

things to do in Barbados



RUM DISTILLERIES

1 MOUNT GAY RUM DISTILLERY

Come to the site where Mount Gay has distilled rum for over 300 years, to discover how Barbados became the birthplace of rum and how Mount Gay's focus on quality has made us the oldest, continuously running rum distillery in the world. We will take you around the estate and Factory as we go through the history and the Process of Mount Gay Rum **KNOW BEFORE YOU BOOK ADULTS ONLY** (No children under the age of 18 allowed) **Reservations Required DRESS CODE STRICTLY ENFORCED:** We reserve the right to refuse tours to persons not adequately attired. Please have shoulders covered and, sturdy enclosed shoes must be worn. **NO beach wear, NO sleeveless shirts or tops, NO Flip Flops, NO heels, NO Sandals".**

2 St Nicholas Abbey Distillery

Tastings & tours on the grounds of a 1658 sugar plantation with a Jacobean mansion & rum distillery St. Nicholas Abbey is a Heritage Great House, Railway and Distillery attraction showing life on the 17th Century Plantation. Visit to enjoy Barbadian History including a delightful movie of the island and plantation c. 1935. The tour consists of the railway and tour of the great house, movie, house museum. Visitors get a chance to sample our award winning rum and view the distillery and steam mill grinding cane in the crop season January to May. Our Terrace Cafe serves light lunches in the peaceful relaxing setting of the lush garden gully. **HOUSE CLOSES AT 5.00PM.** The train journey through the plantation fields Mahogany forests and the breathtaking views from Cherry Tree Hill where visitors can help turn the locomotive!

3 FOURSQUARE RUM DISTILLERY

Foursquare Rum Distillery is located on a former sugar plantation that dates back to approximately 1720, within the tiny Caribbean island of Barbados. The distillery was re-opened by the Seale family in 1996, distilling operations and blending are currently directed by Richard Seale, 4th Generation Trader/ Distiller of R.L. Seale & Co.

Exceptional Cask Selections represent the unique, and rare offerings of Foursquare Rum Distillery that Richard has hand selected – his personal projects only released when he feels they are of exceptional quality. These are one of a kind expressions, available only for a limited time, and showcasing truly unique approaches to both Rum blending and maturation.

BEST BEACHES FOR SNORKELING

1 HEYWOODS BEACH

Heywoods Beach is definitely one of our favorite Barbados snorkel spots since it is a long beach lying in the north-western coast with lots of parking and barely anyone there. You need to come here prepared though, since there are no facilities around. The sandy seabed provides safe water access to the shallow reef, but there are small tide pools too around the rocky area where children can play and observe small fish and crabs. If you get bored at the beach, you can go for a walk in Port St Charles and to the Speightstown Pier that is a nice vintage photography spot!

2 FOLKSTONE MARINE PARK

This underwater park sits on the West Coast in Holetown. The artificial reef here and the Stavronikita Shipwreck belong to the island's top diving sites, but the Folkstone Marine Reserve's inshore reef is considered as the best beach snorkeling in Barbados too. The shallow water is teeming with life thanks to the area's protected status. Nice corals with large shoals of blue tang, parrotfish, barracudas, angelfish and filefish found here, and also moray eels, squids. To get to the park, you can leave your car next to St. James Church. There are two small beach areas with picnic tables, food trucks, bathrooms and you can rent sunbeds and umbrellas too. Snorkeling in front of these beaches is safe because no jet skis and boats are allowed in the designated area. If you feel like it, there is even a museum you can visit.

3 PAYNES BAY BEACH

An ideal beach for snorkeling in Barbados is Paynes Bay on the west coast of the island where the water is calm and the sand is soft. With various facilities available (beach and sports gear rental, shaded areas, places to get snack) it is the perfect spot for families and couples who seek out a relaxing place with services around. If you like sea food, visit the Cliff restaurant where you can buy freshly caught fish at reasonable prices! The best time to snorkel here is early in the morning because the bay gets busy during the day and water sport activities make the water cloudy. This is the time when you can swim around undisturbed observing the small reef and swim with turtles! It is also good to come in the afternoon when most people leave. Don't miss out on watching the sunset, they are magical from this beach!



BEST BEACHES FOR SNORKELING

4 CARLISE BAY

This crescent-shaped bay is a natural harbor on the west of Barbados, on the outskirts of the capital city and it is part of the Bridgetown UNESCO World Heritage Site. No doubt, it is one of the busiest areas of the island with several excellent hotels around like the Hilton Barbados and Radisson Aquatica, but if you know where to go, it is still possible to find quiet places here that are easily among the best places for snorkeling in Barbados. An interesting fact is that more than 200 ships wrecked in the bay since the 17th century creating a complex artificial reef system along the shore and attracting rich marine life to the area including turtles, rays, octopus, starfish and lots of fish species. If you are lucky, you can see sea horses too, look closely in the seaweed! In Carlise Bay, there are three beaches: Brownes, Pebbles and Bayshore Beach. To go snorkeling, we recommend Brownes and also going out approx. 200 meters past the end of the swim area where there is a shipwreck in 15-30 ft (4.5-9 m) deep water with its top approx. 10 ft (3 m) deep.

5 WORTHING BEACH

A beautiful white sandy beach along the south coast that is a not-to-miss-out spot if you are a sea lover! This Barbados snorkeling spot is excellent for families with children and for beginners with calm and shallow waters (the maximum depth is approx. 6-7 ft / 1.8-2.1 m). Wait, did we mention that often turtles hang around here? Look for them when there is seaweed!



GREAT BEACHES

1 CRANE BEACH

Crane Beach, originally a harbour, is considered by many to be one of the island's most beautiful beaches. In fact, Lifestyles of the Rich and Famous rated it as "one of the ten best beaches in the world"! There are powerful waves in this area, making the Crane beach a great spot for boogie boarding.

2 BATHSHEBA

Bathsheba's attractive golden beach makes a great spot for a walk with huge, free-standing rocks shorn from an ancient coral reef dotting the sands. Although the big surf, rip tides and undertows make it unsafe to swim here, a series of shallow coral pools carved out by the sea are a popular spot for lounging in the water on a hot day. You can sit with a cool rum punch admiring the view while the surf splashes in and swirls the water like a natural Jacuzzi.

3 FOUL BAY

Located on the south east coast of Barbados, Foul Bay is absolutely beautiful expanse of white sandy beach overlooked by rugged cliffs. The beach is partly shaded by casuarina and palm trees making it a popular spot on weekends and holidays for picnics and family outings. However, the beach is so long and wide that even then it is never crowded!

4 BOTTOM BAY BEACH

Considered by many as home to 'the most impressive beach on the island', Bottom Bay is located on the South East Coast of Barbados, in the parish of St. Philip, with Cave Bay, Sam Lord's Castle and Crane Beach to the south and Palmetto Bay, East Point Lighthouse and Ragged Bay to the north. Bottom Bay in Barbados is an attractive remote cove with a picturesque beach, partly bordered by rough jagged cliffs - the perfect place if you're seeking that 'desert island' atmosphere. Coconut palms sway in the soft breezes, soaring cliffs and intriguing caves, shimmering translucent turquoise waves roll gently onto the seashore, wide stretches of powder soft golden white sand... a tropical paradise!

GREAT BEACHES

5 DOVER BEACH

The sea is fairly calm, with small to medium waves, and the white-sand beach is broad and brilliant. Divi Southwinds and Ocean Two resorts, as well as several restaurants, are nearby. There's a small boardwalk, a promenade with a food court, water sports and beach chair rentals, and a playground.

6 BROWNES BEACH

Brownes Beach is one of the largest of Barbados' beaches, stretching from The Boatyard in the north to Needham's Point in the south. Located just on the outskirts of the capital city Bridgetown, the waters here are very calm making it ideal for swimming and sea bathing. A lifeguard is on duty at the beach.

7 PEBBLES BEACH

Horse trainers walk their racehorses over to Pebbles Beach for an early morning swim. The event takes place between 5.30am and 7am most days. The changing skies mean that you can get some great photos. And you can get very close to the horses if you want an unusual selfie. Here white sands are kissed by the gentle waves of the turquoise Caribbean sea. It's a lovely spot for sunbathing and strolling the beach. With its calm waters, Pebbles Beach is a favourite for children.

8 ROCKLEY BEACH

This very popular Barbados south coast beach offers an unusual combination of exciting waves and calm swimming. One of the most popular Barbados beaches.

9 SANDY LANE BEACH

Sheltered public beach beside an upscale resort, safe for swimming & flanked by tall, shady palms.

10 THE SOUP BOWL

Located in the Scotland District of the parish of St. Joseph is the Soup Bowl. Due to its location on the Atlantic Ocean, the waves make it one of the best surfing spots in Barbados, not only for beginners and inexperienced surfers (when the tide is low, in the early morning when the beach is less crowded and less windy but also for the highly seasoned surfer. Here, there is a wave for everyone.



GREAT BEACHES

11 CATTLEWASH BEACH

Cattlewash Beach is an impressive rocky beach on the Atlantic coast, located in the parish of St. Joseph on the eastern edge of Barbados, near the town of Bathsheb. Its name translates as “a place for bathing cattle,” since it was once used in this way. Not intended for bathing people, this beach still attracts ecotourism lovers, romantics and photo shoot lovers to photos of fantastically beautiful landscapes with a share of surreal charm.

12 BRANDONS BEACH

The waters here are very calm, making it a fantastic spot for swimming and seabathing. Rent a beach lounger and umbrella for a relaxing beach day. Watch the catamarans sailing languidly up the coast, taking guests to snorkel and swim with sea turtles. Take a beach walk up to Brighton beach. Pack a picnic to enjoy on the tables under the shading trees.

13 BATTS ROCK BEACH

Sandy swimming & snorkeling spot with calm, clear water, backed by woods home to green monkeys.

14 GIBBES BEACH

Gibbes beach is located on the beautiful west coast of Barbados, also known as the Gold Coast and adjoins the popular Mullins beach. The beach here is considered one of the most unpopulated on the island and is perfect for relaxing in a quiet and peaceful atmosphere under the warm Caribbean sun.



HORSES

1 GARRISON SAVANNAH RACETRACK

The Garrison Savannah in the country of Barbados, is a horse racing venue located within the Garrison Historic Area, just outside the capital-city Bridgetown. A clockwise grass course, the Garrison Savannah is known internationally for the annual Barbados Gold Cup for Thoroughbreds which takes place on the six furlong track around the perimeter of the green. The racetrack is also host to the annual Barbados Triple Crown series. Racing has taken place at the location since the days that the British Garrison was stationed there.

2 SUNFLOWER STABLES BARBADOS

We offer a swim on a horse in the beautiful ocean of Barbados followed by a picnic.

3 OCEAN ECHO STABLES

We offer a range of activities to reconnect, celebrate nature and experience a unique slice of island life.

4 JAHWORKS EQUESTRIAN

Enjoy a trail through the rugged hills and spectacular views of the Scotland District of Barbados. The Morgan Lewis Sugar Mill and historic sites such as Shorey Village. Our trail also allows our riders to carefully ride onto the Morgan Lewis Beach! Miles of east coast beach which is breathtaking with the rugged surf pounding in on the untouched beach! The best in Barbadian Nature! Or enjoy an informative lesson in our sand school which also boasts the best view of any sand school in the world. Our instructors are certified and very cool. Champion Dressage rider and coach Roli Roachford. Showjumping, Dressage, Polo and Flatwork sessions available. Childrens Pony rides.

5 SANDY TURF STABLES BARBADOS

A family friendly Riding School catering for kids as young as 3 yrs old to Adults with or without experience. We offer dressage, jumping and trail rides into the surrounding fields. We also offer a beautiful beach ride with a swim in the sea afterwards with the horses!



FUN SPOTS

1 FARLEY HILL NATIONAL PARK

Good for a picnic

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 by Barbadian Government. And though 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.

2 DOWNTOWN BRIDGETOWN

Bridgetown, the capital of Barbados, is a port city on the island's southwest coast. It's known for its British colonial architecture, 17th-century Garrison and horse racing track. Near the central National Heroes Square, which fringes the Constitution River, Nidhe Israel Synagogue and its museum explore the island's Jewish history. Carlisle Bay is home to 6 shipwreck dive sites, Browne's Beach and a yacht club.

3 GEORGE WASHINGTON HOUSE

George Washington House in Barbados is a historic house where the future first U.S. President George Washington is alleged to have stayed in 1751. He was 19 years old at the time and traveling with his half-brother, Lawrence Washington, who was suffering from tuberculosis.

4 BARBADOS MUSEUM & HISTORICAL SOCIETY

The Home of Barbadian Heritage and Culture! Come explore the island's rich history, culture and heritage. Located in the UNESCO World Heritage Property at St Ann's, Garrison and housed in a 19th-century military prison building, there are many artefacts and stories about the island waiting to be discovered. With a collection of over 500,000 artefacts dating from prehistoric times through the 21st century, every gallery narrates the stories and historical events of Barbados and Barbadians.

5 SUNBURY PLANTATION GREAT HOUSE

Sunbury Plantation House is over 300 years old, steeped in history, featuring mahogany antiques, old prints and a unique collection of horse-drawn carriages.



FUN SPOTS

6 NATIONAL HEROES SQUARE

National Heroes Square, formerly Trafalgar Square, is located in Bridgetown, the capital and principal commercial center of the island-nation of Barbados. The square lies along Upper Broad Street and is on the northern shore of the Careenage, found directly in the center of Bridgetown

7 GUN HILL SIGNAL STATION

Gun Hill Signal Station, St. George is the largest and most important of the military outposts in Barbados, with military associations from at least 1697.

8 MORGAN LEWIS WINDMILL

Morgan Lewis Windmill, St. Andrew, Barbados is the biggest and only fully functional sugar windmill in the Caribbean. The mill stopped operating in 1947. In 1962 the mill was given to the Barbados National Trust by its owner Egbert L. Bannister for preservation as a museum.

9 MOUNT HILLABY

The peak of Mount Hillaby is the highest point on the Eastern Caribbean island of Barbados. The peak is located in the parish of Saint Andrew. It immediately overlooks the area known as the Scotland District to the north and east which comprises geologically old sediments prone to erosion.

10 SAM LORD'S CASTLE

Samuel Hall Lord (1778 – 5 November 1844), also known as Sam Lord, was one of the most famous buccaneers on the island of Barbados ... Lord amassed great wealth for his castle-mansion in Barbados.

11 ST. JAMES PARISH CHURCH

St. James Parish Church, is located in Holetown, St. James, Barbados. It stands on one of the oldest parcels of consecrated land on the island, often known in Barbados as "God's acre" built in the 1600s



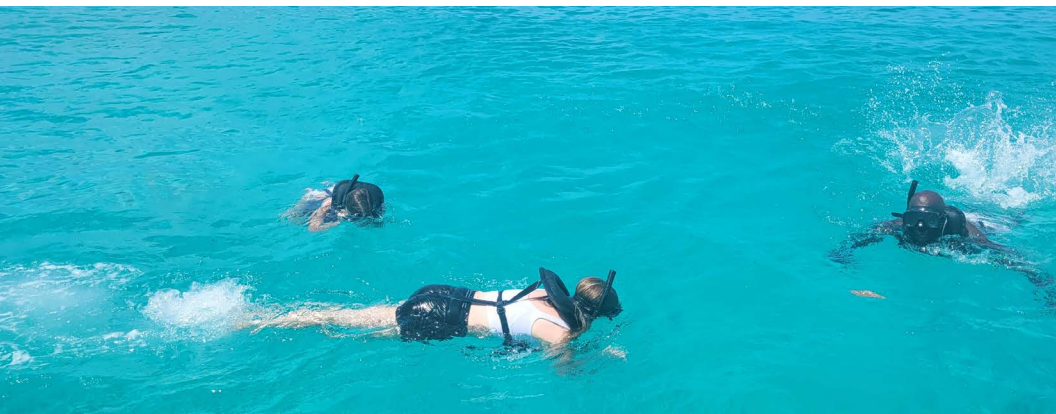
FUN SPOTS

12 ATLANTIS SUBMARINE

SUBMARINE NIGHT DIVE

Only Barbados offers Submarine Tours at Night! Experience another side of Barbados' night life in a very unique manner aboard Atlantis Submarine. The use of high powered spot lights on the submarine present a very different view of the coral reef. **DOWN & UNDER CAVE COMBO**

Enjoy two of Barbados' must-see, must-do attractions, seamlessly and all in one day. Take a unique voyage under the sea onboard the battery powered Atlantis Submarine. You are professionally piloted past curious fish and exotic coral formations as the informative Co-pilot narrates and answers questions.



BEACH BARS

1 COPACABANA BEACH BAR AND GRILL

Enjoy drinks, food, and live music

Copacabana Beach Bar and Grill is one of the top spots to visit if you're interested in getting a drink, enjoying some delicious fresh food, and hearing a live DJ. The drink selection is quite varied, with a relaxing bar space and talented mixologists on staff. Meanwhile, the food ranges from traditional Bajan dishes to hamburgers and hot dogs.

When it comes to the music here, you'll find that the resident DJ mostly plays calypso, reggae, and R&B, though you're welcome to request just about anything you'd like from any genre. You'll find this beach bar on Brownes Beach on the south side of Bridgetown.

2 THE TIKI BAR

Visit the home of the Rumheads

The Tiki Bar is a popular beach bar where you'll find a vast array of rum and cocktails to enjoy along with live music and views of the turquoise waters. You'll find 68 house cocktails available here that include unique combinations you've probably never tried before.

When you visit this bar, you'll notice that the music tends to have a universal appeal. The local DJ tends to focus on common favourites, though you're always welcome to make a request. This bar, known as the home of the Rumheads, is located south of Bridgetown by Rockley Beach.

3 CARIB BEACH BAR

Explore a local favourite.

Carib Beach Bar is a popular destination for locals and the lucky travelers who discover it thanks to its comprehensive menu and stunning views of the shore and reef. On the menu, you'll find an array of items like soup, salads, and sandwiches, but that's just for starters. You can also enjoy mains like curry, fajitas, pasta, seafood, and a variety of other items from various cuisines.

The view at this beach bar is absolutely stunning, as it overlooks the shallow waters of Worthing Beach. During low tide, you can even see a stretch of reef in the distance that creates a picturesque natural lagoon. You'll find it along the southwest coast just west of Saint Lawrence Gap.



BEACH BARS

4 CRYSTAL WATERS BEACH BAR

Visit a beach bar with weekend barbecues

Crystal Waters Beach Bar is known for its food more than its drinks because it hosts a weekly barbecue that everyone is invited to take part in. Every Sunday, you'll find a barbecue held here around lunchtime where you can find various freshly cooked meats all sourced locally.

The drink selection here is available all week long, with a good variety of liquors, beers, and wines on offer. Happy hours are held in the afternoon, and a significant portion of their drink menu is notably more affordable than you might expect. You'll find this beach bar by Worthing Beach around Saint Lawrence Gap.

5 LITTLE BRISTOL BEACH BAR

Relax in a casual and fun atmosphere

Little Bristol Beach Bar is a relaxing bar where you'll find a selection of cocktails and gourmet sandwiches on a light-casual menu supported by a food truck-style kitchen. One of the most common things to do here is grab a cocktail and face the shore for a chance to see the legendary "green flash," a meteorological phenomenon that can occur at sunset involving a flash of green light around the sun on the horizon.

The beach this bar is set up on is notably quiet, which helps the bar maintain its peaceful and relaxed atmosphere. Plus, the gourmet sandwiches are notably delicious despite coming out of such a small kitchen. You can try it for yourself near the western coast in Speightstown.

6 JOHN MOORE BAR

Find fun at a lively bar

John Moore Bar is a popular beach bar for both locals and travelers where you'll find plenty of music, drinks, and decor so appealing that it's been used for music videos. Their specialty is rum, so most of the custom cocktails utilize it in some way, but you'll still find other options.

When you visit this bar, you're likely to find a fairly large crowd, so it's an ideal destination if you're interested in an energetic environment. Plus, the live music does a lot to keep everybody enthusiastic. See it for yourself on the shore between Lower Carlton and Weston.



BEACH BARS

7 DRIFT OCEAN TERRACE LOUNGE

Explore a sophisticated beach bar

Drift Ocean Terrace Lounge is a more sophisticated bar than most where you can enjoy a luxurious experience by the ocean with high-end wines and original cocktails. The decor is elegant and the seating is remarkably comfortable, so unwinding here after a long day of exploring the adventures of the island could be the perfect encore.

When you look through the menu here, you'll find an impressive selection of wines. Some of them are local, but you'll find imports, too. The cocktails are mostly original as well, save for the classics that you find all over the world. You can try out this bar on the western coast of Holetown.

8 SURFER'S BAY BEACH BAR

Relax at a bar where you're sure to fit in

Surfer's Bay Beach Bar is known primarily for its welcoming atmosphere, though you'll find a satisfying variety of drinks on offer as well. While the bar is popular with surfers, as you might expect, it's not exclusively for them. Everyone interested in a relaxing and mellow experience is welcome.

Amongst the drinks here, you'll find everything you might expect. The variety is substantial, so you can be sure that at least the popular favourites will be available. You can find this bar on the island's southern coast by Silver Sands.

9 JOHNNY COOLS BAR

Enjoy live music and food

Johnny Cool's Jazz and Blues Beach Bar has far more to offer than just drinks, as you'll find a satisfying menu along with live jazz and blues performances every day. On the menu, you can enjoy barbecue lunches along with the catch of the day caught literally steps away from the bar.

Most of the cocktails at this bar have delicious fruit flavours like mango, passion fruit, lime, and pineapple. The specials change each day, so this bar may be worth multiple visits during your time in Barbados. You'll find it right by Dover Beach in Saint Lawrence Gap.



1 BARBADOS WILDLIFE RESERVE

The Barbados Wildlife Reserve, located on the island's northern coast, is a 4-acre (1.6-hectare) area of mahogany forest that is home to a variety of native species. Visit to see a wide variety of mammals, birds, and reptiles, including deer, armadillos, iguanas, flamingos, peacocks, green monkeys, and agouti.

2 WELCHMAN HALL GULLY

"There is a gully, that of Welchman Hall's, that no one should omit to visit."

Welchman Hall Gully is a glittering jewel set in the heart of Barbados. This tropical hideaway is home to wild monkeys, majestic rainforest trees and delicate native plants. Walk along its shaded path. See Barbados as it appeared to the first settlers. Enjoy a spectacular view of the east coast and marvel at the abundance of life tucked away inside this collapsed cave. Watch monkeys as they feed on a specially built platform. See them swing from vines and groom each other in the trees.

3 MARIZAYRA SANCTUARY BARBADOS

What a great sanctuary! Not what I expected at all! Not huge place but just the right amount of animals to keep my kids interested. Stefan (our guide) was excellent and very knowledgeable and you could definitely feel his enthusiasm for his job. I would definitely encourage people to go and educate their kids and support this small business.

4 THE PARADISE NATURE PARK

Paradise Nature Park is fun for all the family with something for everyone!

Set in five acres of lush tropical gardens the Park plays host to traditional and exotic animals and plants from around the World. The self-guided tours and daily talks allow you to immerse yourself in the natural world and meet many interesting and unusual species....it's so much more than you would expect and a great place to relax and unwind.

You will find many colorful and interesting animals from Parrots, Toucans and Emus through to Tortoises, Rabbits and rare breed pigs. . Our collection of miniature animals are a delight, with Miniature Kune Kune Pigs, Pygmy Goats and adorable miniature Mediterranean Donkeys. There is an enchanting Orchid House, and a tropical fruit orchard where you can see Pineapples and Dragon fruit growing.



5

PEG FARM AND NATURE RESERVE

Co-create with nature on our biodynamic farm.

Enjoy our farm shop and garden-to-table cafe, camping, tours, and the beautiful landscape of Barbados.

Come find inspiration, healing, and connection to the Spirit of the land here at PEG farm and nature sanctuary.



CAVES

1 ANIMAL FLOWER CAVE

The Animal Flower Cave is a premier Tourist Attraction and authentic Restaurant that has been proudly serving Barbados for decades. Our mission has been to provide an enjoyable experience and high-quality food for all those that wish to combine fun and enjoyable ambiance with skillful cooking into one extraordinary day.

2 HARRISON'S CAVE

At the heart of Barbados lies one of its greatest wonders – the magnificent Harrison's Cave. Located in the central uplands of the island, this crystallized, limestone cave is characterized by flowing streams, deep pools of crystal clear water and towering columns. Gaze in wonder at the white flow stones and in awe at the beauty of the speleothems which adorn the cave.

3 GOOD TIMES TOURS COLES CAVE MEETING POINT

Good Times Tours is a hiking company that offers tours to not often witnessed parts of Barbados. If seeing the island through the eyes of Island Boys that are passionate about nature appeal to you, then we invite you to come out with us for a day of adventure. We offer tours along the rugged East Coast coastline as well as underground into a cave that has not been impacted largely by man.

Our company focuses on delivering adventure filled tours through picturesque and remote places around the island. Here at Good Times we are a peaceful people passionate about the environment and we have a strong desire to share the beauty we have found in this magnificent island of Barbados with the world.

While we host open tours to many different locations, we also cater to private groups.



GARDENS

1 HUNTE'S GARDENS

Hunte's Gardens is a botanical garden and significant tourist attraction in the St Joseph Area of central Barbados. It was created from the 1950s by horticulturist Anthony Hunte in an unusual sinkhole-like gully.

2 ANDROMEDA BOTANIC GARDENS

Andromeda Botanic Gardens is an 8-acre botanical garden and a historic cultural attraction in the village of Bathsheba, Saint Joseph in Barbados. It is an authentic garden created by multiple award-winning horticulturist Iris Bannochie, a female, Barbadian, self-taught scientist.

3 COCO HILL FOREST

An unspoilt place of serenity and tranquility, Coco Hill Forest offers the opportunity to completely engross yourself in nature by forest bathing, hiking and even picnicking.

4 FLOWER FOREST BOTANICAL GARDENS

Flower Forest Botanical Gardens is a horticultural park and tourist attraction near the village of Bloomsbury, Saint Joseph in Barbados. It is a scenic garden park with attractive flowering plants and tropical trees. The 50-acre property was formerly a sugar plantation.



RESTAURANTS

1 POSITANO

Positano immerses our guests in an authentic Italian experience right here in Barbados! Upon entry, guests will be greeted with our signature pizza bar, and can also enjoy handmade pastas and pizzas crafted by our team of talented chefs, blended with hip sounds to further add to the restaurant's casual vibe.

2 CHAMPERS

Upscale dining overlooking Rockley Beach. Champers is an established restaurant offering waterfront dining on the southern coast of Barbados. This upmarket place prides itself on excellent service and high-quality, locally sourced ingredients. The international menu offers staples such as ribeye steaks and grilled prawns as well as dishes with a Bajan flavour like coconut shrimp or oven-roasted barracuda. There's an outside, candlelit terrace from which you can listen to the sound of the waves while enjoying your meal. Alternatively, an air-conditioned interior space boasting panoramic views over the Caribbean Sea is ideal for those rare occasions when the weather's not at its best.

3 THE TIDES BARBADOS

Fine dining overlooking the Caribbean Sea. The Tides is one of the fanciest restaurants on Barbados' west coast. The principal dining room of this Holetown institution was built around 4 casuarina trees that grow out of the floor and up through the delightful timber-clad ceiling. The Centre Lanai and Garden Gazebo rooms are light, airy and stylish. Relax before a meal with a cocktail in one of the attractive outdoor lounges which offer comfortable armchairs surrounded by tropical planting. Seafood is a speciality: the menu combines international favourites like Colchester oysters and Prince Edward Island mussels with local must-try dishes such as flying fish.

4 CAFÉ LUNA

Charming rooftop restaurant ideal for couples. Café Luna occupies the rooftop of the Little Arches Hotel in Barbados. This south coast gem is an intimate adults-only place which makes this one of the most romantic restaurants on the island. The chef sources local ingredients where possible – anything that's missing is shipped in only where necessary. The weekend brunch is a highlight. Enjoy a leisurely start to the day feasting on pumpkin pancakes or Luna's delicious take on eggs Benedict.



RESTAURANTS

5 FISH POT

Informal dining in a historic setting

Fish Pot is a renowned restaurant that forms part of the family-run Little Good Harbour Hotel. Located just north of Speightstown within an old fort, this relaxed oceanfront bistro features coral stone walls adorned with colourful works of art. The chef and his team serve up tempting dishes all day long. Enjoy a filling breakfast of tropical fruit, homemade bread and scrambled eggs with smoked salmon. Reserve a table for a lazy seaside lunch – perhaps some grilled octopus, pan-seared scallops or a light, fresh salad? As night falls order braised lamb shank, slow-cooked so it falls off the bone, sweet coconut curry or grilled fish fresh off the boat.

6 LONE STAR

Sophisticated restaurant attracting a celebrity clientele Lone Star's enviable location on Barbados' exclusive Platinum Coast ensures this beachfront restaurant attracts glamorous and well-heeled VIPs. These discerning diners aren't disappointed with what they find – when this place was converted from a garage, the new owners knew what they were doing.

This elegant, contemporary establishment serves up crowd-pleasers and comfort food, like Wagyu beef cheeks, shepherd's pie, and crispy duck. The result is an eclectic menu but one on which you'll always find something you like.

7 ROUND HOUSE

A gem worth the detour to the island's east coast

Round House began in 1832 as a private residence and a stop on the island's railway, but it's now one of the most attractive restaurants in Barbados. Its deck overlooks the Atlantic Ocean, where the swells lure surfers and waves crash dramatically on the beach.

The food's unmistakably Caribbean, with a menu that features okra, plantain, flying fish, breadfruit and buljol alongside the more familiar burgers, chicken breasts and pulled pork. This is the place to be adventurous in Bathsheba, both in and out of the water.



RESTAURANTS

8 CUTTERS OF BARBADOS

The best place on the island to sample its famous cutters Cutters is a restaurant in Crane Beach that takes its name from the traditional sandwich found all over Barbados. These take penny bread, also known as salt bread, and fill the roll with a popular filling such as flying fish or seasoned baked ham. Add a liberal squirt of Bajan pepper sauce and you'll have the most authentic snack on the island.

Run by a couple of American expatriates, Cutters of Barbados is a laidback place that's easy to find close to Crane Beach Hotel on the south coast. Check out the walls lined with leftover wine bottle corks.

9 THE DIVE

Casual restaurant with a beach shack vibe

The Dive is a shabby chic eatery with a laidback vibe in St Lawrence. The restaurant has a saltwater aquarium, which is the largest on the island. Staff feed the lionfish twice weekly – check their social media to find out which days.

Seafood dishes are a house speciality. While the menu is dependent on the catch of the day, expect to find kingfish, swordfish, lionfish, marlin, barracuda and of course flying fish on the menu. The seafood platter's a great option if you can't decide which to order. Sip a rum punch and groove to the sounds of reggae and calypso as the kitchen prepares it for you.

10 OISTINS

You'll see Barbadian fishing boats and the weaving of fishing nets by local fishermen. Oistins is the site of the annual Fish Festival which honours those who contribute to the local fishing industry. Just around the corner from Oistins is Miami Beach, a great place to take a swim! A historic fishing and market town in the parish of Christ Church on the south coast of Barbados. Oistins may be Barbados' smallest city, but what it lacks in size, it sure makes up for in character. I think Fridays is best as they sell local fried fish/seafood.



RESTAURANTS

11 CUZ'S FISH STAND

Venture over to Cuz's and you will probably meet a long queue of locals in casual and office wear and tourists in swimsuits and sand on their feet, all waiting to be served a fish 'cutter' from this seaside snack bar, close to Radisson Aquatica Resort. Cuz has appeared in international magazines alongside claims that he makes the best fish sandwich (aka cutter) anywhere in Barbados. We dare you to prove his followers wrong!

12 CATCH 22

Off the beaten path, Sunset Point is one of the most serene locations on the island with an unobstructed view of the Caribbean Sea. Peaceful location with a constant trade winds breeze. The perfect place to recharge, relax and revitalize.

13 LA CABANE

Delicious, local and 'slow'. We're proud to have a menu that puts sustainability and locally sourced ingredients at its core. We prepare your dishes fresh to order almost right before your very eyes.

14 LOCAL AND CO

We showcase ingredients sourced from local and regional farms, producers and wild foragers. Our menu is determined by what our farmers have available at the time and what our chefs have managed to gather and preserve in house through the seasons.

15 DIS OLE HOUSE KITCHEN & GARDEN

Neatly nestled at the gates of once grand and opulent Sam Lord's Castle, Dis Ole House now writes "our name on history's page." From its humble beginnings as a chattel house, Dis Ole House is proud to be a "guardian of our heritage," where you will enjoy your time with friends and family, surrounded with Bajan nostalgia.

RESTAURANTS

16 CHICKEN RITA'S

The best fried chicken on the island, full stop. A very basic place, but quick service, great prices and delicious food make this one of our favourite places. Everyone needs to go to Chicken Rita's!

Chicken Rita serves fried chicken (sometimes fish) and chips. If you want to eat anything else this, is not the place for you. This is where Bajans go to eat fried chicken, buy a drink at reasonable price and meet friends. Visitors to the island are welcome. So are children.

It is not fast food. Weekends are busy but the time waiting is well spent having a few drinks, talking with old, or meeting, new friends. Your food will arrive straight from the frying pan. The chicken is seasoned using a recipe handed down for generations and is made in the kitchen with locally grown herbs. Local HOT Pepper sauce can be added if you wish.

17 LOBSTER ALIVE

In season you can find Art Taylor, the owner of Lobster Alive, flying his small single engine Cherokee aircraft several times a week to the holding tank in Bequia. A small island in the Grenadines known for its pristine waters, extra strong rum punch, and spiny Caribbean lobsters. He then transports them back to Barbados to the restaurant's big distribution tank. In season the tank often has 2000 to 3000 pounds of Live Lobster in it - quite a sight to see!

After learning everything on the go, the restaurant soon grew to become a hit with international critics, restaurant guide books, and their many repeat guests. Now the restaurant seats up to 80 customers at a time, caters to weddings, private parties, boat trips, and has organically grown into one of the best live jazz hubs on the island.



