



BOUNTIFUL BARBADOS[®]

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BARBADOS[®]
TOURISM PRODUCT AUTHORITY



- Adventures • Museums • Built Heritage • Carolina • Trails and Tours • Bridgetown
- Beaches • Authentic Eats • Monuments • Nature • Voluntourism

Discover Barbados



...AND WELCOME TO BARBADOS!

Why Visit Barbados?

Barbados is not just another island offering sun, sea and sand. In fact, the uniqueness can be found in our culture, our heritage, the innovativeness, and of course our people!

See what sets Barbados apart!

HARRY BAYLEY OBSERVATORY

Planets and stars appear a little closer through the primary 16-inch Meade telescope at Barbados' Harry Bayley Observatory. The Harry Bayley Observatory is the only one of its kind in the Eastern Caribbean. Barbados' location gives you the opportunity to see the moon, planets and deep sky objects that are not visible from Europe or North America. This is a great attraction for the kids as they learn while having fun!



THE CHATTEL HOUSE

Spread across the fields and hills of beautiful Barbados, the Bajan Chattel House remains an integral part of local culture and stands testament to the ingenuity of Barbadians. After Emancipation, the former slaves were landless as Barbados was made up mostly of plantations owned by their former masters. The houses were therefore built so that they can be easily dismantled and reassembled, hence the name 'chattel', which means 'movable possession'.



NEWTON SLAVE BURIAL GROUND

The remains of 500 enslaved individuals rest beneath approximately 7 acres of sloping land in Newton, Christ Church – the largest excavated slave burial ground in the Caribbean. At the time that the excavations occurred in the early 1970s, the area had not been disturbed for centuries, and archaeologists discovered that the site at Newton is the final discovered resting place for the earliest group of the African and Afro-descendent enslaved population.



CODRINGTON COLLEGE

Codrington College is the oldest Anglican/Episcopal Theological Seminary in the Western Hemisphere. On this former plantation, the college was constructed in 1743 after Christopher Codrington bequeathed the estate and considerable money at his death in 1710. The ambience of this religious sanctuary will draw you in enough to draw you to this site in the Eastern parish of St. John.

UNIQUE BARBADOS

BARBADOS CONCORDE EXPERIENCE

Imagine flying at twice the speed of sound, as you feel the power of the jet vibrating around you. The British Airways Concorde may be officially grounded, but in Barbados you can still get that inflight experience! Barbados was one of only four regular destinations along with London, Paris and New York on the Concorde's itinerary, so once in Barbados explore this fantastic opportunity.



GEORGE WASHINGTON HOUSE AND MUSEUM

Imagine walking through the house in which George Washington stayed, with rooms set up just as they were in 1751. In Barbados, this unique experience is definitely possible! George Washington House comes alive with the tale of 19-year-old George's only trip outside of the continental United States of America. George's visit to Barbados changed the course of global history.



TREATY OF OISTINS

The Treaty of Oistins, which was negotiated and signed at The Mermaid Tavern in Oistins, Barbados in 1652 was based on the concept of 'No Taxation without Representation'. This was the inspiration for the Boston Tea Party in 1773 and aspects were subsequently included in the American Declaration of Independence in 1775. Thus Barbados played a major role in the development of the United States of America, and the way in which global development unfolded.



CHATTEL HOUSE AUDIO TOURS

Listen to the stories of Barbados' ancestors and their land, their customs and their love; their disappointments and their achievements. The picture of beautiful landscapes and stories of Barbados' past are painted in your mind through the guided walking tour, enhanced with the use of Orpheo Tour Guide (OTG) units. Take a fun and educational tour while enjoying the beauty of Barbados.



MORGAN LEWIS WINDMILL

The Morgan Lewis Windmill is the largest and only intact windmill of its kind in the Caribbean, and is truly a sight to behold and marvel at this engineering genius of yesteryear. It also offers a breathtaking view of the Scotland District, which you definitely do not want to miss.



ST. NICHOLAS ABBEY

St. Nicholas Abbey is thought to be one of the first plantation great houses to be built in Barbados sometime during the 1650s. This magnificent, three-story Jacobean mansion, with its three unique curvilinear gables, is one of only three Jacobean houses remaining in the Western Hemisphere.



ONLY COLONY TO HAVE FOUNDED A COLONY

When Barbados was still a colony of Britain, Barbadian colonists led by Sir John Colleton, planned the settlement of the Carolinas from the Colleton Great House. They then sailed from Speightstown to the United States of America and founded the colony of South Carolina. They took the language, food, architecture and various elements of Barbadian culture with them. As a result, South Carolina became a colony of Barbados, and Barbados became the first and only colony to have settled another colony.



RUM SHOPS

In the birthplace of rum, one of the best ways to sample the fine rums of the island, along with local foods and immersing yourselves amongst the local population, is to venture into our uniquely Barbadian rum shops! Depending on how you define a rum shop, you can find anywhere from 1,000 to 12,000 of them scattered across the island. They include village shops, which provide a bit of everything including groceries, bread, provisions and drinks to those, which sell only beverages and food.



BLACKWOODS SCREW DOCK

'A fascinating piece of engineering history' – That's how one visitor best described the Blackwoods Screw Dock. Serene, though located in the heart of our bustling capital city, Bridgetown, this historic site, established in 1887, lies within the UNESCO World Heritage Site. The screw dock, commonly called the dry dock, is picturesque and is the only surviving one of its kind in the world! The photo gallery and museum also on location helps visitors get a better feel of years gone by when the dock was a hive of activity.

NIDHE ISRAEL SYNAGOGUE

Nestled in the heart of bustling Bridgetown, the Nidhe Israel Synagogue is one site you should seek to discover. This synagogue goes a long way in telling the story of Barbados, and it stands proudly as the oldest consecrated Jewish Synagogue in the Western Hemisphere, built in 1654. In late 2008 an archaeological dig uncovered what was celebrated as an internationally significant find – an original and fully intact Mikvah (bath). The entire site and its surroundings have been restored and are now opened to the public.



THE NATIONAL ARMOURY

The Barbados National Cannon Collection is the rarest collection of 17th Century English iron cannons in the world. If that's not enough to make them a treasure, the collection is one of two, which include a gun with Cromwell's Republican Arms. While you can view several cannons around the Garrison Savannah, the rare beauties lie at the Barbados Defence Force St. Anne's Fort.



THE BIRTHPLACE OF RUM

With the success of the sugar industry in Barbados, rum distillation began in Barbados in the 1600s, with Mount Gay bottling their first rum in 1703. Molasses, which is a by-product of sugar cane, was used to make this fine spirit. Elements of this process can be viewed today at the Mount Gay Visitors' Centre, Foursquare Rum Distillery and Heritage Park, and St. Nicholas Abbey.

POPULAR BEACHES

BARBADOS[®]

With a coral limestone structure creating the many white sandy beaches across the land, paired with our calm waters and array of sunshine, you are in for an amazing treat. Turquoise blue waters, sun kissed white sand, and waves softly caressing the shore, are accentuated by the trees dancing with the gentle embrace of the sea breeze. That is the scene, which readily awaits you! Barbados has miles and miles of beaches from which you can choose, but here are a few of the popular ones to get you going.



St. James

- Alleyne's Bay, St. James
- Reed's Bay, St. James
- Sandy Lane Beach, St. James
- Payne's Bay, St. James

St. Peter

- Gibbs Beach, St. Peter
- Mullins Beach, St. Peter
- St. Peter's Bay, St. Peter

Christ Church

- Drill Hall Beach, Christ Church
- Dover Beach, Christ Church
- Miami Beach, Christ Church
- Welches Beach, Christ Church
- Accra Beach, Christ Church
- Worthing Beach, Christ Church

St. Phillip

- Bottom Bay, St. Philip
- Crane Beach, St. Philip

St. Michael

- Batts Rock Beach, St. Michael
- Brandon's Beach, St. Michael
- Brighton Beach, St. Michael
- Browne's Beach, St. Michael
- Pebbles Beach, St. Michael
- Carlisle Bay, St. Michael
- Paradise Beach, St. Michael





**SWIM AT
LIFEGUARD
SUPERVISED BEACHES**



**OPERATING HOURS
FOR THE LIFEGUARDS:**

April 01 – September 30:
9:00a.m. - 6:00p.m.

Oct 1st - March 31st:
8:30 am - 5:30 pm

FLAGS



Tel: (246) 425-1200 / 425-1202 • Fax: (246) 424-9415

email: ncc@caribsurf.com • website: www.nccbarbados.gov.bb

EMERGENCY SERVICES

AMBULANCES - 511 | POLICE - 211 | FIRE - 311

- Obey lifeguard instructions.
- Don't drink alcohol and swim.
- Never dive in shallow water, it shatters life.
- Do not sit, stand or play between the two flags located in line with the front of the tower. Lifeguards need this area clear to enter the water when responding to emergencies.
- Always swim in line with the shore.
- Never swim alone - not even lifeguards or dolphins swim alone.
- Do not engage in the sale or purchase of illegal drugs. It is an offence.
- Have fun while taking part in watersports activities but most importantly, be safe, failure to do so can potentially result in serious injury or death.

BUILT HERITAGE

Built Heritage

Our invaluable built heritage, reposed within the confines of our various historic sites, is testimony to our long and varied history, which tells the rich story of a bygone era...



FARLEY HILL NATIONAL PARK

Once the site of a beautiful mansion built by Sir Graham Briggs for the entertainment of royalty including King George V in 1879, today Farley Hill has been designated a national park. Although the mansion itself was destroyed by fire in 1965, the gutted remains still stand and provide an ideal setting for a picnic and a day of fun in the park, while offering stunning views of the island's southern point.



CODD'S HOUSE MEMORIAL MONUMENT

Stand at this monument and you will be standing on the site where full freedom for apprenticed workers was proclaimed on August 1st, 1838, following four years of Apprenticeship after Emancipation. The monument marks the former site of Codd's House, which was leased to be used as the New Town Hall where Parliament met from 1837 to 1849.



EMANCIPATION STATUE

This popular statue is given pride of place at the JTC Ramsay Roundabout, and was erected to celebrate the 150th anniversary of the abolition of slavery and emancipation. The statue depicts the slave known as Bussa who led a huge revolt across multiple plantations. He is positioned to be standing firmly, breaking free of his chains, which symbolises Barbados' break away from slavery.



LIGHTHOUSES

As the brightest jewel in the British crown, Barbados was shrouded by its relatively flat topography and could be a mysterious find for even the most seasoned sailors. Lighthouses along the coasts at Ragged Point, South point, Needhams and Harrison points were erected to guide them safely to shore.



BARBADOS MUSEUM AND HISTORICAL SOCIETY

Want to fly over the beautiful island of Barbados and enjoy spectacular views of the rugged East coast? Microlight Aerial Tours has an exhilarating adventure for you as you fly in an open-air cockpit to capture a first-hand glimpse of an amazing 360 degree, picturesque view of the island.



NIDHE ISRAEL SYNAGOGUE MUSEUM

This synagogue is the oldest consecrated synagogue in the Western Hemisphere and the adjacent museum documents the fascinating story of the Barbados Jewish community while paying homage to its role in Barbadian heritage and society. At the museum, you can find a timeline chronicling the Jewish settlement, their role in the sugar industry, see historic artefacts and view interactive displays, which are designed to provide a more realistic and detailed experience.



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BUILT HERITAGE

GUN HILL SIGNAL STATION

Gun Hill Signal Station commands a panoramic view of Barbados as it was used as a look out point when it was built in 1818. This historic site houses a collection of military memorabilia, showing methods of communication between signal stations for external security, and how the stations were used as rallying points in the event of civil disorder including slave revolts.



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GRENADE HALL FOREST AND SIGNAL STATION

This well-kept signal station was one of a cadre of signal stations used in the 19th Century for internal and external security by the British military forces. Once inside the signal station, listen to narrations which point the picture of life in Barbados of yesteryear.



COLLETON HOUSE

From this plantation house, constructed in the 1650s, Sir John Colleton planned the settlement of the Carolinas. As a result, the Carolinas became a colony of the colony of Barbados, and Barbados became the first and only colony to have settled another colony.



CODRINGTON COLLEGE

Codrington College is the oldest Anglican/Episcopal Theological Seminary in the Western Hemisphere, and sits on the property of a former plantation. The college was constructed in 1743 after Christopher Codrington bequeathed the estate and considerable money at his death in 1710. It offers beautiful views of the island, and a peaceful atmosphere that is perfect for relaxation.

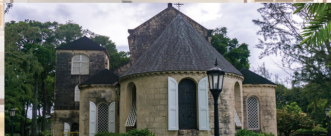


SUNBURY GREAT HOUSE

Sunbury is the epitome of old plantation life. This 300 year old great house showcases stunning antiques and a unique collection of horse drawn carriages. Explore history, enjoy the Bajon style. This is the only great house in Barbados which opens all rooms for viewing, so take a ride back in time at this plantation in the east.

HISTORIC BRIDGETOWN AND ITS GARRISON - A UNESCO WORLD HERITAGE SITE

Historic Bridgetown and its Garrison, is considered to be an "outstanding example of British colonial architecture consisting of a well-preserved old town built in the 17th, 18th and 19th centuries, which testifies to the spread of Great Britain's Atlantic colonial empire," according to UNESCO's World Heritage Convention. Historic Bridgetown and its Garrison played a pivotal role in the international trading of goods, people, ideas and culture. With several sites and buildings of outstanding universal value, exploring Historic Bridgetown and its Garrison is a must!



ST. JAMES PARISH CHURCH

The St. James Parish Church stands on one of the oldest parcels of consecrated land on the island, often known as "God's acre". Whilst on the platinum coast of Barbados, bask in the glory of a mental journey as far back as to the 1600s. In this sacred space, the natural coral stone walls lend an air of tranquility and the history- including the Church Bell which predates the American Liberty Bell, brings great humility.



ST. MARY'S ANGLICAN CHURCH

Amongst the hustle and bustle of the UNESCO inscribed Historic Bridgetown and its Garrison is a quaint sacred space. The site has been occupied by St Mary's Anglican Church since 1825, and is therefore the oldest Chapel of Ease in Barbados. With the graveyard home to many late Barbadian luminaries, there is great history to be told in St. Mary's Church.



ST. JOHN PARISH CHURCH

Overlooking what has been described as one of the most romantic views in Barbados, this classic Gothic church has an incredibly rich history. Though the current building dates back to 1836, the St. John Parish Church existed on this very site since 1645. In the graveyard rests Ferdinand Paleologus who was a direct descendant of Constantine, the last Greek Emperor.



NIDHE ISRAEL JEWISH SYNAGOGUE

The oldest consecrated Jewish Synagogue in the Western Hemisphere offers an experience filled with artefacts, an ancient mikvah and unforgettable stories! It is a sacred treasure trove and insight to the past when Sephardic Jews, fled religious persecution in Portugal and Spain, then North East Brazil and immigrated to Barbados. They brought the skills of sugar cane cultivation and windmill technology that made the island's sugar industry hugely profitable.



THE CATHEDRAL OF ST. MICHAEL AND ALL ANGELS

The current structure at St. Michael's Row, was built in 1784 with a beautiful barrel vaulted ceiling. Historically as the place of worship for the elite, Blacks were not permitted to enter and instead praised from "a nearby" alley, which gave rise to its name as "Amen Alley". Like many other historic Churches, this Cathedral is also home to highly-respected late sons and daughters of our soil.

Museums of Barbados

Let the stories of Barbados' past mesmerise you, as you visit one of several museums which tell the fascinating tales of a small but truly magnificent island.

THE EXCHANGE MUSEUM

Explore the monetary, masonry and trade history of Barbados through a tour of one of the island's newest museums, which is housed within a beautifully restored 18th century building. The Exchange Museum is located a stone's throw away from the Tom Adams Financial Centre, along Spry Street in Bridgetown.



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CARIBBEAN WAX MUSEUM

Think Madame Tussaud's, but with many characters never seen before in wax! The Caribbean Wax Museum is the only Wax Museum in the world focusing exclusively on Caribbean and Central American iconic figures. New figures are to be added every year, so one visit is certainly not enough!

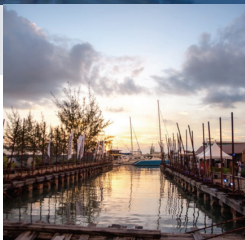


THE MALLALIEU MOTOR COLLECTION

History on wheels grabs your attention at the Mallalieu Motor Collection at Pavilion Court. The only antique car collection in Barbados, the collection represents a history of motoring on the island and in particular the story of the Barbados Rally Club, which was founded in 1957.

BLACKWOODS SCREW DOCK

A visit to the Blackwoods Screw Dock will leave you enamoured with the rich cultural heritage of Barbados, as you walk along the only remaining Screw Dock of its kind in the world! Take a walk through history as you enter the Historical Maritime Centre featuring interesting and unique artefacts, displays and photos of Barbados from the 19th and 20th centuries.



ARLINGTON HOUSE MUSEUM

Wander to the quaint and historic Speightstown for a truly unique and memorable experience at Arlington House Museum as you learn the history of Speightstown, formerly called Little Bristol as an important trade port, the history of sugar, and you can even trace your genealogy. This beautiful three-story building houses an interactive museum, which is perfect for all ages!



FRANK HUTSON SUGAR MUSEUM

The awe-inspiring tales of sugar production in Barbados when sugar was king and rum was queen in the 17th and 18th centuries are captured as a permanent reminder at the Frank Hutson Museum at the Portvale Sugar Factory. See the old machinery used to produce millions of tonnes of sugar, which made Barbados, and by extension Britain, very wealthy.



GEORGE WASHINGTON HOUSE

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MUSEUMS OF BARBADOS



THE BARBADOS MUSEUM AND HISTORICAL SOCIETY

Located in Barbados' UNESCO World Heritage site, the Barbados Museum's galleries are housed in 19th century military prison buildings, and reveal the island's rich history. This museum is a full repository of Barbados, from the indigenous people, to the European settlers and colonialism to slavery, emancipation and independence. Get to know this beautiful island by immersing yourself in the history of its people.



MUSEUM OF PARLIAMENT AND NATIONAL HEROES GALLERY

Its Neo-Gothic architecture captivates you as you cross the Chamberlain Bridge in Bridgetown. Stop and take a moment to absorb the fact that you are standing before the building housing the third oldest parliament in the Commonwealth of Nations, after Great Britain and Bermuda. What's even more enthralling is that you can visit the Museum of Parliament and National Heroes Gallery.



CRICKET LEGENDS OF BARBADOS

Situated around the corner from the Caribbean's Mecca of Cricket - Kensington Oval, you can bask in the ambiance created by the tales of the West Indian cricketing greats. This museum tells the story of our cricket legends, and characters of the game through photographs, memorabilia, uniforms, newspaper articles and even personal items of the legends themselves. It is truly awe-inspiring!



NIDHE ISRAEL SYNAGOGUE MUSEUM

Nestled in the heart of bustling Bridgetown, the Nidhe Israel Synagogue is one site you should seek to discover. This synagogue goes a long way in telling the story of Barbados and it stands proudly as the oldest consecrated Jewish Synagogue in the Western Hemisphere, built in 1654. In late 2008, an archaeological dig uncovered what was celebrated as an internationally significant find- an original and fully intact Mikvah (both). The entire site and its surroundings have been restored and are now opened to the public.

TRAILS & TOURS

Take a tour & discover Authentic Barbados

Exploring Barbados is an incredibly exciting adventure, with walking tours, bus tours and trails to follow, which are perfect for the foodie, the cultural heritage enthusiast, the mystery lover, the adventure seeker and of course the nature lover.



HISTORIC SPEIGHTSTOWN WALKING TOURS

Grasp the opportunity to step into the past as you walk alongside historic churches, 17th century sugar warehouses and once grand homes of wealthy merchants. In 90 minutes you come up close to well preserved Barbadian chattel houses, interact with locals and vendors, and explore a romantic and historic port town which is crucial to Barbados' story.



FLORA AND FAUNA TOUR

Explore Barbados' most picturesque and serene areas, as we examine the landscape changes, which have occurred throughout our history and experience exciting surprises along the way! You will gain understanding about the different types of horticultural life that grows on the island as you visit Andromeda Gardens, Welchman Hall Gully and Caribbean Plants Ltd.



HISTORIC CHURCHES TOUR

Barbadian culture is deeply rooted within our religious observances. This tour will bring the history of the most iconic churches within our communities alive as we explore not only their development, but also their unique histories. This tour will also examine religious diversity on the island while exposing patrons to the various places of worship, which exist within our island.



THE GARRISON SAVANNAH TOUR

Take a walking excursion of the Garrison historic area looking at the changes of the landscape from its military past to the present social activity space and examining the functions that have assigned the Garrison Savannah its World Heritage status.



ARGOS HIKES

Take a hike and explore some of the island's most breath-taking gullies with hidden streams, waterfalls and beautiful flora and fauna. Experience Barbados like never before through places such as Jack in the Box Gully and Welchman Hall Gully, which are breath-taking and fascinating!



ECO-ADVENTURES

Eco-Adventures celebrate and share about Bajan People, places and things in an entertaining and educational way. They offer world class heritage tours, which are certified by award winning tour guides who have received excellent TripAdvisor reviews. Experience the culture, heritage, flora, fauna and geology one step at a time with Eco-Adventures.

TRAILS & TOURS



EXPLORE BRIDGETOWN TOUR

This exciting tour offers patrons an opportunity to explore three iconic treasures that can be found in Bridgetown, namely the Museum of Parliament and National Heroes Gallery, the Nidhe Israel Synagogue and Museum and the Exchange Museum. You can utilise the Explore Bridgetown Passport to conduct a self-guided tour, or you can take a guided tour of the area.

LICKRISH TOURS

Don't just learn history; eat your way through it! This culinary walking tour is a unique and exciting way to explore Bridgetown and Barbados with the perfect opportunity to eat like a local. Learn the story of Barbados' food, why it is made the way it is made, how various foods became a staple of the Barbadian diet and of course, be treated to some mouthwatering indigenous delights.



PIGTAILS AND BREADFRUIT TOUR

Explore the culinary history of Barbados through a guided tour, which examines the origins of Barbadian identity within the island's food culture, while allowing patrons to enjoy the culinary delights along the way. With the use of Austin Clarke's book, *Pigtails and Breadfruit: Rituals of Slave Food*, you will learn the history of epicurean delights, which are still popular on Barbadian menus today.



THE CHARACTERS OF TOWN

The history of Bridgetown unfolds as we walk the Amerindian Trails, see the Serpentine Streets, visit the historic spaces and hear of the men and women who toiled to leave a compelling Barbadian legacy, which we now inherit as a UNESCO designated World Heritage Site. The story of the City is told with accuracy, but with sensitivity, which evokes from pathos – the sadness surrounding the story of the enslaved – to the triumphs of the human spirit, which produced some of our National Heroes.



LICK DE BOWL FOOD TOURS

The current structure at St. Michael's Row, was built in 1784 with a beautiful barrel vaulted ceiling. Historically, as the place of worship for the elite, Blacks were not permitted to enter and instead prayed from a nearby 'alley', which gave rise to its name as 'Amen Alley'. Like many other historic Churches, this Cathedral is also home to highly-respected late sons and daughters of our soil.



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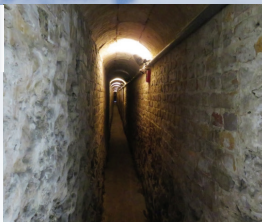


BLACK PEARL BRIDGETOWN WALKING TOURS

Take a two hour Bridgetown walking tour of the historic places within this UNESCO World Heritage Site with entertaining lads and lasses. With transportation, lunch and drinks all included in your package, you will visit The St. Mary's Church, the Nidhe Israel Synagogue, St. Michael's Cathedral, Queens Park, Heroes Square and the historic Parliament Buildings.

HISTORIC GARRISON NIGHT TOUR

The thriller and history of the site dating back to 1650 come alive through re-enactments as you tour the Historic Garrison area at night starting with the Garrison Tunnel at George Washington House. This exciting excursion takes the form of a guided tour on Friday nights from 6:45pm focusing on the life in the military area, murders, executions, crimes and punishments all while showing the secret passageways soldiers once used.



MUSEUM TORCHLIGHT TOUR

This tour will excite you through dynamic and interactive presentations, brought to life by some of the mysteries found in Barbados' folklore such as the Heart Man and the Lad of the Tamarind Seed, riots and the fight towards independence. It will be a spooky adventure as patrons explore the galleries of the Barbados Museum through new eyes. This tour is held in the latter months of the year.



PS: AT YOUR SERVICE

Are you ready for a personalised tour where you can live like a Bajan for a day? PS: At Your Service offers tours to suit your every desire including Barbados in One Day, Speightstown Walking Tour, Lunch with a Bajan Family, and the St. Lucy Destination 439: Signature Tour. With so many options, your authentic Barbados experience is just a phone call away.



ANCESTRAL TRAILS

Step back in time as we trace the memories of our ancestors and their fight for freedom, while visiting the sites of memory and experience the oral traditions of storytelling. This tour pays homage to the period of history, which has most shaped our island. You will be able to trace the life of an enslaved person by following their residual footprints around the island.



MEDFORD CRAFTWORLD TOUR

Visit the workshop of the talented Reggie Medford, and watch as he takes you on his journey from tree trunk to workshop, to masterpiece. This intimate tour will leave you in awe as you witness fine craftsmanship by this self-taught artist, and hear the story of Barbados' mahogany. Witness in living colour as Reggie and his team transform the large pieces of wood into the most amazing pieces of art you can ever imagine.

A GROG A DAY KEEPS THE ENEMIES AWAY: A RUM AND DEFENSE TOUR

Come on this exciting bus tour and explore Historic Bridgetown and its Garrison, Pelican Craft Centre and the Mount Gay Visitor Centre as we examine the exciting history of the 1700-1800s defence of the island, which created rum. This tour includes rum tastings, Bajan Lunch Buffet and you can discover Barbadian craft!



HISTORIC BRIDGETOWN AND ITS GARRISON TOUR

Find out what makes Historic Bridgetown and its Garrison a UNESCO World Heritage Site as you learn about the economic, social and military history of the second largest port to be found in the British Empire from the 1600s to 1800s.

Historic Bridgetown and It's Garrison -

A UNESCO Wold Heritage Property

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PARLIAMENT BUILDINGS

Its Neo-Gothic architecture captivates you as you cross the Chamberlain Bridge in Bridgetown. Stop and take a moment to absorb the fact that you are standing before the building housing the third oldest Parliament in the world. What's even more enthralling is that you can visit the fascinating Museum of Parliament and National Heroes Gallery, which is absolutely fascinating!



GEORGE WASHINGTON HOUSE AND MUSEUM

Imagine walking through the house in which George Washington stayed, with rooms set up just as they were in 1751. In Barbados, this unique experience is definitely possible! George Washington House comes alive with the tale of 19-year-old George's only trip outside of the continental United States of America. George's visit to Barbados changed the course of global history.



BARBADOS MUSEUM AND HISTORICAL SOCIETY

The Barbados Museum and Historical Society's galleries are housed in 19th century military prison buildings, and reveal the island's rich history. This museum is a full repository of Barbados, from the indigenous people, to the European settlers and colonialism to slavery, emancipation and independence. Get to know this beautiful island by immersing yourself in the history of its people.



ST. MARY'S ANGLICAN CHURCH

After a windsurfing or kite surfing adventure in Barbados you will certainly head immediately to book your next trip to the island! Barbados' location sees the island getting year-round South-East trade winds and weather that's perfect for windsurfing and kitesurfing. From Bathsheba in St. Joseph down to Silver Sands in the South and even across as far as Sandy Beach, the waves, wind and beaches along the south eastern coast are superb for wind sports.



THE CATHEDRAL OF ST. MICHAEL AND ALL ANGELS

The Cathedral of St. Michael and All Angels was first built in 1628 on the site now occupied by the St. Mary's Anglican Church. The current structure was built in 1784 with a beautiful barrel vaulted ceiling. Venture through the graveyard, which is filled with the graves and tombs of important dignitaries such as Sir Grantley Adams who was the first Premier of Barbados.



THE NICHOLLS BUILDING

This building, made of Dutch-influenced curvilinear gables and stone brickwork, is one of the oldest buildings in Bridgetown. Located at the corner of James Street, the historic building features images of Bridgetown dating as far back as 1695, shortly after the British first settled on the island.



THE WAREHOUSES

Walking along the Wharf Road, the large Caribbean Georgian structure, and the 18th century ballast brick building would certainly stand out. The former is known as Marshall Hall, which was a popular entertainment hall built in 1861; the latter is The Old Spirt Bond, which dates back to the 18th century and was used as a rum warehouse.



DOLPHIN FOUNTAIN

After the cholera outbreak of the 1800s, piped water became a priority in Barbados. This fountain, located in Heroes Square in Bridgetown, signifies the commencement of piped water to Bridgetown on 29th March 1861. As one of the first nations to have piped water to every household, Barbados today has one of the oldest piped water infrastructures.



MUTUAL BUILDING

This ornate building is one of the most strikingly beautiful buildings in Historic Bridgetown, and dates back to 1895. It features late Victorian architecture with elegant silver domes and a balcony, which wraps around most of the second storey. The outstanding iron work was imported from England and Scotland, and to this day most of the original structure has been preserved.



THE OLD TOWN HALL

This two-storey building was built in 1730 and once housed the Town Jail and meeting rooms for the Council and Assembly. After many years of disrepair, the building was beautifully restored to its present state in 2003, but the southern and eastern walls were preserved in order to maintain its architectural heritage.



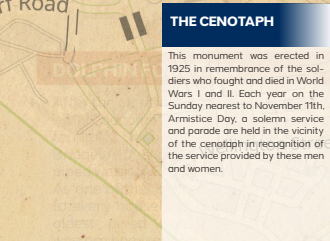
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This monument was erected in 1925 in remembrance of the soldiers who fought and died in World Wars I and II. Each year on the Sunday nearest to November 11th, Armistice Day, a solemn service and parade are held in the vicinity of the cenotaph in recognition of the service provided by these men and women.

BRIDGETOWN



ERROL BARROW STATUE

Known as the 'Father of Independence', Barbados' first Prime Minister, The Rt. Hon. Errol Walton Barrow had a profound impact on the political, social and economic landscape of Barbados. A statue made in his image therefore rests compellingly in Independence Square overlooking the Parliament of Barbados. The statue is an important stop on any tour of monuments in Barbados.



CODD'S HOUSE MEMORIAL MONUMENT

This monument marks the former site of Codd's House, which was leased to be used as the New Town Hall where Parliament met from 1837 to 1849. Stand at this monument and you will be standing on the site where full freedom for thousands of previously enslaved Barbadians was proclaimed on August 1st, 1838, when Parliament passed the historic Emancipation Act. The monument also recognises the site as being a former Quaker burial ground.



THE NATIONAL ARMOURY

The Barbados National Cannon Collection is the rarest collection of 17th Century English iron cannons in the world. If that's not enough to make them a treasure, the collection is one of two which include a gun with Cromwell's Republican Arms. While you can view several cannons around the Garrison Savannah, the rare beauties lie at the Barbados Defence Force, St. Anne's Fort.



INDEPENDENCE ARCH

Twenty-one years after Independence on November 30th, 1966, the Independence Arch was installed to celebrate this achievement. Adorned by important national symbols, including the coat of arms and the national motto, this Barbadian hallmark of sovereignty continues to shadow the Parliament of Barbados as a constant reminder that we are indeed 'masters of our own fate'.



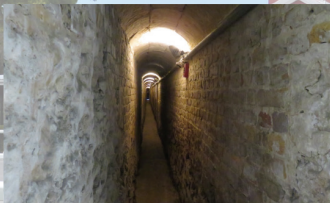
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50TH ANNIVERSARY MONUMENT

It was on this very site on November 30th, 1966 that the Barbados flag was first raised, breaking centuries of British rule of the island. Standing majestically overlooking the Garrison Historic Area, the Barbados flag at the north end of the 50th Anniversary of Independence Monument is a 'site' to behold.



GARRISON TUNNELS

Take a journey back in time through The Garrison Tunnels, which are over 150 years old and feature miles of networking underground shafts. The tunnels facilitated the secret movement of soldiers, which allowed them to travel to locations throughout the military area, which are still undiscovered today.

CLOCK TOWER

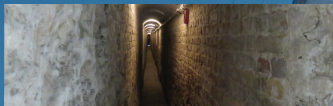
The Clock Tower was constructed in 1803, adding to the exceptional composition of this military space with its unique George III Coat of Arms, in Coade stone. Visit the Clock Tower at noon every Thursday (November - April) for the opportunity to witness the changing of the sentry, which is a traditional military tribute dating back to the 1700s!



BARBADOS ADVENTURE

Welcome to Beautiful Barbados

The island where you can lounge at the beach for several hours, and have thrilling adventures at the snap of your finger!



GARRISON TUNNELS TOUR

Are you ready to go 12-17 feet under the Historic Garrison area? Take a journey back in time through The Garrison Tunnels, which are over 150 years old and feature miles of networking underground shafts. The tunnels facilitated the secret movement of soldiers, connecting them to still undiscovered locations throughout the military area. The entrance to the tunnels is at George Washington House and is a part of the UNESCO World Heritage Site.



BUSHY PARK'S ULTIMATE DRIVING EXPERIENCE

Do you have a need for speed and seek the thrill that only a fast ride will give you? Look no further as Barbados is known for its world class motor sports and festivals, so come and enjoy life in the fast lane! Whether you wish to try your skills on the track with their karting experience, or feel the adrenaline rush from the side lines when some of the best in the world "rev up the engines", Bushy Park is one experience for your list.



BIKING

What better way to explore Barbados than to ride your way around it? With several mainstream and off-the-beaten-path trails for you to explore, grab a bike and start peddling! If you wish to ride with a group or rent a bike, contact Mountain Bike Barbados or Bike Caribbean.



SPORT SHOOTING

Kendal Sporting offers sport shooting for pistol, shotgun, paintball and archery enthusiasts. After an enjoyable round of shooting you can stay on to have drinks at the bar, relax by the pool and have a delicious lunch in the countryside. Bring your game face and be well on your way to adventure in Barbados!



OFF-ROAD FURY BARBADOS

The ultimate off-road experience in Barbados is ready to take you off of the beaten track to explore parts of Barbados, not accessible by larger vehicles. With these buggy adventure rides, you are definitely in store for an amazing experience!



MICROLIGHT AERIAL TOURS

Want to fly over the beautiful island of Barbados and enjoy spectacular views of the rugged East coast? Microlight Aerial Tours has an exhilarating adventure for you as you fly in an open-air cockpit to capture a first-hand glimpse of an amazing 360 degree, picturesque view of the island.



HORSEBACK RIDING

A horseback ride through the countryside or along the coastline in Barbados offers a unique and exciting way to explore Barbados' lush, tropical scenery! Put your fear aside as you gallop along within a small group touring the island and venturing into places you never thought existed in Barbados. The gentle animals will surely take you on an incredible adventure, exploring the fields and hills of this beautiful island.

BARBADOS ADVENTURE



ISLAND SAFARI

Hop aboard an Island Safari 4x4 jeep and buckle up! You're in for a bumpy ride, a thoroughly enjoyable day, a scrumptious lunch, lots of education and a heap of laughter. This is by far one of the most exciting ways to explore Barbados with family, friends, strangers and a superb tour guide. Taking you "off the beaten path" in the custom-built 4x4 Land Cruisers, to spectacular, secluded spots.



WAKEBOARDING

Adrenalin rush just took on a new meaning with wakeboarding in the crystal clear waters of Barbados! Why just sit on the beach when you can go for a thrilling ride, scream at the top of your lungs and enjoy all that Barbados has to offer? Water sports operators on the west coast can provide you with this amazing experience.



PARASAILING

Up, up, and away! The team at Radical Parasailing promise 'luv at first flight' and as long as you're game and there's wind, you can expect to be completely swept off of your feet! The views from the sky are one of the reasons many adventurers take the chance, but you can decide for yourself and have no fear because the staff are trained to meet international standards. Get ready to fly!



ATLANTIS SUBMARINES

There is a whole new world under the sea surrounding this tropical paradise called Barbados, and Atlantis Submarines is your ticket to this marine adventure. Travel to the depths of Barbados' waters to view the coral reefs and explore the shipwrecks while fish, sea turtles, eels and stingrays stop by to wave hello. Go for the swim of a lifetime while remaining completely dry, entertained and mesmerised!



PADDLE BOARDING

Stand, kneel or lie while paddling out into the open sea if you dare to take a paddleboard lesson. There are three classes based on the length of the board: Stock, 14-foot, and Unlimited. If you think you have enough balance to conquer paddle boarding or paddle surfing, you could turn up the difficulty and try Stand Up Paddle (SUP) yoga. It's as relaxing as it is thrilling and a perfect way to cap off your Barbados vacation.



WIND & KITE SURFING

After a windsurfing or kite surfing adventure in Barbados you will certainly head immediately to book your next trip to the island! Barbados' location sees the island getting year-round South-East trade winds and weather that's perfect for windsurfing and kitesurfing. From Bathsheba in St. Joseph down to Silver Sands in the South and even across as far as Sandy Beach, the waves, wind and beaches along the south eastern coast are superb for wind sports.



SURFING

The east coast of Barbados is literally any surfer's dream becoming reality with the perfect mix of waves, scenery and authentic Bajan life, blended to perfection. From the Soup Bowl at Bathsheba to popular spots on the south of the island such as Silver Sands, the surfing thrill awaits those seeking adventure.



WATERJET BLADING

Shoot your Barbados experience clear out of the water and into the air by jet blading. Seeking a thrill? Jet Blade Barbados is definitely for you! It will make your toes curl, your stomach flip flop and get your adrenalin pumping in ways that will have you begging for more. Trying Jet Blade Barbados should definitely make its way on to your Bajan bucket list.



KAYAKING

Grab a life vest, a paddle, secure yourself in a kayak and you're half way to the fun! Once you're in the water and you get the hang of paddling, twisting, rotating, rolling and disengaging yourself, you're ready to explore Barbados by water. Whichever you choose, you can book an instructor to help along the way by contacting Kayaking Barbados.



HARRISON'S CAVE

Unearth the adventure of this iconic attraction, nestled in the heart of the island! Venture deep beneath the earth's surface and explore this picturesque cave by tram or take the more adventurous route on foot through the Eco Tour. It is truly one of Barbados' greatest natural wonders! This limestone cavern with its many pockets is a testament to nature's mastery.



MARIZAYRA'S SANCTUARY

This beautiful sanctuary is described as "the closest you'll ever get to the Garden of Eden before meeting the Creator". With a wide variety of animals settled among beautiful plants, we live up to our slogan, "Nature at its finest".



WELCHMAN HULL GULLY

Every nature lover's dream should be to visit Barbados' enchanted gullies, to discover the flora and fauna, our mischievous green monkeys, while the birds sing sweetly to keep your company. Barbados' unique geomorphological composition has lent its way to the formation of many gullies around the island which are really collapsed caves!



ANIMAL FLOWER CAVE

Head north for an unforgettable experience as you witness a spectacular opening to the Atlantic Ocean. The Animal Flower Cave should certainly be considered one of the world's wonders. It was named after the sea anemones found in the pools of the cave. Bring your swim wear and relax in the restorative pool inside the cave and if you're lucky, you'll even see whales play outside.



GRENADE HALL FOREST & SIGNAL STATION

An attraction, which beckons all history and nature lovers as it presents a masterful blend of a natural forest and a restored signal station. While you make your way along the trail, you may be greeted by a Green Monkey or two, as you explore the tropical flora. The signal station offers spectacular views of the island, as it was once part of a group of signal stations used for internal and external security, including slave revolts.



COCO HILL FOREST

The 53 acre tropical rainforest in the central belt of Barbados overlooking the East Coast beckons the adventure-seeking visitor with its acres of Bamboo groves, Royal Palms, tree ferns, fruit trees such as coconuts, bananas, coffee, cocoa and pineapples along with numerous herbs and spices. This is a window into an untouched and organic world, with a guided hike and tour, and even a tasty farm to table experience.



PEG FARM AND NATURE RESERVE

This unique experience in Barbados allows you to witness the next frontier of agriculture- biodynamics! From a medicinal garden, to a gully, campsite and amazing views of the East Coast of Barbados, PEG Farm and Nature Reserve is definitely a great family exploration activity. This new attraction allows visitors to walk amongst animals such as cows, chickens and pigs, and for the adventurous child, there are opportunities to hold a pet or two!



BARBADOS WILDLIFE RESERVE

Welcome to the Animal Kingdom of Barbados where birds will sing, turtles stroll beside you and the monkeys engage you in a game of "hide and seek". Walk amongst the pelicans, agouti, parrots, and flamingos as peacocks stand proudly in a picturesque display of colourful splendour. Not to be outdone, the caged snakes are always exciting to see up close!



HIKING

Lace up your sneakers, grab a water bottle and explore nature in Barbados by hiking through the gullies and forests. Hiking is a great way for you to experience the ins and outs of Barbados. Discover Barbados and its many hidden treasures on foot. There are many hiking trails so grab a friend and let's go!

VOLUNTOURISM OPPURTUNITIES

If you're interested in making a more sustainable contribution to the development of our island, voluntourism is one option you can consider. With millions of volunteers joining projects every year across the world whilst on vacation, you too can potentially have a more direct impact on local communities, and also receive an authentic, grassroots experience.



To be your brother's keeper should be everyone's mandate. When others fall on harder circumstances we can all play our part to assist. The BVHS seeks to reduce the number of individuals living on the streets to zero over time.

**To volunteer please contact:
Telephone: (246) 434-2480
Email: bvhs.crossroadassistant@gmail.com**

PACK for a PURPOSE
Small Space. Little Effort. Big Impact.

PACK FOR A PURPOSE

Pack for a Purpose! Saving a little space in your suitcase to pack stationery or educational items goes a long way to assist children in less fortunate circumstances in Barbados. To make a huge difference in a child's life with your donations, contact the Barbados Variety Club today!

For more information:
Variety Club: (246) 428-9258 or (246) 836-8821
Website: <https://www.packforapurpose.org/>



Are you passionate about the environment? Why not consider joining the Future Centre Trust as a volunteer! By taking part in various events throughout the year, which focus on the environmental sustainability of Barbados, you are playing your part in the preservation and conservation of the future.

To volunteer please see:

Facebook: Future Centre Trust

Twitter: @fct_barbados

Instagram: @futurecentretrust

Website: <http://www.futurecentretrust.org/>

Email: info@futurecentretrust.org



Listed as one of the top 100 sustainable tourism activities on islands anywhere in the world by Islands Magazine Blue List, join us as we do our part to sustain a threatened species. The Sea Turtle Hatching Release Programme is an eco-friendly way to give back to the island mainly between July and November.

For more information:

Website: <http://www.barbadosseaturties.org/>

Facebook: @thebstp

Telephone: (246) 230-0142





CLEAN BIM

Locals and visitors alike join hands to keep our beautiful island clean and to safeguard this paradise for the enjoyment of future generations. 'Clean Bim' (Barbados) is a multi-agency programme, which aims to build awareness about environmentally friendly practices and to keep Barbados clean!

For more information:

Website: <https://www.cleanbim.org/>

Facebook: @CleanBim

Instagram: @CleanBim

Telephone: (246) 535-3700



ST. JAMES PARISH CHURCH OUTREACH PROGRAMME

The St. James Parish Church stands on the oldest piece of consecrated land on the island, often referred to as "God's Acre". There are a number of outreach programmes to assist those in need including home repairs and homework assistance for children.

For more information:

Telephone: (246) 437-7829

Email: jamesthegreat@caribsurf.com

MONUMENTS AND STATUES OF **BARBADOS**[®]



CODD'S HOUSE MEMORIAL MONUMENT

This monument marks the former site of Codd's House, which was leased to be used as the New Town Hall where Parliament met from 1837 to 1849. Stand at this monument and you will be standing on the site where full freedom for thousands of previously enslaved Barbadians was proclaimed on August 1st, 1838, when Parliament passed the historic Emancipation Act. The monument also recognises the site as being a former Quaker burial ground.



THE MONTEFIORE MONUMENT

In 1865, wealthy Swan Street merchant John Montefiore gifted a drinking fountain to the people of Barbados in memory of his father- one of the first to die from cholera in Barbados in 1854. Opened to the public in 1865, the cast iron monument was regarded as 'a little gem of architectural beauty', and was initially located in Beckwith Place before being move to the current location in Coleridge Street.

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This monument was erected in 1925 in remembrance of the soldiers who fought and died in World Wars I and II. Each year on the Sunday nearest to November 11th, Armistice Day, a solemn service and parade are held in the vicinity of the cenotaph in National Heroes Square in recognition of the service provided by these brave men and women.



MONUMENTS & STATUES

ROCK HALL FREEDOM MONUMENT

The parish of St. Thomas is home to the first village of former slaves in Barbados, Rock Hall Village, which was established in 1841. Casted in bronze, the 20 foot stainless steel monument was designed by Stanton Haynes to honour a family of three freed slaves from the Rock Hall Village.



THE CUBANA MONUMENT

On the west coast of Barbados, in the Payne's Bay area, you will find this monument, dedicated to the victims of a 1976 bombing of a Cuban civilian airliner (Air Cubana Flight CU 455) as it took off from Barbados, killing all 73 people aboard. The monument was unveiled during the 1998 visit of Cuban President Fidel Castro to Barbados.



GRANTLEY ADAMS STATUE

Located in front of the Government Headquarters on Bay Street, the statue of Sir Grantley Adams commemorates one of Barbados' National Heroes. He was the first Premier of Barbados and served as the first and only Prime Minister of the West Indies Federation. Sir Grantley Adams, after whom the Grantley Adams International Airport is named, was well-known for his tireless efforts in social reform, as he fought for the rights of Barbadians, especially the under-privileged.



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The statue erected in Bridgetown in Admiral Lord Nelson's honour is widely regarded to be made in his exact likeness. Indeed, it is a historical feat since it predates the Nelson monument in Trafalgar Square in London by almost 30 years. Public perception at the time was that Nelson was a hero and should be honoured for his victory and for protecting the nation from French siege.



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DOLPHIN FOUNTAIN AND MONUMENT

After the cholera outbreak of the 1800s, piped water became a priority in Barbados. This fountain, located in Heroes Square in Bridgetown, signifies the commencement of piped water.



HOLETOWN MONUMENT

Travel back in time to 1627 in this area and imagine the first time the British disembarked their ships to settle Barbados! Marked by the Holetown Monument, this is the area Barbados first became a jewel in the British crown and was once the capital of Barbados.



INDEPENDENCE ARCH

Twenty-one years after Independence on November 30th, 196, the Independence Arch was installed to celebrate this achievement. Adorned by important national symbols, including the coat of arms and the national motto, this Barbadian hallmark of sovereignty continues to shadow the Parliament of Barbados as a constant reminder that we are indeed 'masters of our own fate'.

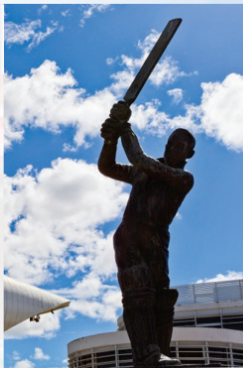


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GARFIELD SOBERS STATUE

The statue of Barbados' only living national hero, Sir Garfield Sobers, stands proudly at the Mecca of cricket in the Caribbean, Kensington Oval. In the 1960s, as a young Barbadian, 'Sir Garry' as he is affectionately known, dominated the game, setting records, breaking down barriers and rallying an entire region of supporters, to become 'the greatest all-rounder the world has ever seen'.



GARDENS OF **BARBADOS**[®]

An island paradise, so rich in beauty, her lush gardens will leave you mesmerised. Witness the tropical splendour of Barbados, as you follow charming footpaths, surrounded by water lilies and bask in the relaxing environs overflowing with flora and fauna. Barbados' team of horticulturalists have won seventeen gold medals, ten silver-gilt and two silver medals in twenty-nine consecutive appearances at the annual Chelsea Flower Show, with art inspired by the magnificent wonders of this island. These gardens are waiting to be explored!

FOR THE **OPEN GARDEN SEASON** DECEMBER - APRIL

Barbados Horticultural Society
Balls, Christ Church
Barbados

Website: www.hoticulturebarbados.com
Telephone: (246) 428-5889
Business Hours: 9:00am - 2:00pm
(Monday, Wednesday and Friday)



HUNTE'S GARDENS

The award-winning Hunte's Gardens is a breath-taking display of flora and fauna, which will not only captivate you, but ensure that your visit to Barbados is a truly memorable one. Located in the central parish of St. Joseph, this garden provides nature lovers with one of the finest and most fascinating experiences in the Eastern Caribbean.

For more information:

Website: <http://huntesgardensbarbados.com/>
Telephone: (246) 433-3333
Location: Castle Grant, St. Joseph, Barbados

ORCHID WORLD & TROPICAL FLOWER GARDEN



The meandering pathways lead you through a tour of the beautiful gardens including several waterfalls, ponds, a coral grotto and various orchid houses, which are home to thousands of beautiful orchids. Take a moment to relax on one of the benches provided to absorb the tranquility of the area. Each turn along the pathway offers a new and beautiful floral delight in a tropical garden setting.

For more information:

Website: <http://orchidworldbarbados.com/>

Telephone: (246) 433-0306

Location: St. George, Barbados



WELCHMAN HALL GULLY

Take a leisurely stroll along the shaded path through a geological formation, which is unique to Barbados, known as the gully. These gullies are in fact collapsed limestone caves, and since they are largely untouched, they provide an insight into how Barbados appeared to the first settlers. Welchman Hall Gully is a tropical hideaway in the heart of Barbados, which is home to wild monkeys, majestic rainforest trees and delicate native plants. For more information:

Website: <http://www.welchmanhallgullybarbados.com/>

Telephone: (246) 438-6671

Location: St. Thomas, Barbados



ANDROMEDA BOTANIC GARDENS

You will be amazed at the variety of unique trees, and colourful flowers as you follow the winding pathways through one of Barbados' richest horticultural delights. Bask in the beauty surrounding you, relax by the pond and enjoy the spectacle of this awe-inspiring place. Indeed, enjoy the spirit of Barbados!

For more information:

Website: <http://www.andromedabarbados.com/>

Telephone: (246) 433-9384

Location: Bathsheba, St. Joseph, Barbados



THE FLOWER FOREST

Explore seven acres, which have been reserved solely for botanical ventures, with flowers blooming year-round providing the unique scent of nature's blessings. This botanical garden is located in the heart of Barbados' countryside, and is covered in tropical flowers, majestic palms, towering trees and a sea of rainbow-coloured shrubs, which blanket the area.

For more information:

Website: <http://www.flowerforestbarbados.com/>

Telephone: (246) 433-8152

Location: Richmond, St. Joseph, Barbados

BARBADOS

Authentic EATS



OISTINS



Oistins Bay Gardens is best known for its Friday Night fish fry where many locals and visitors meet to enjoy some of the best local dishes, indigenous culture and warm Barbadian hospitality. The day's catch from the nearby fish market is cooked in the open air with flames rising from the grill to making this truly authentic experience even more enjoyable.

HERCULES BAR AND RESTAURANT



Located in the Silver Sands Christ Church area, this rum shop is popular amongst the surfing community as well as anyone seeking to immerse themselves in the community lifestyle of the island.

Location: Silver Sands, Christ Church

JOHN MOORE BAR



One of the oldest rum shops on the island, John Moore Bar is extremely popular amongst locals and tourists alike. John Moore Bar is on the waterfront and is unmistakably different than most bars in Barbados. It is always busy with locals and tourists; features local fish and of course - their speciality - Rum!

Address: Weston, St. James
Telephone: (246) 422-2258

LEXIE'S BAR



Located in the heart of the Oistins Bay Garden, Lexie's comes to life on Friday and Saturday nights when the rum shop is transformed into a dance floor for those who enjoy the classic tracks from the 50's and 60's.

Location: Oistins

FISHERMAN'S PUB



Over the years this Pub has grown into a very popular beach bar and restaurant selling authentic Barbadian food. You can choose from a bar menu or a Creole buffet with traditional food including local dishes such as, pepper pot, cou-cou and flying fish (Barbados' national dish), rice and peas, sweet potatoes with lamb and chicken dishes.

Address: Queen Street, Speightstown, St. Peter
Telephone: (246) 422-2703

AUTHENTIC EATS

LONDON BAR



Located in the Silver Sands Christ Church area, this rum shop is popular amongst the surfing community as well as anyone seeking to immerse themselves in the community lifestyle of the island.

Location: Silver Sands, Christ Church

BUSH BAR



Known as one of the best rum shops on the island, Bush Bar is a gem of a place serving great food and beverages with an amazing atmosphere.

Address: Spring Garden, St. Michael

MR DELICIOUS SNACK BAR



Mr. Delicious Snack Bar located at Miami Beach, is the ideal spot for delicious Bajan food and drinks! Here you can find fishcakes, flying fish cutters, rum punch and other local cuisine garnished to perfection with more than 35 years of passion.

Telephone: (246) 233-3354
Website: www.mrdeliciousbar.com

CHICKEN RITA



A warm welcome, a good selection of rum and the amazing chicken on sole are just a few reasons to visit this rum shop on the south coast.

BAR CUTTERS



B.A.R. Cutters is a rum shop that specialises in creating new Bajan dishes. Try our Lamb Burgers, Loaded Fries and our signature Rum Sauce. They even have a food truck which makes its way around the island, and is often found in the Rockley area.

Address: Dunlow Lane, St. Michael
Telephone: (246) 262-7470

THE VILLAGE BAR AT LEMON ARBOUR



Taking a drive to the countryside in St. John is definitely worth it for some of the best mouth-watering cuisine and the vibrant atmosphere created. While only open on weekends, The Village Bar at Lemon Arbour is the place to be!

Telephone: (246) 433-3162
Location: Lemon Arbour, St. John
Website: <http://www.thevillagebarbb.com/>

R. A. MAPP ROTISSERIE CHICKEN

Pop into R. A. Mapp (known as Mapp's) for some of the finest rotisserie chicken on the island as well as its almost constant liveliness. This takeaway eatery is loved by locals and visitors!

Telephone: (246) 426-5953



CLAMON CHERRY BAR AND RESTAURANT



Clamon Cherry Bar and Restaurant offers authentic local cuisine, a fully stocked bar and a true Bajan "liming" experience. It is a unique dining experience that has the feeling of an authentic rum shop set in comfortable cool and spacious surroundings. This bar and restaurant is located in the Chattel Village on the grounds of the home of Barbados' first premier Sir Grantley Adams, known as Tyrol Cot.

Address: Tyrol Cot Heritage Village, Codrington Hill, St. Michael
Telephone: (246) 549-9214
Facebook: [clamoncherry246](#)

NIGEL BENN AUNTIE BAR



While on a scenic tour of the east coast of the island, this rum shop is well worth visiting. Visit this bar in St. Andrew to find out the connection between Nigel Benn, the famous boxer from the UK, is connected to this rural village.

THE SOUSE FACTORY



As its name suggests, this off-the-beaten-path food establishment is quite popular for the unofficial national dish on Saturdays in Barbados—pudding and souse. With pork, steam pudding made from sweet potatoes and breadfruit pickled to perfection, the Souse Factory beckons those seeking an authentic Bajan meal!

Location: St. John
Telephone: (246) 423-2448

BRADDIE'S BAR



From dominoes to karaoke and some of the best authentic street food on the island, Braddie's bar located in the St. Lawrence Gap area has become a popular spot for visitors and locals alike.

BAY TAVERN AT MARTIN'S BAY

Whether it's fish, souse or even lobster, which the bay is known for, the cuisine is well worth its reputation as being among the best 'grass roots' food on the eastern side of the island looking out onto the Atlantic Ocean.

Address: Martin's Bay, St. John
Telephone: (246) 433-5118



Carolina Connection

A longstanding relationship

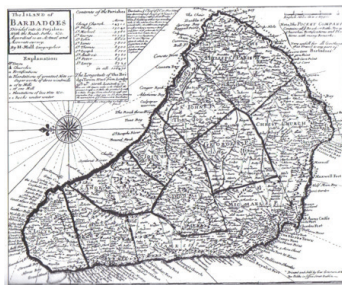


THE
BARBADOS
CAROLINA
CONNECTION

“THE COLONY OF A COLONY”

While Barbados was still a colony of Britain, the settlement of the Carolinas was planned from the Colleton Great House in Barbados, and then planters left Barbados to settle the Carolinas. This resulted in the Carolinas becoming a colony of Barbados, and Barbados became the first and only colony to have settled another colony. Here is the fascinating story!

Barbados by the 1660's had experienced quick economic and population growth as a result of her introduction of sugar cane which was processed into sugar, rum and molasses. These byproducts of this sweet grass had a ready market in England and in her North American colonies. Contemporary views held Barbados to be "the richest spote of ground in the world." Great wealth had resulted in rapid population growth of English colonists and their Barbadian born descendants, enslaved West Africans and indentured servants from the British Isles. However, they did not produce enough locally to feed themselves. The finite space of Barbados limited opportunities for this growing population and the unsettled lands of North America beckoned. This was the impetus for the "colony of a colony" situation that developed as news of a new royal land grant to the Lords Proprietors of Carolina reached Barbados. To many elite Barbadian settlers it seemed that the boundless lands of Carolina would provide space for the landless of Barbados and necessary agricultural imports for the island.



THE COLLETONS

Many planter families from the north of Barbados were major participants in the early settlement of Carolina. Names such as Culpepper, Drayton, Gibbes, Middleton, Moore and Yeamans stand out. The Barbadian planters seemed to take over the Carolinas and aroused the widespread accusation of other colonists who said from their base of power at Goose Creek that "the Barbadians endeavour to rule all". However, in the initial stages, the Colletons were the principal leaders. Sir John Colleton, whose family owned large plantations in Barbados, was one of eight Lords Proprietors to whom Charles II had given extensive land grants. It is he after whom Colleton County in South Carolina is named.



MURDER MOST FOUL

Another Barbadian who was prominent in the early colonization venture and subsequently in the affairs of South Carolina was Sir John Yeamans. His name has been associated with scandal and intrigue, as it was alleged that he seduced the wife of a plantation owner in Barbados, Nicholas Berringer, poisoned him during the course of a dinner party and married his wife Margaret. This marriage allowed him to inherit the plantation known as St Nicholas Abbey on which the great house built c.1654 still stands in Barbados today. When he relocated to the Carolinas with his wife, they took servants and slaves, and built a house called Yeamans' Hall. He later became one of the first governors of the new colony but did not last long in that position as he was disliked because of his aggressive, calculating disposition.



RELIGION AND COLONIZATION

The Anglican or Episcopalian Church was dominant in Barbados and settlers to Carolina took their religion with them. The system of parishes which formed the centre of local government in Barbados was replicated in South Carolina. Eight of the parish names of Barbados were adopted by South Carolina. The Sephardic Jewish community of Barbados also established links with South Carolina as some members migrated there. The Barbadian Jewish community gave financial assistance to help with the building of the Kahal Kadosh Beth Elohim synagogue in Charleston.





THE BARBADIAN CULTURAL HEARTH AND CAROLINA

It is estimated that in the early decades of settlement over half of the population of the Low Country of South Carolina was of Barbadian origin. Many of them were enslaved people of African descent. By this point in time, the cultures of the British Isles and West Africa had started to blend in Barbados. This emerging Barbadian creolized culture was taken to the Carolinas and manifested itself in various ways. One such was in architecture with the model of the single house. The core of historic Charleston preserves this linkage. Language was another area of cultural transfer. The Gullah spoken in the Low Country and Sea islands provides another such example of shared origins. Words such as "juck" meaning to stab or "wunah" (you plural) are still commonly used in Gullah and in Bajon.

Barbados' economic success was based largely on the labour of enslaved people. Various laws were put in place to control the slaves but in 1688, a series of repressive laws were passed, which were adopted by South Carolina and from there spread to other areas of North America.



WILLIAM HILTON AND HIS VOYAGE OF EXPLORATION

A Corporation of Barbados Adventurers was formed in 1663 to promote exploration and settlement utilizing the experience of seasoned, knowledgeable Barbadians who had great practical advantages over settlers coming directly from the British Isles. They engaged Captain William Hilton to explore the area we now know as the Carolinas and he set sail in his ship *The Adventure* from Speightstown, the northernmost port of Barbados to reconnoitre the Carolina coastline and advise on a suitable place of settlement. His name survives in the place names of Hilton Head and Hilton Island. Cape Fear near present day Wilmington, North Carolina was the site of the initial settlement, which was abandoned. The second site, between the Ashley and Cooper Rivers of present day South Carolina was far more successful, blossoming into the beautiful city of Charles Town, later Charleston.

In order to encourage Barbadians to move to Carolina, the Barbados Proclamation was issued in 1670 extolling the boundless possibilities of these new lands to the north. This was wildly successful as Thomas Colleton reported that in less than three weeks, "wee have gotten more people's Hartes then you can immagen."



For further information
Please see www.mybarbados.blog

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