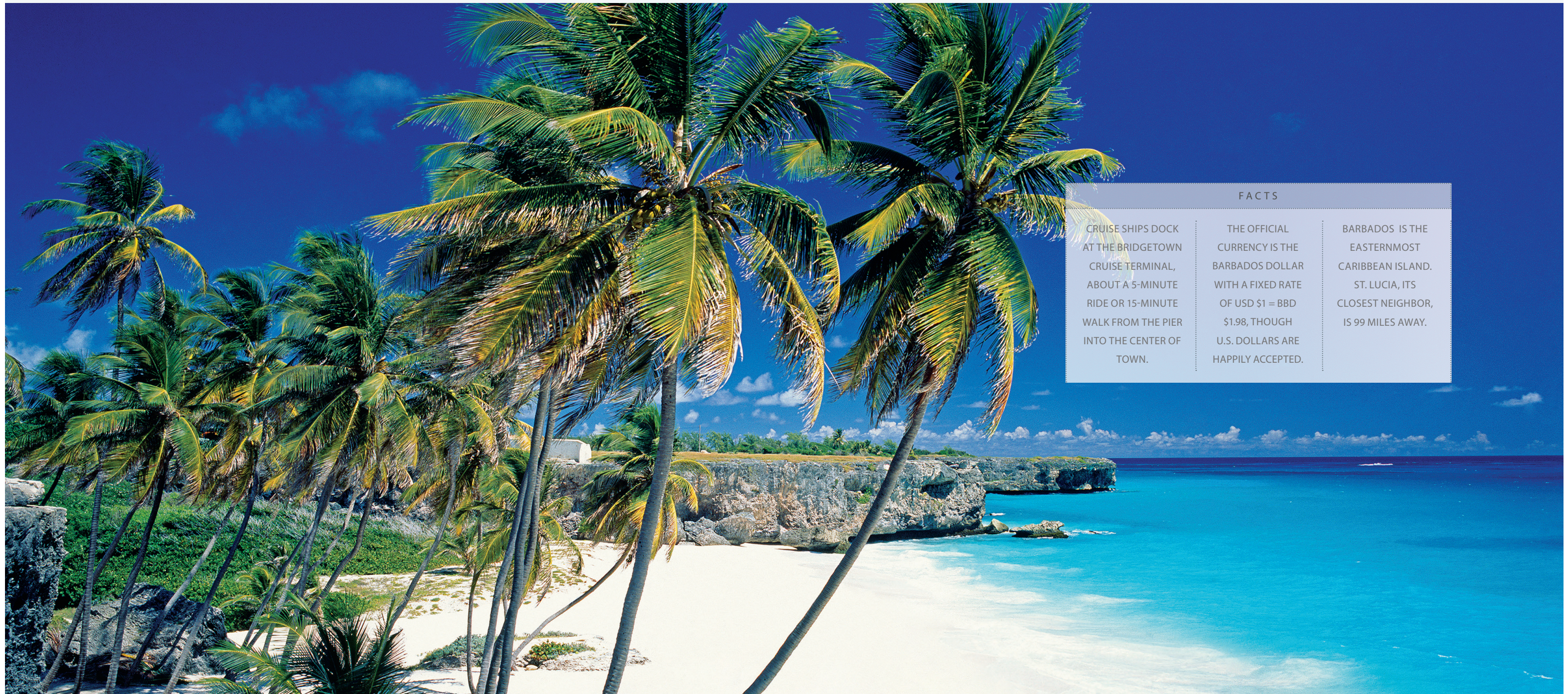


Barbados

Long Live Life

Life didn't begin in Barbados, it was just perfected there. With beautiful beaches, abundant greenery, and more than 3,000 hours of annual sunshine, it's easy to see why this Caribbean island is one of the most popular vacation destinations in the world. Throughout this tropical paradise, the lasting effects of more than 300 years of British control still linger: English is the official language, cricket is the national sport, and afternoon tea is a popular tradition. But Barbados has its own distinct identity, showcased through the culture of its warm and charming people.



FACTS

CRUISE SHIPS DOCK AT THE BRIDGETOWN CRUISE TERMINAL, ABOUT A 5-MINUTE RIDE OR 15-MINUTE WALK FROM THE PIER INTO THE CENTER OF TOWN.

THE OFFICIAL CURRENCY IS THE BARBADOS DOLLAR WITH A FIXED RATE OF USD \$1 = BBD \$1.98, THOUGH U.S. DOLLARS ARE HAPPILY ACCEPTED.

BARBADOS IS THE EASTERNMOST CARIBBEAN ISLAND. ST. LUCIA, ITS CLOSEST NEIGHBOR, IS 99 MILES AWAY.

Cruise ships dock in the Deep Water Harbor at the bustling Bridgetown Cruise Terminal, just a mile from Barbados' capital city of Bridgetown. The state-of-the-art terminal is lined with duty-free shops, which offer everything from jewelry and watches to fine china and crystal at discounted prices. There are also many local vendors selling handmade crafts, art, rum cakes, and candy.

Just a few minutes walk from the pier, the Pelican Village Craft Center boasts a large assortment of intricate and unique pottery, baskets, dolls, and jewelry made of clay, mahogany, coconut, palm, bamboo, shells, and leather. There are plentiful art galleries throughout the city, where visitors can also

observe first-hand the skilled artisans who are hard at work perfecting their crafts.

While shopping is certainly plentiful in and around the cruise terminal, the best of shopping in Bridgetown is along Broad Street. Dozens of name brand boutiques and department stores offer fine jewelry, gemstones, watches, leather, perfumes, cosmetics, and more at prices up to 40 percent lower than in the United States.

Taxis are readily available at the cruise terminal to take visitors into town. Official taxis have a "Z" on their license plates; they are unmetered, so agree upon a fixed rate before getting in.

(continued on page XX)

ORIGINS
The name Barbados comes from the 1500s when Portuguese sailors called it Los Barbados, "The Bearded Ones" referring to the fig trees that had roots resembling thick beards.



AD

TIPS FOR TRAVELERS

1

Talking on your cell phone while driving without an earpiece is a ticketable offense.

2

Easterly trade winds keep the humidity low, and island showers tend to last just a few minutes.

3

Motorists drive on the left side of the street.

Barbados became an independent nation in 1966, and it boasts the third-oldest constitutional parliament in the British Commonwealth. Steeped in more than 380 years of history, the capital city of Bridgetown is a burgeoning modern metropolis that feels remarkably similar to London, only sprinkled with Caribbean personality and charm.

Like London, the most prominent structures in Bridgetown are the Gothic-style parliament buildings, which were constructed in the early 1870s of coral limestone. Opposite the parliament buildings is Heroes Square, the location of Bridgetown's very own statue of Lord Nelson. Erected in 1813, the statue predates London's more famous Nelsons' Column by 27 years.

Nearby, Barbados' longtime Anglican affiliation is on display at St. Michael's Cathedral, an English-style church that

was built entirely out of ballast brick from British ships in the late 1700s to replace the original that was destroyed by a hurricane. It is said that George Washington worshipped here when he came to the island in 1751. The church still holds services today and plays an important role in the community.

West of St. Michael's is the Bridgetown Jewish Synagogue, one of the oldest synagogues in the Western Hemisphere. In the 1600s, more than 300 Jews fled Brazil to avoid persecution and sought refuge in Barbados where they established one of the first Jewish settlements in the entire Caribbean. The Jews are credited for introducing the windmill to the island, which helped fuel Barbados' subsequent success in the sugar industry.

A few miles from Bridgetown is the historic Garrison district, which brings colonial military history to life.

Barbados was once a major site of British military control

in the Caribbean and dedicated 141 acres to fortifications, barracks, and military parade grounds. The National Armory is now home to the the world's finest collection of 17th century English cannons and a re-creation of the Mermaid Tavern where the Charter of Barbados was signed. It's also home to more recent relics like the largest High Altitude Research Project gun ever made. The powerful weapon could fire projectiles 99 miles in to the air.

The Garrison district is also home to The Barbados Museum and Historical Society. Once a military prison, the museum now boasts an impressive collection of more than 500,000 artifacts that date from prehistoric times through the present, telling the story of the land and people of Barbados.

A lovely clock tower overlooks the great lawn, called the Savannah, where at any time of day (continued on page XX)



GETTING MARRIED

Getting married in Barbados is as easy as saying "I do." The island has become a popular impromptu marriage destination as ceremonies can take place day of arrival.

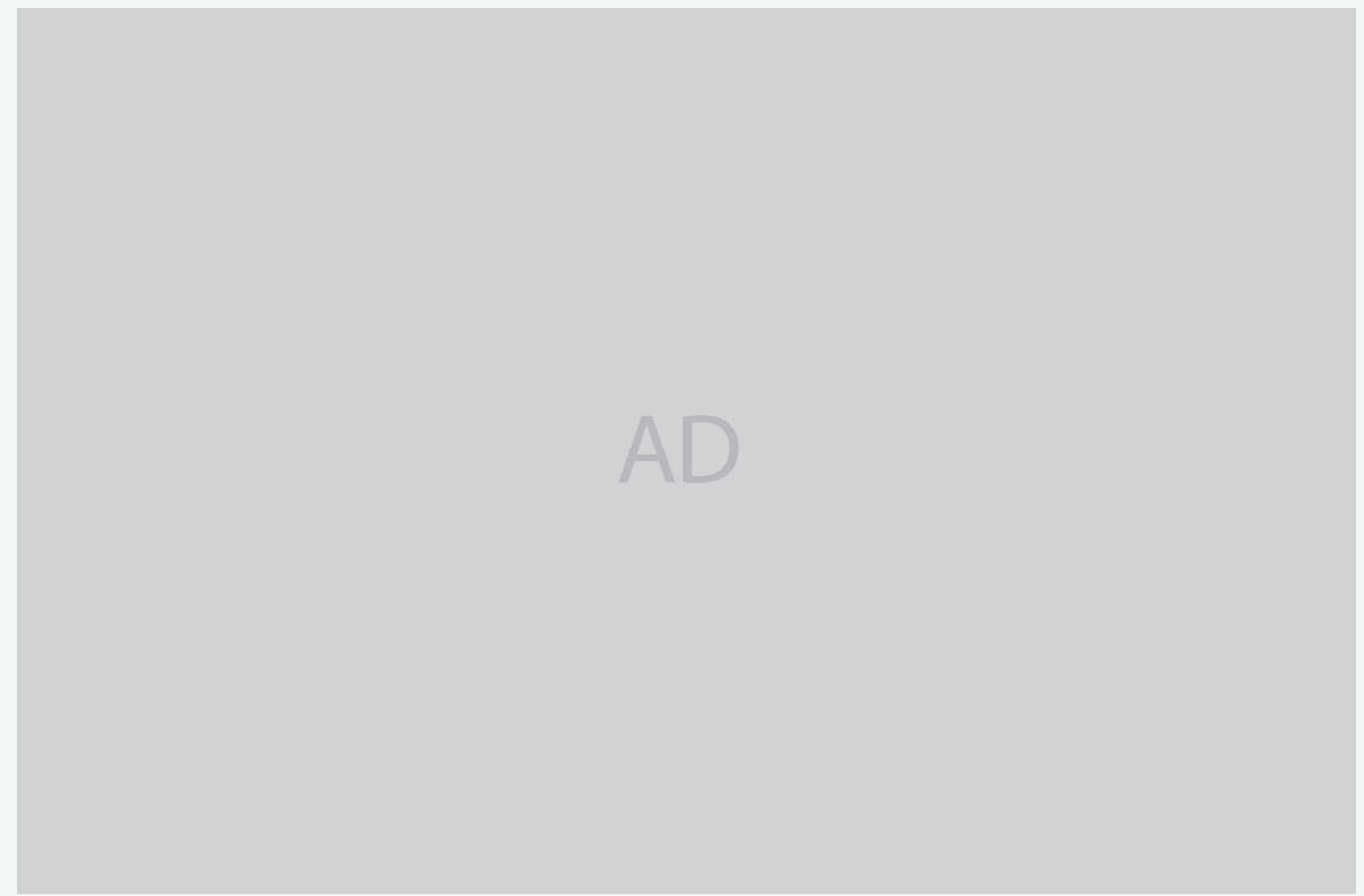
Barbados

From beaches and rainforests to historical sites and monuments, Barbados' 166 square miles are filled with more than enough variety to keep any traveler busy. It's no wonder Barbados is the most revisited destination in the Caribbean.

- [1] ST NICOLAS ABBEY
- [2] BARBADOS WILDLIFE RESERVE
- [3] BATHSHEBA
- [4] CRANE BEACH
- [5] GARRISON SAVANNAH



- [6] BARBADOS MUSEUM
- [7] BRIDGETOWN
- [8] PELICAN VILLAGE
- [9] HARRISON'S COVE
- [10] WELCHMAN HALL GULLY





HISTORY
Barbados' Parliament boasts the third oldest constitution in the British Commonwealth.

Barbadian locals can be found jogging, biking, playing sports, or simply lounging about and enjoying the weather. Horse races take place at the Savannah racecourse on alternate Saturdays from January through March and May through October, the highlight being the annual Sandy Lane Gold Cup in March.

Another fun attraction in the Garrison is the George Washington House, where a young George Washington stayed in 1751 during his one and only trip outside of the United States. Washington brought his ailing half-brother to the island in search of a tropical cure. During his travels, he caught a mild case of smallpox. As a result, he developed immunity to the disease which became one of the major factors that enabled him to continue leading the American revolution while others were falling prey to the illness.

Beyond the streets of Bridgetown, Barbados's fascinating

wonders are waiting to be explored, including two of the only three remaining Jacobean mansions in the Western Hemisphere, both of which are open to the public. The St. Nicholas Abbey in St. Peter, and Drax Hall in St. George, originally built in the 1650s and since lovingly restored, are home to period artifacts and artworks. The historical buildings are surrounded by beautiful gardens that give way to cane fields.

With 60 beaches on 70 miles of coastline, it's hard to go wrong when choosing a beach in Barbados. Good news here: they are all open to the public—even the ones that are in front of private properties or hotels. The quiet white-sand beaches along the west coast (also known as the "Gold Coast" or "Platinum Coast") are the most popular for cruise guests. However, southeast coast has two of the island's most famous beaches: Crane Beach and Bottom Bay, both of which have

chairs and umbrellas available to rent. The calm waters of the west and south coasts sit in stark contrast to the less tame eastern shores where undisturbed waves can roll for miles before breaking. Bathsheba Beach is the home to the famous "Soup Bowl" surf break, a favorite of renowned surfer Kelly Slater, who attests that it is one of the best surfing spots in the world.

When it comes to land sports, the locals are as crazy about cricket as the British are about football. As the national sport of Barbados, cricket is ingrained into Barbadians from birth—they eat, sleep, and breathe it. At any time of day, a game can be found whether it's a professional match at the Kensington Oval or a friendly scrimmage on the beach. Per capita, there are more world-class cricket players from Barbados than any other country in the world. Native Barbadian Sir Garfield Sobers is considered the world's best (continued on page XX)

AD



top shore excursions

* SEE

HARRISON'S CAVE & ISLAND DRIVE

Harrison's Cave is located near the center of the island, about a 30-minute ride from Bridgetown. Hop aboard an electric tram and slowly descend into the limestone cavern, where you'll encounter underground streams and waterfalls, and stalagmites and stalactites

* DO

BARBADOS' FINEST BLEND & BEACH BAR

Discover the world of Mount Gay Rum, Barbados' number one rum brand. Mount Gay was founded in 1703 and is the oldest brand of rum in existence. Learn how the rum is made, sample different flavors, and purchase some to take home. The tour continues to the famous Banks Beer Brewery.

* EXPLORE

4X4 ADVENTURE & GREEN MONKEY ENCOUNTER

A rare sight outside of West Africa, the Barbados Green Monkey is responsible for 70 percent of the world's Polio vaccines. To see these and other fascinating creatures of Barbados, take the Adventure Safari to some of the most beautiful locations on the island, many of which are only accessible by 4x4



HISTORY

Races take place every other Saturday at the Garrison from January through March and May through October.

cricket player of all time.

For those looking for real adventure, a trip to Harrison's Cave is a must. Often regarded as the number one attraction on the island, this complex network of underground caverns, streams, and waterfalls measures at least 1.4 miles long with its largest cavern, the Great Hall, some 50 feet high. Visitors take a glass elevator down into the valley and then travel by tram deep within the cave to explore this fascinating natural wonder.

Just minutes from Harrison's Cave is Welchman Hall Gully, one of Barbados' most unique tropical treasures. This tranquil nature reserve is filled with exotic plants and trees, home to troops of the famous green monkeys. The Gully, which was the first property bought by the Barbados National Trust in 1962, was once part of a sugar plantation more than 200 years ago. It is widely believed that where this is where the first grapefruit was created, the result of cross-pollination between an orange and a pommelo, a fruit that had been brought over from Asia.

Orchid World is another must-see for nature lovers. This 6.5-acre botanical garden boasts more than 20,000 orchids—the largest collection of orchids in the West Indies. It has evolved into one of the most popular places in Barbados for weddings.

Speaking of weddings, when the world's number one golfer picks a golf course for his wedding destination, there's no question that the course is above par. Tiger Woods chose Barbados' Sandy Lane as the location of his 2004 wedding. Situated along the island's west coast, Sandy Lane comprises 45 holes throughout three unmatched courses: the Old Nine that weaves through lush gardens surrounding the resort; the difficult Country Club course, host to the 2006 World Cup of Golf; and the daunting, championship-style Green Monkey, the most challenging of the three, which was designed by famed course architect Tom Fazio. 🏆

AD