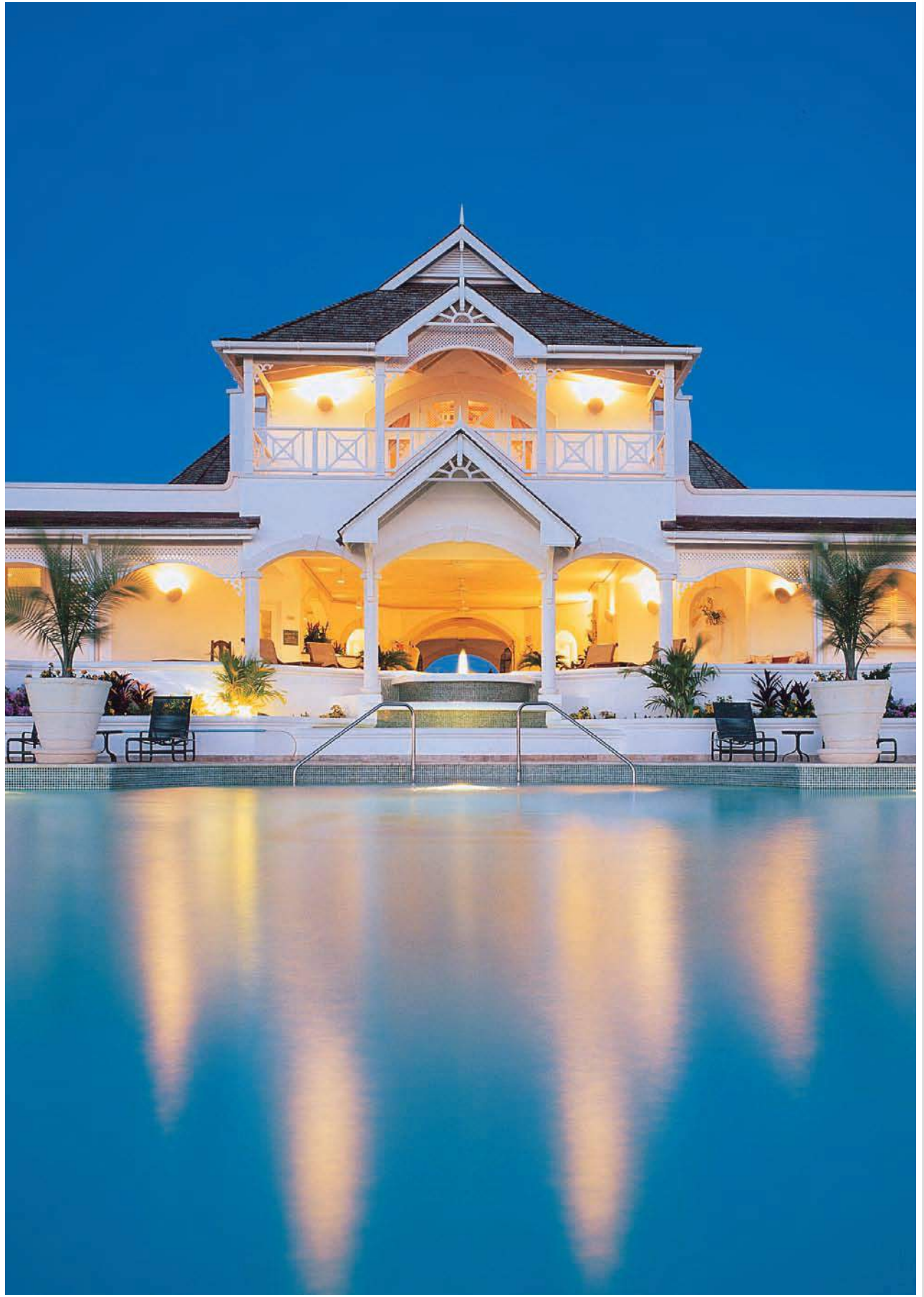
Many of the traditional architectural features associated with the early plantation great houses, which were later emulated in 18th and 19th century townhouse designs, are still replicated in modern buildings today. [△]

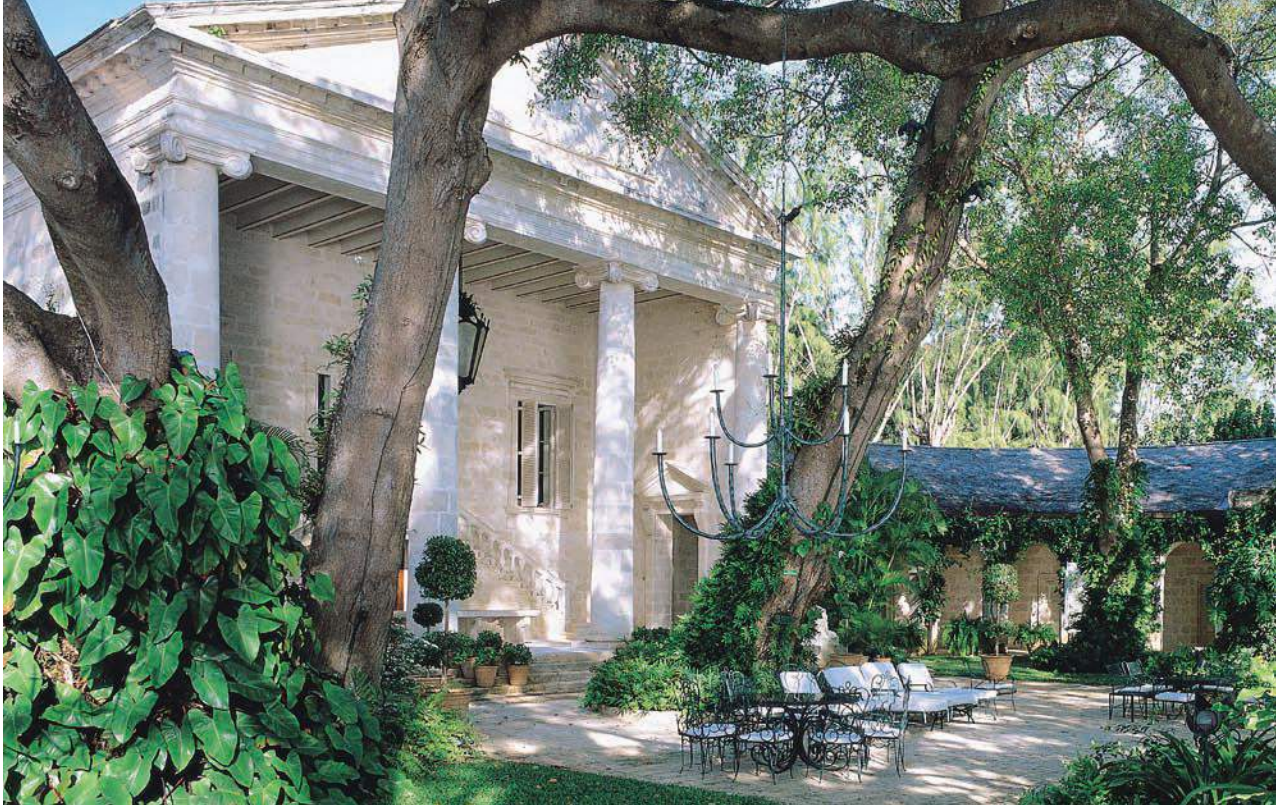
Above > Norham, Tweedside, circa 1900

Photo: Karl Watson's Postcard Collection

Opposite > Sugar Hill

Photo: Mike Toy. Taken from Architecture and Design in Barbados





Signature Properties

Liberally scattered around Barbados can be found many fine examples of plantation great houses, several of which date back to the 17th and 18th centuries. St. Nicholas Abbey, in the northern Parish of St. Peter, stands out as the most magnificent of all. Built in 1658 and restored to its former glory by the current owner, the highly regarded Barbadian architect Larry Warren, this rare architectural gem is one of only three Jacobean mansions still standing in the Western Hemisphere today. It is very telling that one of the other two is also located in Barbados, Drax Hall in St. George.

Apart from a few isolated examples, it was never popular to build big houses on the sea until the early 1900s, when elite members of British and North American high society identified the west coast of Barbados as their ideal destination for an exotic paradise-island escape. One early devotee of Barbados was Sir Edward Cunard, of the famed shipping family, who purchased Glitter Bay House in the 1930's and regularly filled it with fashionable 'glitterati' guests from both sides of the Atlantic.

One such guest, Ronald Tree, who enjoyed some high quality 'R&R' at Glitter Bay at the end of World War Two, went on to play a pivotal role in the development

of Barbados. Tree was so enamoured with the island that he purchased a large beachfront property in 1947 and built his own palatial house, Heron Bay, where he regularly entertained the likes of Sir Winston Churchill and a host of Hollywood celebrities. Heron Bay is a magnificent coral stone house with a Palladian style facade, imposing columns, vast windows and dramatic stairways that combine to create an almost theatrical ambiance. Unusually for a house on the west coast, Heron Bay retains some twenty acres of classically landscaped gardens.

Based on the popularity of Heron Bay amongst his friends, Ronald Tree decided to build Sandy Lane Hotel, which opened in 1961. An innovative aspect of Tree's plan was to add a golf course to the hotel, with house lots for sale. As the homeowners were offered access to golf, hotel facilities and the beach, this was the first resort in Barbados. It was also the launch pad for modern tourism in Barbados, a benchmark moment for the real estate sector and the catalyst that sparked the construction of a new wave of luxury homes on the west coast.

Heron Bay

Photo: Mike Toy. Taken from *Architecture and Design in Barbados*

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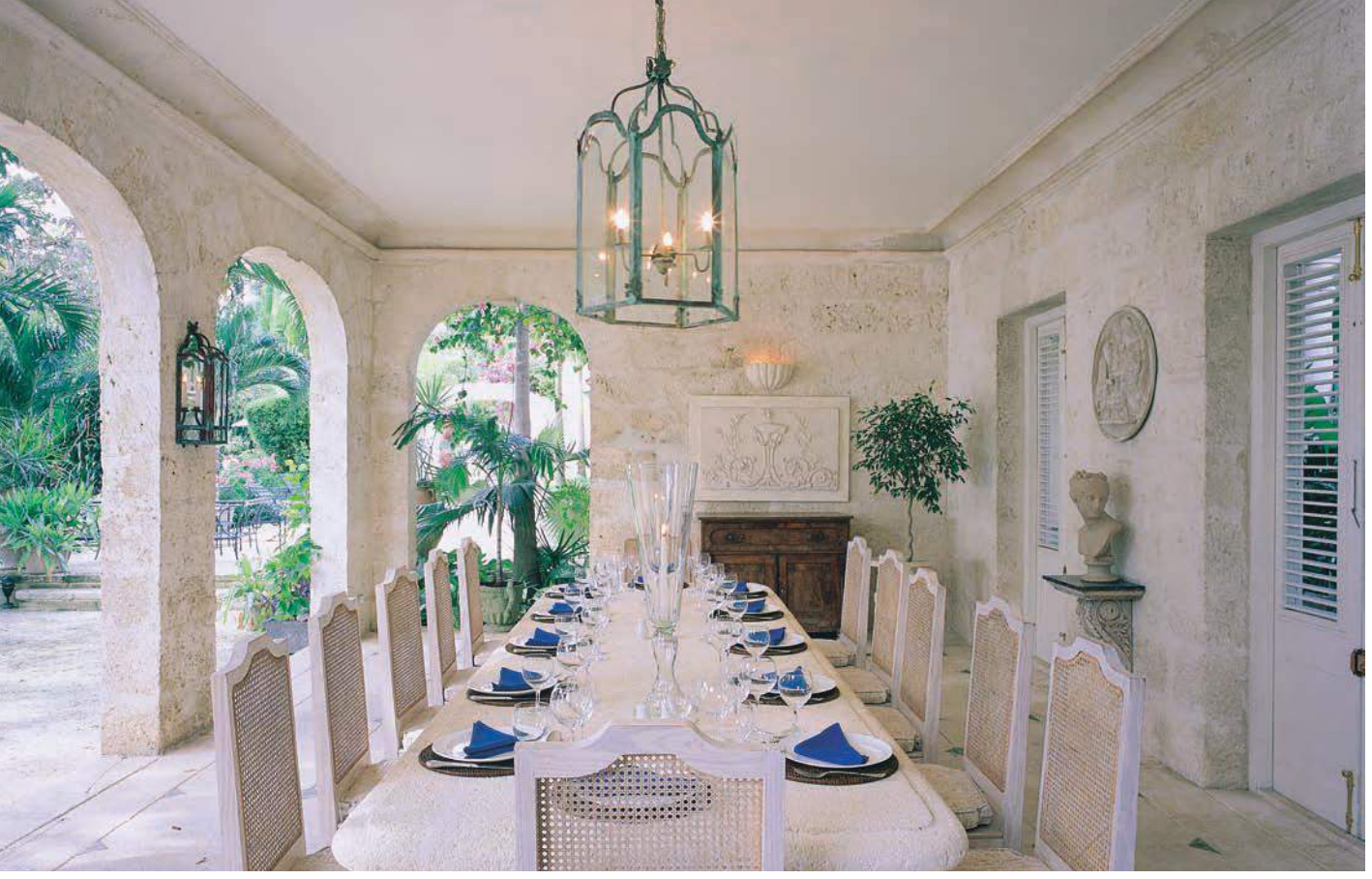
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Maddox, which Oliver Messel renovated as his own home, is a classic example of the style that earned him a reputation as ‘the architect who brought romance to tropical living’

Two Oliver Messel designed dining rooms on Barbados’ west coast

Photo: Mike Toy. Taken from Architecture and Design in Barbados

To give his sales a kick-start, Ronald Tree invited many of his friends to become the first Sandy Lane homeowners. Sir Sidney Bernstein, the British media baron, took him up on the offer and purchased an attractive lot on Sandy Lane beach. In 1963, in a serendipitous move that would positively influence modern architecture in Barbados to this day, Bernstein commissioned Oliver Messel to design the house for him. This was something of a gamble as Messel was not a trained architect, but he was renowned as the world’s leading designer of theatre sets. In the end the house, a two-storey villa, was never actually built, but that first design was destined to provide the core elements of today’s quintessential Barbados Style of tropical indoor-outdoor living.

Oliver Messel studied the island’s old plantation houses to see what systems and materials had worked best over the centuries. He was struck by the simple efficiency of high ceilings, jalousie windows, breezeways and wrap-around verandahs, as well as the rich texture of local coral

stone. His rooms were designed to be open spaces that seamlessly linked the interior of the house to the outdoor environment.

Messel only worked on nine houses in Barbados, spread over a ten-year period between 1963 -1973, so it is a great testament to the durability of his prowess that the eight surviving houses that were touched by his genius are today regarded as ‘collectors items’.

Three of the most revered Messel houses, Maddox, Crystal Springs and Mango Bay, are located quite close to each other in the area known as The Garden in St. James. Maddox, which Oliver Messel renovated as his own home, is a classic example of the style that earned him a reputation as ‘the architect who brought romance to tropical living’ – including a whimsical outdoors staircase that runs up the side of the house to the first floor bedrooms, completely open to the elements. Oliver Messel particularly enjoyed entertaining his nephew Lord Snowdon and Princess Margaret at Maddox.





Located next door to Maddox, Crystal Springs, was remodelled by Messel to reflect the air of an Italian villa.

Mango Bay is the only house in Barbados that was entirely designed and built by Oliver Messel. Not surprisingly therefore, Mango Bay shares several similarities with Maddox, including the staircase on the outside of the building, and the loggia which is an exact replica of Messel's own open terrace dining room. Mango Bay was at one point owned and frequently occupied by Pamela Harriman, whose colourful life story included marriages to Sir Winston Churchill's son, Randolph; the American theatrical producer, Leland Hayward; and Averell Harriman, former Governor of New York. In later life Ms. Harriman became a stalwart of the US Democratic Party, co-chaired Bill Clinton's successful presidential campaign and served as US Ambassador to Paris.

While he was restoring Maddox, Messel stayed at the nearby Leamington, which had originally been built some time in the 1830s. Completely charmed by Leamington, he persuaded his good friend Jack Heinz, of Heinz Corporation fame, to buy the house, so that he himself could re-decorate it. As soon as this job was finished, Messel was commissioned to build a garden pavilion that could serve as both a guest-house and banqueting hall. The end result was Leamington Pavilion, a Portuguese baroque fantasy. It was here that Jack Heinz entertained Hollywood legends such as Greta Garbo.

Of all the Messel houses, perhaps the legendary designer's own personal favourite would have to be Fustic, located on a clifftop ridge overlooking the coastline in St. Lucy. When Oliver Messel was commissioned by Charles Graves, brother of the poet Robert, he magically transformed the original Fustic Great House, dating back to 1740, into six elegantly appointed suites in three separate wings. Surrounded by eleven acres of flourishing gardens, Fustic House is a wonderful example of elegant Caribbean indoor-outdoor living at its finest.

Oliver Messel also worked on Queens Fort, St. Helena and Cockade, which he completed in 1974 as one of his last projects in Barbados.

Top > Leamington Pavilion

Bottom > Mango Bay

Photos: Mike Toy. Taken from Architecture and Design in Barbados

MONKEY BAY



Located on Barbados' Platinum West Coast and nestled amongst some of the island's most prestigious and valuable villas, Monkey Bay is an unique land offering boasting 35,466 square feet with 206 feet of water frontage. This elevated lot sits on a small cliff offering privacy and spectacular sea views. There is easy access to a beautiful sandy beach to the south.

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ONE SANDY LANE
St. James, Barbados



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SETTLERS
BARBADOS





Outside of the Messel portfolio can be found other magnificent signature homes with fascinating pedigree, including Bachelor Hall and most notably Bellerive, the 300-year old plantation house where Academy Award winning actress Claudette Colbert lived for some 38 years prior to her death in July 1996 at the age of 92. She named her home Bellerive after the plantation house in the classic movie 'A Street Car Named Desire'. Claudette Colbert entertained many celebrity guests in this house, including Ronald and Nancy Reagan while he was President; and Frank Sinatra and Mia Farrow, who spent their honeymoon in the guesthouse.

Of course the design and construction of beautiful new homes has continued at a steady pace since the Messel era and the early days of Sandy Lane estate, resulting in an eclectic variety of modern signature properties, on the beach, on coastal ridges and inland. Though by no means a comprehensive list, names like Greensleeves, Fourwinds, Gardenia, Heronetta, Pandanus and High Cane immediately spring to mind.

More recent and a new style of spectacular additions to the outstanding array of signature properties in Barbados include two super-exclusive, large-scale, height of luxury residences created specifically for the world's ultra high net worth individuals – namely One Sandy Lane and

Palazzate. Both of these stellar residences occupy prime beachfront sites and have been designed by Barbadian architect Larry Warren. One Sandy Lane, which has been conceived to emulate the graceful beauty of nearby Sandy Lane Hotel, houses eight individual palatial villas that range in size from 8,000 to 9,500 square feet. While the 75,000 square feet Palazzate is being sold as a single residence, although it actually comprises four separate 13,000 square feet residences each on its own floor level.

Despite the fact that the list of superb signature properties in Barbados is relatively extensive, and continues to expand each year, the reality is that these properties tend to remain under the stewardship of their owners for a long time, often remaining within a family, and are therefore seldom available for purchase. However, whenever one does occasionally appear on the market, apart from creating an extraordinary buzz in real estate circles, it can also represent a once in a lifetime opportunity for some discerning investor.

Nevertheless, while there may only be very limited opportunities to own a house of this calibre, there is ample scope to enjoy the unparalleled experience of living in one, as a select number are made available for vacation rental.

Serenity
Photo courtesy Realtors Real Estate Limited

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Barbados
The Gem of the Caribbean

Serenity, Lancaster Ridge, Westmoreland



SERENITY, Lancaster Ridge, St. James

- Exquisitely designed villa with panoramic views
 - Large terraces with double infinity pool
 - Self-contained apartment great for guest
 - Covered Area: 13,637 sq. ft. (approx.)
- SALES PRICE: US\$ 15,000,000.00**



FAIRWAYS, Sandy Lane, St. James

- Stunning colonial style furnished 5 bed villa
 - Large pool and deck set in manicured gardens
 - Self-contained studio cottage
 - Covered Area: 10,500 sq. ft. (approx.)
- SALES PRICE: US\$ 6,795,000.00**



PENRIDGE, Sandy Lane, St. James

- Stunning elegant 5 bed, 5 bath villa
 - Offering an Infinity pool as well as Jacuzzi
 - Elevated lot with unobstructed views of the Caribbean sea
 - Covered Area: 7,000 sq. ft. (approx.)
 - Land Area: 66,000 sq. ft. (approx.)
- SALES PRICE: US\$ 5,250,000.00**

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Villa Life in Barbados

These family vacations often provide lifetime memories, especially for the children.

Villa Bonita
Photo courtesy Realtors Real Estate

Enjoying leisure time relaxing in a beautiful villa in Barbados, be it as an owner or a visiting guest, is definitely one of life's finer luxuries.

In keeping with its capacity to provide a surprisingly wide spectrum of scenic beauty within a relatively small area, Barbados can also offer a variety of beautiful villas that can accommodate the most demanding of requirements and tastes. Whether it be beachfront or wooded garden, classical or whimsical, sprawling or small and intimate, there is something here to please everybody: couples, families or groups of friends.

Villa life offers both the relaxed privacy of a home and the attentive service of a top resort. Residents have the liberty to do what they want when they want, without any need to consider the sensibilities of strangers around them, and yet still be able to enjoy the benefit of dedicated helpers whose aim is to make sure their guests relax and enjoy themselves.

This wonderful best-of-both-worlds scenario can clearly be advantageous for anybody, but it can be especially valuable for family groups in search of spending some rare quality time together. These family

vacations often provide lifetime memories, especially for the children. Many years down the road, people will find themselves fondly reminiscing about relatively simple events – perhaps a game of charades, a full-moon barbeque, a day fooling around in kayaks, a birthday celebration – all made so much more enjoyable and memorable because they were done together as a family. It is because of this particular aspect of Villa Life that many families actually book a villa vacation every year, just to guarantee a chance to spend that high level of quality time together. A villa vacation can be the ideal choice for a family reunion or indeed any other kind of special occasion.

The vast majority of rental properties in Barbados are looked after by highly accomplished management companies or real estate agencies, operated by dedicated professionals who benefit from many years experience of taking good care of both the houses and the guests who stay in them. This means that owners and visitors alike can just leave all their worries behind, totally unwind and forget about any sense of responsibility they may have left back home.



Heaven on earth

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Quality Villa Staff

Ginger Lily

Photo courtesy Realtors Real Estate Limited

Villas in Barbados are generally well-maintained and kept in immaculate condition by carefully trained staff, which usually comprises a butler, cook, housemaids, gardener and security watchman.

The Barbadians working in the villas are generally very amiable, efficient and loyal. It is not unusual for villa renters to develop a mutually respectful and endearing relationship with the staff of a particular house, which often results in repeat visits. Such is the strength of these bonds that over the years there have even been examples of villa staff being invited back to a family's home in their own country or to accompany them on a vacation.

In recent times the overall quality of the trained staff in the houses and villas has improved considerably, especially in the kitchens. Nowadays there is not only a good supply of Bajan cooks who can expertly produce a variety of delicious local dishes, there now also exists a sizeable cadre of very gifted, fully trained chefs who are well capable of producing top class cuisine of an international standard; so much so that many villa residents are quite content to 'eat in', saving trips to our

many excellent local restaurants as more of a treat or as a special occasion.

One of the extra advantages of this kind of arrangement is that you can not only choose the kind of meals that you would like to eat but also the ingredients that will be used to prepare them. As a way to broaden your Barbados experience, you could shop with the locals at Cheapside Market in Bridgetown, especially on a Saturday morning when there is a huge selection of fruit, vegetables, herbs, spices, fresh meat and sundry other items. It might all seem a bit 'strange' at first but the more you go the more you will understand and enjoy it.

To further enhance the already tremendous appeal of the Villa Lifestyle, it is possible to book house-call appointments for an extensive range of services such as hairdressers, beauticians, massage therapists, personal exercise trainers, yoga and Pilates instructors. The leading real estate and villa management companies generally have a system whereby they will interview and appraise the abilities of the various service providers for prior approval, so these professionals are generally highly qualified and provide international standard service.


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The Barbados

Port Ferdinand

Value Opportunity

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.

Barbados is an isolated tropical island thousands of miles away from most countries, but it is easy to get here. 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.

But even those Ultra High Net Worth Individuals with the capacity to invest in a multi-million dollar home in Barbados need to know that they are spending wisely, hence the need to evaluate the Barbados value opportunity.

While signature properties at the very top of the market continued to sell even 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.

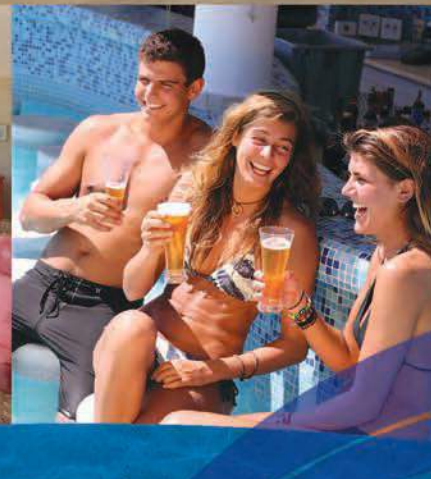
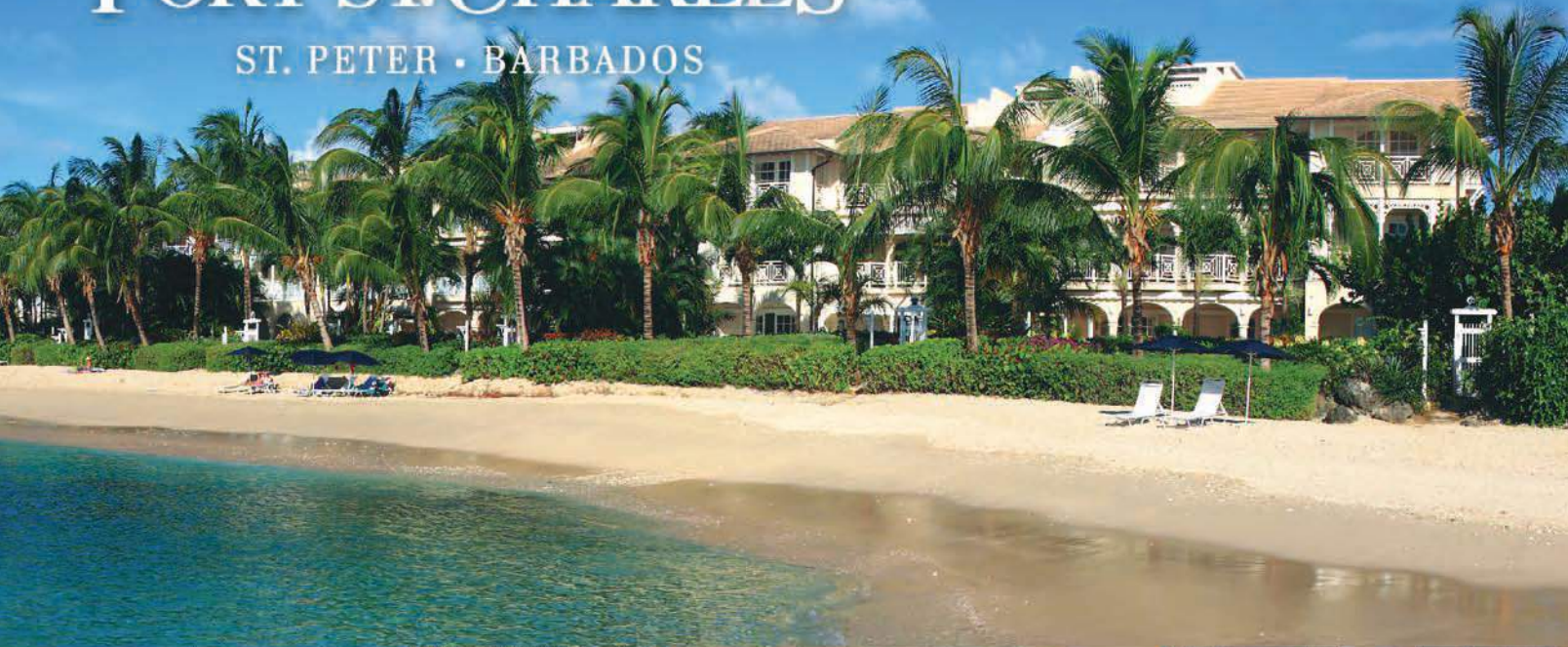
General consensus is that after a 5-year decline the market has now bottomed out and prices will not go any lower, with investors possibly benefitting from some of the best buying opportunities in years. Given that there is still a substantial amount of completed inventory available for sale, in addition 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.



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Average luxury residence cost per square foot in Barbados is US\$875, while in St. Tropez it is US\$925, Honolulu US\$933, and St. Barts US\$950. Bal Harbor is US\$1,400 and Aspen US\$1,900.”

Ocean Two Resort

Barbados offers a diverse range of properties for sale, including the ever-popular beachside apartments, individual houses, lifestyle themed resorts and country homes.

On the west coast, Saint Peter’s Bay currently represents a good opportunity to purchase a luxury apartment on the beach, while both Port Ferdinand and Port St. Charles might appeal more to those who prefer to live overlooking the water in a residential marina.

Golfing enthusiasts and nature lovers will be attracted to Royal Westmoreland, which is currently enjoying a burst of new homes construction activity, and Apes Hill Club where work is underway to build the new clubhouse.

Leading real estate companies like Altman Real Estate, Alleyne Real Estate and Realtors Real Estate, regularly have a number of more upmarket detached luxury homes on offer, including these few current examples: Sunwatch at Sugar Hill, Serendipity on Lancaster Ridge, Villa Hugo at Queens Fort, Pandanus on Mullins Ridge and Bulkeley Great House in the rural Parish of St. George. Clearly however these individual properties will come and go on the market, so it is always essential to check directly with the agents.

For prospective purchasers who are looking for a good price point close to the west coast, the Vuemont residential community located on a high ridge at Mount Brevitor, overlooking the St. Peter coastline, is a good example of an attractive value opportunity for anybody who is happy to own a home away from the beach.

On the south-east coast, in the rural Parish of St. Philip, The Crane continues to build upon its longstanding success with fractional ownership apartments and has just launched a new residential development within the resort for full-time living.

Located at the heart of the south coast, in St. Lawrence Gap, Ocean Two Resort offers for sale one and two bedroom residences built to the standard of a 4-star property.

According to the Wealth-X 2015 Caribbean Wealth and Investment Report: “Caribbean properties – and Barbados properties in particular – offer greater value than other popular UHNW resort destinations. Average luxury residence cost per square foot in Barbados is US\$875, while in St. Tropez it is US\$925, Honolulu US\$933, and St. Barts US\$950. Bal Harbor is US\$1,400 and Aspen US\$1,900.”

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- Unique Amenities & Facilities

Own Your Own Piece of Paradise. Ocean Two offers owners the enjoyment of 4 star resort amenities and facilities with their condominium purchase. For more information on all that Ocean Two has to offer, please contact the Sales Department at (246) 418-1800 ext. 8031 or e-mail sales@oceantwobarbados.com. Find out more at www.ownatoceantwobarbados.com.

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UNNA Luxury Resorts and Residences

In addition to providing the luxurious amenities and service that today's global-citizens expect, UNNA resorts and their exceptional Barbadian staff distinguish themselves by going that extra mile to ensure that guests enjoy every aspect of their stay – often beyond expectations. Unexpected, uniquely Bajan touches make a UNNA vacation a memorable experience that yields more contentment than typically 'internationalised' locations.

UNNA has located each of its luxurious resorts on the scenic northern stretch of the west coast, close to historic Speightstown. With superb beaches and a rich heritage, this area still possesses a rare charm, while also enjoying easy access to many attractions and leisure facilities.

Saint Peter's Bay

Comprising fifty-seven desirable homes, including six spectacular penthouses and three deluxe penthouse homes, Saint Peter's Bay is the first, fully completed resort operating under the 5-star luxury UNNA brand. After several successful years, including being awarded the 2015 Trip Advisor Certificate for Excellence, Saint Peter's Bay offers a fantastic vacation experience for all types of guest, from one person to three generations of the same family.

Backed by the UNNA investors' willingness to inject more funds into a thriving venture, the resort's continued development has seen the recent addition of a full food and beverage service – breakfast, lunch and dinner – in response to homeowners preferring to dine in the beautiful surroundings of the property, rather than go out.

The extended restaurant now hosts new events such as Cocktail Parties and Lobster Barbecues. At the same time, guests preferring privacy can still enjoy the services of a personal chef in their own residence.

The resort's rental programme enables prospective buyers to stay at Saint Peter's Bay and enjoy the UNNA experience first hand, prior to committing to purchase.

Saint Peter's Bay offers attractive incentives as part of the purchase package, including access to a range of outstanding facilities at Port Ferdinand, which can be reached by the UNNA water-taxi. In addition, a select number of berths at Port Ferdinand are available for Saint Peter's Bay owners, which allow for duty-free importation of a yacht.

To alleviate the challenge some people face in finding enough time to justify purchasing a vacation home, Saint Peter's Bay offers The Residence Club, which facilitates fractional ownership.

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Port Ferdinand

Recognized by the 2015 International Property Awards as the Best Residential Development in Barbados, Port Ferdinand's 82 luxury residences and 120 yacht berths occupy a dramatic, 16-acre, inland waterway close to Speightstown. As the first defined UNNA development, specifically planned and built to reflect the group's ethos and values, this exclusive marina resort represents the best of the best. Phases One and Two have been completed and 46 luxurious two, three and four-bedroom waterfront residences are available for purchase; each one with its own berth of a minimum 60 feet, which can be leased out if not required.

Sixteen of these splendid homes have been immaculately furnished and can be rented for short-term vacations, thus affording potential purchasers an opportunity to literally test the waters of Port Ferdinand.

Port Ferdinand offers a complete range of services and activities, including a watersports centre, pool-island bar and restaurant, gym, full service spa, kids clubs, adult games room with a golf simulator, beach facility and bar, business centre and Concierge Service.

The resort's highly rated, fine dining restaurant, 13°/59°, provides elegant 'al fresco' tables on the water's edge or air-conditioned comfort indoors. For a more relaxed

setting, the 13°/59° outdoor bar overlooks the lagoon and provides an ideal setting for sunset drinks or pre-dinner cocktails. In the relatively short time it has been open, 13°/59° has established a very solid reputation for the outstanding quality of its cuisine, while also earning great kudos for introducing new standards and an innovative approach to top class dining in Barbados.

The purchase price of a home at Port Ferdinand includes an attractive suite of benefits such as Duty-Free Furniture Packages and Duty-Free Yacht Importation, as well as access to shared amenities at Saint Peter's Bay, accessible via the group's water-taxi service.

The areas around Port Ferdinand and Saint Peter's Bay are being gradually upgraded by UNNA, thus creating real potential for a future increase in property values and assuring a pleasant local environment well into the future. At the centre of this plan is the highly prestigious Palazzate. Conceptualized as a single residence that comprises four separate 13,000 square feet homes, totalling 75,000 square feet, the unparalleled Palazzate, at US\$125 million, is the most significant and expensive property ever in the Caribbean. It is also a monumental testament to the vision, resources, expertise and commitment of the UNNA investors.

Palazzate





10 seconds, door to deck

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Royal Westmoreland

After twenty years of successful operation, Royal Westmoreland continues to grow from strength to strength and still leads the way in Barbados when setting standards for any luxurious residential community. With 2015 already having been a bumper year – 6 standalone homes and 8 semi-detached either built or under construction and 6 more standalone homes due to break ground – there are already clear indications that progress will be equally strong in 2016.

The main reason for this heavy demand is that new buyers prefer the Royal Westmoreland model that can provide them with a variety of options to best meet their individual needs: build a new home based on personal preferences; choose the turn-key option of buying a one, two or three-bedroom apartment; or invest in the Royal Westmoreland fractional ownership programme, which is the first deeded, stand-alone luxury villa fractional ownership available in Barbados.

The four-bedroom Royal Palm Villas in the fractional ownership programme are being sold as two week periods. Each 3,700 sq ft, fully-furnished home is on approximately 22,000 sq ft of land, with a private 12' x 41' swimming pool. Owners only pay running costs proportionate to the time they own but still enjoy Club Membership and preferred golf rates.

Whichever investment opportunity new owners choose to take advantage of, they are secure in the knowledge that they can move straight into a 'ready to go' new and exciting lifestyle. Regally perched on an impressive 700 acres of sweeping hillside overlooking the west coast, Royal Westmoreland has been neatly planned around an outstanding 7,045-yard, 18-hole Robert Trent Jones Jr. golf course, with two floodlit tennis courts, multiple gyms and pools, a stunning Club House with locker rooms, pro-shop and an elegant restaurant/bar. Royal Westmoreland also provides residents with easy access to the Indulgence Spa and Mullins Beach.

When combined with the staging of an extensive range of enjoyable membership activities – such as 'Nine & Wine' fun golf events, 'Bums & Tum's Exercise Classes, Quiz Nights at the Rum Shack, Historic Tours, Polo, Horse Racing, Holders Season - this all adds up to a very attractive resort package.

Royal Westmoreland offers owners privacy and exclusivity, nicely balanced with ample opportunity to make new friends and share in a social network that fits comfortably into their chosen lifestyle.

Grandchildren of Royal Westmoreland's owners have a golden opportunity to learn the game!
Photo courtesy Royal Westmoreland



ROYAL WESTMORELAND

— BARBADOS —



Proven not Promised



Royal Westmoreland is home to a variety of residential properties leisurely spaced around 750 acres of perfectly kept grounds. Properties range from apartments, semi-detached, fractional ownership homes and architect-designed custom villas.

With over 200 beautiful homes on resort, the vibrant members community offers the perfect way to meet a new circle of friends. Enjoy a wide range of social activities including exercise classes, golf and tennis clinics, quiz nights, wine tastings, historical tours and bridge clubs. There is something for everyone in the Royal Westmoreland community.

Resort facilities include our par 72, 7045 yard championship golf course designed by Robert Trent Jones Jr. with both a driving range and short game practice green. In addition, the beautiful clubhouse, two clay tennis courts, two fitness centres, two swimming pools, four dining options and a seven day concierge service, combined with Mullins Beach Club and the Indulgence Day Spa make Royal Westmoreland a truly wonderful resort experience.

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property



SANDY COVE, 102

Derricks, St. James

- Beachfront apartment on the fabulous west coast of Barbados
- 3 bed, 3.5 bath spacious ground floor unit offering beautiful sea views
- Community pool, gym and sauna as well as dedicated storage room
- Elegantly furnished

Priced to sell at US \$2,100,000

BLESSINGS

Cattlewash, St. Joseph

- Recently constructed and tastefully designed 4 bed, 3.5 bath beach home on the stunning east coast
 - Fabulous unobstructed sea views
- Steps away from miles of white sandy beach
 - Weather-resistant fixtures and finishes

US \$1,475,000



TREETOPIA

Sion Hill, St. James

- Stunning 3 acre country estate set in a mahogany grove and offering spectacular views
 - Luxurious and elegant with a unique Caribbean charm
 - 4 bedrooms, 8,500 sq. ft. of covered living space
- Price on request

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St. Peter & St. Lucy

- Approximately 100 acres of opportunity
- Ridge front land in the parishes of St. Peter and St. Lucy, part of the Mount Gay & Oxford Plantations
 - Spectacular views
 - Endless possibilities

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for sale...

SUGAR CANE MEWS

Royal Westmoreland, St. James

- Beautiful semi-detached, four bedroom townhouse villas with private pools
 - Situated in one of the most sought after locations in the entire resort
 - Unobstructed sea and championship golf course views
- US \$1,750,000



ROYAL PALM VILLA

Royal Westmoreland, St. James

- Standalone 4 bedroom villa with 41' long private pool
 - Located next to the 17th tee box
 - Deeded and held free hold in 2 week fractions
 - Royal Westmoreland Club membership included
- Priced from US \$76,000 to US \$307,000

ROYAL APARTMENTS

Royal Westmoreland, St. James

- 1, 2 and 3 bedrooms
 - Light and airy with granite kitchens
 - Beautiful community swimming pool, sun deck
 - 830 sq ft to 2000 sq. ft.
- Priced from US \$395,500 to US \$995,000



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- Staged payments over 12 months
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property



VILLA BONITA

Prospect Bay, St. James

- Stunning Luxury Villa with 6 bed & 5,5 bath
 - Beachfront property with Salt water pool
 - Fully equipped security system throughout
 - Covered Area: 9,200 sq. ft. (approx.)
- US \$13,750,000

COLLETON GREAT HOUSE

St. Peter

- Traditional 5 bed Plantation home
 - Two self-contained cottages 3 bed & 2 bed
 - Magnificent views of the West Coast
 - Covered Area: 16,374 sq. ft. (approx.)
 - Land Area: 7 Acres (approx.)
- US \$8,500,000



OYSTER BAY

Reeds Bay, St. James

- Furnished 4 bed villa which offers great sea views
 - Fully enclosed with extensive beach frontage
 - Large pool with gazebo and built in BBQ
 - Land Area: 13,267 sq. ft. (approx.)
- US \$8,250,000

CA'LIMBO

Sandy Lane, St. James

- Intriguing 4 bed, 4 bath furnished villa
 - Villa encircles large central pool
 - Self-contained 2 bed cottage with plunge pool
 - Land Area: 38,210 sq. ft. (approx.)
- US \$3,950,000



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for sale...

HALF CENTURY HOUSE

Sugar Hill Estate, St. James

- 6 bedroom, 6.5 bathroom luxury villa with cottage in resort community
 - Fantastic Caribbean Sea views
 - Generous covered terrace and pool deck for outdoor living
 - Tennis, clubhouse, communal pool and fitness facility on-site
 - Land area: 32,121 sq. ft.
- US \$3,950,000



SANDY COVE 401

St. James

- Stunning 4 bedroom penthouse apartment on West Coast
 - Includes a plunge pool, Jacuzzi and sundeck
 - Covered ocean facing terrace
 - Exceptional views of the turquoise Caribbean Sea
 - Fitness Centre & Sauna among amenities
 - Floor Area: 5,806 sq. ft.
- US \$6,000,000

SCHOONER BAY 204

St. Peter

- Interior designed luxury beachfront apartment
 - 2 bedrooms, 2 bathrooms
 - Large open-plan kitchen & living room
 - Master bedroom & living room open to oceanfront balcony
 - Commands breath-taking views of the beach and Caribbean Sea
 - Access to gym, resort pool, Jacuzzi & poolside gazebo
- US \$1,650,000



WINDFALL

Apes Hill Club, St. James

- Furnished 4 bedroom luxury villa
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Prize-winning Restoration

Strict guardians of our heritage

Barbados has a rich architectural heritage and is known for its characteristic fusion of the English Georgian style with elements designed to withstand the tropical environment. This “vernacular” style of architecture with its parapet roofs combined with the characteristic two foot thick coral stone walls is ideal for the Caribbean as it proved effective against the threat of hurricanes and tropical storms. It is widely known as “Caribbean Georgian” architecture. The massing of the walls with relatively small fenestrations and the traditional verandahs also contributed to the natural cooling effect this style is renowned for. The late Sir Donald Wiles, former Director of the Barbados National Trust, loved to describe it as “Bajan air conditioning”.

Dalmeny, circa 1900.

A fine example of Barbados vernacular

Photo: Henry Walter Parkinson with the permission of the Parkinson family



Firm craftsmen of our fate...

Shirley House, on Hastings Main Road, in the district originally known as Hastings Village, developed in the 1830s, has been restored and brought back to life by Habitats Architectural Designs Inc., as the new headquarters of Globe Finance. It has been selected as a winner in the annual International Property Awards, in the category of “Commercial Renovation/Redevelopment” in the Americas for 2015. Restoring this 200 year-old property was like reviving a piece of history as it is not only listed with the Barbados National Trust but it is also located in close proximity to the newly inscribed UNESCO World Heritage Site of Historic Bridgetown and its Garrison. The choice of materials was carefully selected - from the use of lime render and lime wash on the walls, which prevents the growth of mould, to the windows which were custom made to the original size and proportions but are double glazed, insulated, tinted and built to withstand hurricane force winds. All of the design elements of the exterior, including the traditional decorative fretwork on the porticos, have been carefully preserved and restored, and an extension at the rear has been meticulously and harmoniously integrated with the classic design. A beautiful new interior staircase has been built, and some interior walls have the coral limestone blockwork exposed, which is very pleasing. Overall, the final renovated structure has a corporate appeal with a modern touch within that is balanced by the classic elegance of the original colonial style. It is now a striking landmark in the Hastings Village and it is to be hoped that it will inspire other faithful restorations in the area.

Shirley House, restored by Habitats Architectural Designs Inc., a recipient of the Annual International Property Awards
Photo: Leslie St. John Photography

Interiors



Many of the traditional Barbadian homes still have polished wood floors, jalousie windows, china ornaments, mahogany (if not antique) furniture and lace curtains.

Modern interiors are less fussy and more open, with social spaces that blur the line between indoor and outdoor living. Local materials have shaped Bajan style. As walls, carved tables, or accessories, coral limestone has a big presence. As does mahogany, an introduced species that became prized by our long line of skilled joiners.

The British stage designer, Oliver Messel, lived here for years and left his romantic mark on many properties. More recently, both local and international designers have too, in villas, hotels and restaurants.

If you're here between January and March, attend a National Trust Open House to get an inside view of private interiors!

This photograph of the interior of Bishop's Court, the seat of the Anglican Bishop of Barbados, was taken in 1909. Filled with what, from today's perspective, is seen as Victorian clutter but was the epitome of fashion 110 years ago.

Above > Bishop's Court circa 1909
Photo courtesy the Karl Watson collection

Opposite > Blurring the line between indoor and outdoor living.
Photo courtesy Jenny Blanc Interiors





As part of their full interior design service Jenny Blanc has created a range of mahogany furniture inspired by the rich heritage of Barbados and made by joiners on the island.



Embracing Barbadian Heritage and Style

Jenny Blanc's inspiring showroom in St. James features a host of enticing, original products for the home and offers an unbeatable range of services to help you create beautiful interiors.

The full design service, run from their West London studio, is underpinned by their many years of experience of designing houses in the Caribbean and has access to the most exquisite collections of fabrics and furnishings available internationally.

The 'Just Rooms' service allows you to decorate your house one room at a time with the full support and expertise of the talented showroom team. Special packages can be tailored to furnish holiday lets and the team will visit your home to accessorise your interiors with those finishing touches to make them your own. The showroom offers a selection of exceptional brands of outdoor furniture all tried and tested for suitability in a tropical, marine climate.

As part of their full interior design service Jenny Blanc has created a range of mahogany furniture inspired by the rich heritage of Barbados and made by joiners on the island. Barbados mahogany (*Swietenia mahogany*) was abundant when the island was first settled by Europeans. Used by the settlers as the main material for construction, fuel for early sugar cane factories, boat building and furniture, only small groves now remain. Furniture made from this hardwood is prized for its durability, its resistance to termites, its superb quality and beautiful reddish brown colour. Today, most mahogany is imported onto the island and the superior Barbados mahogany only becomes available if a tree falls or is trimmed.

The early settlers brought furniture with them but with the availability of this fine hardwood and skilled local joiners, by the late 18th Century there was significant production of local furniture in styles influenced by the earlier imported pieces. Distinguished from the more restrained English models, the more exuberant Barbadian style of furniture flourished when the great houses on the sugar plantations were re-built after the 1831 hurricane.

Following in this tradition, Jenny Blanc Interiors has revisited historic Barbadian furniture styles with their designs for beautiful mahogany and cane armchairs, elegant mahogany and marble coffee tables and romantic four poster beds with matching dressing tables. Outstanding pieces – made from rarely available Barbados mahogany – such as a bar with painted panels featuring the local green monkeys, have been designed by Jenny Blanc and are made locally by talented artisans. This beautiful mahogany furniture, with its reflections of an earlier cultural heritage and style, adds depth and character to contemporary interiors and contributes influences of an original plantation house.

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Shop at Walker's World and create amazing spaces

For nearly 30 years Walker's World has been a mecca of art and home decor, offering a phenomenal wealth and variety of merchandise for locals and visitors alike. While the magnificent art of Jill Walker and her family remains at the heart of the company, one of the hallmarks of Walker's World has been the ability to mix a wide range of high quality Caribbean products with exotic items imported from all around the world, including Indonesia, North America and Europe. As such, the stores are now widely acknowledged as prime locations to purchase attractive gifts, furnishings, and quality Barbadian souvenirs.

Under the inspirational leadership of owner Karin Truedsson, this dynamic company also offers a customised home interior design service to meet the growing demand from clients wishing to furnish homes, restaurants and hotels. The aptly named W DESIGN provides a level of expertise and vision that empowers customers to explore new horizons in decor, while remaining within budget. Close contact with the customer is paramount for the W DESIGN TEAM who will willingly go that extra mile to make certain all goals are met.

The W DESIGN service includes the valuable capacity to marry existing furniture and decor with complimentary new elements. Family treasures can be accommodated with creative solutions that relocate pieces, repurpose them, or combine them in refreshed surroundings; while new fabrics, upholstery and paints can completely change the whole interior perspective. So, as well as offering a wonderful shopping experience, Walker's World can accommodate the more discerning homeowner, developer, hotel or architect, by providing a sophisticated personal service in design and furnishing.

To book an appointment for design consultancy or to arrange a site visit, telephone Karin at (246) 234-8065 or connect with Walker's World online: www.walkersworldbarbados.com | design@walkersworldbarbados.com

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A Full Range of Services for Furnishing & Equipping a Home



Natz offers a full spectrum of interior design and furnishing services, from supplying knives and forks, to providing a full turn key operation where the client simply returns to Barbados and walks into a newly decorated and completely equipped home.

Natz Home Furnishings caters to anybody interested in high quality, stylish home furnishings and accessories, whether a casual shopper, somebody looking for special items to spruce up a room, or a client seeking interior design services for a refurbished or new home.

As a Barbadian who has personally experienced the challenges of sourcing products in Barbados, owner Natalie Manning understands the needs of her clients. In fact it was when she had to import everything from overseas to furnish an apartment at Port St. Charles that Natalie decided to launch her business some 20 years ago. Her early projects with Interiors by Natz included furnishing upscale residences at Royal Westmoreland, Sugar Hill and Sandy Lane. After a string of referrals from happy clients, the business grew so much that Natalie opened Natz Home Furnishings as a showroom and store.

Offering a good balance between quality and price point, with an extensive stock that includes items that are hard to find locally, like quality sheets and bedspreads, fine fabrics, tablecloths, flatware and glasses, Natz has a policy to only buy decorative items in small quantities to avoid duplication.

The store has a meeting room where clients can discuss plans with Natalie and her team, while browsing through a broad selection of product catalogues. One of the hallmarks of Natz is their close relationship with customers. The ultimate goal is to ensure that clients' needs are well taken care of at all times, especially when they are not in Barbados.

Natz enjoys good relationships with several US manufacturers and suppliers and has set up a freight-forwarding facility to ship items to Barbados. As part of the overall service that clients find invaluable, Natz even clears the goods at the port, unstuffs the containers and manages customs clearance. And when the items are ready to be delivered to the client, Natalie Manning goes with it!

"I am a very hands-on person. I personally oversee the unpacking and the installation. We might be living in a Caribbean island but I give my clients first-world service. When the job is finished and the client is happy, then so am I."

To book an appointment for design consultancy or to arrange a site visit, telephone Natz at (246) 424-2661 or connect with Natz online:

[fb.com/natzhomefurnishings](https://www.facebook.com/natzhomefurnishings) | natalie@natzinteriors.com

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Art & Craft



Art in Barbados has evolved tremendously over the past decade, and Caribbean art on the whole is receiving unprecedented international attention. The island’s “gentler side” offers a cultural haven among the action-packed activities on offer. So steal away for a day and explore the outstanding galleries highlighted on the following pages. Whilst some treasures are sought, others are chanced upon, so on your travels around Barbados be sure to visit some of our talented artists at their studios, which are also featured in this section.

There is also a wide variety of beautiful local craftwork, much of it created out of the island’s most readily available natural resources. Pottery, batik, basket making, jewellery and wood carving are among the prominent local skills. Art and craft provide a wonderful reminder of a special holiday on our “island in the sun”.

Pottery is an age-old tradition in Barbados, dating back to the days of the Amerindians who settled here circa 1500BC to 1500 AD. With an excellent source of clay from the Scotland District it continues to thrive today with both traditional and creative new designs of functional ware. »

Above > Earthworks Pottery
Photo: Andrew Hulsmeier

Opposite > Pottery from Chalky Mount was brought to Bridgetown to be sold by the women in the family
Photo: Karl Watson postcard collection



Portrait of the Artists

Gallery NuEdge, Limegrove Lifestyle Centre



Terrence Rupert Piggott

TERRENCE RUPERT PIGGOTT, born in Barbados, is a versatile artist who is constantly evolving stylistically and conceptually. His subjects often stem from classic ‘Barbadiana’ scenes to visions of pure abstraction, or as he refers to “the birth of nothingness”, in which colour, texture and medium are significant components in his work. “I am interested in the discovery of new textural elements and surface treatments. The way I approach my work is usually very spontaneous, in that the works are executed utilizing no preliminary sketches, but allowing the work to evolve as I progress. It is a journey of discovery for me, from inception to completion that is spiritually and emotionally fulfilling. Creativity is essential to my experience and I must continually evolve if I am to find harmony with myself and my creator.”



Dennis De Caires

DENNIS DE CAIRES is no stranger to Barbados, although born and raised in Guyana, he is very much a part of the local art scene, living and working between Barbados and London. He has always been fascinated by everyday objects: a cup, a flower vase, a banana or a chair become the main subject of his paintings which he portrays in such a way that they often appear to hang in space, pulling the viewer in and inviting them to engage with the virtual space of his “mise en scène”. Just as interesting is the depth of colour, which he surrounds his objects with, creating a dialogue between the elements. In an effort to achieve pictorial harmony, Dennis emphasizes the play between the forces of colour and design to create a rhythmic environment.



Amel Chamandy™

Photographer, sculptor and designer, Montreal artist AMEL CHAMANDY™ has been creatively active since the age of 15. Her contemporary artistic style is inspired by the natural beauty of the world and rises above the simple capture and display of memory and image. Amel poetically transforms the basic and familiar object of a camera’s lens into the complex result of mind and interpretation. She looks at her subject in a way that transcends colour so that she can arrive at its essence and usurp the ordinary for the extraordinary. Her subjects are varied and can be found in elements in both nature and the man-made world that surrounds her. She seeks to challenge people’s predisposition of the subject through the colour that she uses.

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Portrait of the Artists

On The Wall Gallery at Earthworks and Champers Restaurant



Vanita Gopwani Comissiong



Heather-Dawn Scott



Ann Dodson

Arguably one of the most prolific and certainly one of the most vivacious artists in Barbados is VANITA GOPWANI COMISSIONG. Her paintings are a visual feast of colour and depict local cultural scenes, from women in the cane fields, market scenes, stilt-walkers, portraiture and so on. Vanita, somewhat of a feminist she says, “I try to empower my ladies with strength, solidity and vigor. Women in this island have been the backbone of the economy and although I am accused of painting them as manual workers I do so mainly to show their resilience, faith and dignity.” She believes that there’s lots of magic in the world and her paintings seem to bring some of that magic to life.

Vanita takes her painting and her galleries seriously. In this regard she only features art by long-standing, well-established, full-time local artists with a few very notable exceptions.

MICHAEL JACKSON has held major exhibitions of new work in London, Florida, Barbados and Bermuda, while based in a beautiful neo-gothic chateau in France. “Each of the countries I choose to visit, offers something different, and provides exciting opportunities for observing the wonderful multiplicity of life that our glorious planet has to offer. His human narrative work here captures Barbadians exquisitely.

Born in Chile to a Barbadian mother and a Scottish father HEATHER-DAWN SCOTT has gathered inspiration for her work from many countries and sources. Known for colourful acrylic canvases, her subject matter varies widely from portraiture and landscape to abstracts and fantasy. A long enchantment with the first photographic images of the Caribbean still holds a fascination for her and she enjoys bringing these small monochromatic prints to life in large vivid works. More recently alongside the paintings she has begun exploring textiles and terra cotta and found materials which can be viewed at all of the islands exciting, well established art galleries such as On The Wall, the Gallery of Caribbean Art, Art Splash and Art For Everyone.

ANN DODSON was born in Barbados in 1958 and was educated at McGill University and Concordia University. She has held several solo and group exhibitions. “The juxtaposition of colour, pattern and shape tend to dominate my creative thought process, whether these are explored in the Barbadian landscape or celebrated in the female figure as she weaves her unique colours, patterns and shapes.” Ann’s unique style is admired and collected by discerning art lovers from around the world.



Ann Dodson



Michael Jackson



Heather McDonald



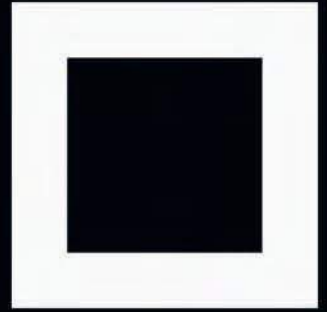
Heather-Dawn Scott



Liz Stewart



Vanita Comissiong



on the wall

art gallery

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Edgehill, St. Thomas

otwgallery@gmail.com
onthewallartgallery.com

For gallery opening hours or
further information, please call

246 234 9145



Catherine Forter Chee-A-Tow

Tracey Williams

Portrait of the Artists

Gallery of Caribbean Art, Speightstown



Coral Bernadine

CATHERINE FORTER CHEE-A-TOW, born in Bordeaux with dual citizenship of France and Barbados is an autodidactic artist with a strong interest in Caribbean literature and history. Educated at the Universities of Bordeaux, Salamanca and Oxford, her work is much sought after and collected locally and internationally. Strong colours, bold lines and contrasts characterize her work, which is mostly in acrylic.

NEVILLE 'OLUYEM' LEGALL states that "Today man is enslaved. Shackled by the pressure of survival and belonging in a materialistic society. Constant hustle and chaos precludes seeing; this many people fail to observe and experience treasures of nature". When he paints he is not concerned about current trends. His methods are set and simple—he paints the things he likes, however he wants to. Art for him is an expression of

liberty. Past president of the Barbados Arts Council, Neville has been painting full time since 1984 to great acclaim, exhibiting around the world, teaching, judging and producing beautiful vibrant Barbadian art.

HEIDI BERGER has led a peripatetic life in Canada and Europe, consistently returning to the family home in Barbados since 1976. She works with acrylics, collage and encaustic. Palimpsest, half erased or covered layers, allows the past to be visible in the present. Incorporating collage and words gives them a different context, a different life in a cohesive whole. Heidi has exhibited in many solo and group exhibitions and her award-winning paintings are found in private and corporate collections all over the world. She teaches art in Barbados and Canada.

This year Barbadian watercolourist, **CORAL BERNADINE**, celebrates 50 years as a professional artist, at the same

time that Barbados celebrates 50 years as an independent nation. Her many contributions to art in Barbados include painting the emancipation mural in the West Wing of Parliament, the design of the national dress of Barbados and tutoring art in the Rehabilitation Programme at H.M. Prisons. Her exhibition, 'Power and the Glory' Barbados Day in November 2015 was a precursor for an exhibition in 2016 in honour of the 50th year of Barbados' independence.

TRACEY WILLIAMS is a Barbadian who pursued her lifelong ambition of being an artist, developing and refining her philosophy and skills in acrylic and oils under the tutelage of Standley Greaves and Alison Chapman Andrews. She followed her dreams and opened a retail store called The Art Hub Barbados which sells art supplies and materials. She also teaches and conducts workshops, becoming a Golden Art Educator in 2015. Tracey's work centres on flowers and landscapes with bold colours and sexual overtones.

JANICE ELIZABETH STEWART, Liz, is known in the art world by her signature 'Baiti'. A Barbadian artist with strong influences from her Lokono Arawak Indian grandmother from Guyana, she was awarded the Carmichael Prize for the Best New Emerging Artist in 2011. Art lovers describe her work as different and vibrant in colour, which is reflective of the Caribbean. Her art is sold both locally and internationally.

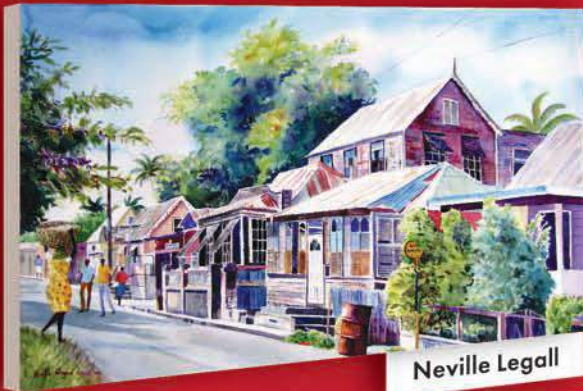
Gallery of Caribbean Art



Susan Mains



Nakazzi



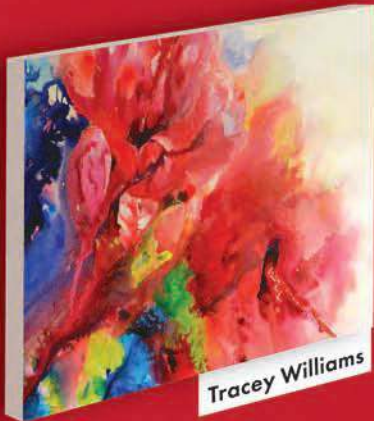
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Portrait of the Artists

The Village Gallery at The Crane Resort



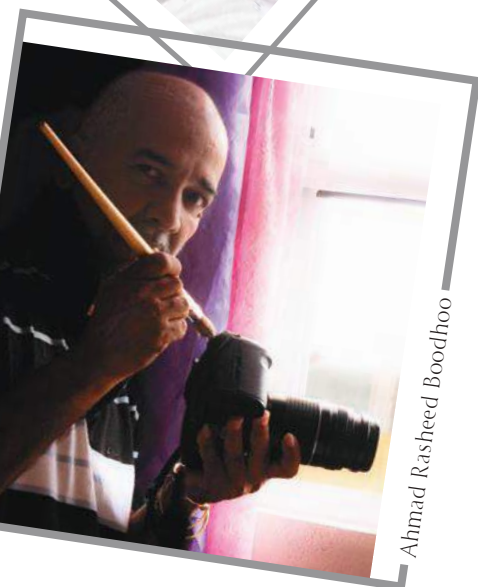
Shamelia Forde



Sian Pampellonne



Tanya Foster



Ahmad Rasheed Boodhoo

SIAN PAMPELLONNE is a Trinidad-born artist who studied art under the tutelage of her grandfather, Gordon Parkinson, and later at the Barbados Community College. Subsequently she entered the world of Mass Communication owning an Advertising Studio in Barbados. An avid art collector, she rekindled her love of painting a year ago, purely as an outlet for self-expression. Using acrylics on canvas and mixed media, Sian is able to convey her feelings through vibrant colours, creating bold pieces of art which have become her signature style. The Carmichael Exhibition at the Village Gallery at the Crane Resort, Barbados 2014 was the first showing of her work.

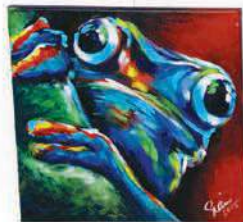
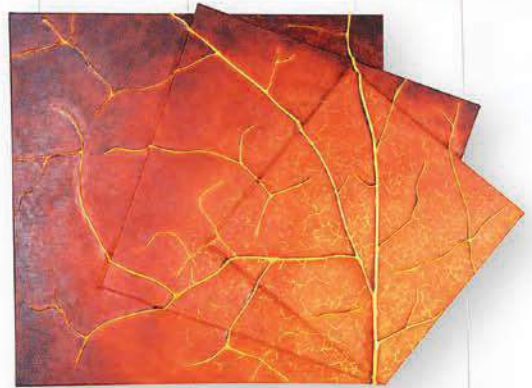
TANYA FOSTER was born and raised in Ontario, Canada. After moving to Barbados in 2003, she changed career paths and focused on her family and art. Having completed many workshops and a background in stained glass and sculpture, she studies under artists such as Heidi Berger and Cathy Alkins. Tanya is currently studying part-time with MOMA – Museum of Modern Art in New York. Tanya's artwork has been displayed in numerous group shows, and her first solo exhibition, 'Inspirations' in 2014. Each piece has a private message written on the back and a "little piece of her" that will bring you into her soul to feel something that inspired her while painting.

SHAMELIA FORDE was born in Barbados in 1991. Forde is a professional free lance artist who uses a variety of different mediums such as pencil, paint, wood and clay to create her art pieces. She

completed her Associates Degree in Fine Art at the Barbados Community College in 2013, where she won a scholarship to study at the St. Lawrence College in Canada. Her work has been on display both locally and internationally, in the Bridgetown Gallery and the Brockville Art Gallery in Ontario, Canada. Shamelia has a genuine special interest in the area of portraiture and the structure of the human body. She enjoys capturing the essence of the individual and bringing it to life through drawing.

AHMAD RASHEED BOODHOO started his career as an artist in the early 70's, being very active in the art scene into the 80's, until the tragic death of a friend. Some twenty years later Nigel Pierre got him back into painting. He turned to Photography in 2007 and began his journey as a photo artist. In 2008, Ahmad took part in four shows held in Queens Park Gallery, three at The Barbados Arts Council and one at the Gallery of Caribbean Art. NIFCA in 2008 was another big success for Ahmad, winning Bronze, Silver and Gold medals in addition to taking away the White Photo and Most Improved Photographer awards. 2009 to 2012 saw him participating in various group shows in Russia, Canada, London and Barbados, as well as a solo show at the Errol Barrow Centre for Creative Imagination at the University of the West Indies.

"My style of making images, to me is more of the artist in me than that of a photographer. Give a camera to any one and they can take a photo but not everyone can create an image, I try to bring to you photography that is art and that's all."



VILLAGE
Gallery

“Everything you can imagine is real.”
- Pablo Picasso

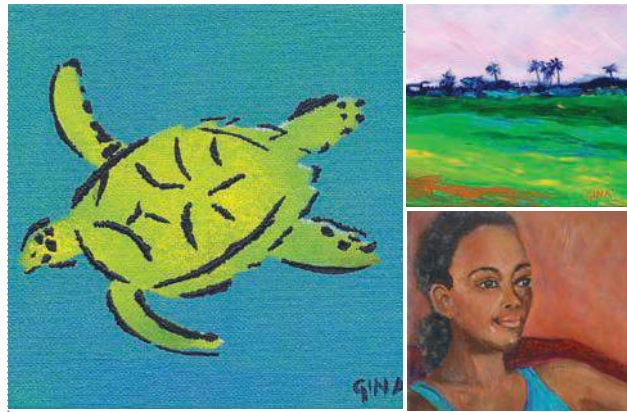


HEIDI BERGER

“Caribbean Images in acrylics, collage, encaustic, mosaics”

The work of award winning artist Heidi Berger relates to the lives of women in Barbados and can be found in leading galleries.

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www.heidiberger.com | heidimberger@gmail.com



GINA FOSTER

Barbadian artist, Gina Foster uses vivid colour, bold strokes and texture to depict movement and mood. She paints in acrylics capturing the vitality of life on the island. Gina’s book, ‘Sweet Bajan Days’ is a wonderful depiction of the true essence of life on our island – an absolute must for all lovers of Barbados.

A variety of Gina’s art can be found at gift shops throughout the island. For original work please visit our local galleries or contact Gina personally.

Tel (246) 430-0338 or (246) 233-0999
gina@caribsurf.com



BLAKE CORAL STONE DESIGNS

Alpheus Blake is an exceptionally skilled coral stone craftsman offering customized, hand-made coral stone works of art. Whether working with a client designing a custom piece for a specific space, or fabricating a one-of-a-kind, solid coral stone dining table, the utmost care and craftsmanship is given to each and every piece – guaranteed to get a “wow” reaction every time!



Each piece is made to order and he has worked on projects ranging from high end residential, to commercial applications, including a variety of designs such as wall sconces, façades, over-sized plant pots and dining tables.

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blakecoralstonedesigns@ymail.com

JANICE SYLVIA BROCK

The vibrant hues, the sense of movement, the free style and the sometimes offbeat treatment of subjects, imbue Janice Sylvia Brock's paintings with joie de vivre. Brock's vibrant paintings are keenly sought after by discerning collectors worldwide. Many of her paintings, recently completed or still in progress, are displayed in her St. James studio, with over 500 square feet of exhibition space overlooking the ocean.

Janice's autobiography, *MY LIFE ON CANVAS*, can be ordered directly from the artist by email (or in the UK call 01625585744 or 07940744684).



Viewing by appointment. Tel (246) 432-6061 or (246) 237-7670
www.brock-gallery.com | janice@brock-gallery.com
Brocklands Gallery, Halcyon Heights, St. James

CATHERINE FORTER CHEE-A-TOW

The art of Catherine is very decorative, Caribbean in its essence, vibrant in its colours and movement. Characters depicted are bubbly, rich in Caribbean antics and apparels. Keenly sought after, Catherine's art may be seen at the Gallery of Caribbean Art in Speightstown, Village Gallery at the Crane Resort, Tides Restaurant in Holetown, Tapas Restaurant on the Boardwalk in Hastings, the Festival Gallery and by appointment at her home studio in the Garrison Historic district.



Tel (246) 262-6238 or 427-7859
Facebook: Catherine Forter Chee a Tow
c.forter.cheeatow@gmail.com



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At Earth & Fire you can be assured of the highest quality in design and construction. Their products are individually hand-crafted with an emphasis on detail and authenticity.

The entire range of Earth & Fire products is inspired by everyday life in Barbados, and features many aspects of the island's beautiful people, architecture and fauna. Visit their workshop to see the artisans at work and be sure to look out for the lovely La Cueva Souvenir Shop when visiting the Animal Flower Cave.

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the studio

exclusive images & interiors

The Studio is the collaboration between renowned Caribbean photographer, Mike Toy, and British designer, Kathryn Horsfall. This exclusive and contemporary boutique offers a range of bespoke products, from wall art to textiles, that is unavailable anywhere else on the island.

They offer custom prints and photo gifts such as beach bags, jigsaw puzzles, acrylic blocks and playing cards, while their range of home interiors is handcrafted in India using traditional block printing and includes cushions, bed linens, placemats, napkins and bathrobes.



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#3 Chattel Village, Holetown, St. James



JEAN BLADES

Growing up in Atlantic Canada, Jean developed a love of sea, sky and wilderness early while accompanying her father on his lengthy fishing trips, often by canoe. She brought these past memories with her to her second home, Barbados, where she has lived for over thirty years. These past and present experiences are depicted in her colourful, often emotional paintings of real places here in Barbados. She uses only palette knife with acrylic paint to simply express her world through her eyes. Represented by a number of local galleries, Jean also welcomes visitors to her home studio by appointment.

Tel (246) 428-7150 | bladespaxamor@gmail.com



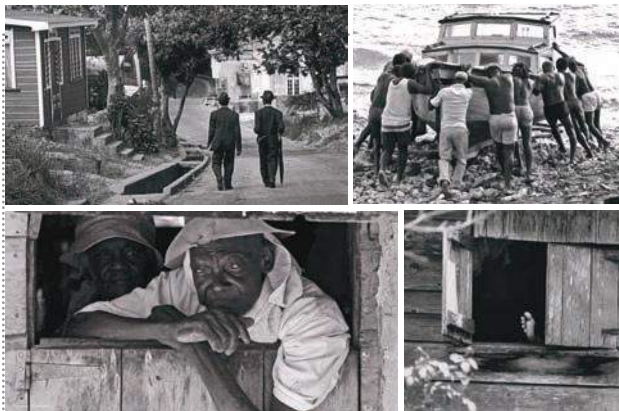
JOHN STUART 1932 - 2011

John was born in London, however it was here in Barbados, in his mid-fifties, that he started to paint seriously and with great passion. Using a palette knife and oils he recreated the bright and cheerful rural scenes of his beloved Barbadian countryside.

As John wished, his family continue his legacy on canvas and archival paper. Visit www.johnstuartart.com to view many of his paintings; for family favourites contact John's daughter, Manty Cooper. Also on show at galleries islandwide.

Tel Manty Cooper (246) 823-0065

www.johnstuartart.com | manty@johnstuartart.com



RONNIE CARRINGTON

Join Ronnie on his unique **BARBADOS PHOTO-ADVENTURE** and experience the soul of Barbados.

These private or group outings come with or without instruction. Participants benefit from Ronnie's years of recording our folk life and landscape, as he created the fascinating black & white images that make the Carrington Collection.

His recent publication "Pathways, thoughts on the journey", combines natural environment images and inspirational verses – a unique Caribbean souvenir. Images are available as prints, posters, on canvas and on note cards.

Tel (246) 230-9170

www.ronniecarrington.com | info@ronniecarrington.com



DAVID ALLEYNE

David's acrylic paintings have been collected by Barbadians and visitors for over 20 years.

His vivid depictions of Barbados are hung in numerous offices, restaurants and homes, including those of former prime minister, Owen Arthur and British singer, Sir Cliff Richard.

Inquire about paintings, classes and "en plein air" (open air) painting tours.

Tel (246) 245-0131

davidalleyne.webs.com

davidalleyne.fineart@gmail.com



The Walkers' Life

... a Love Story

By Senator Professor Emeritus Sir Henry Fraser

"I always thought I had had a rather quiet life. However, since I was persuaded to produce this book, I realise it has been the most fabulous life, and I have been extremely lucky." (Jill Walker, in her autobiography, **JILL WALKER'S BARBADOS**)

Jimmy and Jill Walker, like their brainchild Best of Barbados shops, have been household names in Barbados for more than 50 years, and to paraphrase a popular folk song: "The name gone abroad!"

I've called this 'double bio' a love story, because it's a story of two like-minded, creative, conscientious, hard-working, adventurous people, who met by chance 4,000 miles from their British homes; who fell in love with each other; who fell in love with the Caribbean; who fell in love with Barbados; and who fell in love with working together, and with loyal teams and loyal family for the good of Barbados.

Jimmy was a Scottish architect, on contract in Guyana, (British Guiana) as Chief Architect to the government. Jill was a brilliant young artist, establishing a reputation in London both as theatre designer and portrait painter, but her spirit of adventure led her to buy a one way ticket on a freighter to Guyana in 1955 to visit a friend. Little did she know she would meet the love of her life on the very first night she arrived! To cut a long story short, Jimmy was seconded to Barbados after Hurricane Janet's blow of September 22nd to help our government to design and build low income housing for the thousands who lost their homes. Jill followed, they married, and the rest is history!

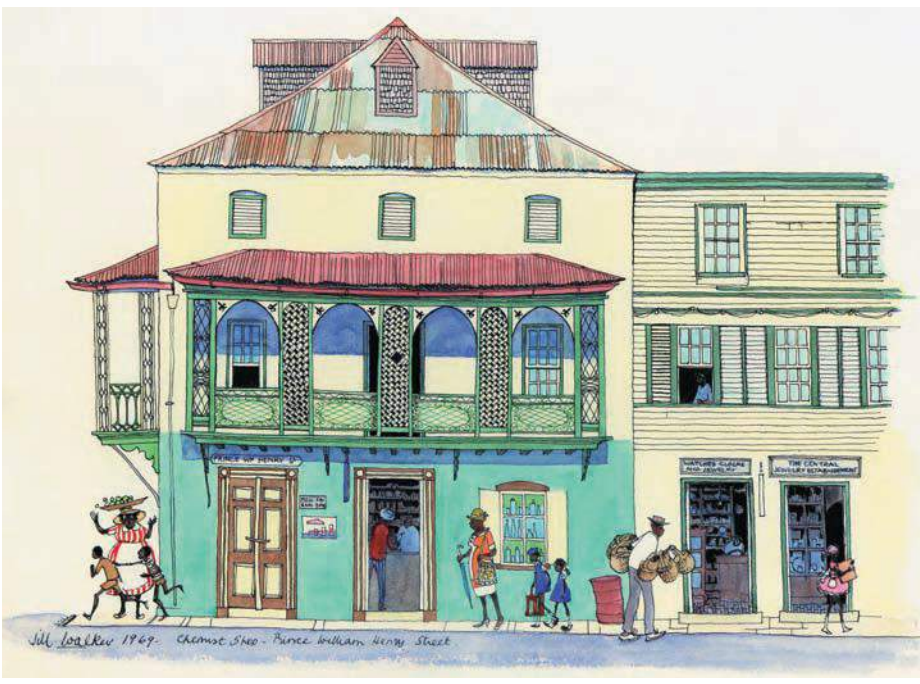
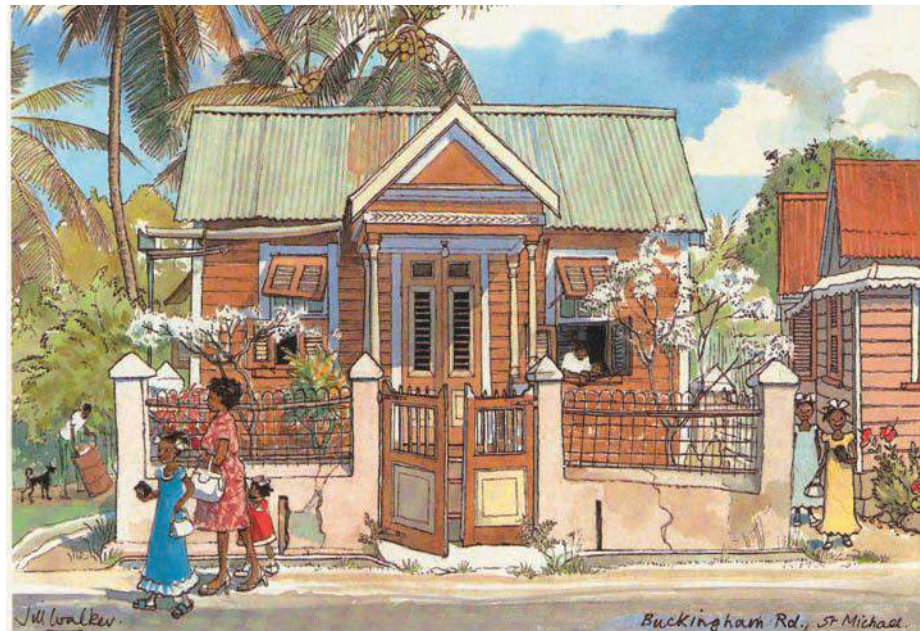
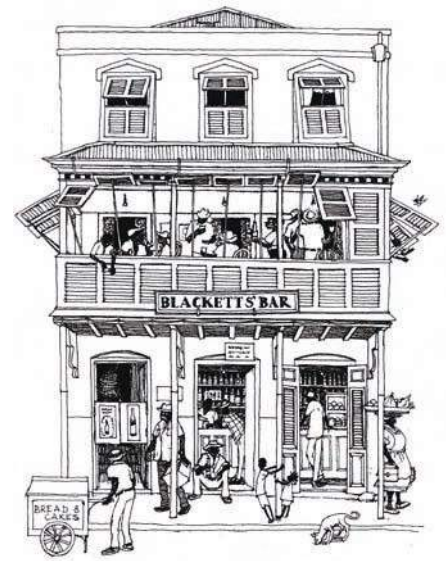
After sailing mainly on schooners around the Caribbean they returned to Britain, but were soon back to Antigua, in partnership with architect 'Happy' Ward,

Right > Jimmy and Jill Walker in the 80s

and then back to Barbados with him to design Sandy Lane Hotel. And three homes, 55 years and a famous business later – Best of Barbados chain of ‘the best’ of art, gift and souvenir shops – Jill’s words speak for them both: “A fabulous life”!

Jimmy’s love for architecture has always been foremost, and his designs covered the spectrum of local government housing schemes of the fifties to Sandy Lane Hotel and villas. He restored Byde Mill Plantation and its mill wall as his home. He advised many, pro bono, and as an early and long standing member of the Barbados National Trust, serving as first vice president, he made a huge contribution to the preservation of our historic built treasures. And when I began to study our historic buildings his opinions were extremely helpful.

Meanwhile, Jill was making a big name as an artist, and in spite of her skill as a portrait painter, illustrator and landscape painter, she developed a passion for Barbadian vernacular architecture. Her creativity and versatility knew no bounds, and eventually Jimmy realized that there was a huge opportunity to market Jill’s work. And so he gave up his architectural practice and they opened their first shop at Sandpiper Inn, on November 14th, 1975. The late Oscar Davis, a true friend of Barbados, suggested the name Best of Barbados. They never looked back, and today Chris Trew and wife Sue (nee Walker) run the business side and painting and designing side respectively, from the old sugar boiling house at Welches House, which was bought from Sir Frank Worrell in 1966. But there’s no better way of telling the fabulous story of Jimmy and Jill Walker than by referring to the amazing, sumptuously illustrated, beautiful book **JILL WALKER’S BARBADOS**,



Mrs. Walker is one of the truly outstanding artists living and working in Barbados and her work has been dedicated to the accurate documentation of Barbadian buildings

Below > Jimmy and Jill Walker with their daughter and son-in-law, Chris and Sue Trew



Jill Walker's BARBADOS

50 years of Barbadian Life recorded in Jill's Drawings and Paintings

Second Edition with an additional Chapter



An Artist's Autobiography with many as yet unpublished Drawings and Paintings

Jill Walker

subtitled 50 years of Barbadian Life recorded in Jill's Drawings and Paintings.

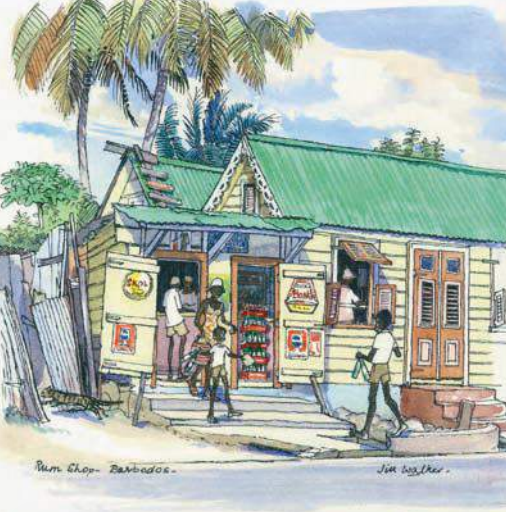
I wrote at the time: "I consider this book to be ONE OF THE VERY FINEST BOOKS EVER PRODUCED IN OR ABOUT BARBADOS, and it can be classified under any of three EDUCATIONAL categories, which it combines wonderfully in a single volume: ART, ARCHITECTURE, AUTOBIOGRAPHY OF AN ARTIST.

Firstly, Mrs. Walker is one of the truly outstanding artists living and working in Barbados and her work has been dedicated to the accurate documentation of Barbadian buildings, landscape and life. Her best known work provides the most extensive and invaluable archival documentation of the architecture of Barbados ever carried out, surpassing the only other 'collections', of the artist Mr. Virgil Broodhagen and one of my own books, and it is all included in this book. Many of the buildings seen here are tragically demolished, and these are therefore the only records for posterity of lost treasures and soon to be lost treasures of our patrimony.

Secondly, her other, significant art works are in private collections and not available for study, and therefore this book does a singular service in making this outstanding, 'hidden' work available to artists and students in Barbados and the wider Caribbean in particular.

Thirdly, the autobiography of any famous artist, writer, playwright or significant creator is automatically a work of scholarly interest. Mrs. Walker's fame extends far beyond Barbados and is beyond dispute."

It is one of the ten books I would take with me on a desert island, and it tells a wonderful love story!



Best of Barbados Gift Shops

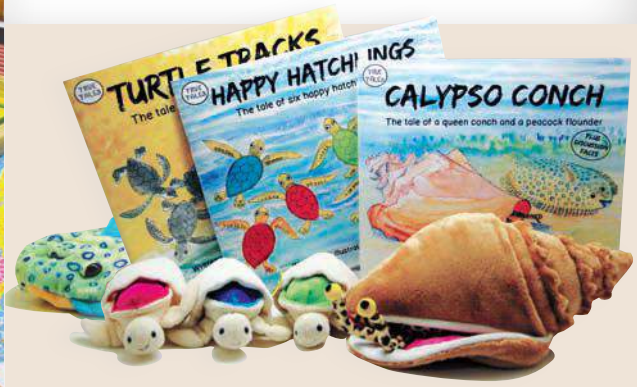


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- Southern Palms Hotel, St. Lawrence Gap
- Airport Departure Lounge
- Bridgetown Cruise Terminal





The Business of *Pleasure*

Well-known among art lovers for his fresh, vibrant and cheery batik creations, Henderson Reece excels at capturing familiar local scenes and iconic elements in this globally-treasured medium. Mainly self-taught, Henderson's work can be found in collections in Europe, America and the Caribbean.

Inspired by his passion and craftsmanship, so many people asked Henderson about the possibility of learning to make batik themselves, that he began offering workshops at his studio - a breezy, hillside house with a great view. One day under his tutelage including all materials and lunch is BB\$400 (US\$200) per person. At the end you leave with a batik of your own design, which his protégés-for-a-day often mount and frame for their homes.

The best place to find Henderson and more of his stunning portfolio is at **THE BATIK STUDIO**, Earthworks Pottery Complex, St. Thomas. Find out more about his artistic journey, the workshop and the art of batik itself on Henderson's website.

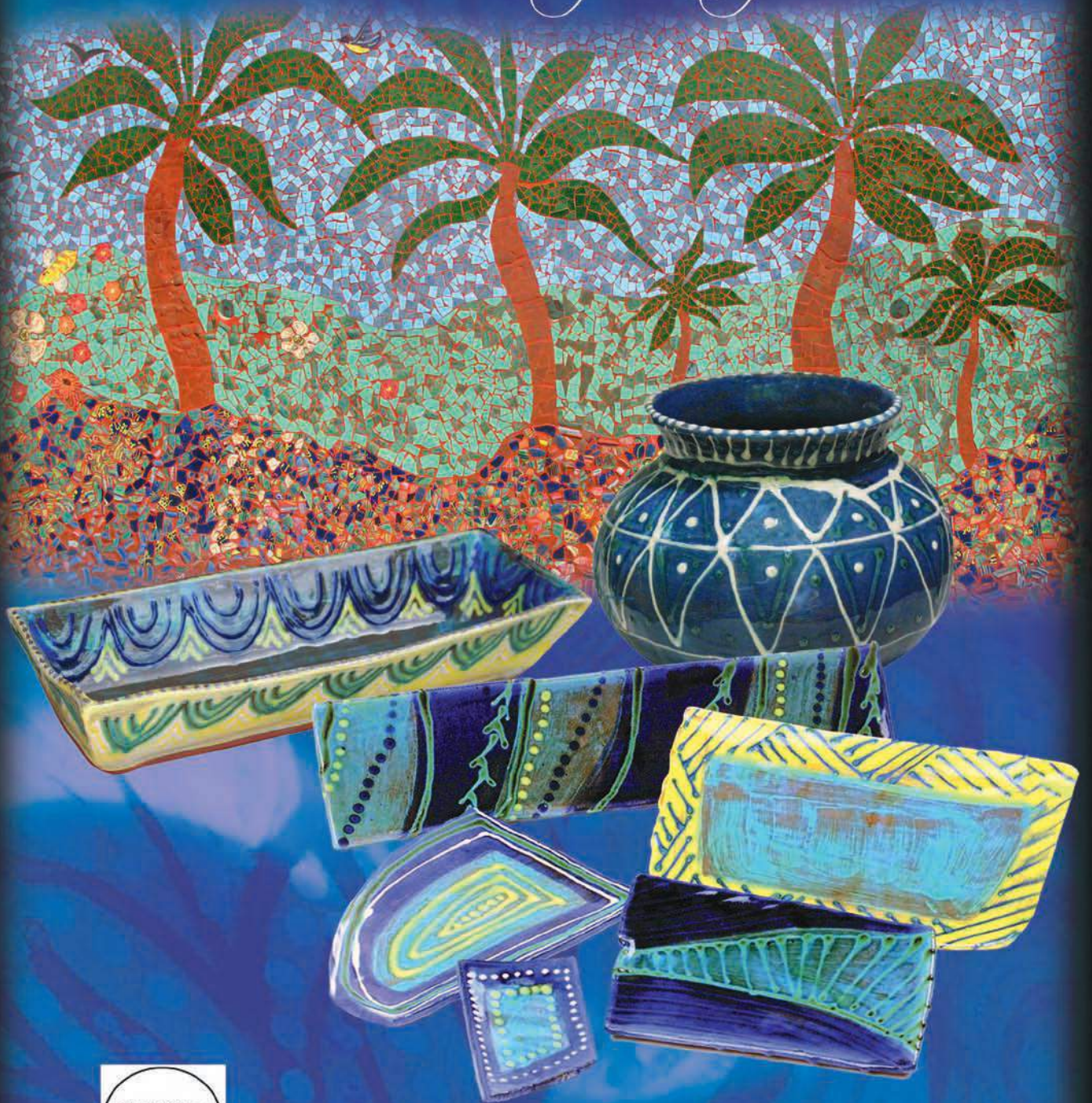
Tel (246) 424-0391 or 240-4861
www.batikartbarbados.com
henderson@batikartbarbados.com
fb: /BarbadosBatik
or search Batik Art Barbados
Earthworks Pottery Complex,
Edgehill, St. Thomas

Meet Henderson Reece, a Barbadian artist who's been mixing the business and pleasure of batik making for almost 40 years. And now, you can learn too!



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Destination Weddings

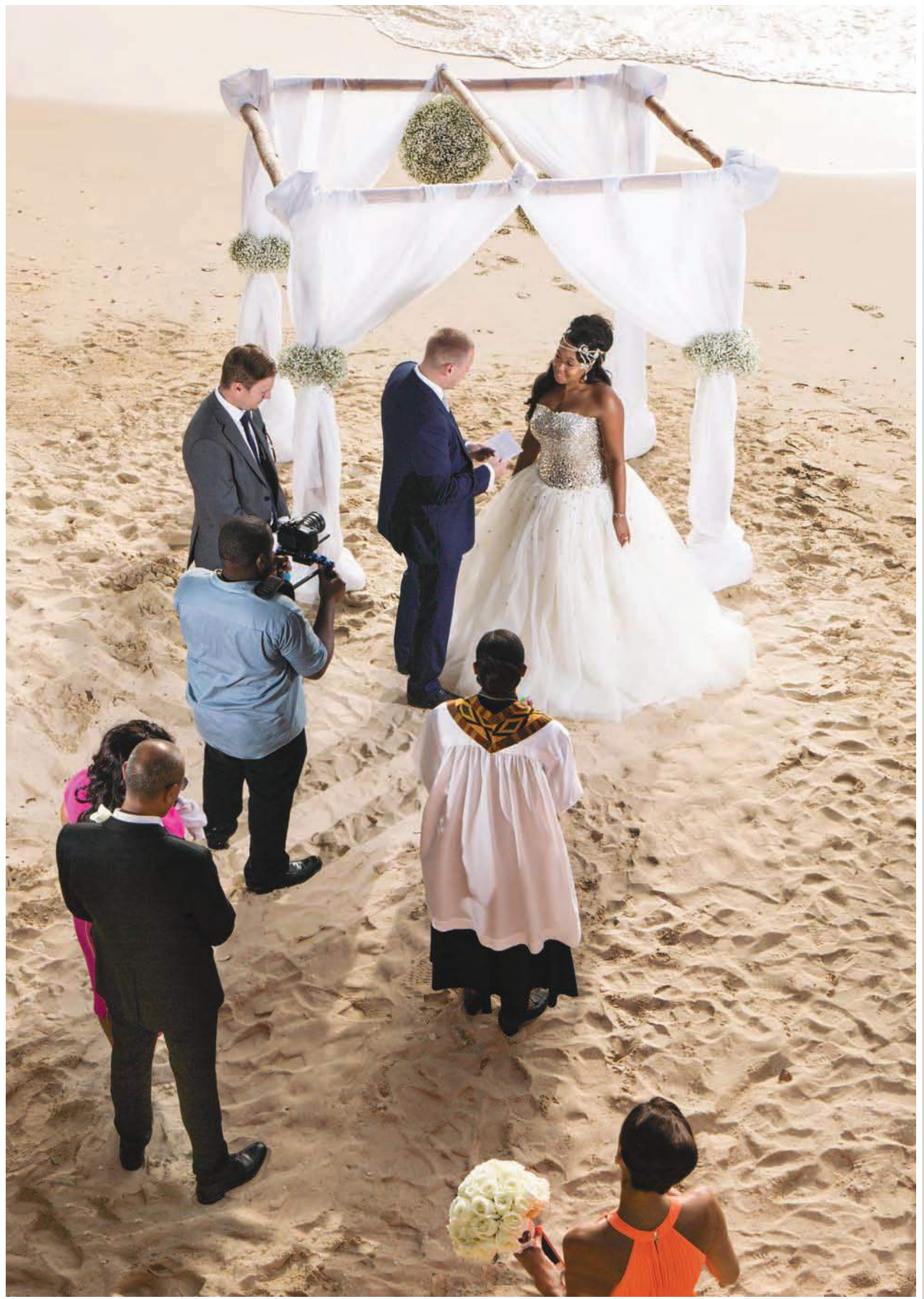


Barbados is simply a perfect wedding destination. Rich in colour and diversity, Barbados is most famous for its sandy beaches, resplendent gardens, fascinating sights and romantic sunsets. The island's idyllic land and seascapes provide the perfect backdrop for your wedding and honeymoon, while its infrastructure of specialised services and activities allows you to ably host your guests. From the most luxurious bespoke shindig to the low-key affair, world-class wedding planners can take care of every detail to ensure a stress-free wedding day that you can fully enjoy. Award-winning photographers, decorators, florists, caterers, entertainers and the like - our local professionals boast a wealth of island knowledge invaluable to the destination bride and groom.

Barbados as a wedding destination offers something for everyone - local or visitor, traditional or not, whether limited to a 'mauby pockets' budget or catering to 'champagne taste'

Above > Wedding party, circa 1910
Photo: Henry Walter Parkinson with kind permission of the Parkinson family

Opposite > Ian and Alison exchange vows in an intimate beach ceremony
Photo courtesy Steve Cumberbatch, Magical Moments Photography



Ways to wow *Your Wedding Guests*

Quite a bit of thought and planning goes into creating a wedding celebration that is uniquely yours, but even moreso when the event is taking place in an unfamiliar locale. Here's some ideas for making your big day personal and memorable!



Left > Photo courtesy Events Unusual | Right > Photo: Gina Francesca Photography

Forget cookie-cutter, one-size-fits-all and run-of-the-mill, the hottest trend in weddings is personalisation. From the invitations to the favours, it's all about having the occasion reflect the individual tastes, interests and even history of the bride and groom. These thoughtful touches make a wedding truly unique, and create warm and lasting memories . . . not to mention make for great photos! Here are a few ways to be a 'bespoke bride' when your wedding destination is Barbados.

Details & Decor

After choosing your colour and theme, think of which elements of your personality or experience you wish to include. Incorporating family photos or your new monogram can heighten the overall sense of individuality and make your loved ones feel more included in the day. Important aspects of your religion and culture can certainly be accommodated, in traditional or more

creative ways, against the gorgeous backdrop of our island. Or if you're a larger-than-life couple with a budget to match, go over-the-top with extravagant lighting effects and towering florals, or even fireworks - the possibilities are truly vast.

Local wedding & event designers like Craig and Emma Corrie of **EVENTS UNUSUAL** are experts in this area; similarly, seasoned florists such as **SIMPLY FLOWERS'** Christina Foster will work with you, your ideas and your budget to perfect the details, sharing their vast expertise and wowing you and your guests.

You might be very surprised at the variety and high calibre of entertainment available to augment your gala. Classically trained musicians, acrobats and actors, and of course, DJs that know how to keep the party moving. A lovely detail that you can add for your wedding guests, and perhaps even as a surprise, is introducing them to Bajan culture by way of a tuk band, stilt men, limbo dancers, a steel band and the gyrating "Mother Sally".

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Turtle Beach Resort, Christ Church T: 418-1331 • Grantley Adams International Airport T: 430-2400 • West Coast Mall, Holetown, St. James T: 419-2505
Facebook /DI.Barbados • www.DiamondsInternational.com



Top right and bottom left > Photos courtesy Events Unusual | Top left > Photo courtesy Island Safari

Above > Photo courtesy Steve Cumberbatch, Magical Moments Photography

Want to show your groomsmen some love, but in the manliest way possible? What about a set of personalised shot glasses as a souvenir of your big day!

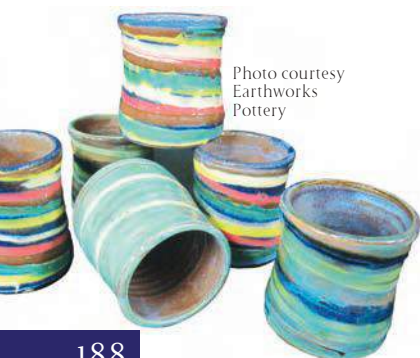


Photo courtesy Earthworks Pottery

Location & Transportation

Whether you choose to get married overlooking the sea under a do-it-yourself wedding arch, in the stylish environs of an exquisite private villa, or on the deck of a catamaran, your ceremony and reception venues should naturally be in sync with your celebration and allow for your vision to be comfortably realised. Discover some stunning wedding venues on page 192.

Up the ante by renting a classic vintage roadster from MALLALIEU MOTOR MUSEUM. Or, if you and your groom-to-be are the fun-loving or adventurous type, get off the beaten track with ISLAND SAFARI. Their 4x4 Jeeps can transport you, your wedding party or even your guests to those more scenic but less accessible locations.

Activities

Not only is Barbados great for a wedding and honeymoon, anniversary, or renewing of vows, but there are a myriad of activities across the island for you and your guests to enjoy. They're here for you but they probably also want to experience the island. Why not provide them with a list of daytime and nightlife activities they can enjoy in their own time? From catamaran cruises to shopping, spa outings to souvenir hunting, batik lessons to golf lessons or just a relaxed night out on the town, everything you need to create the wedding of your dreams and a fun vacation for you and your guests at the same time, is right here under the Bajan sun.

Whatever your requirements - your wedding day and stay in Barbados are sure to be unforgettable!



Olivia Wilkie of LIV'S PARTY BOX might just be a bride-to-be's best friend, especially if her guest list includes lots of little faces. For weddings and special adult occasions, Liv's Party Box will set up an exclusive children's area, entertaining your little invitees with a variety of age appropriate activities. No need to worry about your guests being distracted from a special toast or first dance.

Why not consider a themed party, or an art & craft playdate? Olivia can recommend all kinds of fun activities for youngsters - face painting, jumping tents, magicians, real life characters, toys and games, movie time, goodie bags and much more. Best of all you can fully enjoy your celebration knowing your children are both close to hand and in good hands.

Tel (246) 232-9249 | fb: /LivsPartyBox | liv@livspartybox.com

An advertisement for "Simply Flowers" featuring a large bouquet of orange and red roses in the foreground. Above it are three smaller images showing different floral arrangements. The text "Simply Flowers" is written in a cursive font at the top. At the bottom, it says "christina foster" and "(246) 437 6597 · cmfoster@caribsurf.com".

An advertisement for "JON FARMER PHOTOGRAPHY" featuring a black and white photograph of a smiling couple. The text "JON FARMER PHOTOGRAPHY" is at the top. Below the photo, it says "40 years of making your image our business", "(246) 624-3772 or (246) 231-5008", "web: goo.gl/ngdCO2", "islandphotos@gmail.com", "on facebook search:", and "JON FARMER WEDDING AND PORTRAIT PHOTOGRAPHY".



Photos: Top left and bottom right > Damian Hallett, Cielo Productions

It's a Celebration!

Barbados' DJs cover any genre and will keep the party pumping for as long as your guests can keep dancing.

In order to have the wedding of your dreams it is essential that you have the right team with professional team players. Barbados has a high level of professional services - from coordinators, photographers, cake designers, florists and decorators to hair stylists and spa service providers, but of course, no wedding is complete without exceptional entertainment!

DJ DUSTYPAYNE is one who will keep your guests on the dance floor all night long, guaranteed.

Renowned throughout the Barbados wedding and party scene for his efficiency and professionalism, guests also appreciate his good-humour and easy-going manner. From the best of the Golden Oldies to all the latest hits, Adrian 'Dusty' Payne knows his music and is great at reading his audience. That is why he's known to spin the right tunes at the right time.

DJ DustyPayne also offers Disco Lighting effects and PA system rental and is the preferred DJ of The Cliff.

To book DJ DustyPayne or for more info:

Tel (246) 239-2972 | djrustyitm@gmail.com | Fb: /Adrian.Payne.355
www.mydestination.com/barbados/weddings/134576/dj-dusty
or <http://bit.ly/1WS7Nwg>



DJ DustyPayne
Photo: Leslie St. John



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 Reception at CLIFTON HALL GREAT HOUSE

somewhere old
 somewhere new
 somewhere stunning

Wedding Venue

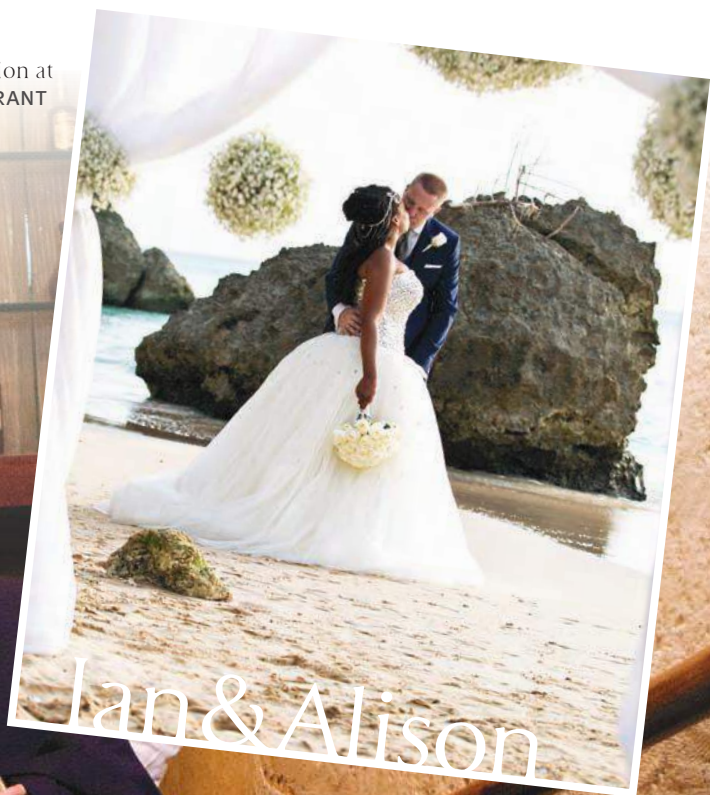
for your

Photos: Steve Cumberbatch
 Magical Moments Photography

From traditional church nuptials to the vintage glamour of plantation great houses. A restaurant with a breathtaking view or the spectacular grounds of an exclusive resort. From the iconic beach wedding to the tropical glory of a garden ceremony . . . Real brides show us how to do a destination wedding right!



Wedding and reception at THE CLIFF RESTAURANT



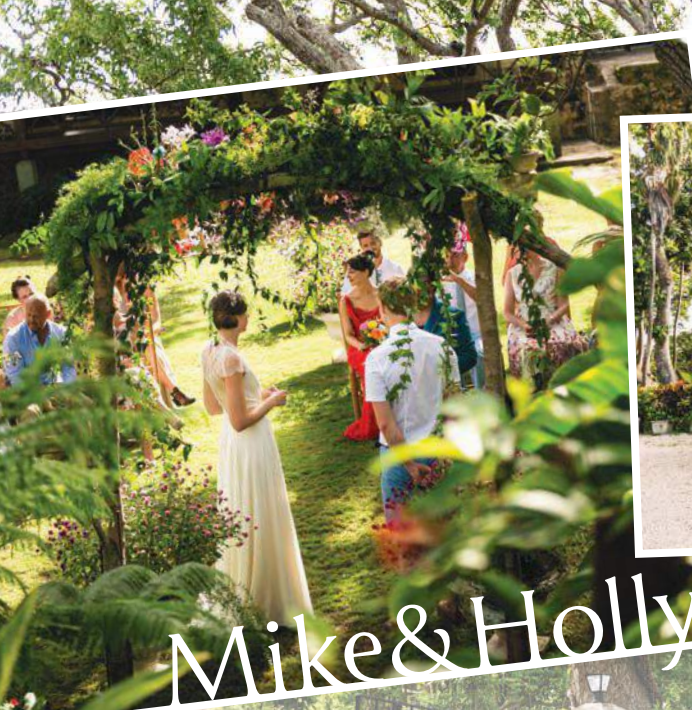
Ian & Alison



Mmm
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PHOTOGRAPHY BY
STEVE CUMBERBATCH

*Remember . . .
That Moment!*



Mike & Holly

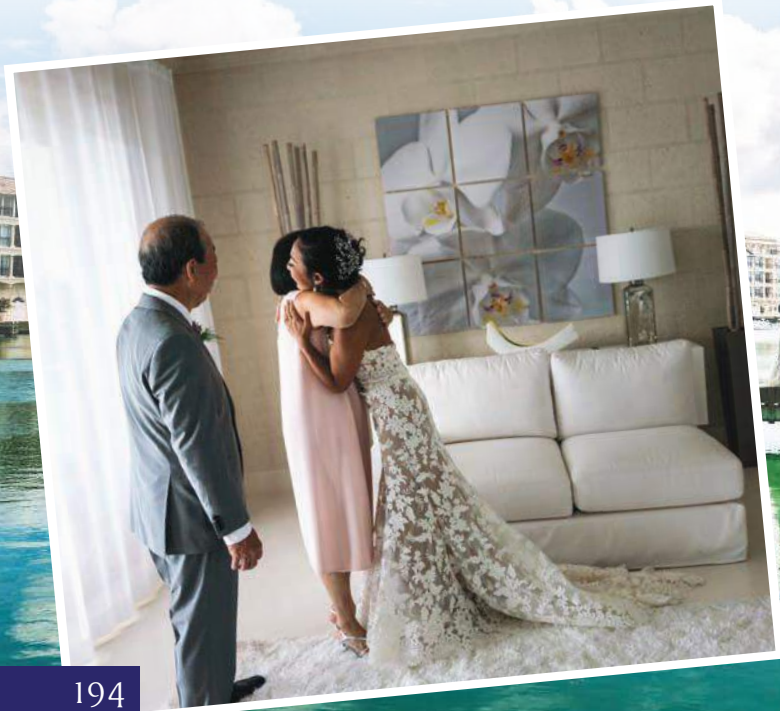
Above > Wedding and reception at LANCASTER GREAT HOUSE, the 300+ yr old model plantation home of JOHN & RAIN CHANDLER of CHANDELIER WEDDINGS. More than a venue, John and Rain can coordinate exotic florals, sensational table settings, and exquisite gourmet cuisine delivered with style, flair and meticulous planning.

Chandelier Weddings Tel (246) 266-8752
rainchandler@hotmail.com | barbadosbrides.org



Below > Preparation at PORT FERDINAND MARINA & LUXURY RESIDENCES
Wedding and reception at CIN CIN RESTAURANT

somewhere old
somewhere new
somewhere stunning
for your **Wedding Venue**
Photo of dining room courtesy Chandelier Weddings
All other photos: Gina Francesca Photography
cont'd





/GinaFrancescaPhotography



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Photos: Top > Henry Walter Parkinson with kind permission of the Parkinson family | Bottom > Gina Francesca Photography

'Gone thru de eddoes'

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To be done for, ruined, finished.

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Incentives & Meetings



Barbados - The perfect place to make dreams come true

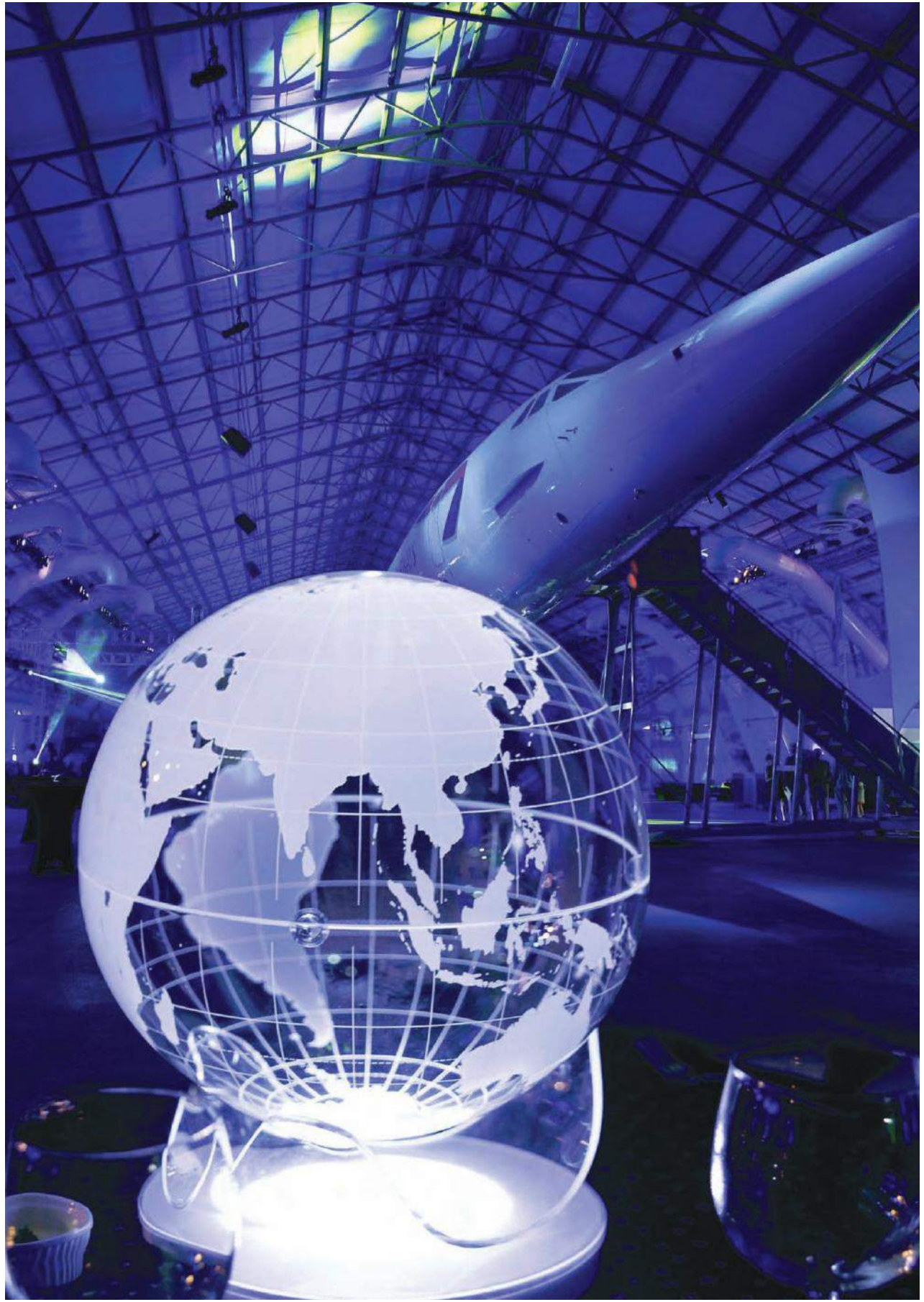
The Caribbean is one of the most stunning and peaceful locations on earth. Yet, despite the relaxing vibe, there are plenty of exciting things to do. Surrounded by the azure sky and sea, Barbados is and has always been one of the region's most captivating locations - a perfect choice for businesses to reward their most outstanding achievers.

Powder-white sandy beaches, gentle waves and colourful marine life abundant in the translucent waters make stress and office fatigue fade away in the blink of an eye, the attendees rejuvenated and ready for action with their colleagues and Company Executives. Barbados' daytime activity offerings include everything from Team Building and Sports Challenges, a hike along the historical coastline, off-roading Jeep Safaris, diving, fishing, interactive culinary and mixology demonstrations to bring out the best

Companies aim to seamlessly combine a well-deserved holiday with activities and events that motivate and inspire their teams to achieve extraordinary goals and build team spirit within the organization - in Barbados, this couldn't be any easier.

Above > Lancaster Great House
Photo: Andrew Hulsmeier

Right > Concorde Experience
Photo courtesy Sunline and Curwin Cherubin





The Sunlinc Team is committed to creating unique experiences whose memories will last a lifetime. We pride ourselves in our ability to make things happen.... and seamlessly exceeding all expectations.

Photo courtesy Sunlinc and Curwin Cherubin

flavours in your freshly caught seafood, driving Radical Race Cars on the Bushy Park Raceway and much, much more.

In the evening, the dining options are limitless. Over-the-top restaurants cliffside along the water's edge, chic and casual eateries with fabulous menus, the always-fun, energy-filled buzz of an Oistins Fish Fry on a Friday night – there really is something for everyone.

Looking for a journey back in time? The Island's majestic Plantation Houses dotted around the countryside feature gourmet dining experiences ranging from true Bajan favourites to fine dining, not to mention truly indulgent Sunday brunches in elegant dining rooms or whimsical garden settings. Dining under the wings of our stunning British Airways Concorde Aircraft is also a stunning location which will leave guests with memories of a lifetime.

Of course, no destination selection would be complete without fantastic accommodation options and once again, Barbados delivers. While the Island as an incentive destination caters to all sizes of groups, from very high

end VIP clients at some of our five and six star resorts and villas, to the diverse facilities of some of the Island's larger Resorts and Spas there are choices to suit every need.

Daily airlift from multiple North American and European gateways adds to the island's easy access and the Grantley Adams International Airport offers a wide range of services, including the ability to be whisked through the Immigration and Customs process with the exceptional services of the Five Star Fast Track Team.

A stable economy and a Government heavily invested in Tourism and the MICE Market means that the Island has an excellent infrastructure where safety is paramount and services operate at a very high level of efficiency.

The final ingredient to any successful programme is having the on-site Team to make it all happen. The Sunlinc Team is committed to creating unique experiences whose memories will last a lifetime. We pride ourselves in our ability to make things happen.... and seamlessly exceeding all expectations.



Five Star Fast Track

★★★★★

For more information please contact Andrea
and our Five Star Fast Track Team at:
(246) 421-6777
www.fivestarfasttrack.com
info@fivestarfasttrack.com

Want to feel like a Rock Star? Count on our Concierge Five Star Fast Track Team to provide you with the very best.

Why waste time on your arrival day? Save headaches and hassles with our luxury Five Star Fast Track arrival service. They will take the frustration out of your arrival experience and long lines in Barbados with personal VIP assistance immediately as you enter the Arrivals Hall. All guests are individually met and whisked through dedicated Immigration and Customs lines, assisted with baggage claim and escorted out to their waiting transportation. This is a great service not only for the most seasoned traveller but also great for families travelling with children, who want to enjoy a smooth arrival experience.

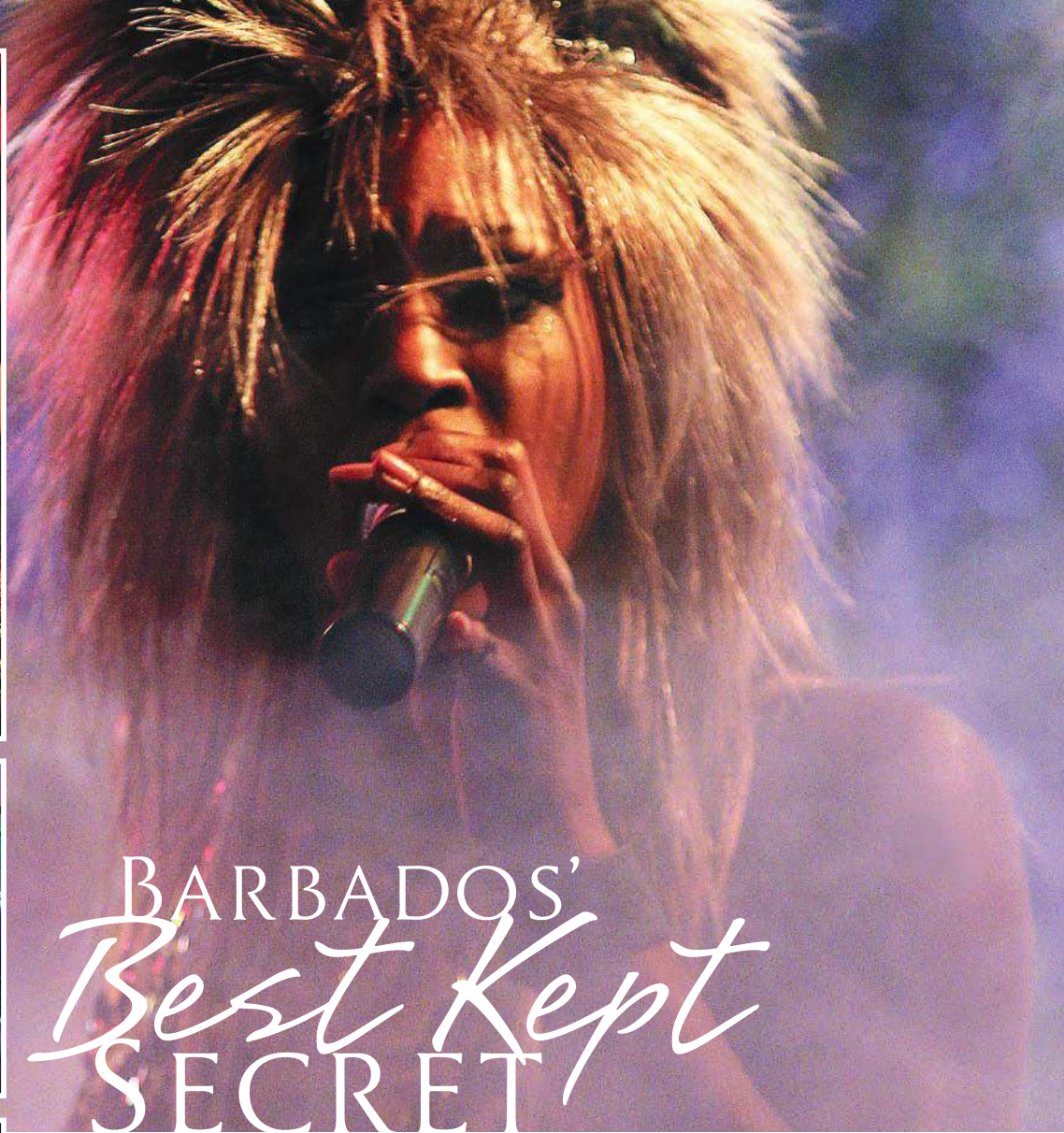


Team Sunlinc is your reliable local DMC partner specializing in Barbados and the Caribbean region. Our paradise islands are famed for their magnificent scenery, excellent infrastructure, and the Caribbean joie de vivre. When combined, these factors make your choice of Barbados and our destinations an easy one.

Our professionalism, creative approach and local expertise guarantee you complete peace of mind – we get everything done on time and with meticulous attention to detail. Working with a strong network of local vendors, services and venues, we are always up to date on the best offers and solutions available.

Entrust your next programme to us and let us show you why our experience and creative approach enable us to offer spectacularly innovative events while incorporating some of the most fascinating and unique venues. You are our number one priority and our passion for your success shines through.

Helen Schur Parris, CEO E: hsp@sunlinc.net | T: (246) 436-1710 | W: www.sunlinc.net



BARBADOS' *Best Kept* SECRET

Events Unusual - Special Event Design & Decor

Barbados is home to one of the Caribbean's leading special event design and production companies - **EVENTS UNUSUAL** - but you won't see our ads on billboards or on television as we have perfected the art of discretion, working behind the scenes for our A-list clients to deliver some of the most spectacular event designs ever seen.

Not only have we been hired to design and create a number of celebrity weddings that have been featured in prestigious magazines. We have also worked on some of Barbados' most spectacular private parties alongside superstar acts such as **BON JOVI**, **BRYAN ADAMS**, **JIMMY BUFFET**, **MEATLOAF** and **THE BEACH BOYS**.

Weddings and private parties aside, the company's incredibly talented design team has also created outstanding events/decor for a long list of international brands over the years, including Absolut Vodka, BMW Motors, Cartier, Louis Vuitton, Virgin Holidays. These are just a few of the recognized global brands who have entrusted delivery of their message to the Events Unusual team, along with a very extensive list of local and regional companies, running the full gamut of industry from airlines and automobiles to fine wines and luxury yachts.

Now that you know a bit more about our company, perhaps it's time you put us to work for you on your next event, or even better, visit our prop-filled warehouse where you can see firsthand the huge selection of fabrics, lounge furniture, table décor and themed props which we utilize in creating unforgettable events.

We guarantee you will never look at events the same way again.



EventsUnusual



Corporate Events · Cocktail Receptions · Weddings · Sports Events
Themed Parties · Event Furniture & Furnishings · Entertainment

PARTNER OF

Emma Corrie
DESIGNS

Tel: (246) 228 7011 · events@caribsurf.com · events-unusual.com

Health & Beauty



Barbados with its year round sunshine and seabreezes is by its very nature a spa and this has been held in high esteem for centuries, with people coming here especially to ‘take the airs and waters’. While on vacation, this is the ideal time and place to exercise, indulge in some yoga and rejuvenate yourself with luxurious pampering. Take care of yourself, either visiting a spa or using a mobile spa service.

Highly regarded for its reputed healing powers, the Crane Beach has attracted people for centuries. Today, locals and visitors alike are welcomed at the Resort to relax, refresh and renew.

Facing Page > The Crane today
Photo: Andrew Hulsmeier

Above > The Crane, circa 1900
Photo: Henry Walter Parkinson with permission of the Parkinson family



Bright and Energising, Cooling and Calming... Experience the delight of Yoga in Barbados with Pamela Harris, a sought after Yoga teacher with over 15 years experience. Pamela offers Anusara Inspired Yoga™ and Integrative Yoga Therapy classes, in the comfortable atmosphere of her spacious studio on the edge of Holetown. Fellow teachers bring more variety and styles. Classes cater to all levels, with dynamic sequencing and gentler flow, upholding that Yoga is for everyone. The uplifting, creative classes build strength, stamina and flexibility, aligning the body precisely and therapeutically to bring balance and vitality. Here you'll find a joyful Yoga that encourages expression of the heart and looks for the good in all. Monday - Saturday, morning and evening classes. Drop ins welcome.

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Savannah Beach Hotel, Hastings, Christ Church



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BARBADOS FERTILITY CENTRE

IVF in Barbados

"I'm pregnant!!!" These are words I can only utter today thanks to the help of Barbados Fertility Centre (BFC).

Anyone who has struggled with infertility knows that this disease drains you emotionally, physically and financially. At the age of 36 I thought I had it all ... everything that is, but a child.

Life, as far as I was concerned, was perfect. My, how that bubble burst on that dreary Wednesday morning in 2013 as we sat in our doctor's office in Atlanta and for the first time heard words like, "follicle count, semen analysis and IVF"—then the biggest bomb. Cost = \$30,000! The worst part of all this is that we had to head back to the city in rush hour traffic to work, processing the shocking news that we could not get pregnant naturally.

On our return home, my husband and I stared blankly at each other. It all seemed so overwhelming. I went into action that evening and started my search online. There was no way we could afford the cost of IVF in the USA and needed to look outside the box for somewhere safe with high success rates.

The combination of both of these came in the form of Barbados Fertility Centre. From our initial contact, the professionalism and sound medical advice from the BFC team gave us a sense of comfort and direction. Everything was explained upfront and BFC's cost was more than 50% lower than quotes for IVF in the USA. Accredited with the gold seal of approval by the US based Joint Commission International, we knew we were in the safest care. But that gold seal does nothing to represent the overwhelming caring nature this team gave us each step of the way. Extracting ourselves from the hustle of our busy corporate lives and being able to get away to the beautiful island of Barbados and focus on us as a couple and our dream of our family was the best gift we ever gave ourselves. BFC has been able to masterfully combine the advances of science with care and dedication and because of them today our family is now complete. Because of BFC I am pregnant!

- Kim from USA, BFC successful patient.

www.barbadosivf.com | contact@barbadosivf.com

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Ins & Outs Tip

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Stocking Up

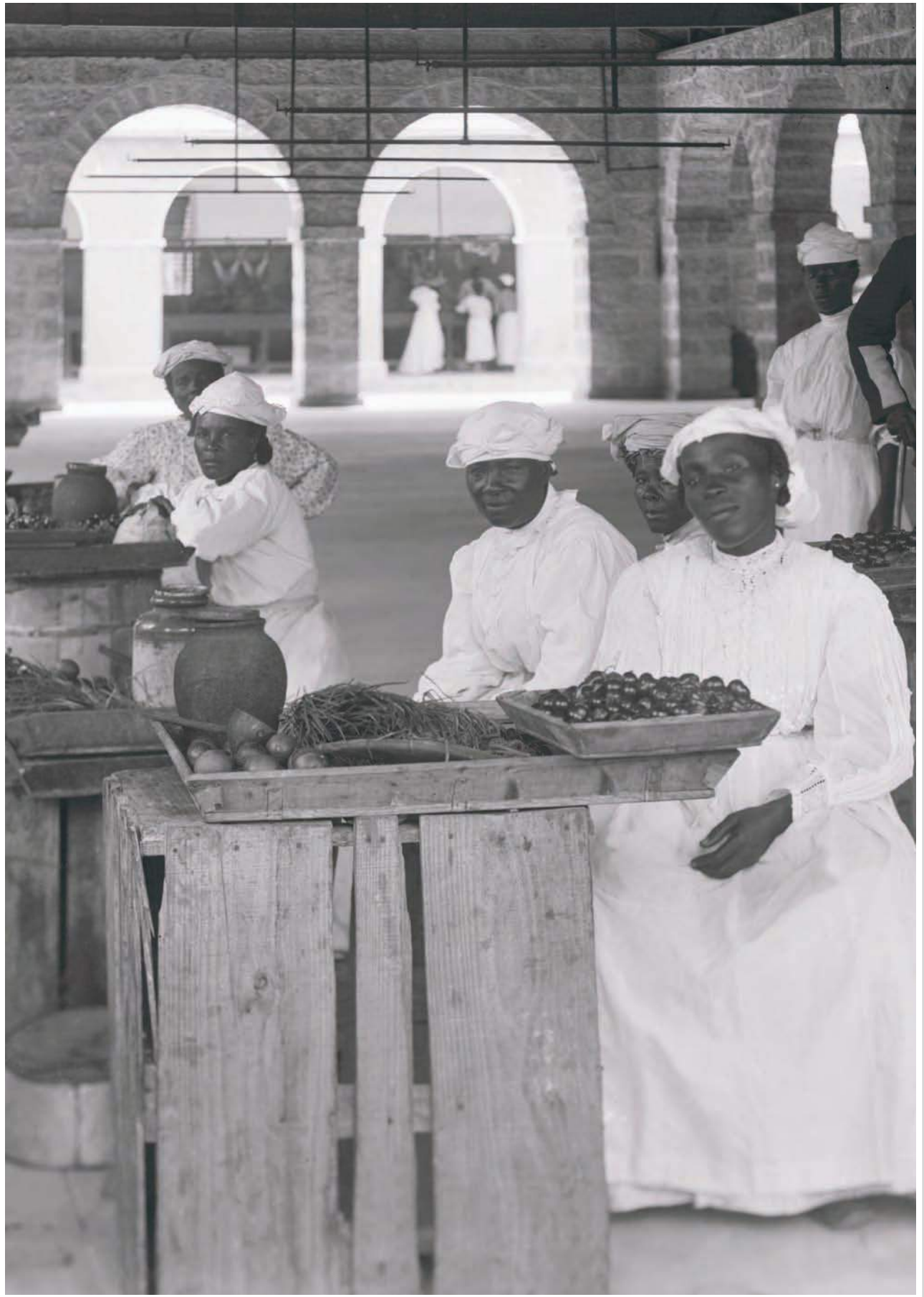


A visit to Cheapside Market can be much more than just a shopping trip, offering ample opportunity for both education and entertainment. The best time to go to Cheapside is on a Saturday morning, when the market is a bustling hive of activity and the stalls are all fully laden with interesting produce and goods. While the more common fruit and vegetables might be familiar to visitors, there will also be plenty of unusual tropical items on display. Look out for the wide range of edible roots, exotic fruit, fragrant heaps of culinary and medicinal herbs, cocoa sticks, hot pepper sauces and assorted cure-alls. Vendors are happy to talk about their products and explain their uses, so don't be shy!

Derived from the old English word 'cheap', meaning 'market', Cheapside Market was established by the government in 1810 as Bridgetown's main market. »

Opposite > Cheapside Market, circa 1900
Photo: Henry Walter Parkinson with permission from the Parkinson family

Above > Cheapside Market today
Photo: Sally Miller





Best Places to Stock Up

Full Provisioning of Everything

Since Sarah and Leo opened their multiple award winning **GOURMET SHOP** and wholesale business 25 years ago they have been doing a great job supplying the best quality of just about everything, at reasonable prices, with a full provisioning and delivery service. This is the 'Go To' place for housekeepers, butlers and chefs or anyone who needs their villa or apartment stocked up. Along with their assistants, Rosemary and Helen, they can be called on to source your fresh local fish and lobsters, premium meats, cheeses, Asian ingredients, fresh local and imported fruit and vegetables and all epicurean delights (incl. truffles and fine chocolates). They also carry an impressive selection of competitively priced champagnes, wines, liquor and beer. You will enjoy a visit to their shop in the Chattel Village in Holetown.

Specialty Foods and Epicurean Delights

RELISH in Limegrove Lifestyle Centre has an eclectic selection of deli goodies, freshly baked baguettes, imported fresh produce and local organic and boutique cheeses. They also do catering for any occasion and provide a personal shopping service of both local and imported specialties.

Fresh Fruit and Vegetables

The farmers markets are sociably very enjoyable and a great source of good quality produce, with several organic and best practice farmers taking part. **BRIGHTON FARMERS MARKET** early on Saturday, **HOLDERS FARMERS MARKET** on Sunday and **HASTINGS FARMERS MARKET** on Wednesday and Saturday. In addition to **CHEAPSIDE** and the supermarkets, the vendors in Speightstown, Weston and Sunset Crest on the west coast, and Oistins on the south coast also have a good selection of fresh local produce.

Fresh Fish

The best places to find fresh local fish are the Public Fish Markets. On the west coast are Six Mens, Speightstown, Weston and Paynes Bay. The two largest are on Princess Alice Highway in **BRIDGETOWN** and in **OISTINS** on the south coast. Along the east coast, Consett Bay is the main one with two smaller markets at Skeete's Bay and Tent Bay, while fish is also sold at a small facility in Martin's Bay.

Mahi-Mahi is delicious, locally referred to as dolphin - definitely a fish not to be confused with the mammal, porpoise. Other recommended fish are tuna, amberjack, snapper, barracuda, marlin and, of course, flying fish. There is also a good variety of pot fish, such as chubb and cavalli, that are harder to fillet but make very good eating. Vendors will de-bone and fillet the fish for a small fee.

Shrimp and Seafood

SINGAPURA in Limegrove has excellent raw shrimp with the tails on, imported lobster, crab, etc. PriceSmart has good cooked shrimp and tins of crab. **LOBSTER ALIVE** sells fresh lobster, cooked or raw.

Celebration Cakes and Desserts

PATISSERIE FLINDT make a superb line of desserts and celebration cakes. They also do excellent catering.

Meats

Locally farmed beef, pork, black belly lamb and chicken are all very good. Carmeta's, a government run retailer near to Cheapside Market in Bridgetown, sells a good selection but they are also available in supermarkets. Premium imported beef is sold at PriceSmart and Cost-U-Less.

Above > Sarah Hamilton is celebrating the 25th anniversary of The Gourmet Shop in Chattel Village, Holetown



Homemade, home grown or created in Barbados in the heart of the south coast every Wednesday and Saturday!

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Culinary Heritage



Barbados is a ‘melting pot’ of many culinary methods because people of diverse continents, countries and cultures have made this island their home over the course of the last four centuries. The influence of Amerindians, Africans, English, Scottish, Irish, Dutch, East Indians and Chinese have all combined to make modern Bajan cooking so eclectic and interesting.

Our national dish, flying fish and cou cou, is a good example of our African heritage. Cou cou is a dish of corn meal (ground maize) prepared in the same way that a dish called ‘foo-foo’ is done in parts of Africa. A tasty stock with finely chopped okra and onion is slowly added to cornmeal, skilfully stirring with a flat wooden implement called a cou cou stick, until it is smooth and mellow. Traditionally, each portion was put into a buttered dried half pod of the calabash tree, swirled into a neat

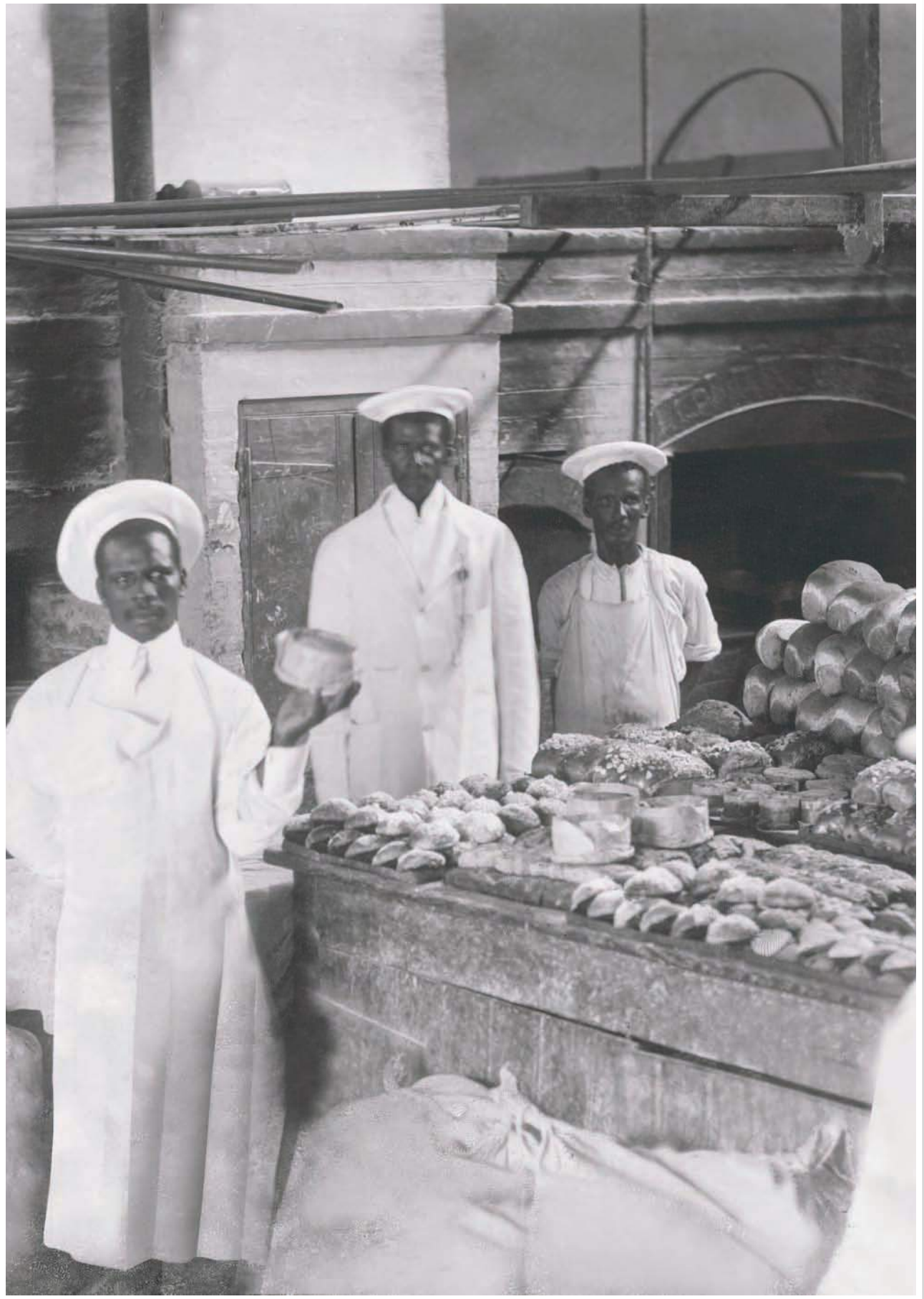
In days gone by bakers in Barbados produced their own yeast and baked in wood fired ovens. Their traditional Bajan salt breads were topped with a small strip of coconut leaf and had a chewy consistency with a slightly smokey flavour. »

Above > Ramona Roach at her bakery in Speightstown

Photo: Andrew Hulsmeier

Opposite > Bakery, circa 1900

Photo: Henry Walter Parkinson with kind permission of the Parkinson family





Interestingly, Barbados and Japan have the highest percentage of centenarians in the world.

Above > cou cou and salt fish

ball and then dented in the middle to hold the gravy with fresh herbs, spices and rolled flying fish.

The cornerstone of Bajan cooking is the widespread use of herbs and spices. They grow year round, often in people's backyards, and are always available fresh. One of the most convenient ways of adding these wonderful herbs to a dish is what is referred to as 'seasoning' - a mixture of finely chopped thyme, marjoram, parsley, celery, basil, bay leaf, spring onions, onions, garlic, and scotch bonnet pepper with spices such as clove, cumin, black pepper, paprika and salt. It is available readymade but the homemade version is often better. When stored in the fridge, it lasts for months and is a wonderful time saver for the busy cook. Meat, chicken and fish are marinated in a liberal amount of Bajan seasoning before being cooked.

Say beef to a Bajan and they'll say stew. Tasty stews are also made with black belly lamb and pork. Pork is traditionally roasted

with the skin scored and baked into crispy crackling. Chicken, baked whole, is a traditional dish in most Bajan households. Bajans eat a vast amount of chicken per capita and, like pork, it is all produced here in Barbados. It is stewed, barbequed, fried, cooked up with rice, and curried.

Our curry culture can be said to have come from Guyana and Trinidad in the southern Caribbean with their large East Indian populations. A roti, pronounced 'Row T', is a curry wrapped in a roti skin and it has become one of Barbados' most popular fast foods. Following on the heels of the roti are 'doubles', two fried bara, filled with curried chick peas (channa) and dressed with kuchela, shadon beni pepper sauce, pickled cucumber and tamarind sauce. They are sold by 'doubles' vendors at strategic roadside locations.

Interestingly, Barbados and Japan have the highest percentage of centenarians in the world. On numerous occasions throughout the year, the Governor General has the pleasure of visiting a centenarian

to deliver a card from Her Majesty Queen Elizabeth II to toast their milestone. These occasions are duly covered in the press with an interview on how they account for their longevity. A frequent reason given is the fact that they eat plenty of ground provisions. Sweet potato, yam, eddo and cassava are four root crops that represent our Amerindian heritage. Although long disappeared from the island when the English arrived in 1627,

Amerindians were brought from other islands to advise the new settlers in agriculture and these root crops were central to the Amerindian diet. Handled much as you would potato, they are also made into all kinds of delicious dishes such as yam pie, candied sweet potato and “big” soups.

Breadfruit is another starch served with meals. This large green football sized fruit, which grows on a tree, was brought here by Captain Bligh on his second

attempt after the famous mutiny on the Bounty. It is similar to potato with a slightly more creamy texture and subtle difference in taste that makes it an appealing alternative. It is served lathered in a tomato and onion butter sauce or pickled in a fresh cucumber and lime souse. It can be mashed into a cou cou or fried into crisp, wafer thin chips. Green (unripe) bananas, which are extremely high in iron, are boiled and mashed into a cou cou, curried, soured or added to stews and soups in dumpling sized pieces. Rice and Peas is made using pigeon peas, black eye peas or split peas. Having spoken about all these healthy starches, strangely enough, the most popular is actually an American importation, macaroni and cheese, referred to simply as ‘pie’. With that special Bajan touch of just enough pepper, along with tons of butter and cheese, it is probably served more in Barbados than any other single dish.



There is a new trend of producing local juices using fruit such as golden apple, mango, and tamarinds—look out for them in supermarkets.

Ackee, mamee apple, hog plum, soursop, fat pork, sea grape, guava, tamarind, sugar apple and golden apple are some of the more unusual fruit grown here and sold by vendors along the highway or in Bridgetown.

The more familiar tropical fruits like mango, paw paw, pineapple, melon and citrus are usually found in markets and supermarkets. There is a new trend of producing local juices using fruit such as golden apple, mango, and tamarind—look out for them in supermarkets.

Of course the drink that tickles everyone’s fancy in Barbados is rum punch. Many people have their own concoction but basically it is made with 1 measure of fresh lime juice, 2 measures of local sugar syrup, 3 measures of dark rum, 4 measures of water, liberally sprinkled with grated nutmeg and finished off with a few dashes of Angostura bitters. To make local sugar syrup just boil up sugar with a little water until the sugar is dissolved. You can make the rum


punch slightly more interesting by steeping a few spices in the hot syrup such as cloves, black peppercorns and cinnamon.

A far healthier drink that Bajans consume in large quantities is coconut water, sold along the roadsides straight from the green coconuts, in 1 litre bottles for BB\$12 each. It is also nice mixed with rum, whiskey or gin. The vendors will also cut the coconuts in half so that you may eat the ‘jelly’ out of the not yet matured coconut shell.

Bajans have quite a sweet tooth. Stodgy banana bread or spicy coconut bread go well with a hot cup of afternoon tea. The traditional Bajan desserts that appear on buffet tables are tangy lemon meringue pie, stewed guava with icecream, chocolate icebox pudding, pineapple upside down cake, bread and butter pudding and Bajan baked custard. The traditional local candies, guava cheese, tamarind balls, peanut brittle and chocolate fudge, are all available in supermarkets and make great gifts.

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Conkies

When Barbados declared Independence on November 30th 1966, conkies became the dish that was associated with the celebrations. Conkie is probably a corruption of the West African word 'kenky', used up to the present day, for a similarly prepared corn meal dish in Africa.

Grated pumpkin, coconut and sweet potato are mixed with cornmeal, brown sugar, butter, milk, raisins, cinnamon, nutmeg and almond essence. Plantain or banana leaves are heated or 'quailed' to soften them. Large spoonfuls of the dough are placed on the leaves which are folded into neat little parcels. They are steamed for about an hour until they are firm.



This pumpkin weighed about 40 kilos

'Gettin' on real
Licorish' It's Bajan for:
Being greedy



Bajan Street Food

You haven't experienced the 'real' Barbados until you have dined Bajan Style!

With scores of world-class restaurants from coast to coast, Barbados runs the full gamut of choice when it comes to dining out. But, if you want to really immerse yourself in the Bajan culture, then hit the island's streets and sample some of the weird and wonderful, sumptuous local fare that we Bajans love to eat!

Along the highways and byways, you'll see roadside vendors selling everything from coconut water, roasted nuts and ackees, to roast corn and barbequed pigtails. Bajans are passionate about pork – “proper pork” is the word – the ham and pork cutters sold in rum shops are irresistible. Our seasonings and condiments are equally special, and give Bajan dishes their unique flavour.

Puttling and Souse, traditionally eaten on Saturdays, is an old island favourite. The puttling is made from grated, well-seasoned sweet potato which is stuffed into the cleaned pig's intestines and then steamed. It's served with the souse, made from pig's “features” (head), “trotters” (feet) and flesh which are cooked and pickled with lime juice, onion, cucumber, hot and sweet peppers and parsley. Many people across the island make and sell puttling and souse every Saturday, and every Bajan has their favourite source. Of note, is a place in Lemon Arbor, St. John called the Village Bar, where throngs of Bajans go for their weekly “fix”!



It's often said...

The only part of the pig which the Bajan cannot convert into a delicious dish is the hair!

Left: Cuzz and his Fish Shak

Right: Pudding & Souse and a Flying Fish Cutter

Below: Mr. Delicious Snack Bar on Miami Beach

All photos: Andrew Hulsmeier

Cuzz's Fish Shack is a Bajan institution, located in a car park on Aquatic Gap, next to the Radisson Hotel, the food is fresh and delicious, and Cuzz's fish cutters are renowned. Made with fried fish (usually marlin) stuffed into a fresh salt bread, garnished with lettuce and tomato and topped with a fried egg and cheese – they're so good that Newsweek magazine recently listed it as one of the "101 best places" to eat around the world! The place was actually started almost 70 years ago by Cuzz's late father who was also known by the same nickname, which he got by calling everybody else "Cuzz"!

Flying fish is an essential part of the Bajan Experience, not only does it make up part of our national dish (flying fish and cou cou), but it has become a sort of culinary emblem of Barbados. The flying fish cutters and fish cakes served at Mr. Delicious, a converted bus come snack bar on Miami Beach in Enterprise, are particularly good!

Weekend Fish Frys around the island attract people to flaming coal pots and sizzling grills; Oistins is the most popular, but in the tiny fishing village of Half Moon Fort in the north of the island, the lesser known Merton's Place sits on a seaside cliff in an area known as Moontown, there Merton Blackman fires up his coal pots every Thursday, Friday and Saturday at this popular roadside bar and grill.

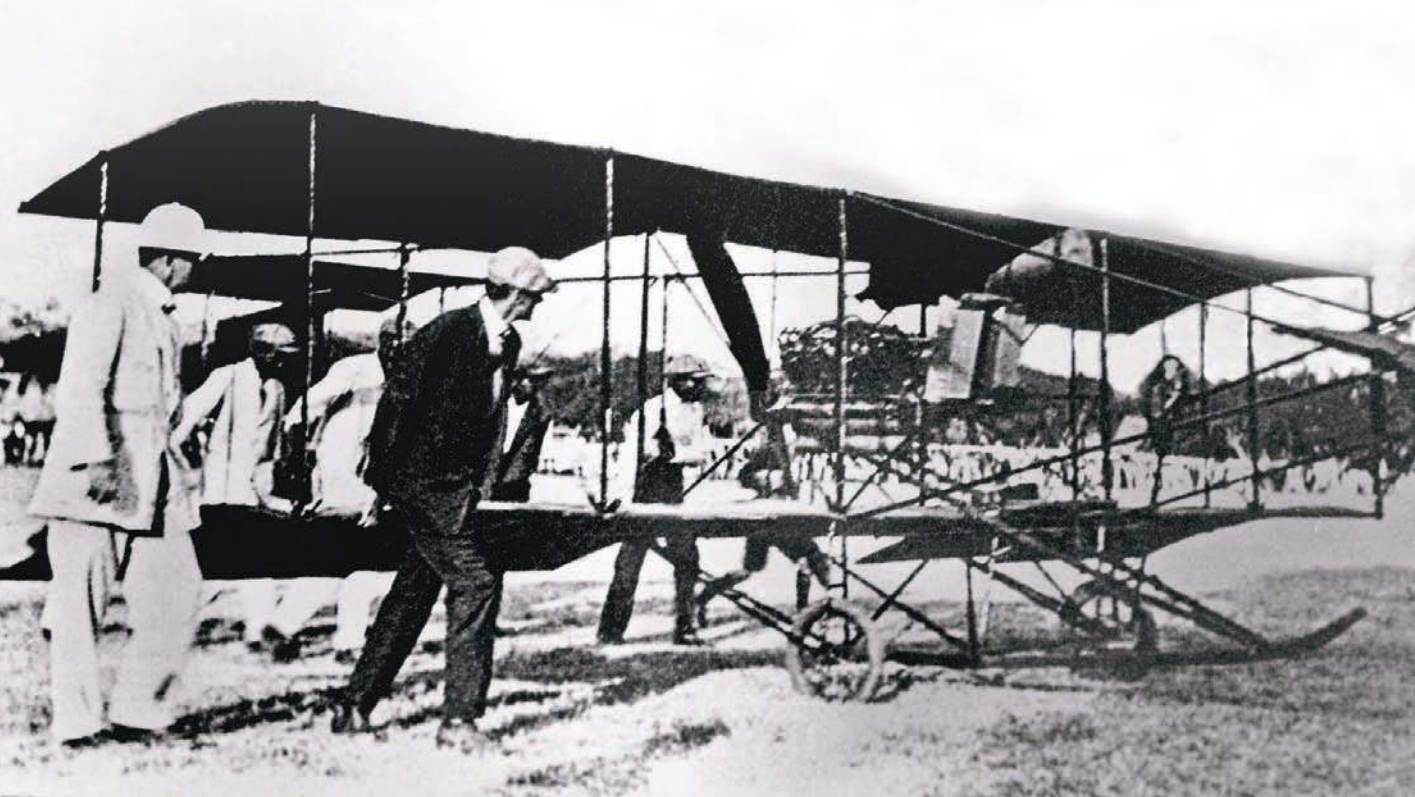
70 Bajan Foods you must try while in Barbados!

And don't forget the pepper sauce!

- Fishcakes
- Fish Cutters
- Flying Fish & Cou Cou
- Roast Corn
- Pudding & Souse
- Pickled Breadfruit
- Tamarind Balls
- Salt Fish & Bakes
- Pepperpot
- Macaroni Pie



Island. Hopping



As a hub for both international and regional travel, Barbados has long been a convenient launch pad for visiting other islands. Now, with the advent of a private jet centre and aircraft chartering companies, Barbados offers a wonderful opportunity to island hop in real style.

A 45-minute flight, or less by jet, quickly reveals the diversity of the Caribbean. Our nearest neighbours, St. Lucia, St. Vincent and Grenada - lush, rugged, volcanic islands - are not only completely different to Barbados, they are uniquely distinct to each other.

A fantastic way to island hop is to fly to one of the islands, pick up a charter boat and enjoy cruising through some of the world's finest seascapes. The Grenadines in particular, an island chain stretching from St. Vincent to Grenada, offers optimum sailing conditions and a treasure chest of enchanting hideaways. Several of the 'bigger' Grenadine islands - Bequia, Mustique, Canouan and Union - have small airports, which also makes them accessible for day-trips.

The first aircraft to land in Barbados was brought to Bridgetown by ship, assembled and flown at the Garrison by one Otmar Schmidt, as a public exhibition in March 1913. ^

Opposite > With its lagoon of crystal clear, turquoise blue water, five uninhabited islands, 2.5-mile-long reef and a turtle sanctuary, the Tobago Cays, which are part of the 32 islands and cays that make up the island chain of St. Vincent & the Grenadines, are a nature lover's paradise.

Photo: kitesurfgrenadines.com



The Grenadines

There remain few places on earth today that can match the unblemished natural beauty, easy accessibility and ‘feel good’ tranquility of the Tobago Cays in The Grenadines.

The 32 idyllic islands and deserted cays which make up the Grenadines extend 45 miles to the southwest of St. Vincent like a kite’s tail. These include Young Island, Bequia, Mustique, Canouan, Mayreau, Union Island, Palm Island and Petit St. Vincent.

Located just a short boat ride from Union Island, the Tobago Cays are a cluster of five tiny, uninhabited islands, collectively sheltered from the open sea by the appropriately named Horseshoe Reef. The shallow water of the lagoon surrounding the Cays inspires an ever-changing kaleidoscope of blues, greens and seemingly limitless shades of aquamarine, creating a truly picture-

perfect backdrop for the islands themselves – namely Petit Rameau, Petit Bateau, Barabel and Jamesby. With their powdery white sand beaches, coconut palms, rocky outcrops and green-topped hills, the Tobago Cays are the epitome of the classic, deserted tropical island; an opinion clearly endorsed by Disney and the producers of the hit movie ‘Pirates of the Caribbean’ when they chose to film here.

Barbados is the gateway to these islands and local tour company, Chantours, has been creating memorable holiday experiences in the Grenadines and throughout the entire Caribbean for almost two decades.



Are you looking for a vacation with a difference, with a big emphasis on natural beauty, peace and quiet and rest and relaxation? If so, you need to know about one of the best-kept secrets in the Grenadines – the privately owned homes on Palm Island that are available for vacation rentals. These comfortable beach cottages, ranging from 2 to 5 bedrooms, are located right on the beach with spectacular views of the surrounding Grenadine islands. It is an ideal holiday for families, couples or anybody who just wants to get away from it all.

Palm Island has five beautiful beaches, all offering excellent conditions for swimming, snorkeling and water-sports. There is also a walking trail for the more exercise-oriented visitors. Villa guests wishing to go on a sailing charter to Mayreau and the Tobago Cays can do so by booking directly. The boats are based in Union Island but they will collect guests at the Palm Island jetty.

Villa guests are not generally at liberty to use the Palm Island Resort hotel facilities, though it is possible to dine at the resort’s Yacht Club Restaurant and make purchases at the small boutique.

Palm Villa

Palm Island, St. Vincent & the Grenadines

For further information:

Tel: (246) 262-5874 or (246) 262-5875

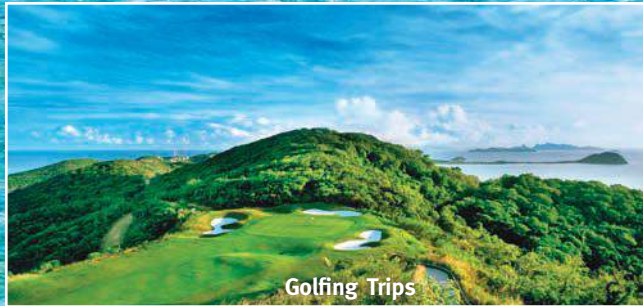
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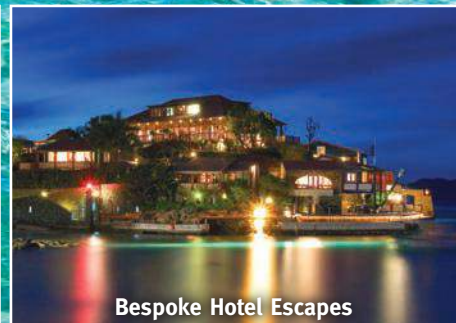
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Adventure & Discovery



With a compelling range of scenic surprises, a rich architectural heritage and friendly Barbadians to meet all over the island, Barbados ranks as a perfect destination for sightseeing. 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 Barbados, with its hills, stony crags and fishing villages, offers dramatic coastal scenery. The western side is home to the island's sumptuous luxury homes, hotels and calm, inviting sea - the perfect backdrop for dazzling sunsets. The south coast is blessed with spectacular beaches and the UNESCO World Heritage site of the capital city, Bridgetown and Historic Garrison.

The Barbados Railway »
ran from 1881 until 1937. The route from Bridgetown to Belleplaine on the east coast, while providing much pleasure to early tourists, lacked the traffic to sustain the railway's viability.

Opposite > Bathsheba station, circa 1900
Photo: Henry Walter Parkinson with the permission of the Parkinson family

Above > Bathsheba Today
Photo: Andrew Hulsmeier





Harbour policeman directing traffic in Bridgetown circa 1900 Photo: Euchard FitzPatrick courtesy Barbados National Trust

GETTING AROUND

Bus

- Bus fare is BB\$2 - wherever you go.
- Buses begin running between 5 and 6am until midnight.
- There are two public bus terminals in Bridgetown and one in Speightstown. Just as all roads lead to Bridgetown, so do most buses. The bus stops clearly inform you if you are heading “Out of City” or “Into City”. Notable exceptions are the “By Passes” which run from Speightstown to Oistins - by passing Bridgetown and Speightstown to the Grantley Adams International Airport via the eastern side of the island.
- The public buses are larger and blue with a yellow stripe, the private route buses are slightly smaller and yellow with a blue stripe and the private route mini vans are white with a maroon stripe.
- All the roadside bus shelters have girl’s names!

Taxi - A Few Useful Numbers

West Coast

- Team Baywatch 249-5115 / 242-2108
- Sunset Crest Taxi Stand 432-1006
- Royal Pavilion Taxi Stand 422-1260

South Coast

- Accra Beach Taxi Stand 435-6727
- Atlantic Taxi Assoc. at the GAI Airport 420-2846

Bridgetown

- Bajan Transport Services 233-0864

South East Coast

- Emmanuel Tours & Taxi Services 824-4254 / 257-9381
- The Crane Taxi Stand 423-6220 Ext. 7100

East Coast

- Sam’s Tours and Taxi Service 233-3181 / 433-9521



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Motoring

Strict guardians of our heritage

Dr. F.S. Dimmick, a dentist, brought the first car into the island in 1903, an Orient Buckboard. This is depicted in a photograph, along with other memorabilia, posted around the 'garage' walls at the Mallalieu Motor Museum in Pavilion Court near to the Historic Garrison. Like many Barbadians, Bill Mallalieu has had a love affair with automobiles all his life and his passion is catching as he shows you around his collection of exquisitely restored classic cars. It is a tangible record of the history of motoring in Barbados. In the year of our 50th Anniversary of Independence, the most relevant car on show is a Vanden Plas Princess, brought into the island in 1966 for the nation's first Governor General, Sir Winston Scott.

One of the island's first cars
Photo: Henry Walter Parkinson with
permission of the Parkinson family



Firm craftsmen of our fate...

The Nissan Leaf and Nissan Alabaster Acenta Rapid Plus delivery van, parked beneath the Concorde aircraft - showing off British technological prowess. The Barbados Concorde Experience is situated next door to the Grantley Adams International Airport.

Barbadian civic society, businesses and the Government, who share the common goal of creating a greener and more energy efficient country, have keenly embraced the new technology of zero emission vehicles. With over one hundred electric cars and delivery vans currently on the road, and 32 publicly accessible charge points distributed around the island, and new ones constantly being added, Barbados is leading the Caribbean in this important sector. While electric cars are new in Barbados, the country has a long history of successfully using solar energy, being one of the world's pioneers in solar heating of water for over 20 years.



Northern Tour

Pages 232-241
 Speightstown
 Arlington House Museum
 Moontown
 Animal Flower Cave
 River Bay
 Little Bay
 Cove Bay
 Morgan Lewis Mill
 St. Nicholas Abbey
 Barbados Wildlife Reserve &
 Grenade Hall Signal Station
 Farley Hill



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 Foul Bay
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Central Eastern Tour

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 Earthworks Pottery
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 Cattlewash
 Bathsheba
 Andromeda Gardens

Planned Tours

- Northern Tour
- Central Eastern Tour
- Southern Eastern Tour
- Central Western Tour
- Historic Garrison Tour
- Historic Bridgetown Tour



The Northern Tour

By Sarah Venable

Speightstown
Arlington House Museum
Moontown
Animal Flower Cave
River Bay
Little Bay
Cove Bay
St. Nicholas Abbey
Barbados Wildlife Reserve
& Grenade Hall Signal Station
Farley Hill



The northern tour takes you past the groomed and gated enclaves of St. Peter to the small town charm of Speightstown, to the pastures and battered sea cliffs of St. Lucy, the cool shade of mahogany forests and little villages fringing the ribbon of hillside roads.

Begin in the quaint part of Speightstown by finding Queen Street, which runs alongside the sea. This old town was one of the first commercial centre of Barbados, where whalers set out to sea, ships weighed anchor for a brisk trade with Bristol, England, and a series of forts defended it all—both from marauders and from Cromwell’s forces. There’s a salty charm here in the historic buildings, the vegetable vendors on the sidewalk, the esplanade, the fish market and little stretch of boardwalk by the jetty. For exceptional, one-of-a-kind metal jewellery, visit Tiyi by Design in the cute little Town Centre Square. If you like churches, stop in to see St. Peter’s parish church. If you need something from a bank or pharmacy, this is the place to get it before your excursion.

You can start your journey with a seaside breakfast at Juma’s and inspect the surprising mural on the nearby warehouse wall. If you’re an art lover, stop in at the Gallery of Caribbean Art or choose 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. Books and old maps are available there.

Head north along the sea and then turn left which will take you past two feats of development: the Port St. Charles Marina with its man-made island and lagoon, and Port Ferdinand, where a sleeve of sea has been cut into the land and lined with yacht berths overlooked by investment grade condos. Amerindian tools were found near here, a reminder of how peoples come and go.

Ins & Outs Tip

Bring a bathing suit and towel, in case you get the urge to cool off in the natural pool inside Animal Flower Cave, or at the end of the tour with a cocktail in the sea.

Above > Speightstown vendors
Opposite page:
Above > Animal Flower Cave
Below > Fisherman near
Animal Flower Cave
Photos: Andrew Hulsmeier

Keep to the coast and you'll travel back in time, through the fishing villages of Six Mens, Shermans and Half Moon Fort. In spots along the way, you can still see wooden boats being crafted the old fashioned way, with boards fitted over mahogany ribs and fat string used for caulking. Clinging to a low sea cliff, Half Moon Fort comes alive Thursday through Saturday night, with a huge fish fry at Merton's overlooking the sea. Meanwhile, there'll be karaoke and dancing across the road at Moontown.

Follow the road up Sutherland Hill and through Checker Hall to St. Lucy's parish church. Keeping the parish church on your left at the roundabout, proceed straight up the road to Animal Flower Cave. You'll pass St. Lucy Secondary School, the Spring Hall Land Lease project and a series of small farms so typical of this parish. When you reach the crossroads by the Crab Hill Police Station (on your left), turn right and follow the 'cave' signs posted on utility poles. The road swings left at tiny St. Swithin's (a.k.a. St. Swithun) church.

In Connell Town, a colourful arrangement of broken pottery dolls sits outside the Earth & Fire Workshop. They're usually too busy for visits, so look for their work in the craft shop at Animal Flower Cave, whose entrance is shortly ahead. This is the island's sole accessible sea-cave, a suite of caverns formed by the action of the sea. Natural openings provide light and frame a stunning view of the sea about six feet below. The cave got its name from sea anemones (animal flowers) that were once abundant inside. In a separate chamber is a pool of totally still, transparent water. When the sea is calm, you can swim in it. When the sea is too rough, you can't enter the cave at all. It's still worth the stop, however, to witness the wind-driven power of the waves spewing through blowholes in the rugged cliffs. The bar and restaurant are another attraction here—you feel rather like you're dining on a ship.

Exit and turn left, following the road's curves through settlements on the coastal flatlands until you reach a T-Junction where a sign points left to River Bay. Here you can wade in the area that's sheltered from the surf or investigate the little river's mouth.

On leaving River Bay, go straight. At Hope Plantation there's an old house behind a field to the right. This is the neglected birthplace of Errol Barrow, our first Prime Minister. Pass Hope Bridge Road and turn left.





Shortly afterwards, turn left again on Spring Garden. It's a desperately pitted road, but the shortest route to your destination of Little Bay. Pass the turn to Coconut Hall, then Miffits Bar, and keep aiming towards St. Clements Church on the hill. Go left at the T, then right at the fork in the road. At some point, you may get lost. Don't worry. There will eventually be signs for each of the two bays. Little Bay is barren and windy with gravelly grounds and a striking vista up the coast to the north. If you're interested in geology, look what this piece of land is composed of: bits of finger coral in a loose cement of sedimentary rock pushed up by the tectonic plates. Segway tours offer a unique way of exploring this landscape. If the sea is very calm, brave souls occasionally climb through a hole in the cliff to a safe swimming spot below. Cove Bay is reached by the next road running parallel to this one, and its character is much different. It's below a pasture studded with coconut palms and edged with wispy casuarina trees. This once was home to fishermen in the days when sails were used. After Hurricane Janet, the destroyed fleets were replaced with motorised vessels, and it was too hard to get the petrol down to the bay. From here you'll get a fairly close view of conical Pico Teneriffe and the striated layers that compose it. For the surefooted, there's a track leading towards it.

How do you get out of Cove Bay? It's easy. Start retracing your path but turn left at the first junction. This leads towards Morgan Lewis (signposted.) You'll go through Boscobel, passing the turn to Date Tree Hill, and then left at a Y junction where there's a lime green house and a pretty garden opposite. Along this tour you might notice old stone cottages with hip roofs. These are commonly referred to as slave huts, but it is more likely that they were built by Scottish and Irish "servants" who had survived their indenture and were given a tiny plot of stony land on which to eke out an existence.

Take the next left, a hairpin turn that leads down a dip, and then left again at the T junction. At the T junction on the hill, go right to St. Nicholas Abbey or left for a quick jaunt to Morgan Lewis Mill. This old stone windmill is the one that's pictured on the 25 cent piece and the \$2 bill. A peep through the doorway shows the mechanism for grinding cane. The "house" on top of the mill can rotate to turn the sails into the wind. The mill was restored to working order by the Barbados National Trust, but lightning struck the arms. Later, after further repair, wood rot rendered them inoperable again. Funding is currently being sought for rebuilding and for interpretive signage in the meantime. Working or not, this iconic structure is a

reminder that the wind once fuelled an economy, and its role could be reprised to good effect.

Now it's time for some comfort and finery, which you'll find at St. Nicholas Abbey atop Cherry Tree Hill, St. Peter.

See overleaf for details.

Leave St. Nicholas Abbey by 2:15pm to get the full benefit of the next stop; although it's open til 5:00pm, you need to enter the forest before 3:00pm. Alternatively, leave even earlier to catch monkeys feeding at 2:00pm.

Now comes your chance to hang out with animals at the Barbados Wildlife Reserve and to explore the adjacent Grenade Hall Signal Station and forest. To get there, turn right as you exit the Abbey. At the Y junction, turn left onto the highway. Your destination is mere minutes ahead. (See pages 242-243).

Across the road is Farley Hill Park, a lovely spot for a future picnic with the backdrop of a ghostly, ruined mansion where part of the movie 'Island in the Sun' was filmed, back in the days when people were easily shocked by elements of our lifestyle.

But you'll probably prefer to head back for the serenity of a sunset drink by the sea. For this we suggest one of the very casual spots like Little Bristol or Juma's in Speightstown, Merton's Place in Moontown, or Mullins Beach Bar & Grill, Bombas Beach Bar and Santi, which are all on the beach a few minutes from Speightstown. The simplest way is to take a right turn out of the Wildlife Reserve, then go left at the T-Junction, where another left puts you on the road to the coast. The scenic route would let you see another geological feature of the island—gullies formed by the collapse of limestone caves. To choose this option, turn right on exiting the Wildlife Reserve, then take the first left, signposted Indian Ground. Pass agricultural fields and Gerri J's Snack Bar, then take the first right, which leads to Sailors Gully. Take a right to French Village and you'll soon arrive at Mile and a Quarter. From there, go straight west (downhill) to the coast.

Relax inches from the water. If the horizon is clear of clouds you may witness the green flash as the sun completes its descent beyond the sea.



Above > Morgan Lewis Windmill
Below > Merton's Place in Moontown

Photos: Andrew Hulsmeier

Opposite > St. Nicholas Abbey and Diamond Corner village
in the parish of St. Peter

St. Nicholas Abbey

The Ancient and The New Generation

By Senator Professor Emeritus Sir Henry Fraser

St. Nicholas Abbey is quite simply the number one visitor experience in the Eastern Caribbean. It's not only the passion of the Warren family who now own it and have lovingly restored it and brought new life into every corner, but for the visitor it has everything! It's a perfect piece of paradise: an ancient Jacobean mansion (circa 1658) in beautiful formal gardens, hidden away in a tropical rain forest, with sugar bond and carriage houses, boiling house and syrup factory, ancient mill wall and state of the art rum distillery, a splendid café, and much more.

Actually, it's not an Abbey at all, although its antiquity gives it a mysterious, almost holy atmosphere! The plantation was originally owned by Benjamin Berringer and John Yeamans. Berringer built the house around 1658, with house plans brought from England, but in Jacobean style, with corner fire places at the front corners of the house! Some of the drama and romance of the house centres around the alleged procurement of the murder of Berringer by Yeamans, by poisoning, and Yeamans promptly married Berringer's wife, Margaret. But that's another story!



Built in 1658, 30 years after Barbados was first settled, St. Nicholas Abbey is one of just three Jacobean mansions remaining in the Western Hemisphere; the other two are Drax Hall, also in Barbados, and Bacon's Castle in Virginia, USA.

The elegant curvilinear gables and ornamental detail typical of Jacobean architecture make it one of the most stunning examples of the architectural style surviving today.

The plantation and mansion house passed to Berringer's granddaughter Susanna, who married George Nicholas, and the name was changed to Nicholas. It was sold in the 1720s to Joseph Dottin, who gifted it to his daughter Christian on her marriage to Sir John Gay Alleyne – the most eminent Barbadian of the 18th century, whose name is associated with Mount Gay rum. Sir John added the triple arcaded Georgian portico. Some credit Sir John with the planting of the mahogany avenue, others attribute this to this author's great grandfather, Thaddeus "Bush" Deane, who managed the plantation in the 19th century.

From 1810 until 2006 the property was owned by the Cumberbatch family and their descendants the Cave family. It seems that Sarah Cumberbatch and her husband Charles Cave combined the names of the Nicholas Plantation with St. Nicholas Parish and Bath Abbey near their home in Bristol, to create the romantic name St. Nicholas Abbey. The last Cave owner, Lt. Col. Stephen Cave, took up residence in 1978, and this author was his physician! Col. Cave managed the plantation with heroic energy and he opened the house to the public.

Larry Warren, brilliant Barbadian architect, and his wife Anna acquired the property in 2006 and restored it, interpreting it and building on its history to create the amazing "product" that is St. Nicholas today.





St. Nicholas Abbey has shunned mass production and complex mechanical systems in favour of the traditional distillation process that made Barbadian rum famous over 350 years ago.

Above > Freshly cut cane is hand-fed into the steam mill where it is crushed just once to extract the sweetest juice possible.

Right > In addition to the multi-award winning St. Nicholas Abbey Rum, which is available only at the plantation, visitors can also purchase brown sugar, molasses, and St. Nicholas Abbey's Sugar Cane Syrup, a unique artisan syrup produced from sugar cane grown in the fields surrounding this magnificent old plantation.



The Great House itself is a work of art, and the antiques include beautiful items from the 18th and 19th centuries – unique pieces like the bed of the Empress Josephine and iconic Sailors' Valentines. These elegant shell ornaments were created in Barbados in the nineteenth century and exquisite new versions can be purchased in the shop. There is so much to see, from the famous coral dripstones for purifying water from the roof to the outdoor family privy with four seats; the sugar bond that now houses the museum, the bar and rum tasting parlour, and the cinema for viewing the 1935 film about plantation life and making sugar syrup at Nicholas! Across the yard is the distillery, the syrup plant and the old steam mill circa 1890, which grinds cane from December to June.

Larry's vision was to produce premium single cask rum on site, on a boutique scale, using the plantation's own freshly ground cane and the traditional pot still method, in the new distillery installed in 2009. It starts with the cane juice, processed on site into syrup and distilled, rather than using molasses, the base for most rums. The syrup plant produces 20,000 litres of syrup each year. This produces a distinctive, light and flavourful rum, aged in bourbon oak casks. The rum is bottled in elegantly designed bottles, etched with an image of St. Nicholas and sealed with a mahogany cork, reminiscent of some of the original mahogany groves still in existence on the plantation. It's a unique, totally sustainable Nicholas plantation package which continues to earn rave reviews.

Speaking of sustainability, St. Nicholas Abbey is now fully energy efficient, having installed a full array of solar panels on the factory roof in 2015. Furthermore, every combustible item – paper, boxes, palm fronds and wood from the forest – all go to produce brickettes to fuel the syrup plant!

This New Generation of St. Nicholas Abbey 5 year old rum coincides with a new generation of Warrens! Larry and Anna's son Simon and wife Camilla are proud parents of twin boys, Arthur and Henry, just over a year old.

And so the “new generation” rum celebrates the new generation of Warrens, Arthur and Henry, with their names inscribed around the neck of the bottle. It’s a splendid symbol of love and passion for the heritage of Barbados and particularly St. Nicholas Abbey – a plantation whose boundaries haven’t changed in 350 years. And it’s a golden example by Larry and the Warren family of working with local history, culture and materials to produce a distinctive, high quality, product – an icon of Barbados.

The Warrens are surely *“strict guardians of our heritage, firm craftsmen of our fate.”*

Right > Larry Warren (far right) with sons Simon (far left) and Shae (centre), and the “new generation” of Warrens, Simon’s twin boys, Arthur and Henry.

Below > The Rum & Sugar Museum, which houses artefacts from the Plantation’s fascinating history



The Warren’s are rightfully proud that St. Nicholas Abbey Rum is now available at prestigious establishments overseas, such as Fortnum & Mason’s, Berry Brothers of London and the Carlton Club, to name a few.

Open Sunday - Friday 10am - 3:30pm • Adults: BB\$40 • Children: BB\$20
 Tour Includes: Main House - Landscaped Gardens - Steam Mill (on special days) -
 Distillery - Café & Gift Shop - Rum & Sugar Bond with Rum Tasting.

For further information Tel: (246) 422-8725 • stnicholasabbey.com • stnicholasabbeyrum.com
St. Nicholas Abbey is available for weddings and private functions.

Ins & Outs Tips

**Feeding time
is 2pm!**

Please leave all feeding
to the Reserve staff!



The beautiful mahogany forests here are home to a large troop of Barbadian Green Monkeys and a reserved habitat for a number of other wildlife. The Brocket Deer and Mara, Tortoises, Caiman, an endangered species of Cuban Iguanas, the colourful Peacocks and their hens are usually all busily going about their business. This natural habitat is enjoyed by the animals and visitors are therefore asked to respect their space and keep a safe distance while appreciating them. The Monkeys are very inquisitive and will attempt to interact with visitors but do not be tempted by their intelligent ways - keep a safe distance.

The nature trail in Grenade Hall Signal Station has easy-to-follow, educational sign boards displaying entertaining questions with answers revealed by lifting the flap. Some of the more fascinating information involves plants that were used by slaves as 'cures' and how those same plants are now used in modern medicine – a wonderful opportunity to learn about Barbados' natural environment. The historic 19th century Grenade Hall tower, erected to relay intelligence information and other messages from Bridgetown to the north of the island in a matter of minutes, was restored with a series of interesting exhibitions, artefacts and audio tapes that explain the signal system.

Open everyday 10am-5pm. Last admission at 4pm.

Refreshment Bar Open Daily. Snack Café open Mon-Fri.

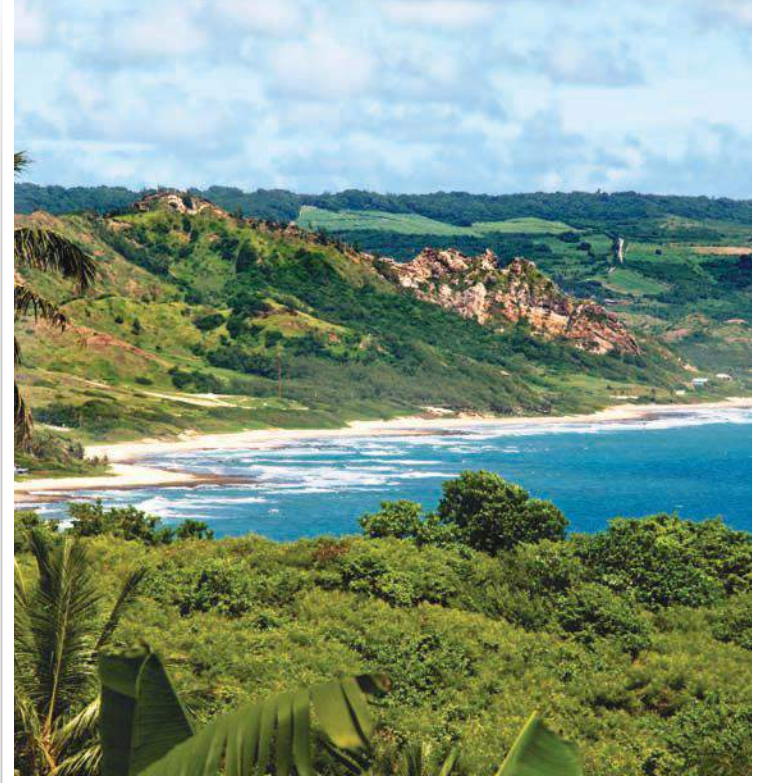
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The Central Eastern *Tour*

By Sarah Venable

Earthworks Pottery
Welchman Hall Gully
Springvale Eco-Heritage Museum
Chalky Mount Potteries
Cattlewash
Bathsheba
Andromeda Gardens



Far from the towns and tourist strips, the dense residential areas and manicured hotels, there's a simpler Barbados that time forgot. It's up in the hills and down the other side of the island. This tour takes you there, where vegetation seeks to reclaim its dominion over stream-trickled slopes, where stones tell stories and the land itself tries to travel. It takes you where monkeys assemble and plants keep secrets, to where men make mud into daily wares. It takes you down to the wide open spaces of wave-thrashed shores and a sweet fishing village where giant boulders seem to sprout from the sea. This is the heart of Barbados. Bring the children!

The tour begins with Earthworks Pottery. Go to the Everton Weekes Roundabout in Warrens on the ABC Highway where you will turn inland towards Jackson. As you pass the lofty headquarters of CIBC FirstCaribbean, do look to the left at the bordering wall. Thanks to Earthworks Pottery and partners, the surface is now a long and lovely mosaic. An element of this is featured in their advertisement on the facing page. Just beyond it, also on the left, is a massive baobab (*Adansonia*) tree. Indigenous to Africa, Madagascar, the Arabian peninsula and Australia, these massive trees store water in the trunk and have various uses. Depending on the species, they are

sources of fiber, dye, fuel and food. The velvety-shelled fruit has a delicious tangy flavour and is high in vitamin C.

Anyway, continue straight through the tiny roundabout by the shopping plaza, and at the next one swing left. This takes you past the Sharon Moravian Church. Turn left after the church and drive uphill. Halfway along turn right into Edgehill Heights and wend your way up to the well signposted Earthworks Pottery.

In addition to the Pottery there's also On the Wall Art Gallery, Henderson Reece's Batik Studio and a café. At The Pottery you will be treated to a spectacular working studio and some irresistible works of art. For many visitors Earthworks becomes one

Ins & Outs Tip

There's a lovely little café at Earthworks complex where you can enjoy a coffee and snack before you head out on this spectacular tour.

The Scotland District
Photo: Andrew Hulsmeier

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of the unique and wonderful memories of a Barbados holiday. Visit the studio (admission is free) to see 14 potters and painters creating functional and fun pieces of pottery in a variety of vibrant Caribbean colours. Everything is efficiently packed for travel or they arrange shipping at special rates. These high quality pottery wares are all dishwasher and microwave safe and oven proof. At Tulis Batik you can watch the master Batik maker creating beautiful garments and paintings or sign up for a one day batik course with Henderson Reece. His classes are 'al fresco' and he supplies all the materials. On The Wall Art Gallery carries a wide assortment of work by talented Bajan artists and craftspersons, from jewellery, to wood-work to fine art paintings with work by Vanita Comissiong, Heather-Dawn Scott, Ann Dodson, Michael Jackson and many other leading artists. The Art House Café specializes in the tastiest gourmet sandwiches around as well as great salads and pastas, and cold tropical drinks.

At the top, the road straightens a bit. You'll pass Vaucluse, then two crossroads, and then Porey Spring on your right, bubbling out of a short cliff. You might spot bathers there; it's a rootsy thing. Barbados is great for off-road activities, which often go through areas like this on foot or by bicycle. Organised hikes are regular events, led by the vigorous Hash House Harriers on Saturdays and the Barbados National Trust on Sundays. See the calendar of events for more details.

After Porey Spring, turn right towards Canefield and the winding road will take you through stunning country with cows and rows of trees. Keep on this road (choosing a left fork and then a right one) and you'll be at Challenor School. This was a plantation whose once-magnificent great house has found a second calling as a home and school for physically and developmentally challenged children. They produce crafts and jellies there. To enquire about purchasing them call 438-6862/69/67.

Turning left at this T-junction, in a minute or two, you'll reach Welchman Hall Gully on your right. Gullies are a special feature of the Barbadian landscape, setting it apart from most other Caribbean islands. These deep ravines were formed by the collapse of cave systems, over underground streams running through the coral limestone cap of the island. Long ago, they were periodically cleared for firewood but, unlike other terrain, did not suffer the wholesale denuding of the land for cultivation. Because of this and their humid microclimates, they harbour the highest concentration of biodiversity on the island. Some, like this one, were planted with fruits and spices. Welchman Hall Gully also lies over part of Harrison's Cave, which was discovered through an opening midway through this gully! This gully's luxuriant vegetation changes over the course of a mile from sunlit and gently landscaped to thick and wild. Some, like the grand bearded fig tree near the entrance, are indigenous and some, like the nutmeg and cocoa



were introduced. Medicinal plants also make appearances here. Except for monkey feeding time at the platform when simian exuberance and competition are on display, serenity reigns in this green haven. Signage and a guide pamphlet direct the eye and give meaning to the sights. Children can join in the educational programmes held during all school holidays. Call ahead or see the website for information.

Next on your tour is Springvale Eco-Heritage Museum, in the Scotland District, supposedly named out of 17th and 18th century Scots emigrees' nostalgia for the Scottish Highlands. To get there, turn right on exiting the Welchman Hall Gully car park, then take your first left (at the rumshop) and go downhill. As you go, you'll experience some heaving—the road, not you. This deformation has happened due to the soil beneath. Composed largely of clay and frequently sodden with rain, the land in this district tends to slip. To stabilise it and improve drainage, gabion boxes have been built. They resemble wire cages packed with stones and can often be seen on the hills around here.

Springvale Eco-Heritage Museum, a.k.a. Old Time Days, reveals the folkways of ordinary Barbadians in days gone by. Particular focus is on people in the Scotland District, and on survival strategies in the difficult period between Emancipation and the 1930s. Displayed in the manager's house of the old plantation (the great house slid off the hill years ago), the rustic scenarios are low-tech, personal and utterly charming. Owner Newlands Greenidge who inherited this ragged plantation, takes heritage to heart and is on hand to make history come alive for you. He may even take you for a walk. Outdoors, a track leads through coconut and banana groves, maybe some vegetables and medicinal herbs, to a babbling brook shaded by creaking bamboo. Surely there are crayfish in here and you might spot them, but catching them isn't easy. Luckily, someone has begun farming them now, so you might see some on a menu. If you're adventurous, well shod and have the time, you are welcome to hike farther into the rainforest and might even find the spot where bituminous goo called manjack seeps from the soil. In 1895 it was

Ins & Outs Tip

Children can feed the ducks, guinea fowl and chickens at Welchman Hall Gully.

Get the feed (or drinks and ice cream for you) in the little gift shop.

Left > Earthworks Potter

Above Left > Yoland shares information about interesting elements of Barbados' natural heritage with visitors at Welchman Hall Gully
Photos: Sally Miller

Above Right > Welchman Hall Gully
Photo: Andrew Hulsmeier



exported for use in black paint and was later used as fuel for trains. Mining ceased in the 1920s.

With the land so fertile, you might wonder why this plantation isn't more productive. For one thing, it gets discouraging when monkeys steal the fruits of your labour. But that's another story...and a good rumshop conversation starter.

On leaving Springvale, turn left and carry on down the hill through Bruce Vale. Fifty years ago, this was all under sugar cultivation. Now the tropical rainforest, harbouring rich bird life, is regaining a hold on the land, dotted with stands of bamboo, and traversed with streams that turn into raging rivers during heavy rains.

At the bottom you will come to a road on the right heading uphill, signposted Chalky Mount. Another aspect of life on the land awaits you here —potteries where local clay is transformed into useful items in the traditional manner. Again, monkeys will appear, but this time it's the other kind—the strangely named jugs that keep water cool (well, slightly) in a natural way. Perched along the crest of clay hills, Chalky Mount Village has been home to Barbados' pottery industry for over 350 years. When you come to the brightly painted Chalky Mount Rum Shop, turn left and then take either fork where several small owner-run potteries still operate. At Chalky Mount pottery, the dignified and adept John Springer will let you have a go at the wheel if you like.

Moving on, come out from pottery row, turn right at the rum shop, and continue down on the same road that brought you here. Turn right at the T-junction. This road leads through Haggatts, where government fruit orchards border the Soil Conservation Unit. Among the trees is a variety of cherry that is exceptionally high in vitamin C. A single one can provide a day's requirement!

Soon after the gas station is Belleplaine and the junction with the Ermy Bourne Highway, where you turn right. Boys on the roadside around here sell local fruit and coconut bread. Ackees, sea grapes, dunks or fat porks—try some! The nearby Sand Dunes Bar and Restaurant is a popular spot that serves great fish cutters.

Also known as the East Coast Road, this stretch leads through windswept, flatland communities and then past



Top > Turmeric at Springvale Eco-Heritage Museum and Trail
Photo: Sally Miller

Middle > John Springer and his mother Photo: Andrew Hulsmeier

Bottom > Tide Pools at Bathsheba Photo: Andrew Hulsmeier

Opposite > Long Pond and Morgan Lewis beach from Chalky Mount Photo: Sally Miller



dunes and open spaces. With Chalky Mount now above you, the rocky outcroppings are of geological interest. Here the coral cap has been lost, revealing sedimentary and oceanic deposits that were pushed up by plate tectonics as the Atlantic plate pushed beneath the South American plate. You can clearly see the buckled layers of hardened sand and mud, which also includes skeletons of dead plankton. A nearby quarry which used to provide excellent silica sand for building, is now an organic orchard and farm. (There's more and more organic produce available these days, by the way.)

The Atlantic coastline features rough water, whose currents make it too treacherous for swimming. Locals know of tide pools where it's safe to soak at certain times. These are mainly around Cattlewash, where holiday homes provide staycations for some Barbadians. It's not uncommon for families to spend a whole summer month here relaxing.

More tide pools and some great surfing is a few bends ahead. Go up the hill, cross the bridge, and continue up to a crossroad at the top of the rise. Turn left and prepare to be greeted by the first of several splendid vistas in this area. You are arriving in Bathsheba, where giant boulders seem to sprout from the sea and the vibe is totally chilled. Feel

free to get out and stretch your legs or bathe in the tide pool under the big rock. Don't count on actually swimming though, unless you've got your surfboard. It's shoaly and the currents are tricky.

Or visit one of the restaurants. Some of the restaurants here are closed in September. If the Round House or Atlantis is your destination, call ahead or be prepared to choose an alternative. The Round House is popular for their lunch, featuring fish paté and breadfruit vichyssoise, and may be the only place you'll ever experience your salad leaves blowing away in the wind. For a good, local meal in plainer but still pleasant surroundings, try Dina's restaurant in the park ahead. Another excellent meal choice lies over the hill in Tent Bay, at the Atlantis Hotel. (Drive up, and turn left at the sign.) Once inhabited by the famous writer, George Lamming, the iconic hotel has been transformed into a handsome hideaway for independent travellers. Since you're in the neighbourhood, why not round off your day with a visit to Andromeda Botanical Gardens? Exit the feeder road to Tent Bay, turn left and go up the hill a bit. It's on your left. Teaching and research take place in these rambling acres, where a major collection of tropical plants cluster in a series of garden vignettes...and threatens to revert back to nature. Printed material helps you identify and understand the flowers, trees



and herbs. When drought allows, a stream runs through the tranquil landscape. Refreshments (including home-grown organic salads!) and a good gift shop help make this a pleasant stop while touring the Bathsheba area.

For the trek back, turn left as you leave Andromeda, then right at the T-junction. Follow that road until you reach the same intersection where you went downhill to Bathsheba. Don't recognise it from this angle? Gagg's Hill Bar is on your right and a vegetable stand is ahead of you. Turn left for the climb up Horse Hill.

If you're up for another stop, make it Naniki restaurant and rustic resort, whose right turn into Suriname Village is not far beyond the old post office. Once you've turned, watch carefully for signs on the way to this obscure haven. The narrow road leads through pockets where poverty and picturesque go hand in hand. When you arrive at Naniki, everything changes. The name is taken from an Arawak word meaning "full of life" and you can see why. It's all done in wood and carries a vibrant, natural vibe. A vast veranda overlooks not only the rolling hills but also a clearing framed by wooden cottages that face the surrounding woodlands. No wonder yoga groups meet here. The highly-rated food is Caribbean. Lunch is served Tuesdays to Saturdays from 12:30 with a jazz brunch on

Sunday. To return to civilisation, go back to the main road and turn uphill. At the top, new low-income housing fans out around the Police and court complex, an increasingly common sight even in rural areas like this. You'll soon pass two lovely plantations, Blackmans and Indian Pond, and then through the painted rocks depicting large wild animals. The sculpted mural was conceived by an inspired individual and executed with the help of the local community, for whom it remains a source of pride. Shortly ahead is Andrews Sugar Factory, which is under re-construction. Its renovated great house across the way has been featured as a Barbados National Trust Open House, to great acclaim. That programme lets you see different private homes from January through March, and is a great way to satisfy your curiosity while learning about our history.

You'll soon reach a funny junction shaped rather like a pickle fork. Turn right and that road will take you down Market Hill and eventually to the T-junction at Hothersal Turning where you turn left. In a moment you'll be at the main highway (2A), one roundabout south of where we began this tour.

Boat Building at Tent Bay
Photo: Sally Miller



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Ins & Outs Tip

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The Central Western *Tour*

By Sarah Venable

St. James Parish Church
Harrison's Cave
Flower Forest
Hunte's Gardens
Exclusive Cottons of the Caribbean
Orchid World & Tropical Flower
Garden
Gun Hill Signal Station & Lion



When we tell you that this tour takes you from the calm west coast to the interior of the island, we mean literally interior; it includes the magnificent crystal landscape that lies underground! And it gets earthy—with cultivation of horticultural delights beyond your imagination. There's a bit of history and of course a remarkable hilltop view of the terrain. Good roads connect them all.

Start at the St. James Parish Church. This leafy oasis is one of the oldest parcels of consecrated land on the island, and many original settlers and various noted Barbadians were laid to rest within the Church and its tranquil yard. The beautiful coral-stone structure was erected and later enlarged in the 19th century, after much earlier versions were destroyed by hurricanes and decay. Three glorious stained glass windows, the original 17th century church bell and baptismal font, pulpit made of local mahogany and various memorials contribute to the atmosphere. Legend says that the Devil leaves by the north gate when the bell is rung. To wake you from your reverie, head right, into Holetown, the commercial bullseye of the west coast and a destination in itself. You'll have to decide how much time to spend here. If the answer is "next to none", skip down

several paragraphs to "Ready to roll?" where the itinerary continues onward. But we suggest you make a decision based on the following: Pretty in pink (and yellow, blue and green pastels) the Chattel House Village is chock-a-block with specialty shops. At the far end, award-winning interior designer Jenny Blanc has her Caribbean showroom, displaying a wealth of stunning accessories and furniture. Farther along, the Sunset Mall has even more shopping. So does the West Mall across from the Police station. Branches of Cave Shepherd department store, featuring lots of duty free items, are located in both malls.

A monument near the Police Station commemorates the island's first European settlement on this spot. The yellow complex with pretty gingerbread trim includes the home of the Ship's Pilot of Holetown, which now houses Gaye's

Ins & Outs Tip

Tours are offered at St. James Parish Church Monday – Thursday from 9am to 1pm.

Above > Stone bridge at Dukes

Opposite > View from the Flower Forest
Photos: Andrew Hulsmeier

boutique. Across the road is an historic Methodist church, so tiny that it could be in a storybook. A little wander through 1st and 2nd Streets reveals the charm of olden times with small scale eateries lining the narrow passage.

Then cross the road to the 21st century lure of luxury at Limegrove Lifestyle Centre. Some of the best shopping and restaurants in Barbados are clustered here in chic surroundings. For visitors, shopping here is actually not as expensive as it may look. With no duty and no VAT, things are automatically 20% off. If you need makeup, stop at Mac; this branch is the cheapest in the world! And our Louis Vuitton is the world's second least expensive after Paris. Speaking of which, Un Dimanche a Paris takes you there, and the new House of Jaipur brings the allure of elegant India.

Seek out some sustenance in Limegrove before you hit the road on the rest of today's adventure. Relish Epicurea offers a wide range of delicious deli and gourmet items. There's a great picnic spot in today's itinerary, so you might want to get your goodies here and put them in an insulated bag.

Ready to roll? Head slightly south of Hometown on the coastal road and turn left into Sandy Lane estates on Molyneux Road. This takes you through the landscaped laps of luxury homes skirting the fabulous, 27-hole golf course. At the top (Bennets), turn left onto the highway and take the right at the roundabout by St. Thomas Parish Church. This road passes pretty Content Plantation on the left, where the Dixieland jazz trombonist has his veterinary practice. Soon you reach a crossroad; go straight through. Around the bend you'll pass under a charming stone bridge and up into the open space of Dukes Plantation, an old sugar estate that's still in cultivation. At the next crossroad, actually a crooked T-junction, turn left.





Shortly afterwards comes a right turn that will take you through beautiful Lion Castle, with its plantation house and grounds (which are for sale) on the left, and its spectacular Polo Estate on the right. Barbados is on the international polo circuit with our season running from January into May. Don't miss the chance to catch an exciting match while you're here, especially the hotly contested Battle of the Sexes. The road then dips into the cool shade of a short gully and rises to a little roundabout.

Go left through the village and look for the sign (on your right) to Harrison's Cave. This natural wonder is a mile-long series of magnificent crystallised limestone caverns. You'd never guess that deep inside the hill are glassy pools and rushing underground streams that help provide the island's fresh water. Travelling by solar-powered electric tram into beautifully lit spaces, you'll be amazed at the shapes and sparkle that nature has produced. From the narrow passage where the cave's early explorers entered to the great cathedral spaces 50 feet high, this is an experience you shouldn't miss.

Try not to have to choose between the next two garden venues, Flower Forest and Hunte's Gardens. Each is stunning in its own way, and they're minutes away from each other. Leave Harrison's Cave the way you came in. When you encounter the main road that brought you to the cave turnoff, turn right and proceed to a wonky junction with a directional sign to Flower Forest and Hunte's Gardens. Turn right, drive about 2 minutes and look for the entrance to the Flower Forest on the left. This aptly named attraction lets you meander multiple paths through shaded hillsides with exotic blooms emerging from the forest floor. Stunning vistas of the rugged Atlantic coast await. A relatively new owner has lavished love and care throughout the site, and it shows. Amid such beauty, it's hard to imagine hauling cane up these slopes in the days when this was a sugar plantation. A vast deck gives treetop vistas to the café, whose fishcakes alone are worth the journey. If you haven't brought a picnic, this is a good choice for lunch. Try their bay leaf tea!

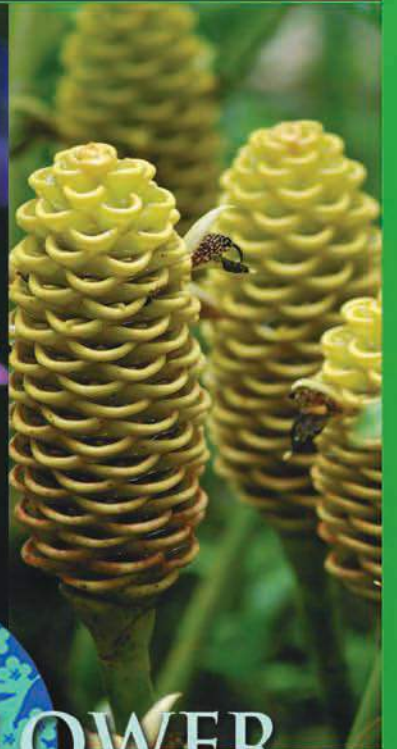


Hunte's Gardens is virtually around the bend. Go back up the Flower Forest feeder road and turn left onto the road that brought you here, continuing to ascend into the lush central highlands. Very shortly ahead, turn left. A minute later, you'll pass one right turn. Take the second one just beyond it, where the road you're on starts to go downhill. You'll pass through Chimborazo, whose crest is the second highest spot on the island, and after a couple of bends in the road, there is Hunte's. Tour cont'd on page 258

Above > Flower Forest
Below > Fish cakes served at the Flower Forest
Photos: Andrew Hulsmeier



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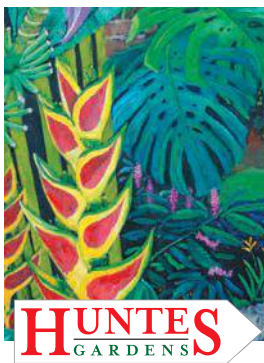


FLOWER
FOREST



HUNTE'S GARDENS

Ins & Outs Tip
Bring a picnic and stay as long as you like!



Rated #1 on



“The Most Enchanting Place on Earth”

You might hear this garden before you see it; its delightfully eccentric owner, Anthony Hunte, plays classical music throughout the garden. This is the working end of old Castle Grant plantation, where sugar cane was once processed into syrup. Step through the gate and you'll soon tread on the old weigh bridge, where loads of cane were tallied. Just past the old stone outbuildings, where statues lurk among exotic plants, you'll find yourself on the lip of a great, hemispherical sinkhole in the limestone substrate. Steps lead down and paths branch out through an exquisite profusion of flowering plants, with towering trees around the edges. Both here and farther along the top are a series of small secret gardens, where you can sit to absorb the serenity and enjoy a picnic. Be sure to climb the upper level steps to Mr. Hunte's house, a transformation of the old stables. He'll invite you for refreshments—including his legendary rum punch or freshly made lemonade—on his glorious, antique studded verandah overlooking the garden. If you're lucky, he'll tell you tales, and you will surely leave with some of your own.

If you're driving, follow the red and white signs, saying Hunte's Gardens, from all over the island. Or, come by taxi. If you take the local bus from the Fairchild Street Bus Stand in Bridgetown its #5 Sugar Hill Bus—Bb\$2 each way.

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Castle Grant, St. Joseph



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The cotton ginnery at Groves in St. George offers guided tours Monday to Friday, hourly between 10am and 2pm. Calling ahead is recommended. At the Visitor Centre there is a display room where WISIC articles can be purchased or ordered, including but not limited to ladies' and gentlemen's attire, linens and novelty items.

The team at Exclusive Cottons looks forward to sharing more with you about Barbados' remarkable and regal cotton!

Ins & Outs Tip

This year at their ginnery in St. George, Exclusive Cottons has West Indian Sea Island cotton fabrics by the meter, beautiful new ladies cotton dresses, shorts and camisoles.

To arrange an exclusive tour of the Exclusive Cottons of the Caribbean's ginnery and visitor centre, please call (246) 433-3108

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Your next stop is Orchid World and Tropical Flower Garden. Turn left on leaving Hunte’s Gardens and turn right at the T-Junction and follow the road past Blackmans and Indian Pond, and then through the painted rocks depicting large wild animals. Shortly ahead is Andrews Sugar Factory, which is under re-construction. Press on until you come to a funny forked junction where you take the second left. At the top of the short hill, turn left and in 100 yards Orchid World is on your left. Orchids are fascinating flowers with an amazing variety. They’re also tricky, and bloom when they feel like it. Luckily there are hundreds here, so some will always be showing off. Recently improved and rebranded, this attraction now surrounds its orchid houses with towering flowers, shapely succulents and myriad water features. A relaxing lounge where you can savour snacks and fresh juices completes the picture.

If by some chance it’s still early in the day, you might like to pair this site with a visit to Exclusive Cottons of the Caribbean’s ginnery, which is virtually next door—the right turn after you leave Orchid World. Exclusive Cottons deals with blossoms too, but these are valued for their fluffy fibre, not their inherent beauty. There you’ll learn about the production of WISIC, West Indian Sea Island Cotton, which is extremely rare and of superior quality. Yes, we grow that too. Open from 10 to 2.

From Orchid World and Tropical Flower Garden, it’s a smooth shot down to Gun Hill Signal Station. Turn right

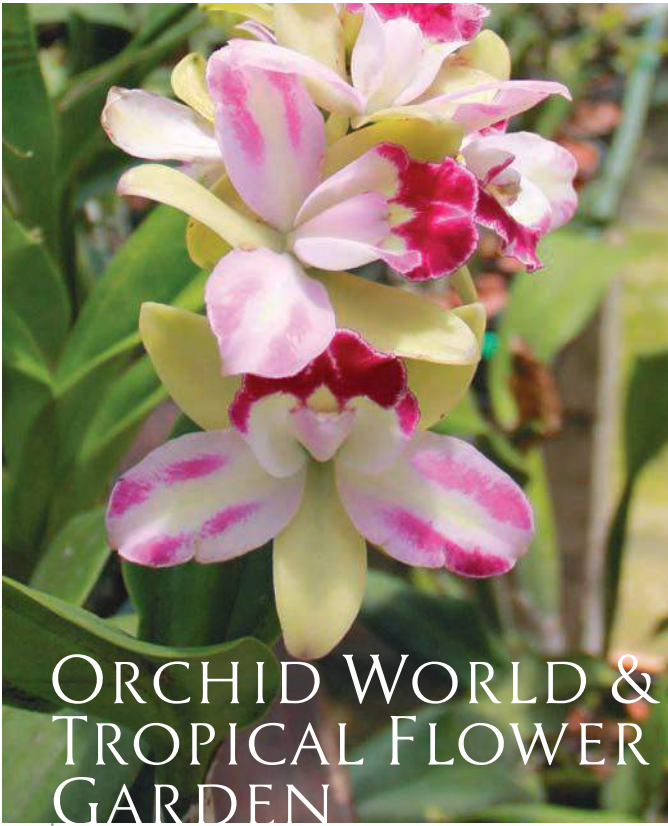


as you exit the Garden and go straight for about three minutes, then turn right at the sign for the Signal Station and follow the signs left. Long before telephones or even morse code were invented, a series of hilltop signal stations communicated vital news. They not only provided a way of communicating in emergencies such as fire, rebellions or enemy approach, but were also used as rallying points in the event of civil disorder. Gun Hill is the best of them, and is a fine place to survey the panorama below. Built in 1818, it is fortified with cannon, has been restored by the Barbados National Trust, and houses a collection of military memorabilia that adds historical immediacy to the site. Climb the tower, take photos, and visit the white lion carved from stone, downhill.

Thanks to enthusiastic heritage keepers, this Barbadian treasure keeps gaining value. Along with the new, handicap-friendly walkway, they’ve now added terraces with spectacular views, and have upgraded the landscaping throughout. Under new management, the expanded café is a destination in itself, a place for cares to drift away on the breeze. Refresh yourself here, and your tour is complete.

Above left > Painted rocks depicting wild animals near Andrews Factory

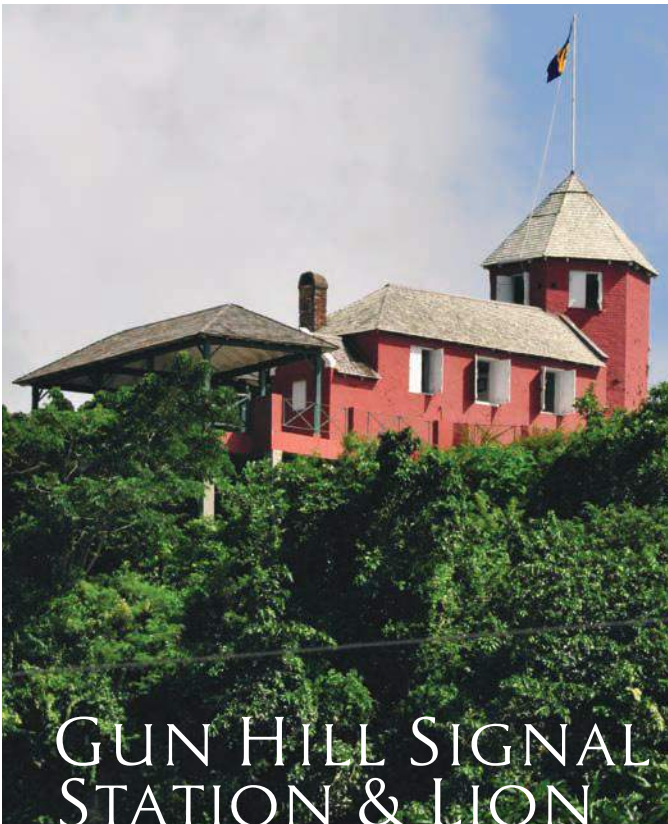
Above Right > Kevin Rowe, Manager of Gun Hill Signal Station
Photos: Andrew Hulsmeier



ORCHID WORLD & TROPICAL FLOWER GARDEN

Perched on the side of the picturesque St. John valley, Orchid World has a stunning collection of over 5000 orchids from around the world. The tour consists of a pleasant stroll through various landscaped features with an interesting collection of tropical plants and three orchid houses. Unlike most gardens here, the path is wheelchair accessible. Bird feeders throughout encourage birdlife. Drinks and snacks are served in a comfortable patio beside the well-stocked gift shop.

Tel (246) 433-0306
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 Groves, St. George
 Open Daily 9am-4pm



GUN HILL SIGNAL STATION & LION

Now under new management this jewel in the crown of the Barbados National Trust enjoyed a rejuvenation in 2015. Two new terraces, beautifully landscaped grounds and excellent wheelchair access all make it an ideal location for functions. Gun Hill enjoys spectacular views, cooling breezes and a palpable feeling of peace.

Drop in for a tour of the station and view the small museum to learn about the message relaying system of 200 years ago. Or, just visit the charming café for a drink or light meal with spectacular views of the island!

Barbados National Trust Full Moon Parties
 See Calendar of Events Section for dates.



Barbados National Trust
 Fusilier Rd, Gun Hill, Tel
 (246) 429-1358
 Open Sun-Wed 9am-5pm
 Thur-Sat 9am-10pm



‘Another Gold for BHS at the RHS Chelsea Flower Show’

The Barbados Horticulture Society set themselves the daunting task of creating a ‘Gully Experience’ in the main marquis at the 2015 Chelsea Flower Show in London. By actually walking inside the 20ft long exhibit, between two 18ft high ‘gully’ walls, visitors were physically immersed into an authentic tropical experience with all the genuine smells and sounds of a gully, as well as a visual feast of colourful flowers and verdant foliage. Many people who visited the stand exclaimed that they felt as though they were in Barbados. The Royal Horticulture Society showed their appreciation by awarding the Barbados Horticulture Society with its 17th Gold Medal: an honour for Barbados and a fitting reward for the team’s efforts.



World Association Of Floral Artists

FLOWERS
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World Flower Show

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International Exhibitors

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The Southern Eastern *Tour*

Oistins

By Sarah Venable

Miami Beach

Silver Sands

Barbados Concorde Experience

Foursquare Rum Distillery

Foul Bay

Crane Beach

Bottom Bay

Ragged Point

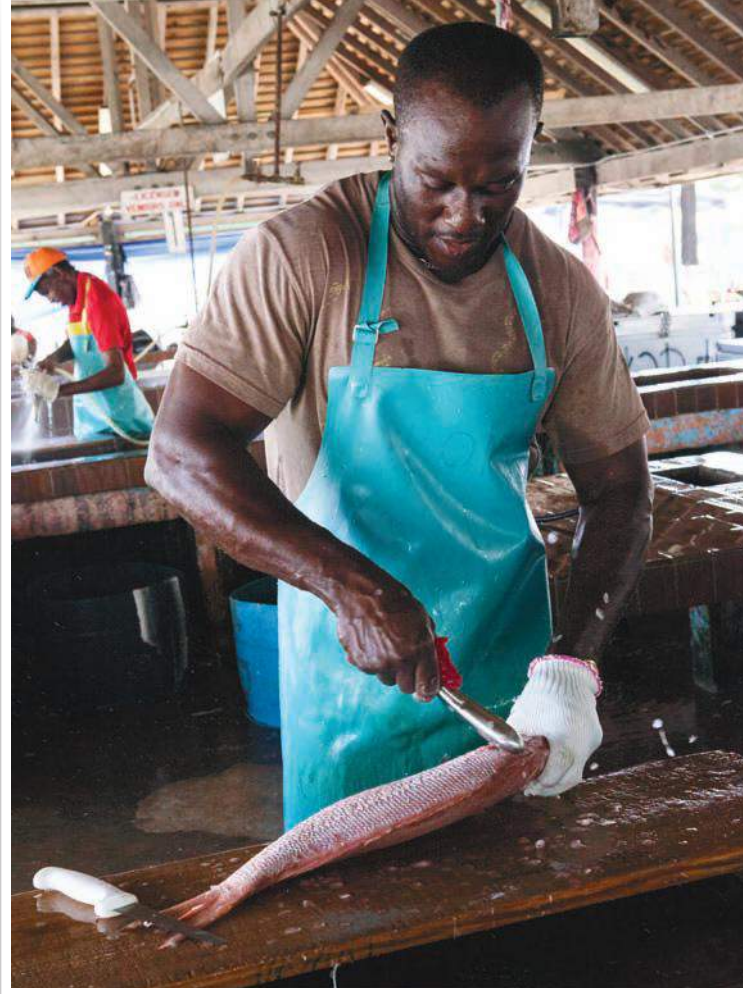
Codrington College

Bath

Martin's Bay

St. John's Church

Sunbury House



Running through both fertile farmlands and boring developments, this tour has numerous wow factors. It treats beach lovers to a wealth of paradises and varies that diet with a historic church, an old plantation that's fully loaded with antiques and artefacts of daily life, a fabulous resort whose beach is world-famous, a lighthouse and a dose of advanced aeronautics. Got kids? Pick and choose what they'll like most.

This tour begins at Oistins, whose fish market offers a wide selection (including lobster!) at good prices. Even if you're not buying, it's fun to talk to the people and watch them work; you'll learn a lot. Right next to the market is the collection of kiosks and grills that attracts hungry hordes for delicious fish dinners. A few serve lunch as well. (Unless you're seeking crowds and noise, avoid Friday nights). It's not far from Miami, a sprawling beach where the colours of the water never cease to amaze. To get there drive through Oistins with the sea on your right and keep straight at the fork. Then its right by all the signs and right again at the

black and white island. We call it Miami for no good reason, though its real name is Enterprise. Go figure. A promontory divides Miami beach into two sections, one a horseshoe of calm, shallow water and the other a tree-shaded stretch where the waves can get vigorous enough for body surfing. Picnic tables, showers and a food purveyor make it a popular spot for locals on weekends. It's also a fine spot for full moon picnics; go with a group, not solo.

The next beach, Silver Sands, is completely different. On leaving Miami, turn left at the island and right at the T-junction. Turn right at the small roundabout, wind your way until you go

Ins & Outs Tip

Oistins Fish Fry is open every night with Friday being by far the busiest.

Above > Red Fish for sale at Oistins Fish Market
Photo: Andrew Hulsmeier

Opposite Top > Windsurfing at Silver Sands
Photo courtesy Brian 'deAction Man' Talma



downhill where you take the first left just before what used to be the Silver Sands Hotel - now sadly closed. Accessed through rolling dunes, Silver Sands' appearance lives up to its name. But the main attraction here is waterman sports. Barbados is one of the finest destinations in the world for kitesurfing, and this is one of the best beaches for it. It's a thrill to do, of course, but even just watching is an inspiration when proficient surfers soar and whirl on the waves. The best months for constant wind are January, February, June and July. You can rent boards or book a lesson nearby at De Action Shop, owned by the champion Irie Man himself, Brian Talma. There's also a recreation park where the kids can work off some energy. If you're already running late, lunch and drinks are available in the relaxed elegance of Silverpoint, located in a nice neighbourhood just a bit farther around the

bend. From here, it's time to get on a plane, by which we mean the Concorde. Keep travelling in the same direction and you will return to the main road, turn right at this T-junction and then take a left up Wilcox Hill. Turn left at the T-junction when you will pass the end of the airport runway on your right. At the next T-junction turn right toward the Grantley Adams International Airport - the Concorde Experience is next door. In the days when the legendary supersonic plied the skies, Barbados became one of its few destinations in 1977. When the Concorde ceased operations a decade or so ago, one of the aircrafts was retired here. Around it was built an impressive, state-of-the-art museum whose centrepiece is the awesome bird itself. It's called The Concorde Experience for good reason. There are interactive exhibits on the physics of flight, small planes, and of course the Concorde itself,



The name Foul Bay seems oddly chosen. It was once known as Fowl Bay due to migrating birds that used to visit a swamp there that has since been swallowed up by housing.

Above > Foul Bay
Photo: Andrew Hulsmeier

Below > Lunch at L'Azure at The Crane Resort



which you can board and explore. Hear the sonic boom, “fly” the simulator and have a ball! You’ll also get to learn about the history, remarkable design, and engineering of this revolutionary aircraft. Don’t miss this opportunity!

When you leave Concorde Experience turn right and keep left at the next forked junction. To visit Foursquare Rum Distillery turn left at the crossroads. This facility offers a good, if somewhat ghostly, self-guiding tour through a modern distillery where many of our rum brands are produced and bottled. With huge gears and other machinery repurposed into structures and playground items, eight acres of this 17th century sugar factory’s grounds have been creatively landscaped as a park and entertainment venue. The folk museum may or may not be open when you visit, but the whole thing is free, so if you’re interested in rum you’ve got nothing to lose, and the kids can have a great time in the play area. It’s open weekdays 9am to 5pm, Saturdays 10am to 9pm and Sundays noon to 6pm.

If you didn’t go to the rum factory, turn right at the cross roads. If you did, go straight when you return there. Veer right at the next junction and left at the T-junction. Continue for a mile or so, pass Rices Cricket Club and Foul Bay is next, signposted on the right. Here again the name seems oddly chosen. Originally it was Fowl Bay, due to the migrating birds that used to nest in a swamp not far away. Framed with rugged cliffs and dotted with palm and casuarina trees, it is picture postcard gorgeous. Though it is a popular picnic spot on weekends and holidays, it’s never crowded due to its large size. The waves are good for experienced boogie boarders, but please don’t do this alone or venture out far. There are no lifeguards to help you if you get into trouble. There are no facilities.

Now it’s time for a civilised option, and

for lunch if you're hungry, at the stunning Crane Resort, which offers a range of cuisines and prices. The resort has a long and distinguished history and has expanded way beyond the original (still standing) 19th century building. Lush landscaping, tropical luxury and oodles of lagoon pools make it memorable. Tours of the property are freely offered and are sure to impress. If you're decently dressed and enjoy an elegant afternoon tea, the Azure restaurant will hit the spot. Or, you could just head to Crane Beach Bar and Restaurant for a burger on a beach that has appeared on the 10 Best in the World list. This cliff-ringed cove features glistening pink sand and rolling surf that is great for boogie boarding and body surfing. The Crane takes its name from a large crane that once worked from the top of the cliff to load and unload ships. To get there from Foul Bay turn right at the T-junction and follow the road around for a few hundred meters where you will see the resort entrance.

Ready for another dose of beachly beauty? Turn right out of the Crane. Cutters on the left is another welcoming lunch option with one of their famous rum punches or a juicy flying fish "cutter". But Bottom Bay awaits. Follow the road left at the roundabout, turn right at the next main junction, follow the long straight road and take the last left before Sam Lord's Castle (now being restored). Turn right at the T-junction. Follow the road through an s-bend with a small supermarket and a hardware store and Bottom Bay is about a mile on, sign posted.

This is an idyllic tropical beach complete with crisp breezes animating the coconut palms, an overhanging cliff, a small cave, and frothy aquamarine waves lapping the soft, pearlescent sand. Swimming here is not recommended. The waves are very strong and there's no trained rescue on hand. Instead, you can rent a chair and eat coconuts.

Optional side trip:

Lovers of spooky old ruins and very secluded sea bathing might enjoy Harrismith House, just across the field from the descent to Bottom Bay. The road is terrible, so you're probably best off walking there. Formidable steps lead down the cliff to the shelter of a tiny cove. When the tide is low, it's safe to slip into the shallow tide pool and cool off.

Bottom Bay
Photo: Andrew Hulsmeier





Back to the main road, turn right and next comes Ragged Point, the most easterly point of the island, where an 1875 lighthouse and its abandoned keeper's residence stand. There are four lighthouses on the island, but none as dramatic as this with its wind-scraped land, huge agaves and casuarina trees waving in the wind. Until the 1960's our lighthouses were lit with oil lamps, using prisms to create beams of light. Clockwork systems controlled the rotation of the lights.

Two bays can be seen below the cliffs, as well as a sweeping view all the way up the east coast. Near the lighthouse, The East Point Grill serves up impeccable local food (but sadly in Styrofoam), Thursday through Saturday from 11 am until whenever. On Saturdays there's pudding and souse. People rave about the food and the service, and of course there's the breathtaking view.

On leaving Ragged Point, veer right and follow the road until you reach a T-junction. Turn right and follow that road until you come to another T-junction after Three Houses Park, where you turn right again. Take the second right across under the large inland cliff following the road around, keeping left in the second bend. This will take you into Society village and the splendid avenue to Codrington College. When Christopher Codrington died in 1710 he left his estate to the "Society for propagation of the Christian Religion in Forreighn parts". 300 years later, Codrington College is one of the oldest Anglican theological colleges in the world and the Codrington School on the hill behind is a successful International Baccalaureate (IB) World School. Visitors are welcome to wander around the grounds and visit the small chapel.

And now, how about a Bath? Bath Beach, we mean. This is one of the few east coast beaches where swimming is safe. The water isn't always as clear and weed-free as elsewhere, but other factors make this beach well worthwhile. Even from the approach road you can tell it will be special, as the view unfolds. This shaded beauty offers a large car park, picnic tables, a small snackette, lifeguards and changing/washrooms. The surroundings include a handful of charming holiday cottages, a small waterfall to the north and the remains of the old train line that once ran through here. For a challenging hike, follow it to Bathsheba.

Note that on weekends and holidays, you could be blinded by the sun bouncing off the tinfoil that covers a hundred family picnics. Okay, we exaggerate, but you get the picture.

From Bath Beach, it's a short drive through rural St. John to Martin's Bay. Exit the feeder road, turn right and at the next crossroads a few minutes away, turn right—beside a rumshop, of course. Lobster and octopus are hunted and caught off the shore of this picturesque little fishing village, whose heart beats hardest at the Bay Tavern. This very basic bar-restaurant-rum/convenience shop has grown so popular for its food that it has enlarged its “dining shed” and added picnic tables across the road by the sea. Every day's menu is different, but you can always count on authentic, well-seasoned local food whose starches often include breadfruit, yam (not to be confused with sweet potatoes) and even green bananas. Bajans come here from all over the island, especially on Thursdays, when the place

is hopping from lunchtime into night. On Saturdays the traditional pudding and souse is featured, and on Sundays there's oxtail stew. Sometimes you can also get curried goat or rabbit. It's always a culinary adventure here, and everyone's welcome.

From here, it's time to climb the hill to St. John's Parish Church. Just go up the way you came and keep going straight through the crossroads. At the top of the hill, turn left. You'll be passing through Newcastle, one of the areas in St. John where the descendants of poor white Scots and Irish indentured servants still live. Even as late as the early 20th century, it was such a hard life that some literally dressed in sacks – as many did in Barbados back in the bad old days. A few determined families gradually managed to prosper and eventually founded business dynasties.

Ins & Outs Tip

It's a lovely 45 minute hike along the old train line from Bath to Martin's Bay.

There are more rugged but equally stunning coastal walks between Skeete's Bay and Consett Bay.

Opposite page > The east coast with Ragged Point Lighthouse

Below > Looking out over Banana Trees in Martin's Bay

Photos: Andrew Hulsmeier





At St. John's Parish Church, the mood gets more exalted. Built in 1836 in classic Gothic style, it is solid and soaring. The elevated site commands a panoramic view from serene grounds. A small guidebook discloses details on features such as the funerary plaques and statuary. A surprising personage lies in the graveyard—Fernando Paleologus, a direct descendant of Emperor Constantine the Great, whose family was driven from the throne in Constantinople by the Turks. From his exile in England, Fernando migrated here and lived in prosperity at nearby Clifton Hall for 20 years until his death in 1678.

The final stop on today's tour is Sunbury House, near Six Cross Roads, St. Philip. Turn left out of St. John's Church, and follow the road for several miles until you go downhill to a T-junction. Turn right and follow the road until you come to St. Philip's Parish Church, where you turn left. On the right here you may observe a small sign for the Quaker Burial Ground, circa 1670. It was somewhat restored recently and one can peer spookily through a glass window at dishevelled lead coffins. In the latter half of the seventeenth century Barbados had more Quakers than any other English colony.

Driving through working plantation land, it's only fitting that you should now see how the upper crust lived in grand style over 300 years ago. Sunbury House testifies to the beauty and practicalities of classic West Indian plantation architecture. Furnished with a superior collection of antiques, augmented with clothing, domestic and agricultural equipment and tools, fascinating prints and a collection of carriages, it gives a very complete picture of how people lived, dressed, travelled and maintained social order in daily life. Printed material on the house is quite comprehensive and there are several interesting displays that make this tour worth experiencing. A comfortable café and bar are onsite. At Sunbury, turn right and then right again onto Highway 5 which will take you back to the ABC Highway and home.

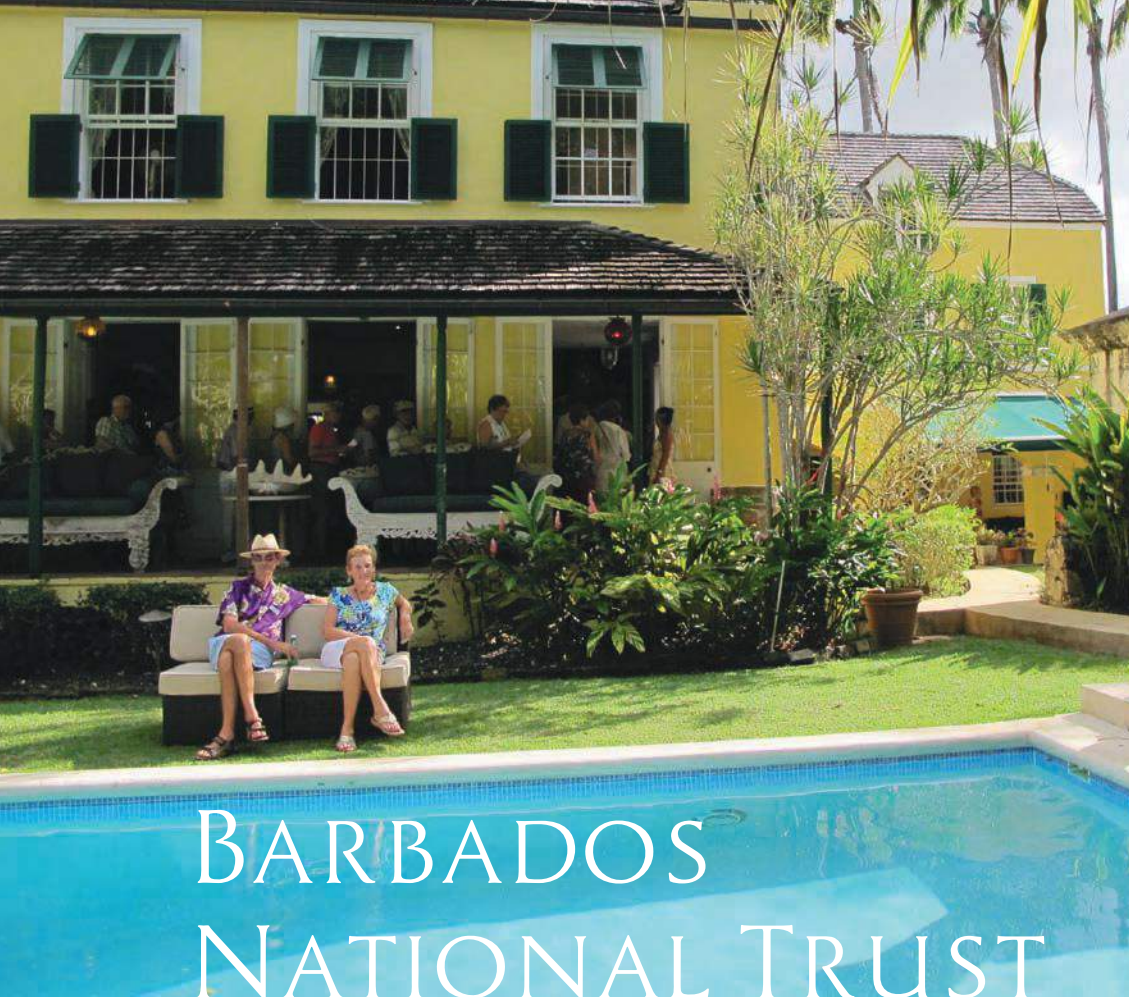
Sunbury House gives a very complete picture of how people lived, dressed, travelled and maintained social order in daily life.

Above > St. John's Parish Church

Right > Display at Sunbury House

Photos: Sally Miller





BARBADOS NATIONAL TRUST

Open House Programme

Each Wednesday from January to March this year, the Barbados National Trust makes some of the island's most historic and elegant private homes available for viewing, with the generous permission of the owners. National Trust Members pay BB\$25. BARP, AARP and CARP Members pay BB\$30, whilst the general public pay BB\$35. Arrive at 2pm for the tour and then sit to enjoy your tea and listen to the lectures, which start at approximately 3:15pm, by Professor Henry Fraser, a past president of the Barbados National Trust and the author of 'Historic Houses of Barbados' and 'Treasures of Barbados', and Dr. Karl Watson, the Trust's current president and the editor of the journal of the Barbados Museum & Historical Society.

Hike Barbados

Three hour hikes are held every Sunday morning at 6am and afternoon at 3:30pm.

In the morning, there are FOUR grades of hikes:

'Stop 'n Stare' (approx. 6 miles - slow), 'Slow Medium' and 'Fast Medium' (approx. 9 miles), and 'Grin 'n Bear' (approx. 12 miles - challenging). In the afternoon, the morning's 'Stop 'n Stare' route is repeated in one large group. Sunday moonlight hikes begin at 5:30pm.

Make sure you have strong footwear and a hat. Bring a bottle of water and a snack if you wish. Refreshments are usually on sale after the hikes. A torch/flashlight is needed for the moonlight hikes.

Gun Hill By Moonlight

Gun Hill By Moonlight at Gun Hill Signal Station in St. George takes place from 5:30 to 8:30pm from February to May this year. Go and enjoy spectacular panoramic views with cocktails and tasty refreshments and admire the beautiful full moon! A ceremonial lowering of the flag will take place at sunset and music will be supplied by local volunteer musicians.

For more information telephone (246) 426-2421
www.barbadosnationaltrust.org | natrust@caribsurf.com

Ins & Outs Tip

Become a member of the Barbados National Trust and enjoy reciprocal privileges with the British and Australian National Trusts

ANDROMEDA
BOTANIC
GARDENS

ARBIB NATURE
& HERITAGE TRAIL

GUN HILL
SIGNAL STATION

MORGAN
LEWIS SUGAR MILL

SIR FRANK
HUTSON SUGAR
MUSEUM &
FACTORY

BRIDGETOWN
SYNAGOGUE

TYROL COT
HERITAGE VILLAGE

WELCHMAN
HALL GULLY

WILDEY HOUSE





Hastings

Strict guardians of our heritage

Hastings is one of the oldest suburbs in Barbados. It takes its name from Hastings village, the very first seaside resort, built in the 1820s on the sea-front land that ran from the Sea View Hotel (now Savannah Hotel), to Browne's Bay (now Accra Beach). Hastings Rocks, an historical 'window to the sea', became the centre of the visitors' scene in the 1880s and 1890s as hotels sprang up around it, and the trams travelled from Bridgetown to the Rocks and Marine Gardens opposite.

Hastings Rocks and
bandstand circa 1900
Photo: Henry Walter Parkinson with
permission of the Parkinson family



Firm craftsmen of our fate...

Today, the Richard Haynes Boardwalk runs along the seafront from Accra Beach to Hastings Beach
Photo: Sally Miller

Hastings is still one of the main centres of south coast tourism and retains some of its historic ambience. The Richard Haynes Boardwalk runs nearly the entire length of what was the old Hastings seaside resort, from the beach opposite Pavilion Court along to Accra Beach. It is very popular with walkers and runners during the cooler times of the day, beginning as early as 5am in the summer months and then again until 7pm. It is also a convenient conduit to several good restaurants and bars, both on the actual boardwalk and along that stretch of the south coast.

Historic Garrison

Every Thursday - Historic Garrison Tour

A UNESCO World Heritage Site

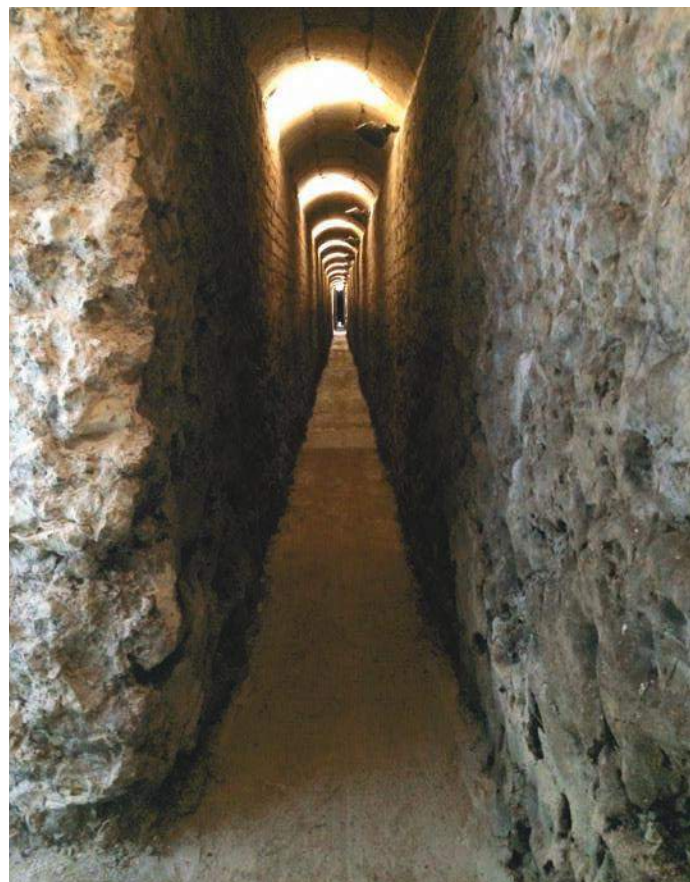
Every Thursday at 9am until 12.15pm there is a 3-hour award winning tour of the Historic Garrison put on by the Garrison Consortium with World Federation certified guides. This walk and coach tour describes the connections between the Barbados Garrison, the extension of the English Civil War to Barbados when Admiral Ayscue, under instructions from Oliver Cromwell, attempted to invade Barbados, and the roll of Barbados as a logistics and intelligence gathering centre during the American War of Independence. It all begins at **GEORGE WASHINGTON HOUSE** where a young George Washington (the first president of the United States), stayed in 1751 when he was only 19 years old. Here you will begin to understand how this visit shaped young George and how what he learned helped him during the American War for Independence. At this site you will also have the opportunity to see and experience the mysterious Garrison Tunnels. (For a full tour of these fascinating tunnels check the Barbados Garrison website). The tour continues onwards to **CHARLES FORT** in Carlisle Bay where you are invited to imagine the sea battles which raged there. From here it is on to the **OFFICERS MESS** at the Barbados Defence Force for a drink and tour of **ST. ANN'S FORT** and the **NATIONAL ARMOURY MUSEUM**. Barbados has the finest collection of **ENGLISH 17TH CENTURY CANNON** anywhere in the world. After that the tour goes to the former military prison at the **BARBADOS MUSEUM & HISTORICAL SOCIETY** and then finishes with a flourish at the **MAIN GUARD CLOCK TOWER** with the **CHANGING OF THE SENTRY PARADE**.

BOOK NOW at www.barbadosgarrison.org
or call 233-2601/233-1648.

Coffee Barbados' Café

Treat yourself to breakfast before the tour and/or lunch after the tour at the relaxing café on the grounds of George Wahington House. Delicious freshly baked goodies and a good variety of salads.

For more information visit www.barbadosgarrison.org or www.facebook.com/coffeebarbadoscafe.



The Garrison Tunnels, located at George Washington House, are open every Monday to Friday from 9am until 4.30pm.

Photo: Peter Stevens



'George Washington' awaiting the arrival of his guests for dinner at his home in the Historic Garrison, a UNESCO World Heritage site

'Dinner with George' (Washington)

Every Monday from 7pm until 10pm - December 28, 2015 until March 28, 2016. A unique and prestigious interactive dining and theatrical experience, at which the 1ST US PRESIDENT, GEORGE WASHINGTON REGALES DINNER GUESTS WITH ENTERTAINING VIGNETTES OF HIS LIFE'S STORY. The ambience of warm candlelight and live baroque music transports one to the year 1751. Enjoy a sumptuous 5 course dinner accompanied by fine wines in the very dining room of the house that George Washington spent 6 weeks of his life, when just 19 years old.

BOOK NOW at www.barbadosgarrison.org or call 233-2601/233-1648.

Garrison Night Tours

Every other Friday night from 6pm until 8.30pm. An entertaining night tour through the Historic Garrison dramatizing crime, punishment, murder and execution. Cost BB\$20-30. Reservations are not necessary.

BOOK NOW at www.barbadosgarrison.org or call 233-2601/233-1648.



Above > The Officers Mess where members of the Garrison Historic Tour enjoy a drink on Thursday mornings before the changing of the sentry.

Photo taken from "A Complete & Concise Military History of Barbados"



National Armoury & Cannon Museum

Paul Wilton offers personalized tours for 1 to 12 people of this splendid 17th century fort. Converted into an interesting museum housing some particularly fine examples of cannon including an Elizabethan gun of 1593.

Tel: (246) 829-1146

Adm: BB\$50 per group

Address: Historic Garrison

Open by appointment only

Mon. - Fri. 10am - 12pm.



MALLALIEU MOTOR MUSEUM



This charming motor museum is preserving an interesting slice of the island’s automobile heritage. Of particular relevance this year, when Barbados is celebrating 50 years of Independence, is the Vanden Plas Princess. Ordered from Britain for the national celebrations in 1966, it became the car of the new nation’s first Governor General, Sir Winston Scott, and was used to transport members of the British Royal family whenever they visited. Apart from the cars, the memorabilia on the garage walls provide a great trip through the island’s motoring history. Bill Mallalieu thoroughly enjoys meeting and chatting to the many wonderful and interesting people who drop by. He is usually there in the mornings. In the afternoons, visitors are welcome to tour by themselves. Along with his knowledge of the classics - “the older the cars, the better they work” - his knowledge of the global car industry today is extensive and he enjoys a discussion on the subject. Love cars? Drop by one morning when Mr. Mallalieu is there, you might leave with some stories of your own.

Open during normal working hours | Admission BB\$20

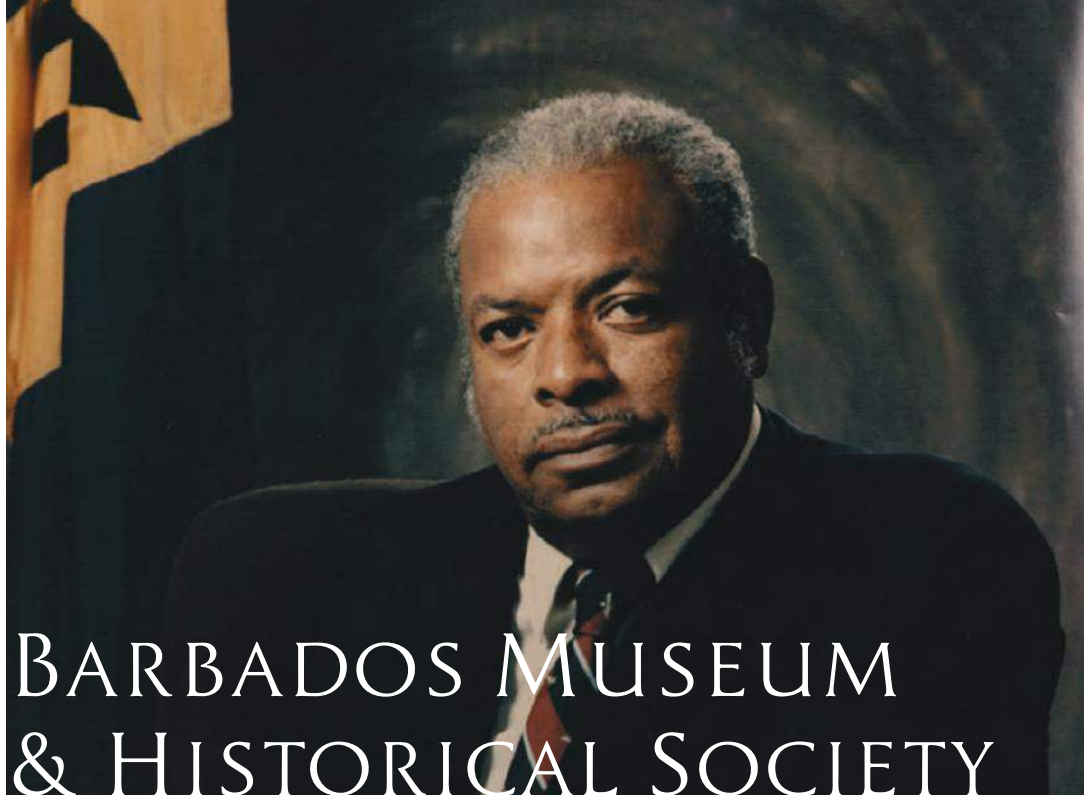
Tel: (246) 426-4640

Pavilion Court, Hastings, Christ Church | billmallalieu@caribsurf.com

Ins & Outs Tip

- This is the only ‘old car’ museum in Barbados, many are in perfect working condition.
- Cars on display include: Rover 75, 1955, Allard P1, Bentley Drophead Coupe 1947, Citroen Big 15, Triumph TR4, Volvo 122S, 1963, Chevrolet Master 6 and more...





BARBADOS MUSEUM & HISTORICAL SOCIETY

Barbados at 50 Exhibition

This exhibition looks at the progress made since independence in 1966, presenting around 50 objects. The telling of our stories incorporates objects and memories of Barbadians at home and abroad and chronicles our growth since 1966. Exhibition scheduled to open in November 2016 and close in April, 2017.

Research Your Barbadian History and Lineage

Barbados' history is interwoven in many ways with the histories of other countries. Discover these connections and much more in the Museum's Shilstone Memorial Library. Need help with family research? Contact the Museum's Librarian at E-mail: library@barbmuse.org.bb. Delve into rare West Indian documentation, archival documents, genealogical records, photographs, maps and books. The Shilstone memorial Library is open Monday to Friday 9:00am – 1:00p.m.

Educational programmes for school children are conducted regularly and a range of talks and public programmes are also offered. In order to offer these programmes and educational activities, the Museum welcomes members and volunteers. Check the website for further information on current and upcoming programmes and opportunities to be involved.

The Home of Barbadian Culture and Heritage

The best way to learn about the people of Barbados is through a visit to the Barbados Museum & Historical Society, located in the island's sole UNESCO World Heritage property. Learn about a rich history, from the earliest inhabitants to folk life. There's something for everyone – natural history, Barbadian social history, archaeology, decorative arts, military history, African artefacts and prints and paintings all within the Museum's collection serve as mementos of your visit and can be purchased in the Gift Shop. The wide range of books on historical topics and merchandise reflecting the island's heritage make great keepsakes and gifts. There's always something new to see, as the Museum regularly offers special exhibitions and exciting activities and events.

Special Events

The Museum's lush gardens and cobblestone courtyard provide the perfect setting for weddings, special celebrations and photo shoots.

Open Monday-Saturday: 9am-5pm & Sundays 2-6pm | Closed on public holidays

Tel: 427-0201 or 436-5946 | info@barbmuse.org.bb | www.barbadosmuseum.org

Ins & Outs Tips

A short stroll through the museum reveals a well presented snapshot of Barbados' rich history.

The museum has the best heritage shop on the island with an excellent selection of books.



Preservation

For Pride, Pleasure and Profit



Restoring Andrew Carnegie's Free Library

By Senator Professor Emeritus Sir Henry Fraser

Strict guardians of our heritage, firm craftsmen of our fate.

These are the last two lines of the National Anthem chorus of Barbados – magnificent lyrics by the famous songwriter Irving Burgie, with music by Roland Edwards. They encapsulate in the most dramatic, eloquent but direct way an entire philosophy for a nation. They affirm pride in our heritage and a firm commitment to determining (crafting) our future. And I believe these two phrases and ten words, which beautifully combine two of the finest rhetorical devices of the ancient orators (isocolon and antithesis) should inspire the most meaningful celebration of the 50th anniversary of Independence: celebration of our heritage by preserving it “for pride, pleasure and profit”.

“Strict guardians of our heritage, firm craftsmen of our fate”. These lines from the Barbados National Anthem affirm pride in our heritage and a firm commitment to determining (crafting) our future

Above > Carnegie Free Library today
Opposite > Carnegie Free Library in 1904





The splendid medieval buildings of old Bridgetown and Speightstown, the Jacobean mansions of St. Nicholas Abbey and Drax Hall; the plethora of handsome coral stone buildings in Caribbean Georgian style, such as Sunbury Great House; the 75 magnificent historic churches, the Victorian villas in what we call local or vernacular style, scattered across the old suburbs and emulated in the millionaire's mansions of the West Coast; the ancient windmills and lighthouses, and the most famous of all, perhaps, the iconic "chattel house" – a unique, celebrated star of Caribbean folk architecture; these are all the work of local craftsmen of extraordinary skill – stone masons and sculptors, joiners or carpenters, glazers and tilers, architects and contractors. The legendary builder William Farnum, who designed and built Tyrol Cot (1854) home of Sir Grantley Adams and Glendairy Prison (1855) is little remembered today, but his achievements were remarkable. And the masons and carpenters who did the work were no less skilled. They too deserve to be celebrated. In other words we must guard our heritage and preserve both the beautiful buildings and their builders, if we truly take pride in these achievements of our ancestors.

But the concept of pleasure from our built heritage is key. We have some 20 splendid museums – from the oldest, the Barbados Museum at the historic Garrison (an

old Military Prison of 1815) to the magnificent Mallallieu Motor Museum, the Nidhe Israel Museum, the Cricket Legends Museum, the Concorde Museum, and the state-of-the-art, interactive Arlington House Museum in Speightstown. Historic buildings all over the world are adapted for modern use and enjoyment. A proposal on the table for Barbados' anniversary year is the development of the massive, abandoned Glendairy Prison into a multi-faceted Entertainment Centre and Prison Museum. Prison museums are a roaring success wherever they've been created across the world, from Britain to Australia, and are profit centres, as only a portion needs to be restored. They are usually the top attraction wherever they are. For example, Kilmainam Jail in Dublin, Ireland, has 1000 visitors a day or 350,000 a year! And Glendairy Prison is on a 14 acre site, with five major buildings and space for indoor and outdoor theatres, arts and crafts, children's playgrounds, workshops, petting farm, et cetera, et cetera. Pleasure for ever!

Profit of course is also key, both for local enjoyment and for visitors. Research shows that restoration of our well-built coral stone buildings almost always costs much less than equivalent new buildings – hence major savings. Historic Bridgetown and its Garrison was inscribed as a UNESCO World Heritage Site on June 25th, 2011. The jewel



in its crown is the Garrison with almost 100 structures, most 200 or more years old. But in Bridgetown itself, within its meandering medieval street pattern, are built treasures in need of restoration. The most important pair of these buildings is the Carnegie Free Library (opened in 1904) and the Old Supreme Court, Parliament and Jail (1733).

Restoration will have a hugely positive impact on the broader preservation goals of the newly established Preservation Programme of the historic core of the UNESCO World Heritage site, Historic Bridgetown and its Garrison. It will be closely linked with the nearby Synagogue and Nidhe Israel Museum and other historic sites in the city centre, and a part of the Heritage tours. And it will inspire further restoration, while creating an environment for study, training, exhibitions and seminars in the city centre, helping to revitalize the city. It's hoped that it will be a high profile achievement in the 50th Anniversary of Barbados' Independence celebrations.

Both the Carnegie and the Old Supreme Court have been closed for some eight years, but restoration to provide a much needed state-of-the-art modern Library, Information and Cultural Centre can be done at a fraction of the cost of a purpose built building, as has been repeatedly shown across Bridgetown, with the added value of preserving heritage and

aesthetics. The Cabinet of Barbados has established a Preservation Task Force to address the preservation, and raise funds to revitalise Bridgetown. The complementary charity, created to receive and manage donations, is the Preservation (Barbados) Foundation Trust.

Andrew Carnegie was a poor Scottish immigrant to the USA as a slender boy, and became perhaps the richest man in America, self-educating himself along the way. His philanthropic mission was to provide free access to education across the world, and we were among his beneficiaries. The goal of the Preservation Task Force and Trust is to bring back that vision of "free access to education" in the building of Barbados. The restored library must have full air conditioning, modern rest rooms and computer labs, elevators, courtyard, galleries and seminar rooms, estimated at four million Barbados dollars (two million US dollars). All contributions are tax deductible.

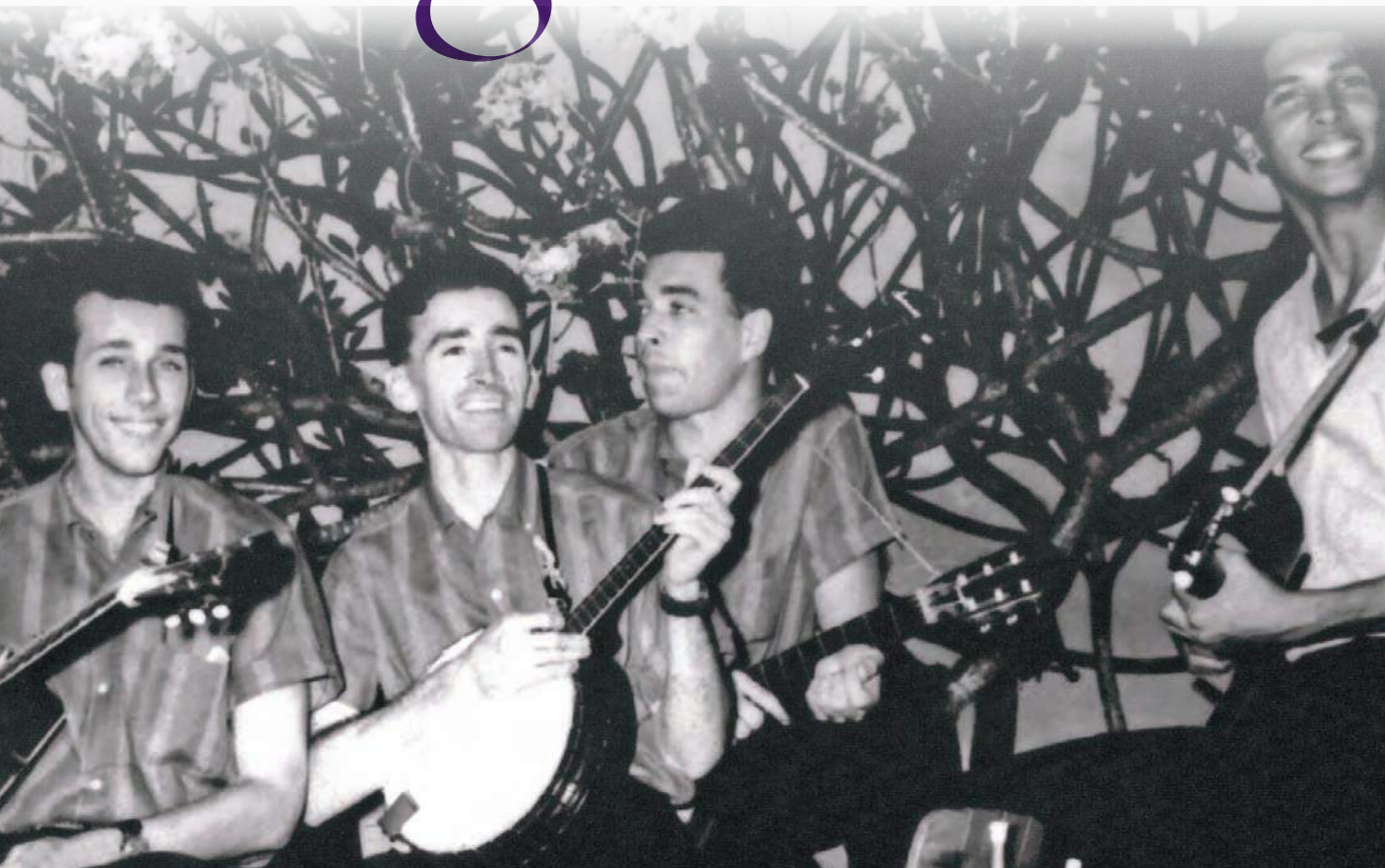
Contributions may be made in several ways – directly to the Preservation (Barbados) Foundation Trust with tax deductible gift, or by purchasing tickets / books for the raffle of a Mercedes, displayed at Limegrove Centre in Holetown, until Easter, 2016, when the draw takes place. For further information contact the Preservation Trust office / Mrs. Carole Bishop at email: carole.bishop1@gmail.com or telephone mobile: (246) 262-5848.

Andrew Carnegie was a poor Scottish immigrant to the USA as a slender boy, and became perhaps the richest man in America, self-educating himself along the way. His philanthropic mission was to provide free access to education across the world.

Opposite > Old Supreme Court, Parliament and Jail

Above > Barbadians took full advantage of the Carnegie Free Library from the day it opened in 1904
Photos: Henry Walter Parkinson with permission from the Parkinson family

Nightlife



In 1962 four young musicians made their debut at the Drift Wood Cellar Bar in the island's lively St. Lawrence Gap. Calling themselves The Merrymen, and commanding a performance fee of a mere US\$17.50 a night, none of them could ever have imagined the success that lay ahead.

Just three years into their career they were playing in front of audiences at the famed Carnegie Hall in New York City – bringing acclaim to their far-away island home. Their number one hit “Big Bamboo” became a chart topper in every Caribbean territory and even went to the #1 spot on the musical charts of Holland, Germany and Belgium. “That song changed our lives,” says bandleader and lead vocalist, Emile Straker.

The Merrymen were to the Caribbean what the Beatles were to the world – Explosive! For 50 years they thrilled audiences around the globe and history will forever attest to the prowess of this Barbadian Band – the minstrels called the Merrymen.

St. Lawrence Gap has always been renowned for its nightlife; today, the island beat still permeates, and everyone dances to it! The charm of the past and the energy of the present still make it irresistible to swing into “The Gap”... Here, local rum shops rub shoulders with fine-dining, ocean-front restaurants, Mexican is served up a stone's throw away from Indian, and everyone gets to pause and take in the most spectacular sunsets across the bay. »

Opposite > St. Lawrence Bay

Photo: Andrew Hulsmeier

Above > The Merrymen, circa 1962, performing at the Drift Wood Cellar Bar in St. Lawrence Gap

Photo courtesy Emile Straker



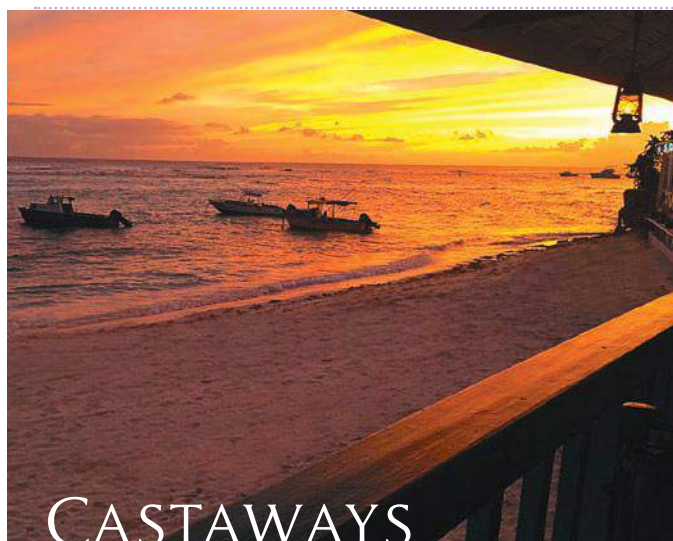
The Gap

Is Where It's At!

EAT PLAY DRINK STAY
RESTAURANTS | NIGHTCLUBS | BARS | HOTELS | BEACHES







Castaways is the newest hotspot for chillin' with friends in The Gap. With sprawling views of the boats bobbing in the picture postcard St. Lawrence Bay, it's the perfect spot to catch the sunset, which just happens to coincide with their daily happy hour from 5-6:30pm.

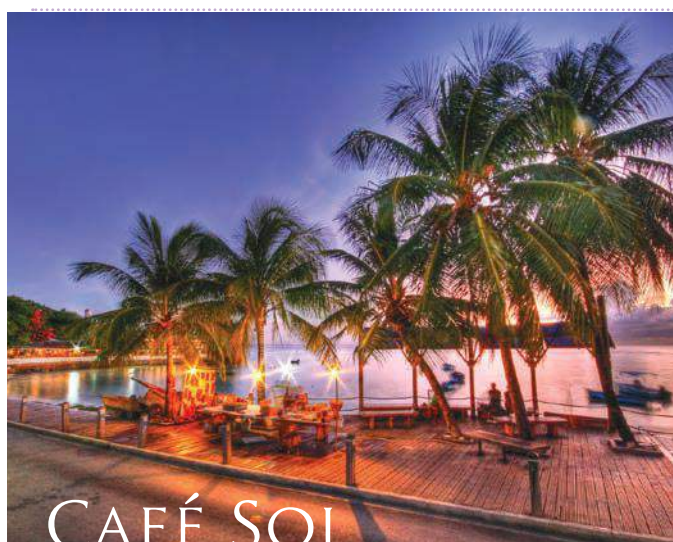
Castaways' location at the entrance to The Gap is a useful address for night owls to remember, offering a wonderful island-inspired menu, luscious, innovative cocktails served in an informal, laid back setting and a feel-good music selection that ensures there's always something to keep your toes tapping!

Tel (246) 420-7587

www.castawaysbarbados.com

castawaysbarbados@outlook.com

St. Lawrence Gap, Worthing, Christ Church



This vibrant Mexican Grill and Margarita Bar, located at the entrance to St. Lawrence Gap with an ocean view, is a favourite spot for locals and visitors alike. Open seven days a week, Café Sol is renowned for their famous 'Tex-Mex' dishes, massive Margarita list, and the fun, cozy atmosphere.

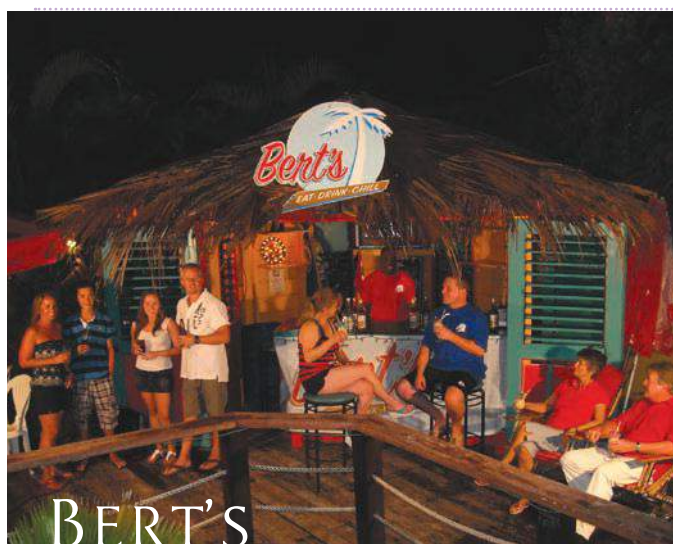
Café Sol was rated in the top 5 for "BEST NIGHTLIFE" and top 20 "MOST POPULAR" in Barbados in the recent Zagat Survey. Daily Happy Hours from 5-7pm and 10-12pm, and 2 for 1 drinks specials every night from 6pm until close!

After the Beach Sundays - A great day at the beach followed by a great spot to hangout. Enjoy live music and an extended happy hour from 4pm-7pm.

Tel (246) 420-7655

www.cafesolbarbados.com | info@cafesolbarbados.com

St. Lawrence Gap, Worthing, Christ Church



Eat, Drink & Chill at Bert's – the House of the Daiquiri since 1976. At Bert's, there's something for everyone. Enjoy a great meal in the dining room, pull up a stool at the island bar to catch the game, or chill poolside with a daiquiri. Happy Hour-and-a-Half 4:30–6pm.

Dig into a Bert's authentic stone-fired pizza, experience traditional Bajan fare or enjoy one of Bert's original favourites. With state-of-the-art international sports coverage and more than 24 flat screens inside & poolside, sports fans won't miss any of the action! Come early to catch the pre-game excitement!

Major credit cards accepted.

Tel (246) 435-7924 | Pizza Hotline: (246) 431-1111

www.bertsbarbados.com | info@bertsbarbados.com

Rockley, Christ Church



HARBOUR LIGHTS

Harbour Lights offers some of Barbados' best nightlife, the superb, open-air, beachfront location makes it the perfect spot for dancing on the beach, under the stars!

MONDAYS & WEDNESDAYS BEACH EXTRAVAGANZA DINNER SHOW: This is the island's most complete dinner show, with a thrilling cast of Caribbean Characters who hypnotize the crowd with electrifying performances. Marvel at the fire eater, stiltmen and the limbo dancer and journey back in time with the tuk band accompanied by the very well endowed Mother Sally. Feel the vibes of a live band while dancing barefoot in the sand. The energetic presentation, from steel pan artiste, Zige and the beautiful Carnival dancers leaves everyone longing for more. Enjoy a tasty BBQ dinner and unlimited drinks until 2am. All ages welcomed 7pm – 10:30pm. Unrivalled entertainment and excellent value for money, not to be missed! Reservations required, call 436-7225.

CLUB NIGHTS ON WEDNESDAYS AND FRIDAYS: Whether you want to shake a leg to some of the best club music around, or just 'lime' by the bar on their 'all you can drink' nights – you are guaranteed a great time at Harbour Lights!

WEDNESDAYS - BEST WEDNESDAY NIGHT ALWAYS: The weekend starts on Wednesdays at Harbour Lights! Popular with Bajans and visitors alike, the entrance fee gets you into the club and all you can drink is FREE from 9:30pm – 2am. Guaranteed great time!



FRIDAYS - OH! WHAT A FRIDAY: Experience the best party on the island! Your rum, gin, vodka, beer, rum punch, soft drinks and juices are all included with your admission fee. The partying starts at 9:30pm and drinks are free until 3am. Taxis available all night. Enjoy the non-stop action at the hottest nightspot in town - it's all happening at Harbour Lights!

Open 3 nights a week: Mondays, Wednesdays & Fridays.
Dress code: Guys, no sleeveless shirts or hats.



Tel: (246) 436-7225
contactus@harbourlightsbarbados.com
www.harbourlightsbarbados.com
 Marine Villa,
 Bay Street, St. Michael





Rum

Strict guardians of our heritage

The origin of the word rum is unconfirmed, but could be derived from Rumbullion, an archaic English word for a riotous party. This concept seems to be supported by Richard Ligon in his 1652 *A True & Exact History of the Island of Barbadoes*, where he refers to rum as “the drink of the island, which has the skimmings of the Coppers, that boyl the Sugar, which they call kill-Devil” and “the strongest spirit of liquor that is potable”. Barbados was a pioneer of rum production in the 17th century and by 1785 Great Britain was importing three and a half million gallons per year.

Rum being exported,
circa 1900

Photo: Henry Walter Parkinson
with permission from the
Parkinson family



Firm craftsmen of our fate...

St. Nicholas Abbey's
state-of-the-art distillery

Barbadian rum is still very popular today and, having won numerous international awards, it is considered by many connoisseurs to be the finest of its kind in the world. There are four rum distilleries currently operating in the island - Remy Martin Mount Gay Distillery, West Indies Rum Refinery, Foursquare Rum Distillery and St. Nicholas Abbey – and Barbados exports some BB\$57 million worth of rum annually. Foursquare and Mount Gay Visitors Centre offer distillery tours and demonstrations of the rum production process, while the heritage-rich St. Nicholas Abbey combines a visit to a distillery with a tour of a 1658 Jacobean great house.

Restaurant Guide



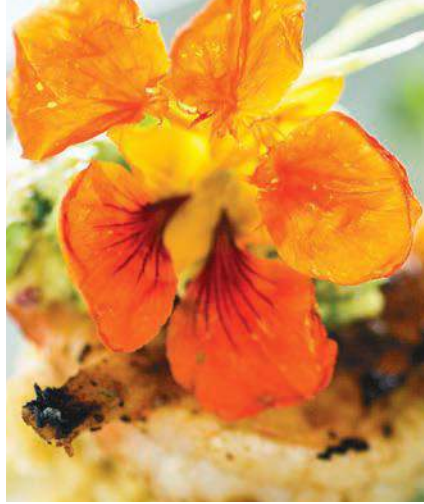
Anybody who appreciates good eating, from rootsy street food to elegant restaurants, will relish the Barbados experience. Inspired by the growth of tourism and vast improvement in the ingredients available to them, Barbadian chefs and restaurateurs, ably supported by international chefs, have elevated our dining to world standards. And variety is the spice of life. From 'al fresco' terraces to air-conditioned rooms, from modest cafés to spectacular locations, from seaside to countryside, from quiet romance to lively entertainment, from quick snack to lavish buffet, from Bajan to Japanese, Barbados offers one of the finest, most cosmopolitan dining experiences in the world.

Blessed with a rich culinary heritage and renowned for the quality of their hospitality for centuries, Barbadians have become experts at the art of wining and dining visitors to these shores.

Above > The Marine Hotel, circa 1910
Photo: Henry Walter Parkinson with the permission of the Parkinson family

Opposite > L'Acajou at Sandy Lane





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MODERN ITALIAN FOOD BY THE SEA

 *Best Ingredients from Barbados and Beyond . . .
Served with Italian Passion!*



DAPHNE'S

Paynes Bay, St. James, Barbados
Reservations: 432-2731
www.daphnesbarbados.com

OPEN DAILY



OPEN FOR LUNCH

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Eat · Drink · Chill

Come to the best sports bar in Barbados featuring state-of-the-art satellite sports coverage, authentic stone-fired pizza & world-famous banana daiquiris.

Bert's extensive menu offers traditional North American & Bajan Fare, original favourites, & a great selection for kids.

Try *Bert's* lunch combos or call the Pizza Hotline to order takeout.

Cheer on your team at the bar, enjoy a great meal in the restaurant or relax pool-side. Whatever you are in the mood for, *Bert's* is the perfect mix!

Open from 11:00 a.m.
Happy Hour & a Half
4:30 - 6:00 p.m. daily
Tel: (246) 435-7924

Rockley, Christ Church
www.bertsbarbados.com
info@bertsbarbados.com



ZEN

Zagat rated #1 for Food in Barbados.
 Authentic Thai & Japanese delicacies.
 Sophisticated Asian-inspired architecture & decor.
 Intimate Tatami room and private dining booths
 designed in traditional Japanese style.
 12-person Sushi bar overlooking the Crane beach.
 Zen is located at The Crane on the south-east coast.

Ins & Outs Tip

For a celebration book
 for 6-18 in the private
 Tatami Room.

For a light and relaxed
 dinner simply have
 sushi with ice cold
 Petit Chablis seated at
 the sushi bar



Reservations (246) 423-6220

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

Thai - Ka Nom Pang Na Moo

Crisp deep-fried pork spread on a sliver of toast and
 served with chopped cucumber in a sweet vinegar

Japanese - Maguro Age

Tuna, crabmeat, fried egg, seaweed

Thai - Phad Khing

Delicious morsels of snapper delicately
 flavoured with ginger, garlic & shiitake mushrooms
 together in a mixture of fresh vegetables

Japanese - Caribbean Sails

Tempura, teriyaki chicken, california roll

Japanese - Sushi Pizza

Fried sushi rice, with spicy tuna, spicy hamachi
 or crabmeat

Tempura Alaska

Vanilla ice cream lightly battered, quick fried and
 coated in a roasted almond paste



Open for Dinner • 6-9pm | Closed Tuesdays

BB\$ Starters • 12-48 | Mains • 20-88 | Wine • 14-25



ZEN



L'AZURE

Lunches feature an excellent and varied International and Caribbean menu.

Relaxed atmosphere, boasting spectacular panoramic views of Crane Beach.

In the evening, the restaurant's romantic candlelit ambiance is the perfect complement to any special occasion.

Ins & Outs Tip

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



Reservations Required (246) 423-6220

www.thecrane.com

dining@thecrane.com

The Crane, St. Philip

Blue Swimmer Crab Cake

With cucumber relish & chili mayonnaise

Yellow Fin Sushi Tuna Tartare

With tamarind coulis

Grilled Marinated Salmon

On ratatouille with lemon and thyme oil

New Zealand Rack of Lamb

On garlic potato mash and asparagus with balsamic merlot sauce

L'Azure Bouillabaisse

Classic seafood stew with lobster, scallops and shrimp

East Meets West Trio Selection

Tasters platter of cheese cake, sticky rice and banana spring roll

Ebony Ivory Milk Chocolate Decadence

Served with chocolate ice cream and marinated berries

* Menu items and prices are subject to change



Open Daily • 7:30am-9pm

BB\$ Starters • 20-57 | Mains • 48-88 | Desserts • 18-25

D'Onofrio's *Trattoria*

Casual family dining.
A delectable selection of antipasto, salads, homemade pastas, paninis and hand tossed thin crust pizzas.
Choose to dine on the patio or within the beautifully designed interior.
Toast to good friends and good health with a glass of Prosecco while you savour the aromas of authentic Italian cuisine!

Reservations (246) 423-6220
www.thecrane.com
dining@thecrane.com
The Crane, St. Philip



Rhugetta

Tossed arugula, shaved parmesan cheese, lemon oil vinaigrette

Napoleon

Roasted eggplant, portabella, red pepper with basil coulis

Chicken Pizzaiolo

Tomato & parmesan cheese

Rotelini Gratin

Eggplant, basil, ricotta cheese and tomato sauce

Risotto Pescatora

Shrimp, mussels, clams and calamari with your choice of tomato or white wine sauce.

Granita di Caffè

Shaved frozen espresso coffee topped with whipped cream

Mousse Special

Chocolate caramel coffee mousse with an amaretto cookie

* Menu items and prices are subject to change



Open Daily • 7:30am-9pm

BB\$ Starters • 20-42 | Mains • 36-62 | Desserts • 25-32



Ins & Outs Tip
Take-away available, including delicious pizzas!





THE RESTAURANT AT THE ANIMAL FLOWER CAVE

Something wonderfully different on the dining scene!
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.

Ins & Outs Tip

Just 15 minutes from
Speightstown and
30 minutes from
Holetown and well
worth the drive!



Reservations (246) 439-8797

animalflowercave@outlook.com

www.facebook.com/animalflowercave

www.animalflowercave.com

Animal Flower Cave, St. Lucy

Salt Fish Cakes

Buljol

Pickled Sea Cat & Conch

Spicy Chicken Liver Salad

Cave Cutters - Flying Fish, Chicken Liver or Ham

Made with local salt breads.

Roti

Chicken, Shrimp & Vegetable.

Fresh Catch Of The Day

Vegetarian and Gluten Free choices available.

Lunch (in season) • **Everyday 11am-4pm**

Lunch (out of season) • **Everyday 11am-3pm**

Closed: Kadooment Day & Christmas Day plus 4 weeks in
September/October (call ahead during this time).

Reservations recommended on Sundays and Bank Holidays.

BB\$ Menu prices • 18-45





PORT ST. CHARLES
YACHT CLUB

Full service bar and restaurant.
A wide range of international cuisine prepared by their world class chef.
Open for lunch, dinner and bar service in an open air setting with friendly service.
Panoramic views along the West Coast.
Deck loungers are provided for sunning and a staircase into the sea complements the pool for swimming.

Reservations (246) 419-1000 ext. 2284

www.portstcharles.com

psc.yc@caribsurf.com

Port St. Charles, St. Peter



Homemade 6oz Burger

Garnished with panko crusted onion rings, coleslaw and golden crisp fries

Chicken and Pepper Jack Panini

Pita pocket filled with grilled chicken, pepper jack cheese, tomato salsa and garlic aioli

Catch of the Day (Grilled, Blackened or Pan-Fried)

Accompanied by saffron couscous, citrus vinaigrette and garden vegetables

Bajan Jerk Tortellini

Stuffed cheese pasta tossed in Alfredo sauce with local jerk spices, broccoli, mushrooms, peppers topped with parmiggiano reggiano

West Indian Curry

Your choice of chicken, shrimp or fish simmered in a coconut curry sauce complemented by basmati rice, poppadums, steamed vegetables and mango chutney



Lunch • 7 days a week 12pm-4pm

Dinner • 5 nights a week Tues-Sat 6:30pm-9:30pm

*Dinner (Summer) • Thurs, Fri & Sat 6:30pm-9:30pm

Bar Service: Tues-Sat 10am-10pm • Sun and Mon 10am-6pm

BB\$ Starters • 25-34 | Mains • 40-75 | Desserts • 18-26

*(opening times are subject to change in the summer months from April -November)



Ins & Outs Tip

Sunday - Roast beef and yorkshire pudding with live steelpan music. Buffet in season, a la carte in summer.

Live music for dancing on Friday nights!





13°/59°

AT PORT FERDINAND

13/59 is a restaurant of an international standard which combines the beautiful ingredients that Barbados has to offer with modern cookery methods. Drawing on the team's extensive experience from around the world this fine dining restaurant delivers a dining experience of constantly evolving tasting dishes with an imaginative and interesting style. The tasting menu reflects the changing seasons and showcases whatever is fresh, seasonal and exceptional on the island.

Reservations (246) 272-2020

1359reservations@unnaliving.com

www.1359barbados.com

Port Ferdinand Luxury Resort & Residences
Retreat, St. Peter



The menu is a simple format – 10 small courses with everyone having the same dishes, or a small a la carte menu of 2 or 3 courses. At 13/59, your table is yours for the evening, so you and your guests can relax and enjoy your night. Confident, warm and attentive service combined with an extensive wine cellar creates a unique experience.

SIGNATURE TASTING MENU

Salt fish, potatoes, herbs

Sweet corn custard, pickled mushrooms, fried chicken

Sea cat, tomato, chili

Our sourdough bread, yeasted butter

Bajan golden crab, cucumber, pickled seaweed

Cangalie cooked in coconut oil, plantain, green pepper

St. Michael rabbit, mustard leaf, bacon, pumpkin

Lemongrass soda, ice cream float

Milk & wild honey

West Indian coffee, clouds



Dinner • **Tues-Sat 6:30pm-10pm**

Sunday Brunch • **11am-3:30pm**

Open on Mondays from December 14, 2015 - January 4, 2016
for dinner only. Enquire about Christmas opening times and menus.

Tasting Menu • BB\$295 per person

Wine Pairing with Tasting Menu • BB\$145 per person

Short Menu Two Courses • BB\$175 per person

Short Menu Three Courses • BB\$195 per person

Ins & Outs Tip

A wonderful place to enjoy Sunday Brunch.

Enjoy the wine pairing with the tasting menu which is superb.





13°/59° AT PORT FERDINAND



Juma's

Juma's received the Trip Advisor Certificate of Excellence 2014 and 2015.

Stunning location, overlooking the beautiful and unspoiled Speightstown beach.

The menu is highly eclectic featuring Thai, Classic French and Bajan dishes.

Complimentary transport is provided for guests from anywhere on the west coast, as well as beach loungers and umbrellas.

Beautifully furnished with unique custom built mahogany tables and an astounding collection of African art.

Ins & Outs Tip

Take a walk on the boardwalk and enjoy the beautiful view, then have lunch with friends.



Reservations (246) 432-0232 or 234-7286

www.jumasrestaurant.com

info@jumasrestaurant.com

Speightstown, St. Peter

Curried Pumpkin, Sweet Potato & Coconut Soup

with root ginger, garlic, coriander and cumin

Mango and ginger infused spare ribs

Pan seared scallops with a citrus salad

Baked 16oz Lobster Tail

marinated in teriyaki, ginger & garlic

Bajan spiced rack of lamb

with macaroni pie and grilled vegetables

Seafood Thermidor

Scallops, marlin and shrimps in a classic thermidor sauce

Banana Four Ways

Warmed banana cake, banana cheesecake, caramelised bananas & an alcoholic banana smoothie

Gran's Coconut Cake

Jules' family recipe - simple but beautiful

White Chocolate Creme Brulee

Apple Crumble



Breakfast • **Everyday from 9am**

Lunch & Dinner • **Everyday**

BB\$ Starters • from 15 | Mains • from 40 | Desserts • from 20



Open for Breakfast, Lunch and Dinner.
Located on one of the finest beaches on the west coast.
The ultimate place to relax and unwind.
Sun loungers and beach umbrellas provided.
Complimentary transport provided from anywhere on the west coast.
Shaded by mature almond trees that are incorporated into the beach decking, where at certain times of the year you might see turtles hatching and making their way to the sea!
Beach BBQ every Sunday with Live Music.
Monthly Full Moon Parties with live music & entertainment.
The Lobster Pot is always cool, calm and collected.

Reservations (246) 432-0287 or 231-7286
www.thelobsterpotbarbados.com
info@thelobsterpotbarbados.com
Speightstown, St. Peter

Lobster Creme Brulee
Crab Gratin
Lobster Bisque

Classic creamy lobster soup with just a dash of brandy

Lobster Thermidor

Topped with a creamy thermidor sauce then grilled and served with your choice of hand cut chips or rice, salad or vegetables

Lobster Patia

a classic Indian curry, hot and sweet, served with jasmine rice

Curried Goat

A Caribbean classic - Goat meat in a hot and spicy sauce with rice and peas

Chocolate Brownie
Bread & Butter Pudding
Crepes Suzette

Breakfast, Lunch & Dinner • **9am-9:30pm**
Tuesday-Sunday (Closed Mondays)
BB\$ Starters • from 20 | Mains • from 50 | Desserts • from 20



Ins & Outs Tip
Perfect for informal and relaxed dining on the beach in the heart of Speightstown.





The fresh bistro menu celebrates cuisine from around the world with island inspired ingredients. A team of young, internationally trained chefs delivers unique, creative and unexpected flavours in every dish. Relish's new look interior complements the Modernist Cuisine, and the Boca Bar offers courtyard dining with relaxing seating areas, perfect for thirst quenching evenings with friends.

Reservations (246) 621-0077

www.facebook.com/relishepicurea

alison@relishepicurea.com

Limegrove Lifestyle Centre, Holetown St. James



All Day Breakfast

- Rib Eye 'n' Eggs
- Rustic French Toast & Sausage
- Salmon Benedict
- Healthy Platters & Gluten Free Choices

Boca Plates

- Seared Tuna Nachos
- Scallop Crudo
- Rib Tips

Fresh Tossed Salads

- Lobster Club
- Prosciutto, Melon, Mozzarella & Arugula
- Tuna Niçoise
- Truffle Roast Beef

Hot Bowls

- Quinoa with Marinara & Feta
- Curried Crab with Cilantro Ginger

Hot Plates

- Moroccan Lamb with Toasted Almonds
- Duck Breast W/ Wild Berry reduction



Dec- April: Monday - Saturday • **9am-7pm**

Sunday • **9am-3pm**

May-Nov: Monday - Saturday • **9am-5pm**

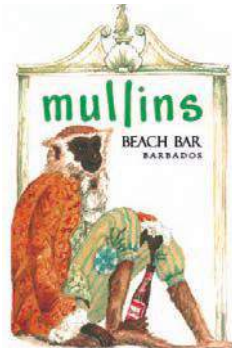
Sunday • **9am-3pm** BB\$ Breakfast • 6-40

Café Brasserie Menu • 18-60

Ins & Outs Tip

Relish serves up the best All Day West Coast Breakfast, and some refreshingly varied “off the wall” wines.





This west coast institution is a REAL beach bar. Rory & Jason serve up great local favourites and many tasty beach bar classics. Live music & DJ on certain days. Great for sunset cocktails. Their burger and shrimp roti are rocking! Watch sports on two 60" flat-screens! A great place to arrive by boat. Watersports and water toys available!

No Reservations taken, first come first served basis:

Tel (246) 422-2044
 harbingerltd@gmail.com
 Mullins, St. Peter



Buljol with Bakes

Bajan favourite salt fish, lime, chopped tomatoes, herbs and spices

Shrimp Salad with Avocado

fresh mango and citrus dressing

Shrimp & Potato Roti

Shark & Bake

Traditional Trini food of grilled shark with a tamarind salsa on a lightly fried bake

West Indian Chicken Curry

Served with steamed rice

Fish, Chicken or Beef Tacos

With mixed bean salad and a spicy mayonnaise

Apple Crumble

With vanilla ice-cream

Cheesecake

With blueberry or strawberry topping



Bar Opens • **Daily 10am**
 Beach Grill Service • **Daily 11am-7pm**



Ins & Outs Tip

This is a barefoot, chill out, have a drink, grab a bite, go for a swim, beach bar - its fun! The blue beach chairs are private but there are beach chairs for rent to the right.





Boutique Hotel & Restaurant, Barbados

The Lone Star restaurant and hotel located on the famed platinum coast is renowned for its idyllic setting, celebrity clientele and buzzy yet laid back atmosphere. The menu is a fusion of European fare with Caribbean influences and their much loved timeless Lone Star Classics.

The beach and the pizzas from the wood stone fire oven are sure to be a favourite with the younger customers.

Reservations (246) 629-0599

www.thelonestar.com

Mount Standfast, St. James



Lunch:

Woodstone Fire Oven Pizza

Margarita, Diavolo, Rucola, Funghi, Quattro Formaggi

Pulled Pork Pita

Purple Slaw, Sweet Potato Chips

Fresh Market Fish

Grilled Vegetables, Tropical Fruit Salsa

Dinner:

Roasted Rack & Braised Shoulder of Lamb

French Beans, Minted Bulgur Wheat

Beef Angus Fillet Mignon

Sautéed Potatoes, Mushrooms, Asparagus & Pearl Onions

Seabass

Prawn & Scallop Ravioli, Wilted Local Greens, Saffron Sauce

Mirin & Soy Glazed Barracuda

Sesame & Ginger Sauce

Banana Donuts

Coconut Ice Cream, Crushed Pistachios, Rum Caramel



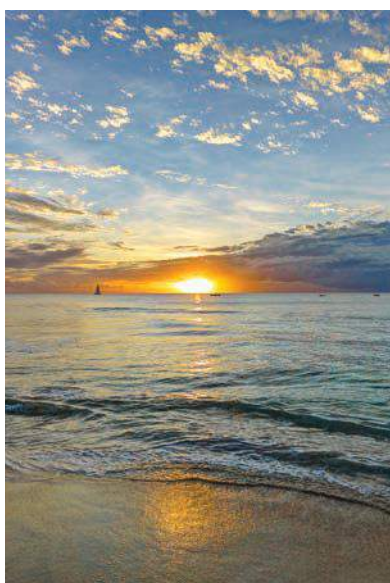
Lunch • 11:30am-3pm | Dinner • 6pm-11pm

BB\$ Starters • 21-70 | Mains • 36-125 | Wine • 62-998

Ins & Outs Tip

Sunday lunch is still a must at the Lone Star.... Some things never change!

Enjoy a rum sour at sunset or an after dinner glass of champagne in the cocktail lounge.





THE LONE STAR



THE SANDPIPER

Owner managed with great attention to detail.
 Elegant and comfortable surroundings.
 Highly rated for serving consistently excellent cuisine.
 Chef Christophe Poupardin creates a variety of popular dishes.
 Sumptuous buffet on Wednesdays.
 Barbecue on Sundays with live steel pan music.
 Top notch service!

Ins & Outs Tip

With entertainment several nights a week, an excellent chef and top notch service, this is a great west coast hotel at which to enjoy dinner and dancing.



Reservations Essential (246) 422-2251

www.sandpiperbarbados.com
reception@sandpiperbarbados.com
 St. James Beach, St. James

Rare Roasted Beef Salad with Gorgonzola

Poached plums & asparagus with a roasted tomato aioli

Seared Scallops with Caramelized Carrot Purée

Micro herbs, crisp pancetta & a balsamic reduction

Seared Local King Fish with Squash Puree

Presented with a warm butter bean, tomato & red onion salad

Grilled King Prawns with Crispy Fried Chorizo

Steamed jasmine rice & roasted asparagus

Roasted Rack of Lamb with Chargrilled Vegetables

Crusted with whole grain mustard & served with a rosemary jus

Frozen Baileys Irish Cream Parfait

Coffee bean anglaise poppy seed tuille

Molten Dark Chocolate Tart

Vanilla bean cream sauce with chocolate Malibu ice cream



Breakfast • 7:30-10am | Lunch • 12-2:30pm

Dinner • 7-9:30pm

BB\$ Starters • 30-45 | Mains • 82-95 | Desserts • 28-35



Coral Reef Club

A reliably enjoyable dining experience.
A team of accomplished and experienced chefs.

A new a la carte menu each day.

Bajan Buffet on Mondays.

BBQ Night on Thursdays with a floorshow & steelpan.

Fresh seafood, prime meats & vegetarian dishes.

Coral Reef is an impeccable family owned hotel.

Reservations Essential (246) 422-2372

www.coralreefbarbados.com

reception.mail@coralreefbarbados.com

St. James Beach, St. James



Sugar Cane Skewered Cajun Prawns

Pickled cucumber, avocado compote, pineapple salsa,
cilantro oil

Roasted Loin of Lamb

Goat's cheese croquette, arugula, ratatouille vinaigrette

Pan Fried Fillet of Local Red Snapper

Textures of cauliflower, bok choy, plantain crisp, curry
emulsion

Grilled Fillet Mignon

Roasted pumpkin risotto, compressed tomato, roasted
asparagus, merlot reduction

Deep Fried Filo Wrapped Banana Fritter

Lemongrass ice cream

Coconut and Dark Chocolate Teardrop

Orange and mango compote



Breakfast • 7:30-10:30am | Lunch • 1-3pm

Dinner • 7:30-9:30pm

BB\$ Starters • 30-45 | Mains • 80-95 | Desserts • 20-35



Ins & Outs Tip

The spacious and elegant lounge bar is a superb way to start an evening at Coral Reef.

Thursday nights BBQ buffet with a floorshow and steelpan is a high quality Caribbean experience.





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.

Ins & Outs Tip

This is a marvellous place to have a private dinner or lunch for a special occasion or just because you're in Barbados - it will be an experience to remember!



Reservations Essential (246) 266-8752

fb LancasterGreatHouse
rainchandler@hotmail.com
Lancaster, St. James

Sunday - Barbadian Planter's Buffet Lunch served year round.

Friday - Mr. Chandler's Dinner Party
With special menus of international cuisine

Thursday - Planter's Buffet Lunch – Dec. to Apr.

Private Lunch and Dinner functions

Fabulous Venue for Small Weddings

Cocktail Parties and Corporate Events

Personal Tours by Appointment only



Lunch • **Thursdays and Sundays**

Dinner • **Friday nights**

Private Functions



LANCASTER GREAT HOUSE



NiSHi

restaurant

ARE THEY MAD? SUSHI AND PIES?

Chic and elegantly casual.
 Your hosts - owners Paul Edwards & Steve Prebble.
 European Bistro with a Caribbean twist!
 Excellent sushi chefs from Indonesia, trained in Japan.
 Alfresco courtyard or air-conditioned dining room.
 New air-conditioned balconies upstairs!
 Brilliant cocktails.

Reservations (246) 432-8287 or 432-2112

www.nishi-restaurant.com
 nishirestaurant.com@gmail.com
 2nd Street, Holetown, St. James



Lobster Maki

Served with lobster tempura

Volcano

California roll topped with baked hot seafood, shrimp, crabmeat, tobiko and mayo

Spicy Maki

Tuna or salmon with chili miso and tobiko

Spicy Cottage Pie, Chicken, Leeks and Ham Pie and Angus Beef and Mushroom Pie

All with garden peas and mash or fat chips

Tempura Shrimp

Nobashi shrimp & special tempura sauce

New York Rib Eye

10 oz Steak au poivre, sautéed field mushrooms, fat chips and mixed green salad

Bramley Apple Crumble

Sticky Toffee Rum Date Pudding



Dinner • **Every night in season**
Closed on Mondays in summer

BB\$ Starters • 29-39 | Mains • 48-98 | Wine • 65-895

Ins & Outs Tip

The Tempura shrimp
are delicious

Have sushi to start
followed by a pie!

Wonderful English
puddings for dessert





Lobster Maki

NISHI RESTAURANT



Newly renovated, located on a beautiful beach on the West Coast; easily accessible by car, public transport and sea. Spend a relaxing day on the beach - Beach chairs and umbrellas available for rent if desired.

A wide variety of meals - International cuisine, vegetarian dishes, seafood, fish, pastas and pizzas, burgers and wraps. Take away available.

Pizza delivery daily: 6pm-10pm.

Reservations (246) 432-0134

www.zaccios.com | zaccios@hotmail.com

Holetown, St. James



Lunch

Zac Burger

Homemade burger stuffed with a choice of peppers & cheese or blue cheese & bacon

Smoked Salmon Wrap

Wrapped in a soft tortilla with a light cream cheese and capers sauce with chopped lettuce and tomato.

Grilled Chicken Penne

With a chunky tomato sauce & vegetables

Dinner

Seafood Trio

Scallops, Crab Cakes & Flying fish

Coconut Chicken Strips

Dredged in coconut flakes & served with a sweet chili sauce

Thai Curry Shrimp

Sauteed onions, garlic and fresh herbs served with basmati rice

Zaccios Pork Tournedos

Pork tenderloin wrapped in bacon & topped with roasted almonds and gorgonzola sauce



Open everyday • **11am-11pm** | Happy Hour • **4-6pm**

BB\$ Lunch Starters • 17-27 | Mains • 33-60

BB\$ Dinner Starters • 15-29 | Mains • 29-85

Ins & Outs Tip

For dinner we suggest making a reservation especially for boardwalk seating. Enjoy a cool drink and watch the beautiful sunset over the ocean.



un Dimanche à Paris
Café La Suite

Enjoy a delightful taste of Paris at this very unique lifestyle boutique café. Brief refreshing moments or a long leisurely lunch in comfortable chic surroundings. Sit outside watching the Limegrove world go by, or settle indoors in the cool for a relaxing lunch between shopping with family and friends. Fresh French cuisine created daily by the in-house chef, superb French wines, superior coffees, and “Mariages Frères” teas & iced drinks.

Reservations (246) 271-8242

fb UnDimancheàParisBoutique
Ground Floor, Limegrove Lifestyle Centre,
Holetown, St. James



- Niçoise Salad
- Italian Salad
- Salmon & Shrimp Tartine
- Parma Ham Tartine
- “Retour du Marché” Basket of Vegetables
- Quiche Lorraine
- Tomato and Goat Cheese Tart

- Lemon Tart
- Apple Tart
- Cheese Board

Café Gourmand
La Suite High Tea



Breakfast • **Monday-Saturday 10am-12pm**
Lunch Time • **Monday-Saturday 12-3pm**
La Suite High Tea • **Monday-Saturday 3-4pm**
(Low season closed on Mondays)

BB\$ Amuse-bouche + Mains • 40-50 | Desserts • 25



Ins & Outs Tip

When visiting this charming French concept store & café don't forget to pop next door to it's big sister boutique **Un Dimanche à Paris** with its fine selection of classic and innovative designers.



t h e
tides
 r e s t a u r a n t

One of Barbados' top fine dining restaurants. The Tides Restaurant, situated at the water's edge on Barbados' platinum west coast in Holetown, offers a gastronomic delight – it is the perfect marriage of ambiance with the delectable culinary creations of Executive chef and Co-owner Guy Beasley and his team. A fantastic dining experience awaits you.

Reservations (246) 432-8356

www.tidesbarbados.com | Facebook: thetidesbarbados
 thetidesrest@caribsurf.com

Baltimore House, Holetown, St. James



The Tides Seafood Tower (for 2 persons)

Poached Lobster, King Crab Leg, Mussels, Smoked Salmon, Jumbo Shrimp & Fresh Colchester Oysters served with three Dipping Sauces.

Open Crab and Prawn Ravioli

Filled with lightly spiced Lump Crab and Baby Prawns, crowned with Lobster Sauce and finished with a parmesan foam.

Jerk Seasoned Lollipop Pork Chop

Resting on a whole grain Mustard Mashed Potato, sautéed Spinach and Roasted Butternut Squash, topped with a Carambola, Raisin and Peanut Chutney, finished with a Red Onion Jus.

Sesame Seed Crusted Yellowfin Tuna

Served with Soy Scented noodles, finished with a Miso Beurre Blanc and Tobico Caviar, topped with Pickled Cucumber ribbons.

Pan Seared Chilean Sea Bass

Served with Crispy Coconut Shrimp resting on Ratatouille Vegetables, and Israeli Pearl Couscous tossed with chargrilled Vegetables, finished with a Chimichurri sauce.

The Tides "Tidation" A Chocolate Lover's Dream

Rich Chocolate Ganache scented with Cappuccino Coffee set on a flourless Chocolate Cake and glazed with a thick Chocolate Topping.

Little Sticky Toffee Pudding

Topped with warm Toffee Sauce, Roast Nuts & Vanilla Ice-cream.



Dinner • **Open Monday-Sunday - 6:00-9:30 pm**

BB\$ Starters • 29-48 | Mains • 86-96 | Dessert • 36

Ins & Outs Tip

A great place for a special celebration with several secluded areas where parties can enjoy privacy

The art gallery has an eclectic selection of Caribbean work





THE TIDES



Asian SPICE

INDIAN RESTAURANT

Airy dining room in a relaxed poolside setting. Indian chefs create dishes ranging from traditional Tandoori favourites and delectable kebabs that melt in your mouth, to rich, creamy Kormas and superb vegetarian and vegan selections, all invigorated with authentic spices to create a truly palate-pleasing dining experience. Take away available for lunch and dinner.

Ins & Outs Tip

Their Kebabs are a healthy alternative, seasoned and flame kissed in their tandoor.....worth the wait for the flavour!



Reservations (246) 432-1321

www.allseasonsresort.bb

asianspice@allseasonsresort.bb

All Seasons Resort, Palm Avenue,
Sunset Crest, St. James

Paneer Tikka

Roasted cubes of Cottage Cheese marinated in yogurt, chilli powder & spices

Reshmi Kebab

Cubes of boneless chicken in a cashew nut paste

Dhal Tadka

Yellow Lentils cooked with a mild bouquet of Indian spices & tempered with garlic

Butter Chicken

Boneless chicken enveloped in a rich tomato based sauce cooked with cashew, butter & cream

Shrimp Korma

A rich creamy combination, in a cashew nut paste & cream

Falooda Kulfi

Rich creamy homemade ice cream topped with vermicelli & rose syrup

Flambé Fried Ice Cream



Lunch • **From 11:30am** | Dinner • **From 6pm**

Closed Mondays

(Varied times depending on occupancy. Enquire while making reservations)

BB\$ Starters • 14-60 | Mains • 22-59 | Desserts • 18-24



BAJAN BLUE

Sandy Lane's informal restaurant offering all day dining.
 European, Caribbean & Asian influenced cuisine.
 Sunday Brunch is a must, as are the fantastic themed
 buffet evenings.
 Modern wine bar, sushi-station and state-of-the-art grill.
 Breathtaking waterside setting.



Reservations Advised (246) 444-2030

www.sandylane.com

diningreservations@sandylane.com

Sandy Lane Hotel, Sandy Lane, St. James



Antipasti Table & Seafood Corner

Selection of Marinated Vegetables, Artichokes,
 Mushrooms, Peppers, Aubergines, Saffron Onions,
 Selection of Mixed Leaves and Crudités
 Fresh Oysters, Crab Claws, Baby Shrimp, Ahi Tuna,
 Swordfish, Poached Prawn

Grilled Thai Beef Salad

Tomatoes, Mint, Cilantro, Cashew Nuts, Hot & Sour
 Dressing

Sushi and Sashimi Combination Plate

Chocolate Mango

Madagascar chocolate mousse, mango compote,
 caramelized arlette

Stracciatella Panna Cotta

Crispy praline, passion curd, vanilla panna cotta

* Menu items and prices are subject to change



Breakfast • 7-10:30am | Lunch • 12:30-3pm
 Dinner • 7-10pm
 BB\$ Starters • 40-145 | Mains • 60-195 | Dessert • 40



Ins & Outs Tip

For a truly delightful
 experience, try
 Afternoon Tea on the
 Lower Terrace.





Overlooks the Caribbean Sea.
 Sandy Lane's signature restaurant.
 Specializes in light, gourmet cuisine.
 Impressive range of Old and New World wines.
 Stunning, open-air, beach-front restaurant.

Reservations (246) 444-2030

www.sandylane.com
 diningreservations@sandylane.com
 Sandy Lane Hotel, Sandy Lane, St. James



Smoked Scottish Salmon

Traditional garnish, horseradish cream, brown bread and butter

Crab and Avocado "Cannelloni"

Crème fraîche, marinated fennel, grapefruit

Pan Seared Red Snapper

Green vegetables, fondant new potatoes, olive crumble

Crispy Duck Leg Confit

Braised cabbage and bacon, spiced blueberries, potato purée

Herb Crusted Loin of Colorado Lamb

Provençal vegetables, fondant potato, rosemary jus

Berries Provençal Tart

Vanilla mousseline, berries, candy yellow tomato, Jasmine jam & meringue raspberry and red capsicum sorbet

Equilibrium

Madagascar crèmeux, cocoa biscuit, sichuan pepper, soft ganache, cocoa bean nougat

* Menu items and prices are subject to change



Dinner • 6:30-10pm

BB\$ Dinner: Starters • 45-105 | Mains • 110-240 |
 Dessert • 40-60

Ins & Outs Tip

Set the tone for a wonderful evening by starting with canapés and cocktails in the L'Acajou Bar.





L'ACAIYOU AT SANDY LANE



DAPHNE'S

One of the top restaurants in Barbados and sister restaurant to the London group of: Le Caprice, Daphne's, Scott's, The Ivy, 34 and J. Sheekey.

Elegant beachside location.

Al Fresco and covered dining in a friendly atmosphere.

Extensive wine list - Italian, New World and Classical French.

Chef Marco Festini adds his modern style to classic Italian Cuisine.

Half price sunset cocktails at the cocktail bar from 5-7pm.

Reservations (246) 432-2731

www.daphnesbarbados.com
daphnes@elegant-hotels.com
Paynes Bay, St. James



Fegato Grasso di Anatra con Mele Caramellate e Salsa al Vin Santo

Pan-fried foie gras with caramelized apple & vin santo sauce

Ravioli di Patata dolce con Ragout D'Agnello dalla Pancia Nera

Sweet potato ravioli with black belly lamb ragout

Linguini con Salsa di Granchio Piccante

Linguini with shredded spicy crab

Red Snapper in Crosta di Sale con Patate Saltate e Salsa Tartara

Red snapper in salt crust with buttered potatoes and tartar sauce

Costoletta di Vitello alla Milanese con Rucola e Parmigiano

Breaded veal chop with rocket and parmesan

Gelato alla Patata Dolce e Vaniglia con Mango Caramellato

Homemade sweet potato ice cream with caramelized mango

Cheesecake al Burro di Arachidi con salsa di Caramello Salato

Peanut Butter Cheesecake with Salt Caramel sauce



Open for lunch & dinner nightly, November-April

Closed on Mondays: May-October

BB\$ Starters • 38-56 | Mains • 54-138 | Desserts • 28

Ins & Outs Tips

Freshly-made pasta and fresh, locally-sourced fish

Lion fish guest stars on the menu (when available), especially since Chef Marco is a lion fish derby champion

Trip Advisor Certificate of Excellence 2015 makes three in a row!





DAPHNE'S RESTAURANT



RESTAURANT & LOUNGE

The Cliff is the first choice of many people for any special celebration.

The cliff top oceanfront setting is truly magical but it is the food which makes The Cliff so special.

Chef Paul Owens and his team of 12 chefs remain committed to improving upon their performance using only the finest fresh ingredients.

Excellent waiters and knowledgeable wine stewards. Available for private functions.

Reservations (246) 432-1922

www.thecliffbarbados.com

info@thecliffbarbados.com

Derricks, St. James



Tandoori Spiced Tuna (Cooked Rare)

Pickled cucumber salad, Indian curry oil, mango salsa, coriander

Linguine

Garlic chive sauce, lobster, rocket, chili flakes, aged parmesan

Chargrilled Barracuda

Baked potato cake, horseradish, smoked salmon sauce wilted greens, fine beans, baby onions

Roast Gressingham Duck Breast

Wild mushroom fume, creamed savoy cabbage, morels creamed potatoes, baby onions

12 oz Prime Striploin Steak

Peppercorn sauce, tomato & mesclun salad, truffle & parmesan fries

Melting Mercury

White chocolate sphere, vanilla ice cream, raspberries, pistachio crunch, hot raspberry sauce

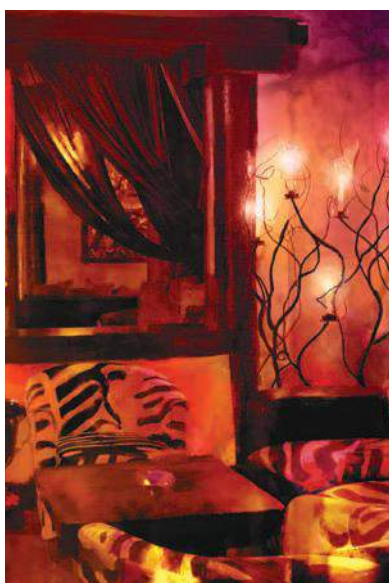


Dinner • Open Monday through Saturday (Sundays during the high season).

BB\$ Set price menu. Please call for current pricing.

Ins & Outs Tip

With the incredible view and setting, The Cliff is a superb place to drop in for cocktails.





THE CLIFF



The Cliff BEACH CLUB

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'.

Ins & Outs Tip

One of the best restaurants from which to enjoy a sunset cocktail before dinner - make an early reservation!



Reservations (246) 432-0797

reservations@thecliffbeachclub.com

Derricks, St. James

**Scallops, Vol Au Vent, Grilled Asparagus
Avocado and Citrus Salad
Organic Smoked Salmon, Citrus Pancakes
Poached Egg, Mushroom Sauce, Bacon
Gratinated Clams, Parsley and Garlic Butter
Crab & Home Smoked Bacon Club Sandwich**

**Grilled Goats Cheese Tartine, Ciboulette Cream
Wild Salmon, Beurre Blanc, Venere Rice
Spaghetti Vongole
Rack of Lamb, Ratatouille, Mash, Thyme Jus
Roast Organic Chicken Breast, Morels
Chargrilled Prime Ribeye, Bearnaise
Truffle Risotto, Fresh Mushrooms, Parmesan
Pappardelle, Cepes, Prosciutto di Parma**

**Caramelised Apple Tart, Sugared Rosemary,
Vanilla Cream
Trio of Panna Cotta
Beach Club Lemon Tart**

Lunch • **Tue-Sun 12-2.30** | Dinner • **Tue-Sat 6.30-9**
BB\$ Starters • 35-70 | Mains • 55-120





THE CLIFF BEACH CLUB



Cin Cin

BY THE SEA

As the name suggests, Cin Cin is chic & fun! Refreshingly contemporary & très elegant. 'Al Fresco' terrace is perfect for waterside dining. Air-conditioned inner restaurant provides a cool option. A trendy bar lounge area. Friendly and efficient staff. An eclectic range of Mediterranean style dishes with a Caribbean twist using the freshest ingredients.

Ins & Outs Tip

A cool hot spot, not to be missed!

Note, Cin Cin is pronounced "chin chin" – it's Italian for cheers.



Reservations (246) 424-4557

www.cincinbarbados.com

dine@cincinbarbados.com

Prospect, St. James

Grilled Asparagus & Parma Ham Salad

with poached egg & potato croutons

Chicken Liver Parfait

with red onion jam & melba toast

Seared Fresh King Scallops

on Israeli cous cous with ratatouille vegetables & lemon tarragon butter

Roasted Best End of Lamb

in a honey mustard crust with a creamy polenta & vegetable ragu creamed potatoes, baby onions

Steak Frites

with French onion rings, Béarnaise or green peppercorn sauce

Chocolate Fondant

with coffee crème anglaise and vanilla ice cream

Pavlova

with guava, mango, berries



Lunch • **Mon-Fri 11:30am-3pm** | Dinner • **Mon-Sun 6-11pm**

BB\$ Starters • 28-39 | Mains • 62-125 | Desserts • 21-29



Pork Buns

CIN CIN BY THE SEA



C H A M P E R S

Located right on the water's edge.
 One of the leading restaurants on the South Coast.
 Solid reputation for consistently good food.
 Highest quality locally grown produce and sources the best Barbados caught fish and seafood.
 Original art on display & a dedicated gallery.
 Private dining room.
 Owner run by much admired restaurateur Chiryl Newman.

Reservations (246) 434-3463 or 435-6644
www.champersbarbados.com
champers@champersinc.com
 Torrington, Skeetes Hill, Rockley, Christ Church

Champers Ceviche
 with citrus vinaigrette
Shrimp and Mango Salad
 with mango vinaigrette

Parmesan Crusted Barracuda
 with mashed potatoes, vegetables & wholegrain mustard sauce
Grilled Yellow Fin Tuna
 with mashed potatoes, spring vegetables, wasabi cream & soy ginger emulsion
Pan Roasted Breast Of Chicken
 served with creamy polenta mushrooms and sherry sauce

Champers Coconut Pie
 with ice cream
Warm Bread Pudding
 with Bajan rum sauce & ice cream

Lunch • **(Closed for Saturday lunch)** | Dinner • **Nightly**
 BB\$ Starters • 20-40 | Mains • 55-99 | Wine • 50-455

Ins & Outs Tip
 Champers offers the romance of waterside dining in its Gazebo or Open Terrace.

Air conditioned comfort is available at lunch in their upstairs Dining Room.





Coconut Shrimp

CHAMPERS



Formerly Pisces Restaurant, Primo has been given a makeover that has elevated it to a new level of casually sophisticated elegance. Under the patronage of Barbadian chef Larry Rogers of Cin Cin fame, the new, open-plan bar lounge and 'Pizza Kitchen', 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 overlooking the picturesque bay in St. Lawrence Gap.

Reservations (246) 573-7777

www.primobarandbistro.com

dine@primobarbados.com

St. Lawrence Gap, Worthing, Christ Church



Pecan Crusted Goat Cheese Cake

local goat cheese cake with roasted beet salsa & kale caesar

Coconut Jumbo Shrimp

with sweet curry dip

Mussels Marinere

simply steamed in white wine, garlic & lemon parsley butter

Jerk Pork Tenderloin

served with scorched onions, fried plantain, seasonal vegetables & sweet potato mash

New Zealand Lamb Shanks

chili braised shanks served with vegetable moussaka & rosemary jus

Spicy Primo Jambalaya

with seasonal vegetables, shrimp, chicken & pork

Death by Chocolate

flourless chocolate cake, tower of chocolate mousse, triple chocolate ice-cream and a chocolate meringue

Warm Bread and Butter Pudding

served with toffee sauce and vanilla ice-cream



Dress code in effect

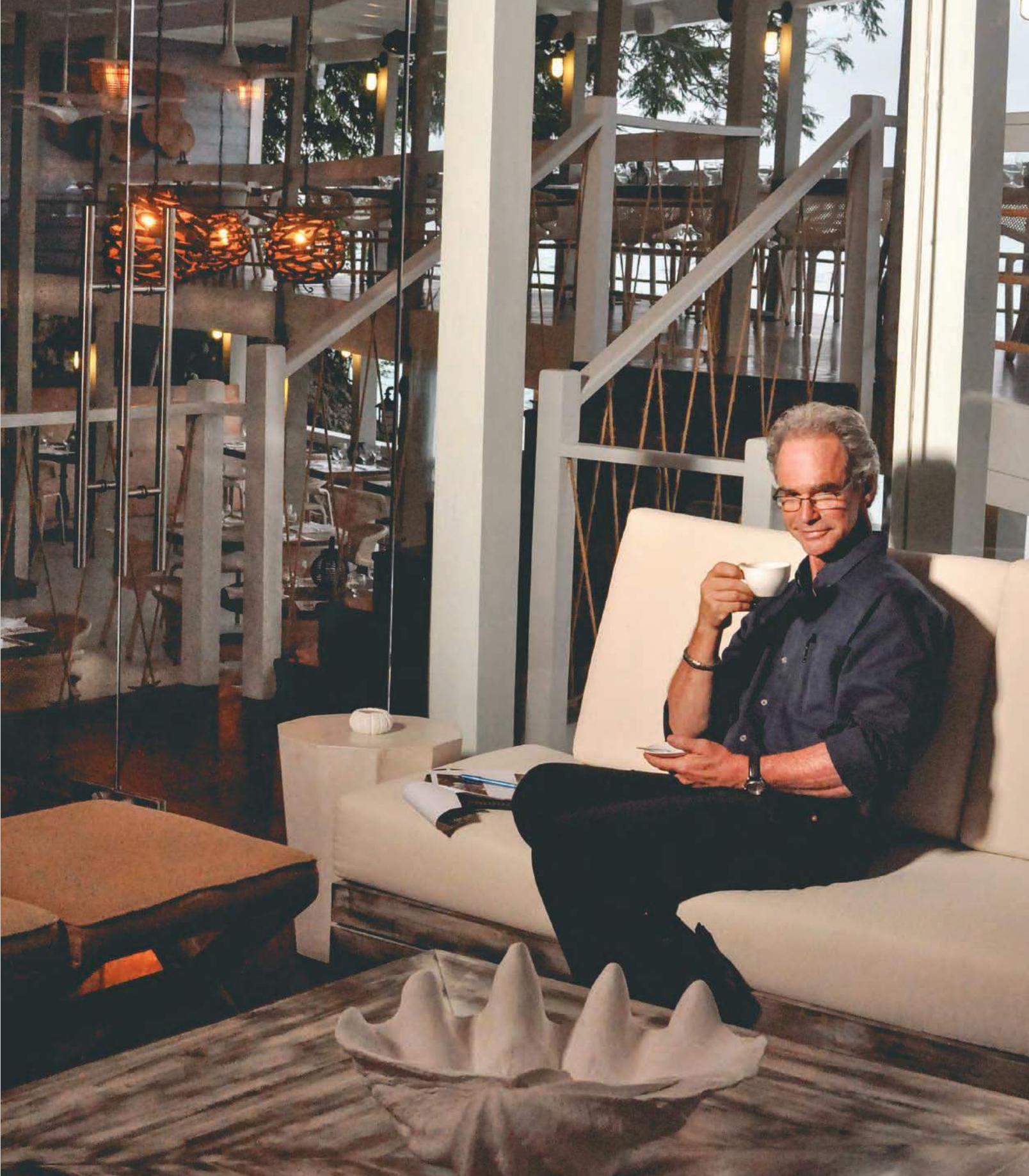
Open daily from 6:00pm

BB\$ Starters • 22-50 | Mains • 25-140 | Desserts • 20-28

Ins & Outs Tip

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.





PRIMO BAR & BISTRO



Caribbean spiny lobster flown in from the Grenadines.
 Wade ashore anchorage.
 Beach umbrellas and beach bar.
 Good parking and wheelchair friendly.
 Open lunch & dinner 7/7 with jazz performances Tues.,
 Thur. & Sat. nights plus Sunday lunch.
 Non-seafood, vegetarian and kids meals available.
 Good international wine list.

Reservations strongly advised (246) 435-0305

www.lobsteralive.net

arttaylor@lobsteralive.net

On the beach in Carlisle Bay, close to Bridgetown



Art's Sea Soups

Lobster Bisque

Conch & Callalou Chowder

Lobster live from the tank - pick your own

Parboiled in fresh sea water 1 1/4 lbs to 2 1/2lbs

**Finished on the Barbeque with Garlic Butter,
 Lobster Thermidor, Lobster Salad, Lobster Pasta**
 Minor variations at your request

5-8lb big lobster - central platter for 3 or more

Good economy for the adventurers - crab pickers know!

Bernadette's down island special

10 oz US Rib Eye Steak

Bridgetown Fish Market Daily Catch

Garden or Greek Salads

Gary and Gail's Cheesecake



Open everyday | Lunch • 12-3:30pm | Dinner • 6-9pm

Reduced openings and jazz sessions in summer

BB\$ Starters • 18-34 | Mains • 35-130 | Desserts • 15-25

Ins & Outs Tip

Hire a speedboat - go snorkeling in Carlisle Bay over one of the wrecks - freshen up at Lobster Alive and settle down for an afternoon of lobster and beastly cold wine or bubbly!



WATERFRONT Café

This renowned café has a superb waterside location on the marina in Historic Bridgetown.

Chef Max Benz and Robbie King are at the helm now and doing a great job of adding life to the café again.

It is one of best places to try Caribbean specialities. The Waterfront Café always bubbles with atmosphere with live jazz on Thursday, Friday and Saturday nights.

Reservations Advised (246) 427-0093

www.waterfrontcafebarbados.com

waterfrontcafebarbados@gmail.com

The Careenage, Bridgetown



Plantation Pork

Pork, capers and herbs wrapped in ripe plantain, breaded and fried, with salsa

Melts

Breaded flying fish roe fried crispy

Caribbean Crab Cakes

Crab, fresh herbs and potato off the griddle

Seafood St. Jacques

Fish, shrimp & scallop baked in a white wine roux

Pepperpot

Hot and spicy meat pot-pourri stew

Cou Cou and Flying Fish

Three fillets steamed in a creole broth and served with fried plantain and cucumber

Whole Snapper

Bajan seasoned and pan fried

Stewed guava with ice cream

Frozen caramel frappe

Bread and butter pudding with ginger custard



Lunch • **Monday-Saturday** | Dinner • **Thursday-Saturday**

Dinner • **Tuesday-Saturday (In Season)**

BB\$ Starters • 14-34 | Mains • 54-78 | Wine • 80-210



Ins & Outs Tip

The Thursday night Jazz evening with a Caribbean buffet is a great night.

This is one of the best places to enjoy delicious Bajan food - dine alfresco by the water or inside with the music.





TAPAS

A trendy restaurant, beautifully positioned along the south coast boardwalk with exceptional service and delicious cuisine.

Tapas offers a wide variety of tapas dishes as well as an A la carte menu.

Tapas is a favourite amongst locals and visitors alike. Come and enjoy the casual, bubbly atmosphere at the bar just a few feet from the water's edge.

Reservations (246) 228-0704

www.tapasbarbados.com

info@tapasbarbados.com

Hastings Main Road, Hastings, Christ Church



Spicy Tuna Tartare

With lemon zest and chili flakes, topped with balsamic pearls

Trio of Seafood Ravioli

Crab, shrimp, and red snapper & salmon ravioli in cherry tomato bisque

Jumbo Shrimp

Seafood risotto topped with jumbo shrimp

Grilled Seafood

Catch of the day, jumbo shrimp, mussels and cuttlefish on mix leaves

Rack of Lamb

With crushed pesto new potato, minted zucchini, charred red pepper emulsion

Pork Shank

With bacon mash, cream cabbage

Chocolate Lava Cake

With whisky sauce and vanilla ice cream

Tiramisu

Mascarpone cream nestled with coffee lady finger biscuit

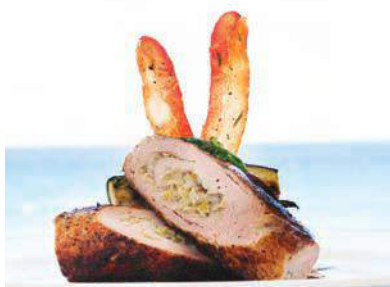


Lunch • **11:30am-3pm** | Dinner • **6-10:30pm**

BB\$ Starters • 14-28 | Mains • 40-90 | Wine • 13-18

Ins & Outs Tip

Enjoy the sunset from their outside tables while sipping a fantastic cocktail.





Embark on a culinary journey with featured dishes from Japan, China, Thailand and Indonesia in their contemporary dining room.

Reservations (246) 435-8920

www.accrabeachhotel.com

restaurants@accrabeachhotel.com

Accra Beach Hotel & Spa, Rockley, Christ Church



Pacific Dragon Maki

Tempura shrimp, sweet omelette, avocado, teriyaki-chilli sauce

Pan-seared Quinoa-Crusted Scallops

Jumbo scallops, fennel, edamame beans, carrot-lemongrass sauce

Chapchae Noodles

Beef, mushrooms, carrot, bok choy, pepper



Open for Dinner • **6:30-10pm (closed Tues & Sun)**

BB\$ Starters • 28-37 | Maki • 35-48 | Mains • 52-70 | Desserts • 22-25



The delectable dinner menu favours contemporary European infused dishes that will satisfy your taste buds.

Reservations (246) 435-8920

www.accrabeachhotel.com

restaurants@accrabeachhotel.com

Accra Beach Hotel, Rockley, Christ Church



Spicy Marinara Mussels

Prepared with red pepper, fresh garlic and white wine

Red snapper en papillote

With capers, olives, cherry tomatoes, zucchini, coriander, celery, citrus juice and olive oil

Lamb of Capricorn

Cooked to perfection, served with crushed potatoes, vegetables and mint jus

Spaghetti di Aragosta

With lobster, white wine, garlic, fresh herbs and sun dried tomatoes



Open for dinner • **6:30-9:30pm (closed Mon & Thurs)**

BB\$ Starters • 40-85 | Mains • 55-170 | Desserts • 40



Ins & Outs Tip

PACIFIKA RESTAURANT:

The chefs have nailed the fresh, exotic flavours of the Pacific Rim – from Sushi and Sashimi to Taiwanese Style Ribeye, and for dessert try the Tempura Ice cream!

THE ACCRA DECK:

Go early and enjoy pre-dinner cocktails as you watch the sun set.





Perfect mix of island ambience & international sports coverage.
 World famous daiquiris & authentic stone fired pizza.
 Traditional Bajan fare, Bert's original favourites, vegetarian & healthy choices. Delicious meal options just for kids.
 State-of-the-art satellite sports coverage.

Ins & Outs Tip

Be sure to try Bert's legendary Banana Daiquiris!



**Reservations (246) 435-7924 or
 Pizza Hotline: 431-1111**
www.bertsbarbados.com
info@bertsbarbados.com
 Rockley, Christ Church

Nacho Platter

Tortillas layered with diced tomatoes, onions, jalapeño, green peppers & lots of melted cheese. Served with salsa & sour cream

Calamari Rings

Hand-cut rings marinated in a herb garlic sauce, lightly dusted with flour & deep fried golden brown, served with tartar sauce

Fisherman's Platter

Shrimp, flying fish & catch of the day - grilled, pan-fried or blackened

Bert's Sizzling Steak Platter

Char-grilled 8oz Top Sirloin Steak, topped with sautéed onions

Bert's Banana Split

3 scoops of ice cream topped with strawberry, pineapple & chocolate sauces, whipped cream & a cherry

Triple Chocolate Fudge Brownie

Served warm with vanilla ice cream & drizzled with chocolate sauce, topped with a cherry



Happy Hour & a Half • **4:30-6pm** | Open from • **11am Daily (Opens earlier for the big sports matches)**
 BB\$ Starters • 16-51 | Mains • 27-56 | Wine • 11-19

STREAM

With consistently good quality, good value for money food, pleasantly served in a relaxed environment, the new Stream Bar & Restaurant has become an instant hit. 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.

Reservations Advised (246) 427-0715
www.facebook.com/Stream-Bar-Restaurant
39Steps15@gmail.com
Worthing, Christ Church



Flying Fish Paté
Buffalo Shrimp

with blue cheese dip

Potstickers

pork or vegetable

Blackened Fish

with rice, salad & homemade tartar sauce

Grilled Fish Tacos

with pickled cabbage, tomato salsa, coriander cream & garden salad

Steak & Kidney Casserole

with salad

Belgium Chocolate Cake

served with ice cream

Apple Crumble

served with ice cream



Lunch • From Noon-3pm | Dinner • From 6.30-10pm
Bar & Snacks Open From Noon until
Open Lunch and Dinner Monday to Saturday.
Enquire about Sunday Dinner in season.

BB\$ Starters • 13-30 | Mains • 38-52 | Desserts • 7-20



Ins & Outs Tip

Not many people can do fish like chef John Boland - His blackened fish is legendary and the fish tacos are a favourite with regulars!

A cool and casual spot on the South Coast with really good value for money.



A lovely beach front restaurant in the heart of St. Lawrence Gap.
 Enjoy a delicious lunch by the sea sipping cocktails. An ideal place to dine with live entertainment for dancing. Monday night is Country and Western with the Redmen. Thursday night is a Steelband, Saturday night is the R&B band Syndikyt & Sunday is Steelband 12pm - 3pm. All Day Menu including starters, salads, sandwiches, pastas, pizza and grilled or pan fried selections.

Reservations (246) 428-7171

www.southernpalms.net | info@southernpalms.net
 Southern Palms Hotel, St. Lawrence Gap, Christ Church

Below is a selection from the Fine Dining Dinner Menu, available seasonally.

Stirfried Angus Beef

with ginger & sweet soy sauce – angel hair pasta

Pan Seared Queen Scallops

in a Pernod shrimp sauce – seaweed salad

Blackened Mahi Mahi

with vegetable risotto - champagne citrus Beurre Blanc & basil oil

8 Oz Angus Beef Fillets

3 peppercorn sauce – garlic & mustard mash

Pan Fried Duck Breast

with orange sauce – grilled vegetables in a balsamic reduction

Tropical Fruit Cheesecake

Flambé Bananas

Topped with french vanilla ice cream

Ebony & Ivory

Bitter sweet dark chocolate mousse & white chocolate mousse with mixed berry sauce

Breakfast • 7:30am-10:30am | Lunch • 11am-1pm
 Dinner • 6-10pm

BB\$ Starters • 16-35 | Mains • 55-70 | Desserts • 10-18

Ins & Outs Tip

Live steelband and a delicious Sunday buffet lunch!

Live music for dancing on Monday, Thursday and Saturday





Deliciously fresh local dishes served in a picturesque setting overlooking the beautiful St. Lawrence Bay. Serving some of the best pizzas in The Gap. Gluten-free and vegan options available. For more info check on Trip Advisor at Castaways Bar & Grill. Casual Atmosphere • Comfort Food • Creative Cocktails Good Music • Great Service

Reservations (246) 420-7587

www.castawaysbarbados.com

castawaysbarbados@outlook.com

At the entrance to St. Lawrence Gap,
Worthing, Christ Church



Bajan Fish Cakes & Pumpkin Fritter Basket

A local favourite

Chicken & Coconut Soup

Infused with ginger, lemongrass and coriander

Tamarind Chicken Wings

Marinated with local spices then baked with a sweet and tangy tamarind glaze

Banana Leaf Wrapped Mahi Mahi

Steamed with fresh herbs and coconut

Grilled Shrimp

Drizzled with a smooth rum and ginger reduction and served with vegetable fried rice

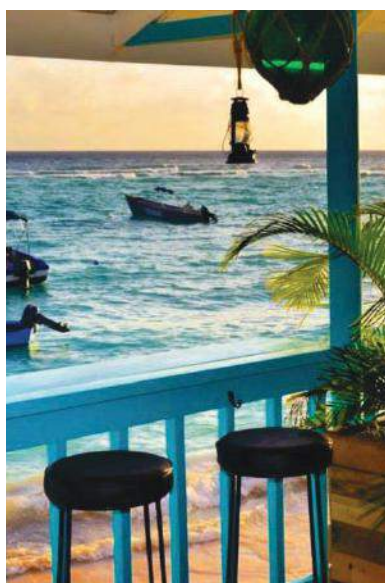
Pan Seared Stuffed Chicken Breast

Filled with plantain, mushrooms and spinach



Open Daily • 5pm-1am

BB\$ Starters • 14-30 | Mains • 35-80 | Desserts • 12-20



Ins & Outs Tip

Go for dinner... stay on and enjoy the good vibes and great atmosphere!





CAFE LUNA

Award-winning restaurant located al fresco-style on the rooftop of Little Arches Boutique Hotel.

A truly romantic setting overlooking the Caribbean Sea and Enterprise Beach.

Fine dining at an affordable price is the hallmark of Café Luna, Full a la carte menu, along with the new “Back to Bajan” menu - showcasing local ingredients and produce for only BB \$89 for 3 courses.

Reservations (246) 428-6172/420-4689

www.cafelunabarbados.com

cafelunabarbados@gmail.com

Little Arches Boutique Hotel,
Enterprise Beach, Christ Church



Fresh Blue Crab (Fl.) and Shrimp Cake

Pan seared with pineapple and tomato salsa and citrus aioli

Local Organic Sweet Potato Gnocchi Pasta

With sautéed local spinach, local smoked bacon and cheese sauce

Pan-fried Goat Cheese Cake

With sliced local tomatoes, mesclun lettuce and balsamic dressing

Luna Bouillabaisse

Fresh local fish and shellfish simmered in local tomato pernod broth served with citrus aioli and garlic, herb, parmesan bread

Local Chicken Breast Pan Roasted

Filled with sweet potato and cheddar with sauvignon blanc demi.

Rack of lamb

Grilled with sweet potato crust and balsamic syrup



Breakfast • **Daily 9-11:30am** | Lunch • **Daily 12pm-3pm**
Dinner • **Nightly 6pm-10pm**

BB\$ Starters • from 20 | Mains • 35-85 | Set Menu • 89

Ins & Outs Tip

Super Sushi Specials
on Thursday and
Friday nights... Be sure
to sample Chef Moo's
giant Crazy Rolls!



Photo courtesy
Living Barbados



The island's original Mexican restaurant. Menu boasts a wide variety of Mexican favourites, from Cheese Nachos to Sirloin Steak and Shrimp fajitas. A "Gringo" menu features non-Mexican fare such as Striploin Steaks, Mojito Chicken, Buffalo Wings and much more. Margaritas are a specialty with 15 fruity flavours on offer! Enjoy 2 happy hours nightly: 5-7pm & 10-12pm.

Reservations (246) 420-7655
www.cafesolbarbados.com
info@cafesolbarbados
St. Lawrence Gap, Christ Church

Cheese Nachos

Crisp tortilla chips topped with zesty 3-cheese sauce & spicy salsa

Mini Taquitos

2 corn tortillas wrapped tight around your choice of chicken or beef filling, deep fried and served with sour cream and guacamole

Flat-Iron Fajita Sizzlers

Sizzlin' steak, shrimp or chicken fajitas, flour tortillas & all the fixings

Fish Tacos

Locally caught catch of the day either grilled or beer battered, served in soft flour tortilla topped with fresh pico de gallo and a creamy, spicy Mexi-slaw

Mojito Chicken

Juicy, boneless chicken breast marinated in our special Mojito seasoning, grilled & finished with a Cockspur Rum glaze

Dinner • **7 nights a week** | Lunch • **Tues-Sun from 11:30am**

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



Ins & Outs Tip

A lively, fun spot located at the entrance to St. Lawrence Gap with a fabulous ocean view. Great starting point for a fun night out in The Gap!





Fast Facts



Size & Location

Barbados measures 21 miles long by 14 miles wide, 166 square miles and is divided into 11 parishes. It is the most easterly of the Caribbean islands, standing in splendid isolation as a proud sentinel at the gateway to the West Indies. By air it is approximately 4.5 hours from New York, 3.5 hours from Miami, 5 hours from Toronto and 8 hours from London. The closest islands, St. Vincent and The Grenadines and St. Lucia, are only a half hour plane ride away.

Climate

The weather is consistently sunny and warm with over 3,000 hours of sunshine annually and constantly cooled by the north-east Atlantic trade winds. The rainy season runs from June to October with September and October tending to be the rainiest months with the warmest temperatures. Comfortably cooler temperatures, especially in the evenings, are experienced from December - March.



Population

The resident population of Barbados is estimated at approximately 289,000. The ethnic mix consists of 93% of African descent, 3.2% European, 2.6% of mixed race and 1% East Indian. The population density is high, with 85% of the population living in urban areas.

Capital

Bridgetown, the main shopping centre. On June 25 2011, 'Historic Bridgetown and its Garrison' was inscribed on the UNESCO World Heritage List. There is no other higher form of recognition for a heritage site in the World. A convenient shuttle service operates between hotels and Bridgetown - call 227-2200.



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.

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.

Electricity & Water

110/230V 50Hz. The water is safe to drink straight from the tap.

Dress

Keep swimwear on the beach. Camouflage is prohibited.



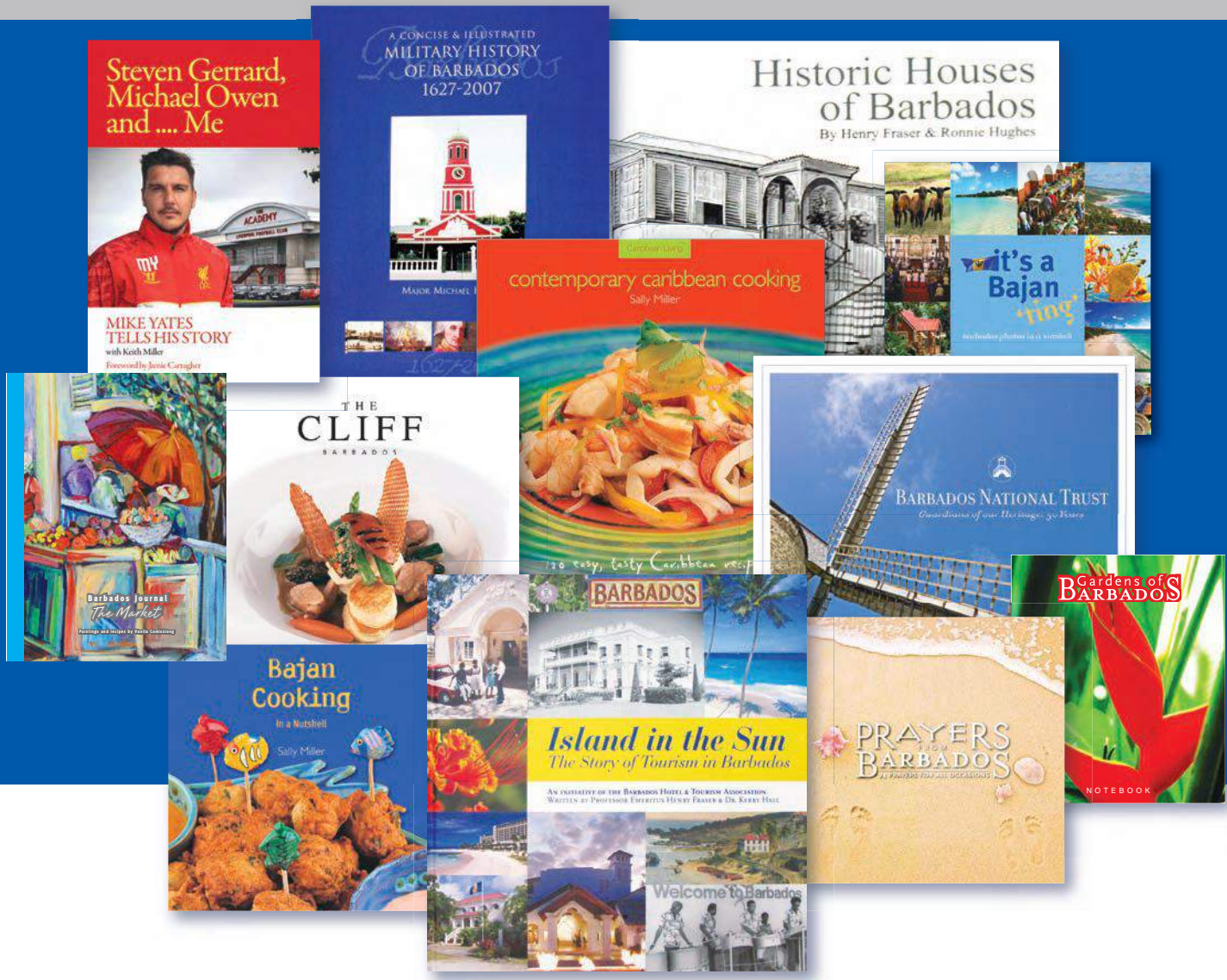
Tax & Tipping

17.5% VAT is usually included in prices quoted. 7.5% VAT and 10% service charge will be added to your hotel bill. Tipping is usually 10% to 15% of the bill.

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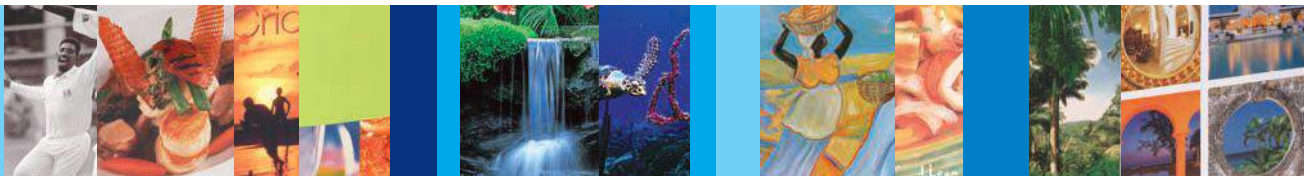
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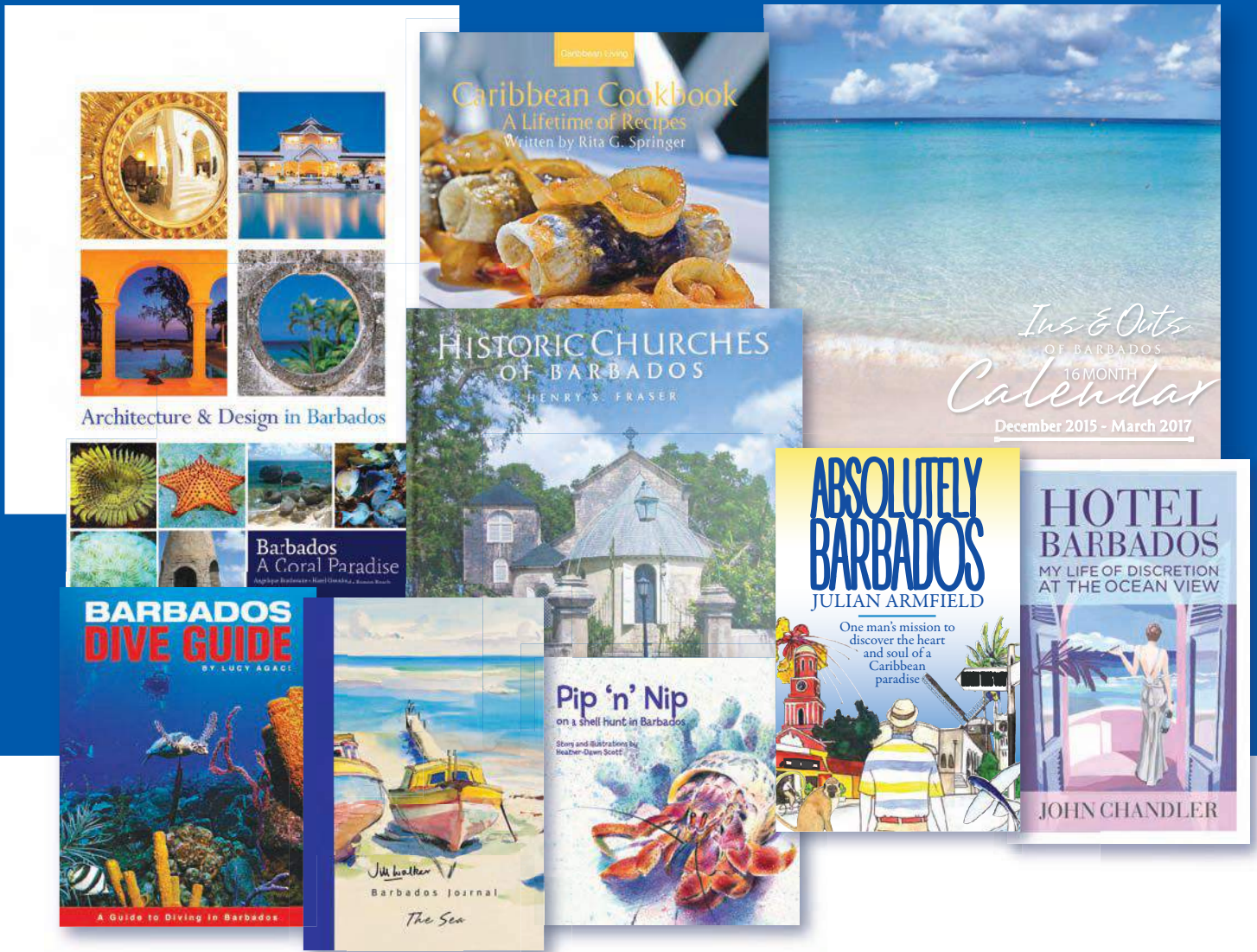
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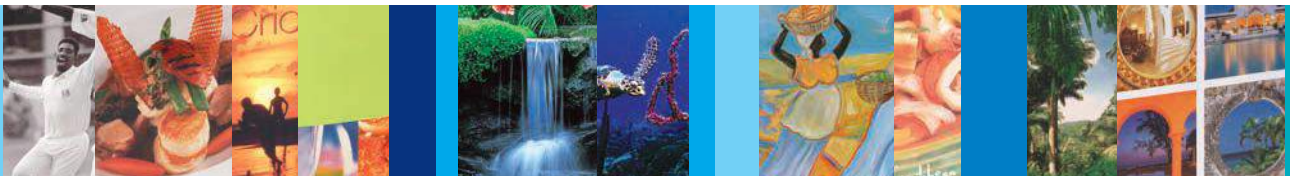
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