

# Best Buds! Cruise Clues!

## Antigua

This information is taken from many different sources and may not be accurate and is even contradictory at times.  
Be sure to double check any information vital to your trip before you make your final plans.



<http://www.antigua-barbuda.org/>  
<http://www.geographia.com/antigua-barbuda/>  
<http://www.antigua-barbuda.com/>  
[http://www.antiguanice.com/antigua\\_barbuda\\_cruise\\_ship\\_2008.htm](http://www.antiguanice.com/antigua_barbuda_cruise_ship_2008.htm) (cruise ship schedules)  
<http://www.antiguacarnival.com/>  
<http://www.antigua-barbuda.org/Agact01.htm>  
[http://www.ab.gov.ag/gov\\_v2/index.php](http://www.ab.gov.ag/gov_v2/index.php) (government website)  
<http://www.highonadventure.com/Hoa03feb/Antigua/antigua.htm>  
<http://www.islandinns.com/islands/antigua.html>  
<http://www.maplandia.com/antigua-and-barbuda/> (Google maps of Antigua and Barbuda)  
<http://www.antiguanice.com/about/history.htm>  
<http://www.myantigua.org/info.htm/explore.htm>  
[http://www.streamcaribbean.com/events\\_antigua.htm](http://www.streamcaribbean.com/events_antigua.htm) (current events)  
<http://www.caribbeanportreviews.com/Antigua.htm>


Antigua (pronounced An-tee'ga) and Barbuda are located in the middle of the Leeward Islands in the Eastern Caribbean, roughly 17 degrees north of the equator. To the south are the islands of Montserrat and Guadeloupe, and to the north and west are Nevis, St. Kitts, St. Barts, and St. Martin.

	Antigua, the largest of the English-speaking Leeward Islands, is about 14 miles long and 11 miles wide, encompassing 108 square miles. Its highest point is Boggy Peak (1319 ft.), located in the southwestern corner of the island. Barbuda, a flat coral island with an area of only 68 square miles, lies approximately 30 miles due north. The nation also includes the tiny (0.6 square mile) uninhabited island of Redonda, now a nature preserve. The current population for the nation is approximately 68,000 and its capital is <a href="#">St. John's</a> on Antigua.
	Temperatures generally range from the mid-seventies in the winter to the mid-eighties in the summer. Annual rainfall averages only 45 inches, making it the sunniest of the Eastern Caribbean Islands, and the northeast trade winds are nearly constant, flagging only in September. Low humidity year-round
	The expansive, winding coastline that made Antigua difficult for outsiders to navigate is where today's trekkers encounter a tremendous wealth of secluded, powdery soft <a href="#">beaches</a> . The coral reefs, once the bane of marauding enemy ships, now attract <a href="#">snorkelers and scuba divers</a> from all over the world. And the fascinating little island of <a href="#">Barbuda</a> -- once a scavenger's paradise because so many ships wrecked on its reefs -- is now home to one of the region's most significant bird sanctuaries.
	The Capital city St John's is a real melting pot of architectural styles, and shops can be found anywhere from new complexes to beautiful brightly colored renovated 19 <sup>th</sup> century Caribbean buildings. The city was founded in the 1660's by the English colonizers and was made prosperous up to the mid 19 <sup>th</sup> century due to the success of sugar production on the island. Following emancipation and the massive reduction in sugar prices the town began to deteriorate.
	Antigua is a fairly dry island (relatively) but you will see a full array of tropical plants in the hotels and private gardens. During the sugar era, the island was completely covered in sugarcane fields, but the crop came to an end in the 1800s and so there is now a lot of open land and scrub. There is just one area of lush forest, in the south-west, at Fig Tree Hill, where you will find bigger trees and a small feel of rainforest.
	The importation and wearing of camouflage clothing is prohibited in Antigua and Barbuda. Visitors should leave such items at home to avoid confiscation.
	The Antigua cruise ship dock is located at Heritage and Redcliffe Quay, in the capital of St, John's. This modern 900 foot dock, built in 1988, accommodates up to 4 cruise ships a day. The cruise ship dock is just steps away from many duty free shops, restaurants, boutiques, and services at <a href="#">Heritage</a> and <a href="#">Redcliffe</a> Quays.
<b>TRANSPORTATION</b>	
	There is some local bus service; schedules and routes can be obtained through the hotels. If you are feeling adventurous and looking for a cost-efficient way to travel around Antigua, the bus system might be the ideal means of transportation. Most buses are privately owned mini-vans with their routes posted in the front windows. Buses are plentiful and provide an inexpensive means of travel but deciphering the system may be too time-consuming.
	You can see most of the island by bus, but no buses run to the airport or to the northern tourist area. Buses are scheduled to run between St. John's and the villages from 5:30 a.m. to 6:00 p.m. daily. The buses depart from two different stations in St. John's: one on Market Street, near the Central Market; and one at the East Bus Station on Independence Avenue next to the Botanical Gardens, which will take you around the northern and eastern part of the island.
	Although buses are a cheap option, we don't recommend them for the average visitor. Service is erratic and undependable, and roads are impossibly bumpy. In theory buses operate between St. John's and the villages daily from 5:30am to 6pm, but don't count on it. In St. John's, buses leave from two different "stations" -- on Market Street near the Central Market and on Independence Avenue adjacent to the Botanical Gardens. Most fares are US\$1. There is no central information bureau to call for schedules

	<p>Antigua has an extensive bus network that runs along prescribed routes. Buses reach all the outlying villages around the island, eventually, and it is possible to use it to get to the South-east, English Harbour, but not to the northern area around Dickenson Bay or to the airport.</p> <p>There are two main bus terminals in St John's. The <b>East Bus Station</b>, up close to the cricket ground (to the east of the downtown area), serves the eastern side of the island. The <b>West Bus Station</b>, which you will find next to the main market in the south of St John's, serves western areas and the South (including English Harbour).</p>
	<p>Buses run on weekdays and Saturdays from early morning until around 6pm, after which there are far fewer services (lasting a little later on Saturdays). On Sundays there are few buses at all. The buses in Antigua do not run to a time schedule. Rather they leave when they are full, or according to the bus driver's own mystical schedule. Out in the country you should stand at a bus stop (drivers are not supposed to stop on the open road) and wave. They will stop and let you in if there is room (and sometimes if there isn't). If you want to be let down, then shout</p>
	<p>There are marked bus stops along the roadsides of Antigua, and you can recognize the buses, which are usually 15-seater mini-vans, by their colorful exterior paint.</p>
	<p><b>Barbuda Express</b> is an innovative wave-piercing catamaran giving maximum passenger comfort at high speed and a journey time of 90 minutes in nearly all weather conditions. It runs 5 days a week between St Johns and Barbuda: Barbudans can spend a convenient day in St Johns for business &amp;/or shopping with a liberal allowance for personal goods carried on board by hand Antiguan can visit Barbuda for the day or longer, at reasonable rates, to enjoy the amazing beauty and peace of their sister island Tourists can economically visit Barbuda with a selection of packages to explore and discover this undeveloped and little-visited island Freight can be regularly and reliably moved between the islands. <a href="http://www.antiguaferries.com/">http://www.antiguaferries.com/</a> or email at Enquiries<a href="mailto:barbudaexpress@yahoo.com">barbudaexpress@yahoo.com</a></p>
	<p>Public transportation vehicles can be recognized by their license plates, which feature the letters "HA" or "HB."</p>
	<p>Taxis are available throughout Antigua and are a popular way to get around the island's 15 miles of surfaced roads. Taxi fares are regulated by the government and cabs do not contain meters. Cab drivers should have a rate card, but you should negotiate your fare before embarking on your journey. Fares between the airport, harbor, and many hotels and destinations are fixed and can be obtained upon arrival. Sample fares from V.C. Bird International Airport to: Nelsons Dockyard--US\$21; Shirley Heights--US\$21; St. John's--US\$7. Taxi drivers are also qualified as tour guides for sightseeing trips. Tour rates can be obtained beforehand through hotels. <a href="http://www.antigua-barbuda.org/Official%20Taxi%20Fares%20%20Dec%201%20%202005.pdf">http://www.antigua-barbuda.org/Official%20Taxi%20Fares%20%20Dec%201%20%202005.pdf</a></p>
	<p>Renting a car is an ideal way to discover more of Antigua while on your vacation. Most of the rental agencies are located at the airport of in St John's. The cost is about US\$40-50 per day. In addition to a valid driver's license from your country of residence, or an international driver's license, a permit to drive in Antigua is required. The rental agency can assist you in getting this temporary local driver's license, which costs approximately US\$20 and is valid for up to six months. Don't forget that driving here is on the left side of the road!</p>
	<p><b>Budget Rent A Car</b> 268-462-3009 or 268-462-6702 (Barrymore Beach Branch) Fax: 268-460-9177  <b>Capital Car Rentals and Tours</b> St. George &amp; Popeshead Street 268- 462-0863/461-2165  <b>Carters Rent A Car</b> P.O. Box 3383VC. Bird International Airport 268-463-0675  <b>Dions Rent A Car &amp; Taxi Service</b> P.O. Box 1544VC Bird International Airport Coolidge 268-462-3466/461-3267Fax: 268-462-3267  <b>Dollar Rent A Car</b> Factory Road, Box 1005 St. Johns 268-462-0362 or 268-0123/460-7699 Fax: 268-462-5907VC. Bird International Airport 268-462-8802  <b>Hertz Rent A Car</b> P.O. Box 1323All Saints Road St. John's 268-481-4440; Fax: 268-481-4460</p>



	<p>Airport Branch 268-481-4455 Royal Antiguan Branch 268-481-4457; Jolly Harbour 268-2481-4456</p> <p><b>Huntley Car Rental</b> Alfred Peters Street 268-462-1575</p> <p><b>Hyatt Rent-A-Car</b> English Harbour Branch 268-460-6551; Lunar Park Branch 268-463-2012</p> <p><b>Ivor's Car Rental &amp; Taxi Service</b> Liberta Village: 268-460-1241 268-460-3357</p> <p><b>Jacob's Rent -A-Car</b> VC.Bird International Airport: 268-462-0576</p> <p><b>Jeeps R US Rentals</b> Box 2819 Tindale Road 268-462-9099</p> <p><b>Jonas Rent-A-Car</b> Box 1831 Factory Road: 268-462-3760 Fax: 268-463-7625 VC.Bird International Airport Branch 268-462-9296 or Jolly Harbour 268-462-9418</p> <p><b>Lion's Car Rental</b> English Harbour Branch 268-460-1400 268-463-7100 Fax: 268-460-2707; Airport Road Branch 268-562-2708 Fax: 268-562-2707</p> <p><b>National Car Rental</b> Carlisle Airport Road 268-462-2113 Fax: 268-462-2113</p> <p><b>Oakland Rent-A-Car</b> VC.Bird Int'l Airport Coolidge 268-462-3021</p> <p><b>Paradise Car Rental</b> Rex Halycon Cove: 268-462-9780</p> <p><b>Prince's Rent-A-Car</b> Fort Road St. John's 268-462-0766</p> <p><b>Rawlins Supreme Car Rental</b> Fitzroy Road St.Johnsons Village 268-461-0110/1878 Fax: 268-481-1878</p> <p><b>Stead's Rent-A-Car</b> Airport Road 268-462-9970 Fax: (268-460-5603</p> <p><b>Slane's Supreme Car Rental</b> Lower Newgate Street St. John's 268-462-8789 Tel: 268-461-6171: 268-460-5836</p> <p><b>Thrifty Car Rental</b> Airport Road St. John's 268-462-9532 Fax: 268-463-9030 VC.Bird Int'l Airport Branch 268-462-8803</p> <p><b>Village Car Rental</b> Box 1309 Anchorage Road St.John's: 268-461-3746</p>
	<p>Scooters and bicycles are a cost-efficient way to see the island. Biking is fun and affordable. You can find a wide selection of mountain bikes at Sun Cycles in Hodges Bay, where the cost for an 18-speed bike is around \$20(USD) per day and \$85(USD) for the week. Moped rentals are also available at the English Harbor Yacht Club, where you can rent small scooters along with ones that can carry two people. The cost for moped rentals start at \$30 per day. Your rental can be delivered to you anywhere on the island of Antigua</p>
	<p><b>Cheke's Scooter &amp; Car Rental:</b> four types of scooters from 50-150cc starting at \$55 a day includes gasoline; must be over 18 and have a valid driver's license; temporary Antiguan driving license is additional \$20; 268-562-4646 cell 773-3508 or email <a href="mailto:chekescooter@hotmail.com">chekescooter@hotmail.com</a></p> <p><b>Bike Plus:</b> Independence Drive, St John's: rent bicycles for \$18 per day; 268-462-2453 fax 460-7587 or email <a href="mailto:bikeplus@candw.ag">bikeplus@candw.ag</a></p>
<b>ATTRACTIONS/EXCURSIONS</b>	
	<p><b>All Saint's:</b> traditional pottery made in this mid-island village.</p>
	<p><b>Antigua Rainforest Canopy Tour:</b> eco tour through lush rainforest; a series of ziplines and suspension bridges to splitlevel tree house (9 ziplines, 2 suspension briges, 36 foot controlled descent; 2,000 sq foot bar/café to relax on viewing veranda; gift shop; open daily from 8-5pm 268-562-6363 frax-562-6364 or email <a href="mailto:arcd@candw.ag">arcd@candw.ag</a> <a href="http://www.antiguarainforest.com">www.antiguarainforest.com</a></p>
	<p><b>Betty's Hope;</b> Pares; on eastbound route to Long Bar; picturesque ruins of Antigua's first sugar plantation (from 1650); open Tues to Sat from 10-4pm; \$2 admission; two windmills; visitor's center trace the sugar era. <a href="http://www.antiguanice.com/places/bettys/bettys.htm">http://www.antiguanice.com/places/bettys/bettys.htm</a></p>
	<p><b>Bird Island:</b> tiny bird sanctuary islet 2 miles north east of Antigua; many rare species of bird and world's population of Antiguan racer snake; rare lizards, West Indian whistling ducks, red-billed tropic birds and other endangered species inhabit the island. <a href="http://www.antiguanracer.org/html/location/resort.htm">http://www.antiguanracer.org/html/location/resort.htm</a></p>



	<p><b>Boat Charter Cruises:</b>  <b>Nicholson Yacht Charters:</b> boats of all sizes for the well-heeled 800-662-6066  <b>Sea Sports:</b> Halcyon Cove Hotel, Dickenson Bay sunfish, Hobie Cats; 3 hour eco-tours \$50PP include snorkeling gear and lunch 268-462-3355  <b>Tropical Adventures:</b> day trips to Barbuda aboard motorized catamaran; departs every Friday and Sunday at 9:30am returning around 4:30pm; 70 passengers (no children under 8 allowed) ; \$100 pp; includes lunch and snorkeling equipment.  <b>Tony's Water Sports:</b> Dickenson Bay; Barbuda bound cruise 268-462-6326 fax 268-462-2065</p>
	<p><b>Cades Bay:</b> surrounding land supports the production of Antigua's black pineapples.</p>
	<p><b>Centoph:</b> near Fort James; north of St John's; memorializes those who died in two world wars.</p>
	<p><b>Clarence House:</b> Nelson's Dockyard; built on low hill as living quarters for Prince William Henry; future king stayed here in 1787; currently the country home of the Governor of Antigua and Barbuda; open to visitors when his Excellency is not in residence; Princess Margaret and Lord Snowdon stayed here on their honeymoon.</p>
	<p><b>Devil's Bridge:</b> natural limestone arch carved by sea (see Indian Town Point below)</p>
	<p><b>Dockyard Museum:</b> St John's (see English Harbour and Hiking below)</p>
	<p><b>Dow's Hill Interpretation Center:</b> 2 ½ miles from Dockyard; modern multimedia display covers six periods of the island's history from pre-history to present day; 18<sup>th</sup> century artifacts; ruins from 1780's home. The ruins have been left for all to explore and experience, while another building was constructed (designed in-keeping with the romance of the area) to house the state of the art, multimedia presentation. You'll travel through the corridors of time in 15 minutes; meet an Amerindian, say hello to Columbus and sit with Lord Nelson as he keeps watch for those enemy ships; see renowned heroes like 'Father of the Nation', the former Prime Minister the Right Honourable Vere Cornwall Bird and Dr. Vivian Richards, cricket star/sports figure the world over; open daily from 9am to 5pm.  <a href="http://www.geographia.com/antigua-barbuda/Agharb01.htm">http://www.geographia.com/antigua-barbuda/Agharb01.htm</a></p>
	<p><b>English Harbour/Nelson's Dockyard:</b> richest collection of historic sites on Antigua; the world's only Georgian dockyard still in use; the naval yard was constructed in 1725, used by the British Navy throughout the Napoleonic Wars and abandoned by the British Navy in 1889; a 10 year restoration ended in 1961 and was re-christened Nelson's Dockyard after Admiral Horatio Nelson; now filled with shops, restaurants and two 18<sup>th</sup> century hotels (The Copper and Lumber Store Hotel and The Admiral Inn); The <b>Dockyard Museum</b> (open 8am to 5pm) was originally the Naval Officer's House and includes maritime treasures such as ship models, maps, prints, coins, weapons and Nelson's telescope and tea caddy and some Arawak and Carib pottery and tools. Interactive displays for children including rope climbing, a mock up of Nelson's bedroom and a gift shop..  <a href="http://www.paradise-islands.org/antigua-nelsons-dockyard.htm">http://www.paradise-islands.org/antigua-nelsons-dockyard.htm</a>  <a href="http://www.antigua-barbuda.org/Agharb01.htm">http://www.antigua-barbuda.org/Agharb01.htm</a>  <a href="http://www.antiguamuseums.org/nelsonsdockyard.htm">http://www.antiguamuseums.org/nelsonsdockyard.htm</a></p>
	<p><b>Falmouth:</b> small southern village includes many abandoned sugar mills; is protected by horseshoe shaped English Harbour; the east side of the harbor contains many restaurants and is within easy walking distance from Nelson's Dockyard. Falmouth Harbour is a huge stretch of water to the west of English Harbour and is the center of sailing with spectacular yachts and marinas; Monks Hill Fort (a refuge from Carib Indian attacks) on hilltop above town.  <a href="http://www.paradise-islands.org/antigua/falmouth.htm">http://www.paradise-islands.org/antigua/falmouth.htm</a></p>
	<p><b>Fig Tree Drive:</b> north of Falmouth; Antigua's most picturesque drive from the low central plain up into the volcanic hills of the Parish of St. Mary in the southwest quarter; 20 mile circular drive winding down from the village of Swetes; across the main mountain range; drive through lush tropical hills, rainforest, groves of bananas, mangos and coconuts and thatched fishing villages along the south coast; (Fig is Antiguan name for bananas.) Wallings Forest Nature Reserve is a</p>






	side-trip off Fig Tree Drive with a walk set around an old reservoir; other walks lead to isolated south coast.
	<p><b>Fort:</b> Antigua's coastline is ringed with British forts; at one time that was a fort or redoubt every mile and a half around the shores; most in ruins today but the views are some of the most panoramic in the Caribbean and you can visit them for free;</p> <p><b>Fort Barrington</b> south side of St John's; built in 1780 to protect southern entrance to St John's Harbour; ruins jut out at the northern end of Deep Bay.</p> <p><b>Fort Berkeley:</b> fort protected the entrance to English Harbour; now in ruins.</p> <p><b>Fort Charles:</b> located on an island in Falmouth Harbour.</p> <p><b>Fort George (Monk's Hill)</b> : seven acre fort was built above Falmouth Harbour in 17<sup>th</sup> century as a last refuge for Antiguan in even of an attack; high stone walls remain.</p> <p><b>Fort James</b> north side of St John's; British built fort in 1739 to guard against French invasion; walls and some cannons remain.</p> <p><b>Fort James Bay</b> head south and find bars right on the sand (Russell's Beach Bar)</p> <p><b>Fort Shirley:</b> stands atop Shirley Heights; barracks and officers' quarters remains  <a href="http://www.antiguamuseums.org/Historical.htm">http://www.antiguamuseums.org/Historical.htm</a></p>
	<b>Government House:</b> St John's; colonial style official home of the governor-general of Antigua; landscaped grounds open to the public.
	<b>Greencastle Hill:</b> due south of St John's; natural geological gathering of stone megaliths; <a href="http://www.archaeologyantigua.org/sites_greencastle.htm">http://www.archaeologyantigua.org/sites_greencastle.htm</a>
	<p><b>Harmony Hall:</b> remote eastern location near Freetown; in Brown's Bay at Nonsuch Bay; it is the main base of the Antiguan arts community; art gallery set around an old windmill' original art works and crafts from all over the Caribbean; November Crafts Fair; restaurant with bar provides one of the island's best panoramic views including Nonsuch Bay..</p> <p><a href="http://www.harmonyhallantigua.com/">http://www.harmonyhallantigua.com/</a>  <a href="http://www.harmonyhall.com/accommodation_a.htm">http://www.harmonyhall.com/accommodation_a.htm</a>  <a href="http://www.geographia.com/antigua-barbuda/Aqpnt01.htm">http://www.geographia.com/antigua-barbuda/Aqpnt01.htm</a></p>
	<p><b>Indian Town Point:</b> national park on northeaster point; Atlantic breakers carved a natural bridge known as Devil's Bridge surrounded by several blowholes spotting surf; park fronts the Atlantic at Long Bay; park blanketed by acacia trees ( a dry shrub); 36 species of birds; eastern point believed to have been an Arawak campsite; snorkeling good at Long Bay; bring your own equipment.</p> <p><a href="http://www.antiguanice.com/places/devils/devils.htm">http://www.antiguanice.com/places/devils/devils.htm</a></p>
	<p><b>Hiking/Biking:</b> There are some good opportunities for hiking in Antigua. The north of the island is fairly flat, and currently does not offer that much. In the south however, there is interest for two different reasons, the flora and particularly the history.</p> <p><b>Tropikelly Trails</b> 268-461-0383 lead best hiking tours; trail leads from Wallens Estate in the rainforest to the top of Signal Hill; \$40 pp for 3 hours; minimum of 4 participants.  <a href="http://www.antiguaadventures.com/t-ortx-jeep.html">http://www.antiguaadventures.com/t-ortx-jeep.html</a></p> <p><b>The Shekerley Hills</b> around Boggy Peak are high, open land which has a different flora from the rest of the island. Around Wallings it becomes more like the rainforest of the Windward islands to the south. There is a rainforest trail, which takes you to the dam and along to the remote beach at Rendezvous Bay.</p> <p><b>Nelson's Dockyard National Park:</b> The park includes trails that access beaches, rock pools, plantation ruins and hilltop forts. Of the current five trails, the most popular one is the <i>Middle Ground Trail</i>, which is also used by some of the jeep tours. This leads from Pigeon Beach past military ruins up to Fort Berkeley. The <i>Clarence House Trail</i> leads from the historic house past a</p>



	<p>small area of mangroves, and the <i>Jones Valley Trail</i> goes up from Galleon Beach to Shirley Heights, from where the <i>Lookout Trail</i> then runs. The <i>Carpenter Trail</i> is a rocky route from Shirley Heights to Fort Charlotte. These trails were laid out and are maintained by the Royal Naval Tot Club of Antigua &amp; Barbuda</p> <p>As always it is better if you take a guide, who as well as leading you in the right direction can teach you about the extraordinary tropical flora and fauna. Guides and organized hikes can be contacted through Nelson's Dockyard National Parks, English Harbour, t 481 5022, or email them at <a href="mailto:natpark@candw.ag">natpark@candw.ag</a></p> <p>National Parks offer a number of guided tours including the <b>Behind the Scenes</b> tour (just under 2 hours) of the dockyard with a hike to Fort Berkely. Their <b>Archaeology Tour</b> is more in-depth. It includes the dockyard and then, with jeep transfers, Middle Ground Barracks, Indian Creek, Fort George Monks Hill, Shirley Heights and the Field Research Centre at Dows Hill. The tour takes around 3 hours and requires sturdy outdoor footwear and a good level of physical fitness. Lunch is included. This tour is subject to the availability of the archaeologists and must be requested at least a week in advance. See under <b>Conservation</b> for Archaeology  <a href="http://www.skyviews.com/antigua/natparks.html">http://www.skyviews.com/antigua/natparks.html</a>  <a href="http://www.skyviews.com/antigua/natparks.html">http://www.skyviews.com/antigua/natparks.html</a></p>
	<p><b>The Environmental Awareness Group</b> (EAG), Museum of Antigua and Barbuda, St John's, Occasionally the EAG arranges field trips. These can include hikes, usually on 3rd weekend of the month (either a Saturday or a Sunday; 462-6336</p>
	<p><b>Horseback Riding:</b> Antigua offers some surprisingly good trails for horse riding, though unfortunately not all operators can be recommended. Whilst out and about you may well notice groups of ribby, forlorn looking horses or ponies tethered to trees (all day long with no grazing and saddles kept on) around some of the busier tourist areas, awaiting their next round of riders. So you might like to take a closer look at the conditions the horse lives in. Also check that you are covered by insurance and there are safe practices (always wear a hard hat, for instance).</p> <p><b>Antigua Barbuda Horse Society</b>, Spring Hill Riding Club, t 723 2889, (President) Solveig Nitschmann, email at <a href="mailto:solveig@candw.ag">solveig@candw.ag</a> The ABHS is a member of the FEI (International Federation for Equestrian Sports) and an Olympic Association member. It deals with the development of horse sport in Antigua, including dressage and jumping, by organizing shows and team travel (regional and international), clinics and fundraisers</p> <p><b>Spring Hill Riding Club</b>, Spring Hill, Falmouth, 460 7787 / 773 3139, <a href="mailto:eastonj@candw.ag">eastonj@candw.ag</a> Antigua's national equestrian centre and home of the Antigua equestrian team which competes both at dressage and show jumping, and the ABHS (Antigua Barbuda Horse Society). Spring Hill has BHS (British Horse Society) trained instructors that teach at all levels. Facilities include a ménage and jumping arena. Established in 1987, Spring Hill is a professionally run riding school and their horses are in extremely good condition, well fed and looked after, even though many of them are former 'rescue' cases. To visitors they offer a range of trail rides on schooled horses (English saddles) through the surrounding hills and to nearby beaches where riders can swim. A popular ride is to the secluded Rendezvous Bay, which can only be reached by boat or via a trek through the hills. Hard hats are provided, and sensible shoes, long pants and sensible shoes are required. The stables are closed between 11am and 3pm, when it is generally considered too hot to ride out in the Caribbean.  <a href="http://www.antiguanice.com/springhill/index.html">http://www.antiguanice.com/springhill/index.html</a></p>
	<p><b>Kayaking:</b> Mercer's Creek eco tour of kayaking, swimming and snorkeling to uninhabited island nature walk; <a href="http://www.antiguanice.com/antiguapaddles/index.html">http://www.antiguanice.com/antiguapaddles/index.html</a></p>
	<p><b>Liberta:</b> one of the first settlements of Antigua's freed slaves.</p>
	<p><b>Lignumvitae Bay:</b> southwest coast; sandy beach on edge of salt-water swamp; fishermen and</p>


	Jolly Beach Hotel share bay.
	<b>Mercer's Creek:</b> Parham; preserved colonial home; <a href="http://www.antiquanice.com/antiquapaddles/index.html">http://www.antiquanice.com/antiquapaddles/index.html</a>
	<b>Mill Reef:</b> evidence of Pre-Columbian cultures unearthed; field trips arranged by Antigua Historical and Archaeological Society. <a href="http://www.archaeologyantigua.org/sites/millreef.htm">http://www.archaeologyantigua.org/sites/millreef.htm</a>
	<b>Museum of Antigua and Barbuda:</b> Long Street, St John's; interprets the history of Antigua and Barbuda from geological origins to present political independence; full-scale replica of an Arawak residence; portraits of English royalty. <a href="http://www.antiquamuseums.org/MuseumAntBar.htm">http://www.antiquamuseums.org/MuseumAntBar.htm</a>
	<b>Nelson's Dockyard:</b> English Harbour; 250 year old ship repair station; a small cluster of Georgian wooden. Brick or stone buildings set on a point in the deep harbor; two hotels;
	<b>Nelson's Dockyard National Park:</b> 11 southeast of St John's; restored Georgian naval dockyard; museum recaptures the 18 <sup>th</sup> century of privateers, pirates and battles at sea; nautical memorabilia; park has sandy beaches and tropical vegetation; nature trails with coastal views lasting from 30 minutes to 5 hours; open 9-5pm
	<b>Parasailing:</b> facilities available Monday to Saturday on the beach at Dickenson Bay.
	<b>Parham:</b> Antigua's first settlement; small shops for supplies; visit historic church in town and Parham Hill, a preserved colonial home.
	<b>Potwork Lakes:</b> man-made reservoir created to provide island's drinking water.
	<b>Public Saturday Morning Market:</b> Market Street (intersection with All Saints Road and Valley Road) St John's: vendors hawk fruits, flowers, handicrafts, birds, etc. from 8am to noon; busy on Fridays and Saturdays.
	<b>Sailing Charters:</b> <b>Blue Martini:</b> 268-728-5958 or email <a href="mailto:woolford@aol.com">woolford@aol.com</a> <a href="http://www.bluemartiniboat.com">www.bluemartiniboat.com</a> <b>Creole Cruises:</b> 268-460-5130 or email <a href="mailto:info@creolecruisesantigua.com">info@creolecruisesantigua.com</a> <a href="http://www.creolecruisesantigua.com">www.creolecruisesantigua.com</a> <b>Ondeck:</b> Falmouth Harbour; ocean racing; \$100PP 8:30 to 12:30 or 10:15 and Noon departures; 268-562-6696 or email <a href="mailto:aintigua@ondeckoceanracing.com">aintigua@ondeckoceanracing.com</a> <a href="http://www.ondeckoceanracing.com/global/index.htm">http://www.ondeckoceanracing.com/global/index.htm</a> <b>Jabberwocky Yacht Charters:</b> 268-764-0595 or email <a href="mailto:info@adventurecaribbean.com">info@adventurecaribbean.com</a> <a href="http://www.adventurecaribbean.com">www.adventurecaribbean.com</a> <b>Nicholson Yacht Charters:</b> 268-460-1530 or email <a href="mailto:Nicholson@candw.ag">Nicholson@candw.ag</a> <a href="http://www.nicholsonyachts.com">www.nicholsonyachts.com</a> <a href="http://www.nicholson-charters.com/">http://www.nicholson-charters.com/</a>
	<b>Sea View Farm Village:</b> center of folk pottery; Antiguan folk pottery dates back at least to the early 18th century, when slaves fashioned cooking vessels from local clay; folk pottery is fashioned in a number of places around Antigua, but the center of this cottage industry is Sea View Farm Village; clay is collected from pits located nearby and the wares are fired in an open fire under layers of green grass in the yards of the potters' houses. Folk pottery can be purchased at outlets in the village as well as at a number of stores around the island. Buyers should be aware that Antiguan folk pottery breaks rather easily in cold environments. <a href="http://www.antiquagetaways.com/exploring.html">http://www.antiquagetaways.com/exploring.html</a>
	<b>Shirley Heights:</b> a complex of Georgian military buildings above English Harbour; Dow's Hill Interpretation Center is the first building as you head uphill; best nature trail with well-tended footpath leading uphill from English Harbour beginning at the Galleon Beach Hotel; trail is marked with tape on the branches of trees; summit at 490 feet to panoramic views of harbor entrance, Dockyard and Falmouth Harbour beyond; easy walk with less than 3 hours to reach peak; ruins of Fort Shirley stand on top; a famous weekly party spot on Sunday afternoons and evenings. <a href="http://www.geographia.com/antigua-barbuda/Agpnt01.htm">http://www.geographia.com/antigua-barbuda/Agpnt01.htm</a> <a href="http://www.paradise-islands.org/antigua/shirley-heights.htm">http://www.paradise-islands.org/antigua/shirley-heights.htm</a>



	<p><b>Scuba and Snorkeling:</b> The south coast of Antigua is unique with its diverse and spectacular scenery, together with almost every species of fish indigenous to the Caribbean. Fallen rocks form an amazing collection of caves, fissures and channels with prolific reef life among coral and sponge formations.</p> <p><b>Cades Reef</b> on the southwest corner of the island offers numerous dive sites and <b>Ariadne Shoals</b>, about 12 miles off the southwest of Antigua is an exciting site visited by dive operators on the west coast. Close to English Harbour, The <b>Pinnacles of Hercules</b> offers perhaps the greatest diversity of underwater life in these waters, and often has visibility in excess of 100 feet.</p> <p>Turning to the East out of English Harbour we come to <b>Carpenter's Rock</b>, the most colorful site with an abundance of coral and sponge growth, swim throughs, and in the top 20 feet an "aquarium" with large schools of Sergeant Majors and Chubb. <b>Barracuda Reef</b> off English Harbour is another exciting dive with a wall from 50 to 120 ft, containing caves where Nurse sharks and giant lobster are often found, together with schools of Barracuda and Black Surgeon.</p> <p>Amongst other possibilities the great sites of <b>Sunken Rock</b> and <b>Cape Shirley</b> await the experienced diver. Sunken Rock, with depths to 120ft, is a rock pinnacle which offers a trail through a deep cleft leading to the rock itself. From the drop off a mostly vertical dive with coral overhangs of magnificent gorgonians in many flamboyant colors. Here we find larger fish, barracuda, sting rays and occasionally turtle and dolphins. Dive excitement may reach its climax along Cape Shirley with depths to 110ft. Giant boulders have found a resting place to become a foundation for every form of hard and soft corals, leaving a trail of valleys and fissures, drop offs and overhangs. You will find the unexpected around every corner, from rays, turtles and tiger groupers to the occasional shark.</p>
	<p><b>Scuba and Snorkeling Charters:</b> many of the island's beaches have clear and calm waters that are great for snorkeling; most popular beach is Dickenson Bay where you can rent snorkel gear.  <a href="http://www.antigua-barbuda.org/Agdive01.htm">http://www.antigua-barbuda.org/Agdive01.htm</a></p> <p><b>Dive Antigua:</b> Rex Halcyon Cove, Dickenson: resort course with shallow dive; 268-462-3483  website: <a href="http://diveantigua.com/">http://diveantigua.com/</a></p> <p><b>Jolly Dive Center:</b> Jolly Beach/Harbour location; 20 minute boat ride to southwest of the island to 7 mile Cade's Reef or scuba dive in shallow Fryers Shoal about 1 ½ mile off Jolly beach (great for beginners and as a photo location.) 268-462-8305 or email <a href="mailto:mail@jollydive.com">mail@jollydive.com</a> website: <a href="http://www.jollydive.com/">http://www.jollydive.com/</a></p> <p><b>Seawolf Diving School:</b> English Harbour and Falmouth Harbour; 268-783-3466 or email at <a href="mailto:info@seawolfdivingschool.com">info@seawolfdivingschool.com</a> ; website: <a href="http://www.seawolfdivingschool.com/">http://www.seawolfdivingschool.com/</a></p> <p><b>Splash Splash</b> conducts 2 hour snorkeling jaunts to Paradise Reef for \$35 PP departures daily at 11pm and again at 1pm 268-462-3483</p> <p><b>Tropical Adventures:</b> Lower Redcliffe Street, St John's; day trips to Barbuda on 70 passenger motorized catamaran <i>Excellence</i>; every Friday and Sunday at 9:30am returning around 4:30pm \$100PP (no children under age 8); includes snorkeling equipment and lunch; also 4x4 and stingray tours; 268-480-1225 fax 462-2065 or email <a href="mailto:tropad@candw.ag">tropad@candw.ag</a>; website: <a href="http://www.tropicalad.com/contact.html">http://www.tropicalad.com/contact.html</a></p>
	<p><b>Sport Fishing Charters:</b> big game fishing offshore for wahoo, marlin and tuna.  <i>Obsession:</i> 50 foot Hatteras Sportfisherman; 9 passengers for \$850 268-464-3174  <i>Nimrod:</i> fishing or sunset cruises 10 passengers for \$775; 268-460-1568  <i>Overdraft:</i> 40 foot fiberglass boat in search of dolphin fish, shark, barracuda and wahoo; 6 passengers for 4 hours \$495. 268-464-4954 fax 462-3119 or email <a href="mailto:nunesb@candw.ag">nunesb@candw.ag</a> ; website: <a href="http://www.antiguafishing.com">www.antiguafishing.com</a></p>

	<b>St John's:</b> Antigua's capital; population 30,000; brightly painted 18 <sup>th</sup> century homes nest above the harbor; deep waters allow passenger ships to dock at Heritage Quay and Redcliffe Quay where shops, restaurants and galleries are located in restored stone and wooden structures.
	<b>Stingray City:</b> pet and feed Southern Stingrays in their natural environment; snorkel coral reefs; shallow water makes it easy and fun for everybody; 268-562-7297 or email <a href="mailto:stingray@candw.ag">stingray@candw.ag</a> <a href="http://www.stingraycityantigua.com">www.stingraycityantigua.com</a>
	<b>Watersports:</b> <b>Aqua Sports:</b> Heritage Quay, St John's; snorkeling, fishing, body boards, floats, beach chairs; open weekdays 9-5 and Saturdays 9 to 1pm; 268-480-3090 fax 480-3091; or email <a href="mailto:aqher@candw.ag">aqher@candw.ag</a> ; website: <a href="http://www.aquasportsantigua.com">www.aquasportsantigua.com</a> <b>Sea Sports:</b> Halcyon Cove Hotel, Dickenson Bay; 3 hour eco tours for \$50PP; includes snorkeling gear and lunch. <b>Tony's Water Sports &amp; Bar:</b> Dickenson Bay; jet ski, water ski, banana boat, tubing, parasailing, hobie cat, glass-bottom boat, deep sea fishing, Barbuda bound cruises; open daily from 8-6pm 365 days a year 268-462-6326 cell 721-9557 or email <a href="mailto:tonyswatersports@hotmail.com">tonyswatersports@hotmail.com</a> fax 462-2065; website: <a href="http://www.antiguanice.com/tonys_watersports/index.html">http://www.antiguanice.com/tonys_watersports/index.html</a>
	<b>Windsurfing:</b> most major resorts along the beach rent windsurfing equipment <b>Sea Sports</b> Dickenson Bay \$50 hour <b>Sunsail Club</b> Colonna Hodges Bay \$120 per day
	<b>TOUR GUIDES</b>
	<a href="http://www.antiguanice.com/antigua_barbuda_tours_excursions.htm">http://www.antiguanice.com/antigua_barbuda_tours_excursions.htm</a> (excellent reference for tours)
	<b>Adventure Antigua:</b> board the <i>Arawak Odyssey</i> for a 6-hour eco-tour of Antigua's tranquil coastal islands and reefs; island-hopping and snorkeling with a crash course in coastal ecology 268-726-6355 or email <a href="mailto:info@antiguaadventures.com">info@antiguaadventures.com</a> <a href="http://www.adventureantigua.com">www.adventureantigua.com</a>
	<b>Antigua Paradise Tours:</b> 2-6 passengers in luxury sedan for \$85PP includes pickup and drop off from port and lunch; 268-788-3371 cell 723-3233 or email <a href="mailto:schobel@candw.ag">schobel@candw.ag</a>
	<b>Antigua Seafaris:</b> 268-726-4435 or email <a href="mailto:tours@adiguaseafaris.com">tours@adiguaseafaris.com</a>
	<b>Elvis George and Son:</b> taxi tours; 268-774-8020 or email <a href="mailto:elvisgeorge2002@yahoo.com">elvisgeorge2002@yahoo.com</a> <a href="http://www.antiguanice.com/elvisgeorge/index.html">http://www.antiguanice.com/elvisgeorge/index.html</a>
	<b>Christopher Taxi:</b> 268-460-1588 cel 775-45527 or email <a href="mailto:chrisolejohn@hotmail.com">chrisolejohn@hotmail.com</a>
	<b>Happy Trails Antigua:</b> 268-726-4273 or email <a href="mailto:stitt@candw.ag">stitt@candw.ag</a> ; website: <a href="http://www.happytrailsantigua.com">www.happytrailsantigua.com</a>
	<b>Heavenly Tours:</b> catamaran snorkel cruise to a secluded beach; kayaking, rain forest; 268-480-2989 fax 480-2984 or email <a href="mailto:heavenly-tours@candw.ag">heavenly-tours@candw.ag</a> ; website: <a href="http://www.heavenly-tours.com">www.heavenly-tours.com</a>
	<b>Jackson Taxi and Tours</b> 268-460-3612 cell 728-3953 or email <a href="mailto:jacksonsiteseeingtours@yahoo.com">jacksonsiteseeingtours@yahoo.com</a>
	<b>Scenic Tours Antigua:</b> 888-380-1234 fax 460-1692 or email <a href="mailto:tours@scenictoursantigua.com">tours@scenictoursantigua.com</a> <a href="http://www.scenictoursantigua.com">www.scenictoursantigua.com</a>
	<b>Sunshine Island Beach Tours:</b> Rodney Francis, 268-560-5871 cell 770-1369 or email <a href="mailto:sunshinebeachtours@hotmail.com">sunshinebeachtours@hotmail.com</a>
	<b>Pirates of Antigua:</b> cruise on 89 foot pirate ship The Black Swan to Deep Bay; grill and buffet lunch; open bar drinks; kids can help with raising the mainsail; rope swinging; walking the plank; snorkel above a shipwreck; also sunset and party cruises; 268-562-7946 fax 562-7477 or email <a href="mailto:info@piratesofantigua.com">info@piratesofantigua.com</a> <a href="http://www.piratesofantigua.com">www.piratesofantigua.com</a>
	<b>Treasure Island Cruises:</b> tours include snorkeling at Cades Reef; eco tour of Great Bird Island; 268-461-8675 or email <a href="mailto:tours@treasureislandcruises.ag">tours@treasureislandcruises.ag</a> ; website: <a href="http://www.treasureislandcruises.ag">www.treasureislandcruises.ag</a>

	<b>Tropical Adventures:</b> 4x4 safari, kayaking, catamarans, private charters; 268-480-1225 pr fax 462-2065 or email <a href="mailto:tropad@candw.ag">tropad@candw.ag</a> ; website: <a href="http://www.tropicalad.com">www.tropicalad.com</a>
	<b>BEACHES</b> Antigua is said to have 365 beaches, one for every day of the year!
	<a href="http://www.antiguanice.com/antigua_barbuda_beaches.htm">http://www.antiguanice.com/antigua_barbuda_beaches.htm</a> <a href="http://www.myantigua.org/info.htm/beaches.htm">http://www.myantigua.org/info.htm/beaches.htm</a> <a href="http://www.geographia.com/antigua-barbuda/Agbeach1.htm">http://www.geographia.com/antigua-barbuda/Agbeach1.htm</a> <a href="http://www.myantigua.org/info.htm/beaches.htm">http://www.myantigua.org/info.htm/beaches.htm</a> (great photos of beaches)
	<b>Carlisle Bay Beach</b> east of Urlings; located by the village of Old Road on the south coast; expansive beach offers clear waters, fine sand and excellent snorkeling where you can find a wide variety of tropical fish; backdrop of coconut groves extend to Curtain Bluff (island's most deluxe hotel); calm Caribbean meets turbulent Atlantic for most fabulous blues!
	<b>Crab Hill Beach</b> (Turner's Beach): located at the village of Crab Hill on the south west coast; cooled by gentle trade-winds, Crab Hill beach offers a great venue for tanning in the tropical sun. On exceptionally clear days, the Island of Montserrat can be seen on the horizon; <a href="http://www.antiguanice.com/beaches/crabs.htm">http://www.antiguanice.com/beaches/crabs.htm</a>
	<b>Darkwood Beach</b> is located on south west coast; about 5 minutes drive south of Jolly Harbour; crystal blue waters, great snorkeling and shell hunting with gentle cooling breezes; unbearably crowded when cruise ships are in.
	<b>Dickenson Bay:</b> locals favorite on northwest coast; directly north of St John's; finest beach with wide strip of powder-soft sand fronted by large resorts and intimate hotels; rent watersports equipment from Halcyon Cove Hotel; refreshments also available at the hotel or at casual bars and restaurants nearby; beaches north side is more secluded and has ideal snorkeling areas; for a fee, locals will take you to <b>Prickly Pear Island</b> surrounded by beautiful coral gardens; <b>Paradise Reef</b> is 1 mile coral garden just north of Dickenson Bay.
	<b>Driftwood Beach:</b> south of Jolly Harbour; directly north of Johnson's Point; close to villas and can be overcrowded.
	<b>Fort Beach</b> located at Fort Bay on the northwest coast of Antigua, is popular with locals and visitors alike, a beach where you can often find a volleyball game, or a game of beach cricket to participate in. Fort Beach is also popular spot for cruise ship visitors, as it's only a 5-10 minutes drive from the cruise ship dock in St. John's. The webmaster can often be found here under a palm tree on his day off
	<b>Fryes Beach:</b> located at Fryes Point on the West Coast of Antigua; features powder white sand and great views of Montserrat on exceptionally clear days; feels secluded and remote; a great day of hard-core shell hunting; like all the beautiful beaches of Antigua, it's a good idea to bring your mask and fins!
	<b>Galley Bay Beach:</b> located on the northwest coast of Antigua near Five Islands Village with white sand beaches and crystal clear blue waters. If you are fortunate during your visit you may even witness the hatching of sea turtles who sometimes use the beach as a nesting place.
	<b>Green Island</b> is an uninhabited island just off the east coast of Antigua and offers a wide variety of pristine white sand secluded beaches to discover. It is a popular stop for many Antigua sea charters and excursions and offers many opportunities for some excellent snorkeling, so make sure you have mask and fins!
	<b>Half Moon Beach:</b> south eastern coast; located about a 5 minute drive from Freetown village in a national park in the sparsely-inhabited south east coast; Antigua's most beautiful beach which stretches for nearly one mile; uncrowded crescent beach with fine pink sand, wonderful cooling breezes and an active surf; Sunday spot for locals; rolling Atlantic breakers for body-surfing and windsurfers with calm pools at either end for snorkelers.
	<b>Hawksbill Beaches:</b> four secluded beaches on the Five Island Peninsula; swim and sunbathe in



	the buff on one; site of major hotel developments;
	<b>Jabberwock Beach</b> is located on the north-eastern coast of Antigua along the North Sound and features a mile long white sand beach. A favorite with locals and visitors alike. Jabberwock Beach's warm waters are a fun place for playing in the surf; soaring kitesurfers; bring mask and fins!
	<b>Johnson's Point:</b> southwestern tip below Jolly Harbour; between Johnson's Point and Urlings; secluded beach on calm Caribbean; schools of tropical fish; no facilities
	<b>Jolly Beach</b> located on the West coast of Antigua at Jolly Harbour, offers a mile long powder white undeveloped sand beach on the warm waters of the Caribbean sea. With plenty of restaurants, watersports, and shopping amenities nearby, it's a great place to spend a day, or your entire holiday on Antigua
	<b>Long Bay Beach:</b> located about 5 minutes from the village of Willikies at Long Bay on the east coast; fine white sand fronts the Atlantic Ocean with crystal blue waters; shallow waters and stunning coral reefs make it a great place for snorkeling
	<b>Long Island:</b> beaches near posh Jumby Bay Resort where hawksbill turtles come ashore to nest and lay eggs.
	<b>Pigeon's Point:</b> Falmouth Harbour; located about a 5min drive from English Harbour on the south east coast; best beach near English Harbour; favorite spot for the locals as well as visitors, Pigeon's Point beach also is a fun place for snorkeling; bring mask and fins! crowded when cruise ships are in port; 4 minute drive from Admirals' Inn.
	<b>Pineapple Beach:</b> 5 minute drive northeast from Willikies; opens onto Long Bay.
	<b>Runaway Beach:</b> endless white sand beach on the northwest coast; home to many popular resorts, restaurants and bars, Runaway beach is a fun place; If you get too hot in your wandering, hop in and cool off in the clear waters of one of Antigua's most popular destinations.
	<b>Turner's Beach;</b> located near Johnsons Point on the south west coast; cooled by gentle trade-winds, Turner's beach offers a great venue for tanning in the tropical sun. On exceptionally clear days, the Island of Montserrat can be seen on the horizon.
	<b>Valley Church Beach;</b> located on the West coast just south of Jolly Harbour and offers powder white sands in the calm waters of Lignum Vitae Bay; relax in the warm waters as local fishing boats glide by; you'll marvel at the beauty of this spot.
	<b>FOOD/RESTAURANTS</b>
	<a href="http://www.antiguanice.com/antigua_barbuda_restaurants.htm">http://www.antiguanice.com/antigua_barbuda_restaurants.htm</a> <a href="http://www.antiguavillage.net/island/foodanddrink.asp">http://www.antiguavillage.net/island/foodanddrink.asp</a>
	Antigua food is a combination of African traditions adapted to the ingredients of the region. Favorite dishes include <b>duccana</b> and <b>saltfish</b> , which is a mixture of grated sweet potato, coconut and cornmeal flavored with spices and steamed in banana leaf. It is served with a saltfish stew which has a tomato and onion base. The national dish is fungi and pepperpot. <b>Fungi</b> is a polenta type paste made with cornmeal and okra which is then cooked in a ball. <b>Pepperpot</b> is a type of stew that includes a small mountain of ground provisions such as yam, eddoe, pumpkin, green fig, plantain (both types of banana), sweet potato, dasheen leaves (not unlike spinach) into which are added pig tails and salt pork and then beef. It makes a hearty casserole which is also highly seasoned. Another favorite stew is <b>goat water</b> , which is made with goat and is spiced with hot peppers, clove and even cinnamon
	It is said that the indigenous black pineapple or Antigua black is the sweetest in the world. It is one of a number of varieties (Joseph Brown, Crabb pine and smooth pineapple)
	<b>Abracadabra Restaurant and Bar:</b> English Harbour; Italian homemade pastas; complimentary snacks with cocktails. <a href="http://www.theabracadabra.com/index.htm">http://www.theabracadabra.com/index.htm</a>
	<b>Admiral's Inn;</b> Nelson's Dockyard; seafood and steaks in 17 <sup>th</sup> century inn; bar with sailor's carvings over 100 years ago; shady terraced dining in romantic garden setting overlooking yachts and harbor; in season Saturday evening entertainment with steel bands and traditional flute






	bands. <a href="http://www.admiralsantigua.com/">http://www.admiralsantigua.com/</a>
	<b>Bay House:</b> Tradewinds Hotel, Dickenson Bay; informally elegant, charming and intimate dining room set in a garden on a hillside (10 minute uphill walk from beach) with westward-facing views sweeping over the jagged coastline for fabulous sunsets from the upper terrace; open daily for breakfast, lunch and dinner; 268-462-1223 <a href="http://www.twhantigua.com/">http://www.twhantigua.com/</a>
	<b>Blue Waters:</b> Soldier Bay; renovated hotel with two restaurants with sea and garden views; poolside BBQs and famous Sunday brunch with steel orchestra; <a href="http://www.bluewaters.net/BlueWatersFlashv3.htm">http://www.bluewaters.net/BlueWatersFlashv3.htm</a>
	<b>Calabash:</b> Galleon Beach Resort, English Harbour; water level sunset views; free taxi from English Harbour; free water taxi from Nelson's Dockyard; open daily from 11am to 11pm; .268-562-4906 <a href="http://www.galleonbeach.com/dinner.html">http://www.galleonbeach.com/dinner.html</a>
★	<b>Caribbean Taste,</b> English Harbour, north of St John's; located in coconut grove on the beach; simple tables on flagstone floor beneath a thatch roof; one of island's best; lobster and shrimp dishes along with the catch of the day and daily vegetarian special; half-priced happy hour from 4-7pm; inexpensive-moderate 268-562-3049
	<b>Chez Pascal:</b> Galley Bay Hill: exotically designed restaurant with French chef offering beautifully prepared elegant French cuisine; pool patio dining for lunch or dinner. <a href="http://www.chezpascalantigua.com/">http://www.chezpascalantigua.com/</a>
★	<b>Coconut Grove:</b> Siboney Beach Club hotel on Dickenson Bay; thatched-roofed open-air dining pavilion spotlights illuminate palms and sea grapes while waves wash ashore a few feet away; voted most romantic restaurant in the Caribbean ( <i>Caribbean Travel &amp; Life</i> ); rough stone door; palm trees grow up through roof; freshest seafood with two saltwater tanks; happy hour from 3:30-7pm; open breakfast, lunch and dinner. <a href="http://caribbean-resort-antigua-hotel-siboney-beach.com/restaurant.htm">http://caribbean-resort-antigua-hotel-siboney-beach.com/restaurant.htm</a>
	<b>Cocos:</b> Jolly Beach; traditional West Indian gingerbread building; fabulous views overlooking Jolly Beach; open daily for breakfast, lunch and dinner. <a href="http://www.cocoshotel.com/food.htm">http://www.cocoshotel.com/food.htm</a>
	<b>Commissioner Grill,</b> Redcliffe St, between Redcliffe and Heritage Quay, St John's; moderate classic West Indian fare and some international dishes, noted for fresh grilled seafood, lobster, steak, ribs and excellent lunches; close to Redcliffe Quay; mixed crowd of Antiguan and visitors; open 10am to 11pm nightly; 268-462-1883
	<b>Dianne's Bar,</b> Shirley Heights Road, , inexpensive; very simple but hearty local food 268-460-1116
	<b>Gambel's Terrace</b> Fort Road; Friendly restaurant in the family home of Carl & Rita (she is German and he is Antiguan) in a residential district in the north of St John's, nice atmosphere. Very welcoming. Rita will come over and chat. Good international fare, but also a particularly good take on local cuisine, including fish 461-7651
	<b>George:</b> Market St, St John's; traditional Antigua hospitality and West Indian cuisine; 268-562-4866
	<b>Grace Before Meals,</b> English Harbour, t 460 1298, inexpensive; set in a chattel house with white painted walls, floral curtains, silk flowers and plastic table cloths, a simple, cheerful and clean dining room. Seating shared at two long trestle tables and three smaller tables for couples. Family-run by Grace and her daughter (even the youngest child helps out). Good Caribbean fare, conch, chicken, fish, and particularly rotis, including conch, fish, mutton, shrimp, vegetable, chicken or beef, from EC \$12. Great for a cheap meal out. Can deliver to yachts.
★	<b>Harmony Hall:</b> Brown's Bay; historic plantation and sugar mill dating back to 1843; patio with full bar overlooking Nonsuch Bay; swimming pool for diners; arts and crafts gift shop; open daily from 10am for lunch; Friday and Saturday dinner; reservations; boat trips regularly departing daily from Green Island
	<b>Hemingway's Caribbean Café:</b> St. Mary's St, St John's: green and white painted breezy restaurant is upstairs in typical wooden West Indian house built around 1829; breakfast from 8:30,



	lunch and dinners served on verandah overlooking St Mary's Street and Heritage Quay; burgers, salads, seafood and extensive list of island dishes; closed Sundays.
	<b><u>Julian's Alfresco</u></b> : Barrymore Beach Hotel, Runaway Bay; romantic dining; colorful airy restaurant set in tropical gardens just steps from the beach; exotic sauces and spices; fish, crabs, black angus grills; guava peppercorn coulis; pineapple and coriander salsa; Antigua's favorite restaurant. 268-562-1545
★	<b><u>Lashing's Beach Café and Inn</u></b> : Runaway Beach; situated on the far southern end of Runaway Beach; open breakfast, lunch and dinner; beach bar entertainment Friday and Saturday open 24 hours and serves food until 2am
	<b><u>Le Bistro</u></b> : Hodges Bay; French restaurant opened in 1981; Discovery's Best Chefs award; shrimp, scallops, snapper, lobster and homemade pastries; excellent wine list, open dinner only; closed Monday.
	<b><u>O'Grady's Pub</u></b> : Redcliffe St, St John's; popular bar with balcony overlooking street; open for lunch and dinner Tuesday to Saturday with lively entertainment on Wed evenings.
	<b><u>OJ's Beach Bar</u></b> : Crabb Hill; just after Darkwood Beach on west coast; lobster salad; fresh red snapper; steaks and homemade burgers on shady terrace right on the beach; open daily from 10am to 10pm
	<b><u>Parham Corner</u></b> 728-3343 this is a spot where people meet to 'lime' (hangout) and enjoy authentic Antiguan food on Friday and Saturday evenings from 9am to 6pm; try local specialties such as bull foot soup, goat water, souse, barbequed ribs and chicken, and interesting local drinks such as sea moss and linseed.
	<b><u>Pizzas in Paradise</u></b> : Redcliffe Quay; rustic 18 <sup>th</sup> century rum warehouse serves pizza outside on courtyard terrace or in; live music on Thursday evenings at 10pm; open daily except Sunday from 8:30am to Midnight
	<b><u>Russell's Fort James</u></b> : mouth of St John's Harbour; converted open-air fort dating back to the early 1700's, British cannons point over the water
	<b><u>Sheer</u></b> : Cocobay Hotel; near Jolly Beach; innovative food served in lovely setting
★	<b><u>Shirley Heights Lookout</u></b> : Shirley Heights; restored 18 <sup>th</sup> century building with most-photographed views over Nelson's Dockyard and English Harbour; lobster, local fish, calypso coffees; outdoor lunch with magnificent vistas; full bar; sundown watching ritual; terrific BBQ parties every Thursday and Sunday with 6 hours of live non-stop entertainment. Open daily from 9am to 10pm.
	<b><u>Sticky Wicket</u></b> : Pavilion Drive, Coolidge; watch a cricket match while you eat at island's most popular sports-oriented gathering spot; West Indian pork rib plate; grilled lam souvlakia; shrimp and seafood fritters; Antiguan lobster bisque; East Indian curried chicken salad with toasted cheesecake; 268-481-7000 <a href="http://www.thestickywicket.com">www.thestickywicket.com</a>
	<b><u>The Beach</u></b> : Dickenson Bay; casual and elegant beachside restaurant open for breakfast, lunch and dinner; local dishes, pizza, pasta, hummus and sushi
	<b><u>The Inn at English Harbour</u></b> : in midst of 10 acres of national park; international gourmet dining in open air Terrace Restaurant high over harbor; English breakfast and lunch also served at the beach restaurant at water's edge
★	<b><u>Turner's Beach Bar</u></b> : Johnson's Point: positioned directly on one of the most sublime stretches of beach on the island; landscaped gardens; ample parking; open daily from 10am for breakfast, lunch, snacks, drinks and dinner; large thatched shady terrace under beach umbrella; lobster and curried conch; fine bathing
<b>NIGHTLIFE</b>	
	Antigua has some of the best steel bands in the Caribbean. Most nightlife revolves around the hotels.
	<b><u>18 Carat</u></b> : Lower Church St, St John's; indoor/outdoor; most popular dance club opened in 2002;\$7 cover charge; view of downtown St John's; open Friday to Sunday pm to 1 am.
	<b><u>Admiral's Inn</u></b> : English Harbour; barefoot friendly place; dart games; live music on Thursday and

	Saturday nights; 14 piece steel band; best daiquiris; serving Richard Burton and Prince Charles
	<b>Bay House:</b> Tradewinds Hotel; Marble Hill; best mix of singles.
	<b>Casino:</b> <a href="http://www.caribbeanedge.com/antigua/activities/casino_gaming/">http://www.caribbeanedge.com/antigua/activities/casino_gaming/</a> <b>Grand Princess Casino:</b> Jolly Harbour; gambling across three floors; dine in Bellagio restaurant; internet café; dance club; Vegas style entertainment in lounge; website: <a href="http://www.grandprincessentertainment.com/">http://www.grandprincessentertainment.com/</a> <b>King's Casino:</b> Heritage Quay; the only casino in St John's proper; smaller; must be 18 to play; <a href="http://www.kingscasino.com/">http://www.kingscasino.com/</a> <a href="http://www.kingscasino.com/visit.html">http://www.kingscasino.com/visit.html</a> <b>The Royal Casino:</b> Royal Antiguan Hotel: an array of games from blackjack, baccarat, roulette, craps and slot machines. <b>St James Club:</b> Mamora Bay; glamorous address; island's most flamboyant gambling parlor; most reminiscent of a Monte Carlo-style casino
	<b>Lashings:</b> Runaway Bay is hangout of local cricketers; tex-mex fare.
★	<b>Mainbrace:</b> Copper and Lumber Store Hotel, Nelson's Dockyard; most authentic British pub; darts, fish and chips; live jazz some nights; enclosed leafy courtyard dining.
	<b>Millers by the Sea:</b> Runaway Beach; best happy hour in town; extensive outdoor dining and dance area spilling onto the beach; varied live music every luncheon and evening; jazz, calypso and Sunday Caribbean night; fresh seafood, lobster, shrimp, local specials; open daily for breakfast lunch and dinner; beach BBQ on Thursday for lunch and dinner.
★	<b>Shirley Heights Lookout</b> (Shirley Heights); 4pm BBQ on Sunday followed by reggae and steel-pan band for dancing and watching Antigua's most spectacular sunset \$5 cover charge includes first drink
	<b>The Coast:</b> Heritage Quay, St John's; <a href="http://www.coast.ag/webcam-cruise-ship.html">http://www.coast.ag/webcam-cruise-ship.html</a> (cruise ship webcam)
	<b>The Life Bar:</b> Nelson's Dockyard; popular spot for yachtsmen; nautical atmosphere and wooden pier
<b>SHOPPING</b>	
	<a href="http://www.antiguanice.com/maps/simaps/m-c3.htm">http://www.antiguanice.com/maps/simaps/m-c3.htm</a> <a href="http://www.antiguavillage.net/island/shopping.asp">http://www.antiguavillage.net/island/shopping.asp</a> <a href="http://www.antiguanice.com/maps/simaps/m-c3.htm">http://www.antiguanice.com/maps/simaps/m-c3.htm</a> (map of shops in Heritage and Redcliffe Quays)
	<b>Duty Free Shopping</b> is available in stores in St. John's within the Heritage Quay Shopping centre. In order to be eligible to buy duty free goods the purchaser must now show a valid airline ticket. The shops are obliged to include the actual ticket number on the receipt in order to be able to sell the goods to you duty free.
	Purchase items like: English woolens and linens; local pottery, straw work, rum, floppy foldable hats; shell curios and hand-printed fabrics. It is customary when entering a shop or any other building in Antigua that the person entering the room greets the people already in the room – Good Morning, Good Afternoon etc. You will be amazed and delighted at the difference in response you will get from the very friendly and welcoming people of Antigua when using this custom.
	<b>St John's Shopping:</b> Most of Antigua's shops are clustered on St Mary's, High or Long Streets in St John's. Some stores are open Monday to Saturday from 8:30 to noon and 1 to 4pm but this varies greatly from place to place. Many of them close at noon on Thursday. Some open Monday thru Saturday 8:00am to noon and 1:00pm-5:00pm. <b>Albert's Jewelry</b> sells the best selection of watches on Antigua, plus china and crystal. (268-462-3108) <b>Colombian Emeralds</b> is the world's biggest retailer of these gemstones. (268-462-2342) <b>Fashiondock</b> is known for its duty-free Prada, Moshino, and Gucci accessories, plus other Italian styles. (268-462-9672)

	<p><b>Map Shop</b> (St. Mary's St.) stocks a "must" buy for those interested in Antiguan life: the paperback <i>To Shoot Hard Labour: The Life and Times of Samuel Smith, an Antiguan Workingman</i>. Also check out the books of Jamaica Kincaid, whose writing about her native Antigua has won international acclaim.</p> <p><b>Rain Boutique</b>, Lower St. Mary's sells casual clothes, formal wear, hats, scarves, shoes, jewelry, and handbags. (268-462-0118),</p> <p><b>Shoul's Chief Store</b>, St. Mary's Street at Market Street (is an all-purpose department store selling fabric, appliances, souvenirs (more than 300 kinds), and general merchandise. 268-462-1140) Shoul's Chief Store, St. Mary's Street at Market Street (tel. 268/462-1140), is an all-purpose department store selling fabric, appliances, souvenirs (more than 300 kinds), and general merchandise.</p> <p><b>Sunseekers</b> carries the largest collection of duty-free swimwear in the Caribbean. (268-462-4523)</p> <p><b>The Camera Shop</b>: foot of St Mary's Street; a Kodak distributor and photofinisher selling film and brand-name cameras. (268-562-4738),</p>
	<p><b>Heritage Quay</b> is Antigua's first shopping and entertainment complex; restaurants, 40 shops and a casino; the place to find branded and luxury goods and duty free prices. The centre is open from 9am Mon-Sat, and Sundays and Bank holiday Mondays when cruise ships are in. When cruise ships are in, there is often a steel band or music playing at the band stand. An arcade for local artists and craftspeople; restaurants and food court with views of St John's Harbor; high quality jewelry, perfumes, cigars and alcohol; excellent swimwear and beach wear outlets and some small boutique clothing, shoe and accessory stores;</p>
	<p><b>Heritage Quay</b>: St. John's, features some 40 duty-free shops and an arcade for local artists and craftspeople. Its restaurants and food court offer a range of cuisines and views of St. John's Harbour. Outlets here include Benetton, the Body Shop, Sunglass Hut, Dolce and Gabbana, and Oshkosh B'Gosh. Many shops are open all day, Monday through Saturday</p> <p><b>Lipstick</b>, Heritage Quay you can browse a daunting array of cosmetics and perfumes, some of them locally made, many of the others imported from the U.S., Britain, and France. (268-562-1133),</p> <p><b>Island Arts</b>: Nick Maley, a makeup artist who worked on <i>Star Wars</i> and <i>The Empire Strikes Back</i>, founded Island Arts, upstairs at Heritage Quay purchase his own fine-art reproductions or browse through everything from low-cost prints to works by artists exhibited at the Museum of Modern Art in New York. (268-462-2787);</p> <p><b>Abbott's</b> (Heritage Quay) sells pricey items, from Baume and Mercier watches to Belleek china to Kosta Boda art glass, in a luxurious, air-conditioned showroom.</p> <p><b>La Casa Habana</b> (Heritage Quay) sells Cuban cigars.</p>
	<p><b>Vendors' Mall</b> is a block between St Mary's Street and Redcliffe Quay at the intersection of Redcliffe and Thames Streets;. It is a purpose-built tangerine and lilac painted 4-story market for local vendors selling locally made crafts, sarongs, T-shirts and other souvenirs. Upstairs in the mall there are also some clothing and record stores and a hotel. The pushy, pesky vendors that once clogged the narrow streets now peddle their wares in the tangerine- and-lilac-hue four-story Vendor's Mall.</p>



	   <p><b>Harmony Hall:</b> in Brown's Bay Mill, near Freetown following the signs along the road to Freetown and Half Moon Bay. This restored 1843 plantation house and sugar mill overlooking Nonsuch Bay is ideal for a lunch stopover, a shopping expedition, even an overnight. It displays an excellent selection of Caribbean arts and crafts. Lunch is served daily from noon to 3:30pm, featuring Green Island lobster, flying fish, and other specialties. Sunday is barbecue day; (268-460-4120)</p>
	 <p><b>Redcliffe Quay</b> overlooks the harbor on southern edge of St John's and is one of the oldest parts of town; restored Georgian buildings are painted in a myriad of bright and vibrant colors. There is a yacht marina there now, but this was the main trading place for slaves, rum, sugar and coffee between Antigua, Europe and Africa. The quayside has a variety of old dockside warehouses converted into 30 shops selling gifts, pottery, paintings, and other locally made gifts, as well as clothes, shoes and accessories. When you want a break there are numerous café's and restaurants set in the courtyard with shade from awnings and palm trees.</p>
	<p><b>Redcliffe Quay</b>, located on the waterfront at the southern edge of St. John's, 30-some boutiques - many with one-of-a-kind wares; nearly three dozen boutiques are housed in former warehouses set around tree-shaded, landscaped courtyards</p> <p><b>A Thousand Flowers:</b> fabrics; linens, all-natural fiber, rayon; definite oasis of calm in such a busy city. (268-462-4264), <b>Gazebo</b> (Redcliffe Quay) is a vast, bi-level jumble of Mexican pottery and ceramics, Indonesian furnishings, gorgeous blue-glaze plates, hand-painted rocking horses, basketry, hammocks, and more.</p> <p><b>Exotic Antigua</b>, Radcliffe Quay, St. Mary's Street specializes in Caribbean-made gifts and clothing, including T-shirts and casual wear, and handicrafts (268-562-1288),</p> <p><b>Gazebo</b> expect a little bit of everything, from a mass of south-of-the-border pottery to Indonesian wood items, and (our favorite) stunning blue-glaze plates. (268-460-2776),</p> <p><b>Goldsmitty</b> (Redcliffe Quay) is Hans Smit, an expert goldsmith who turns gold, black coral, as well as precious and semiprecious stones, into one-of-a-kind works of art; unique, exquisite creations of 14- and 18-karat gold. (268-462-4601),</p> <p><b>Isis</b> (Redcliffe Quay) sells island and international bric-a-brac, such as antique jewelry, hand-carved walking sticks, glazed pottery, unique Egyptian jewelry, cotton gowns, and handicrafts; and (268-462-4602)</p> <p><b>Jacaranda</b> (Redcliffe Quay) sells batik, sarongs, and swimwear, as well as Caribbean food and local artwork.</p> <p><b>Kate Designs</b> (Redcliffe Quay) sells acclaimed St. Kitts artist Kate Spencer's distinctive work lovely silk-screen scarves and sarongs, vividly colored place mats, paintings, prints, note cards --as well as Liza Kirwan's delicate, hand-painted silk scarves and former fashion designer Heike Petersen's whimsical "ethnic dolls."</p> <p><b>Noreen Phillips</b> (Redcliffe Quay) one of the island's major fashion outlets; creates glitzy appliquéd and beaded evening wear inspired by the colors of the sea and sunset in sensuous fabrics. Cruise-ship passengers beeline here for both casual wear and beaded glitzy dress clothes. (268-462-3127)</p>

	 <p>The <b>Public Saturday Market</b> is a place you must visit when in Antigua, particularly on Saturday mornings. The market is opposite West Street Bus Station and opens from early in the morning. If you visit from 5.30am on Saturday morning, you will be astounded at the crowds of local villagers arriving with fruit and vegetables to sell, and empty shopping baskets to fill. The market hall is relatively new, as the market used to be down the road outside. On Saturdays however there are many stall holders who set up their wares outside the market. Every stall sells different produce, breadfruit, mangoes, soursap, sugar apples, pineapples, dasheen, tamarind are just a few of the locally found fruit and vegetables. There is also a smaller craft market attached to the main market where you can find locally made arts and crafts; If you're in St. John's on a Saturday morning, visit the fruit and vegetable market at the south end of Market Street; the juicy Antiguan black pineapple alone is worth the trip..</p>
	 <p><b>Woods Mall</b> is a modern well equipped Shopping Centre frequented primarily by people from the North of the island; It houses one of the best supermarkets on the island, banks, a post office, chemist and stationers.</p>
	<p><b>Jolly Harbour Villa Resort and Marina</b> on the west coast; Mediterranean-style arcade holds interesting galleries and shops.</p> <p><b>Sofa</b> (English Harbour) delightfully whimsical; carries some of the quirkier creations of island artisans, justifying the name (an acronym for Sculpture, Objects, Functional Art)</p> <p><b>Rhythm of Blue Gallery:</b> English Harbour; sells artist Nancy Nicholson's earthenware pieces made for Antiguan white clay; including nautical tiles, plates, bowls and vases adorned with marine life in the beautiful colors of the Caribbean. 268-460-1614</p>
	<p><b>Seahorse Studios and Gift Shop:</b> Falmouth Harbourspecializes in batiks, T-shirts, signs, and table linens. , (268-460-1457) Their affiliated branch at English Harbour, Seahorse Art Gallery ( 268-460-1457), sells paintings, engravings, and watercolors, with lots of emphasis on seascapes.</p>
<b>MUSIC</b>	
	<p>The hotels and tourist bars in Antigua play an easy mix of international music and Caribbean rhythms - reggae, calypso and even some <i>zouk</i> from the nearby French islands. You will also hear steel bands. Several local bands play the circuit, of which the best known are <i>Burning Flame</i>, <i>LA Kru</i>, <i>Vision Band</i>, <i>Power Union</i> and <i>Da Bhann</i>.</p>
	<p>Traditional music in Antigua is fife music, played with a fife (a sort of flute) accompanied by a guitar, a ukelele, a grater and a huge pipe that acts as bass. The best known Antiguan fife band is called the <i>Rio Band</i>. Currently Antigua's most famous band is <i>Dread and the Baldheads</i>, Their first album was <i>Another Level</i>, released in 2003, and a second, <i>Dread and the Baldhead Fruits Ah Life...</i> is set for release in early 2007.</p>
	<p><b>De Jam Festival:</b> a music festival that takes place in October featuring DJs from around the Caribbean and further afield, who perform in exotic settings around the island, on beaches, on yachts and in dance halls. Themed nights and Beach Barbecue. <a href="http://www.dejamfestival.com">www.dejamfestival.com</a></p>



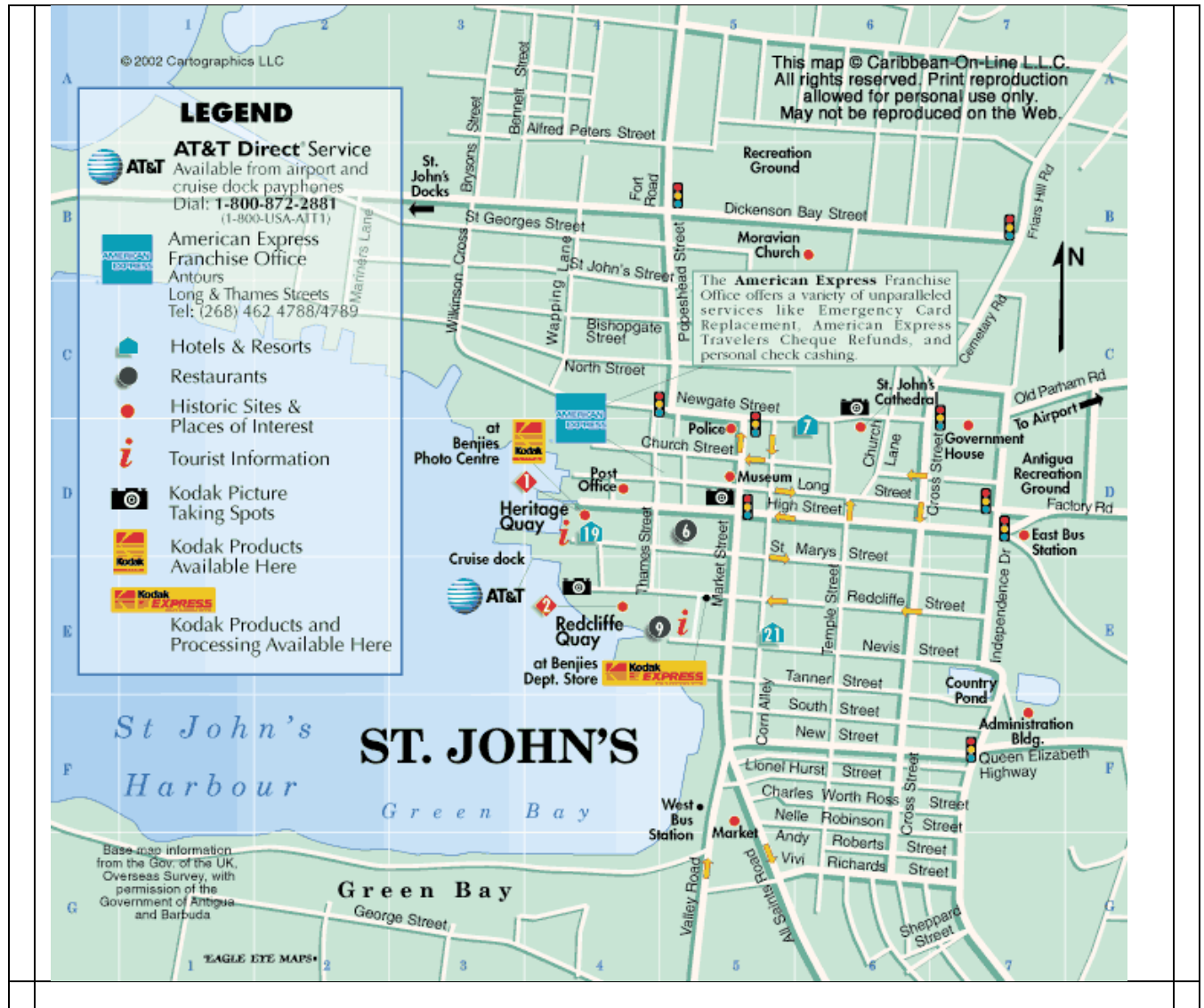




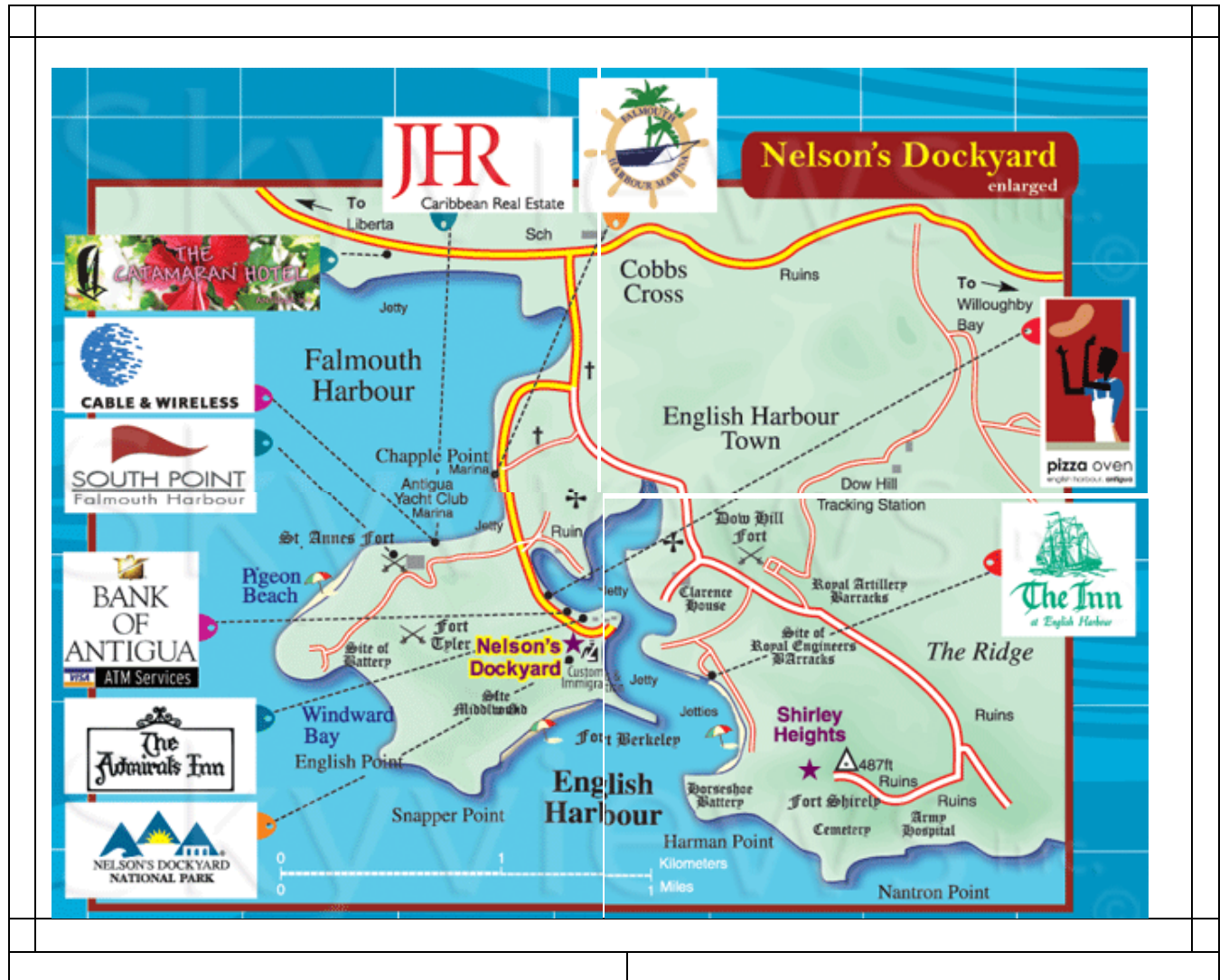




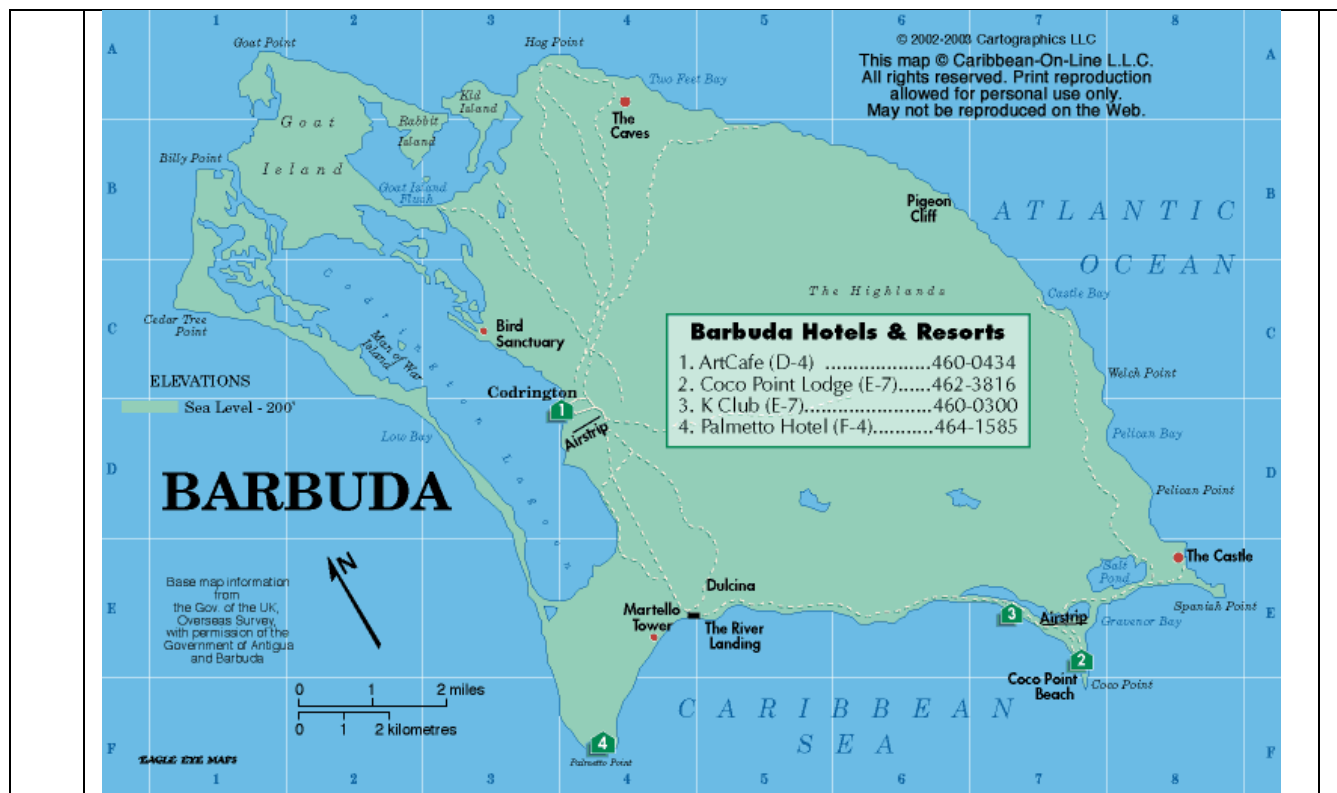












## RCCL EXCURSIONS

**ATV Adventure – RCCL \$102 2 ¾ hours:** Enjoy 2 hours of the ultimate riding experience on an adventurous All Terrain Vehicle guided tour on off-roads, where you travel from the northeast of Antigua on old cane roads, passing through old estates and rural farmlands to arrive at Burke’s Estate in the center of the island. Travel on dirt tracks where few people venture and enjoy the natural beauty of the island. Minimum age to participate is 18 years old with a valid driver's license. Maximum weight is 250 pounds. Limited to 1 person per vehicle. This is an off-road tour and it is not recommended for pregnant women and guests with back or neck problems.

**Antigua Canopy & Challenge - \$109 adult \$99 child 4 hours:** The Antigua Canopy & Challenge Tour is a unique eco-tour through Antigua’s lush rainforest, where you embark on an unforgettable 21 element journey through the verdant forest, high above the trees. The tour offers uncompromised safety installed on a complete double wire throughout with a Double Redundant system. Your state of the art harness and safety helmet are from the world’s leaders in challenge course equipment. You will be met at your ship and taken to the Antigua rainforest some 40 minutes away. After being briefed by fully trained and experienced guides your exhilarating tour can begin. All our staff guides have attended and passed the most stringent training program conducted by the ACCT, world leaders for Challenge Course standards in installation, operation and inspection. Your tour starts at the architectural pleasing Old Pump House with a walk over a suspension bridge from the side of the building, which spans the gorge to the far bank. Once across the bridge, your remaining 20 exciting elements journey through the forest begins as you trail to the start aerial zips, crisscross the gorge. There are zip lines of 52 feet to 328 feet in length. The geography of the gorge dictates that you are above the treetops for large parts of the run - exiting and entering a corridor in the foliage at either end. There are a series of 9 zip lines, 9 typical challenge elements, 1 Leap of

	<p>Faith, 1 tree house and 2 suspension bridges giving you a wonderful opportunity to have a bird's eye view of the flora and fauna in the rainforest whilst listening to the numerous bird species. You will have some short trails into the gorge and then a series of connecting zip lines, bridges and challenge elements, which criss-cross the gorge at tree canopy level. The gorge is full of interesting plants and fruits and has a definite "tropical" feel to it especially when you take a break in our tree house, hidden from the rest of the world! Within the gorge there is a series of large trees and certain features; prominent boulders, a rock pool and a small waterfall. The gorge offers a shaded area with interesting plants with a range of wild fruits, vines, mosses and lichens. This tour includes some slight physical exertion and not recommended for pregnant women, persons with a history of heart conditions, seizures, back, knee or shoulder problems or other pre-existing health problems. Maximum is weight 265 lbs; minimum height 4 feet. Participants should not wear strapless shoes or strapless sandals and ladies should wear shorts or long pants.</p>
	<p><b><u>Antigua Highlights Tour</u> – RCCL \$48 adult \$38 child; 3 hours:</b> This island tour takes you to the heart of Antigua's impressive National Park with your first stop at Nelson's Dockyard for a guided tour of the only working Georgian dockyard in the world. The ambiance is wonderful, the buildings are beautifully restored, and your guide will fascinate you with the highlights and history of the 18th century naval station. It's then onto a stop at the Blockhouse ruins, which offers a commanding view of the Atlantic Ocean and the surrounding coastline. Continue to the ruins of Shirley Heights, sitting high above the historical National Park area and enjoy breathtaking views of Nelson's Dockyard, English Harbor and its surroundings This island tour takes you to the heart of Antigua's impressive National Park. The tour begins with a drive through countryside of tropical beauty and rolling hills, passing through quaint villages on the way to an area rich in history.. Enjoy more scenic views on the return drive to the ship. Don't forget your camera!</p>
	<p><b><u>Antiguan Crusoe Island Break</u> – RCCL \$98 adult \$65 child 5 ½ hours:</b> Your tour begins with a 15 minute drive to Hodges Bay Club followed by a 5-10 minute boat ride to Prickly Pear Island for swimming and snorkeling. After a lesson in snorkeling, the crew will take you through the reef on an underwater tour. Or you can simply take a swim or relax in the sun. There is an open bar and lunch will be served. Complimentary lounge chair, umbrella and snorkel gear is included. You will be met at the ship by your tour guide and driven to the Hodges Bay Club about 15 minutes from your ship. From here you will take a short 5 to 7 minutes enjoyable boat ride to your private and secluded island for the day, Prickly Pear Island. Time will stand still as you arrive on this friendly family run island. There is an open bar all day where you can enjoy beers, rum punch, rum, fruit punch, and soft drinks. A delicious lunch will also be served. The crystal clear waters are great for swimming and snorkeling. The crew knows every inch of the island's reef and, after a lesson in snorkeling in shallow water, the crew will take you through the reef on a mesmerizing underwater tour, or you can simply take a swim or relax and soak up the sun in the idyllic location on your sun chair. Complimentary lounge chair, umbrella and snorkel gear is included</p>
	<p><b><u>Antiguan Home Tour</u> – RCCL \$75 adult \$65 child 4 hours:</b> Enjoy the lush tropical gardens, a Pineapple Farm and Fishing Villages on the Antiguan Home Tour. You'll visit the Valley Church Beach for swimming, snorkeling and lunch. There, Mamma Nancy will entertain you with stories of the past while the Chef cooks lunch right before your eyes with vegetables freshly picked from the backyard along with other Caribbean dishes. Your tour commences as your driver takes you through this beautiful island. Enjoy the breathtaking views and be captivated by the astounding beauty. A guided tour of an Antiguan home is next. This home is filled with artifacts of the 16th century. See the different fruit trees in the backyard and enjoy a quick refreshment. Afterwards, you'll be taken to the Valley Church Beach for swimming, snorkeling and a fantastic lunch. There, Mamma Nancy will entertain you with stories of the past while the Chef cooks lunch right before your eyes with vegetables freshly picked from the</p>

	backyard along with other scrumptious Caribbean dishes. Don't forget to ask for the recipe! During lunch, you will be entertained with the latest island music by a Steel or Reggae band
	<b><u>Beach Escape</u> – RCCL \$32 adult \$22 child 4 hours:</b> Board your air-conditioned taxi and drive 10 minutes to Runaway Bay. Relax in a complimentary lounge chair in a specially designated area of the beach and sip on your welcome Caribbean Cocktail. Enjoy approximately 3 hours at the beach. Runaway Bay features changing facilities, restrooms, and freshwater showers as well as a beach bar and restaurant. Note: Bring a swimsuit, a towel and adequate sun protection. The beach offers one mile of soft white sand bordered by coconut palms and sea grape trees. Relax in a complimentary lounge chair in a specially designated area of the beach and sip on your welcome Caribbean Cocktail. Enjoy approximately 3 1/2 hours of relaxation whilst you soak up the sun, take a gentle stroll along the beach or refresh yourself and take a swim in the Caribbean Sea. Umbrellas and hammocks are available for a nominal charge. Runaway Bay features changing facilities, restrooms, and freshwater showers as well as a beach bar and restaurant. Note: Bring a swimsuit, a towel and adequate sun protection.
	<b><u>Beach Rendezvous</u> – RCCL \$50 adult \$32 child 5 hours:</b> An air-conditioned taxi ride will take you to Runaway Beach just 10 minutes from the pier. Your guide will give you information regarding your day, location, facilities, lunch time and return times. A welcome rum or fruit cocktail is served upon arrival before being escorted to your complimentary lounge chair, which has been reserved for you on the beach. Lunch, including a rum or fruit punch will be made available to you. Rendezvous on stunning Runaway Beach in Antigua at a perfectly located beach bar and restaurant. An air-conditioned taxi ride will take you to Runaway Beach just 10 minutes away from the pier. Your friendly guide will give you information regarding your day, location, facilities, lunch time and return times. This guide will remain with you for the duration of the tour to answer questions and be of assistance necessary to make your day more enjoyable. A welcome rum or fruit cocktail is served upon arrival before being escorted to your complimentary lounge chair, which has been reserved for you on the beach. Umbrellas and hammocks are available for a nominal fee. A delicious lunch, including a refreshing rum or fruit punch will be made available to you.
	<b><u>Best of Antigua</u> – RCCL \$54 adult \$42 child 3 hours:</b> The tour begins with a drive through the capital city of St. John's, and stops at Antigua's National Park, Nelson's Dockyard to see the Admiral's House, Sail Maker's Loft, Old Bakery and the Officer's Quarters before enjoying a beverage in an 18th-century inn. A short drive brings you to the Blockhouse Ruins before continuing to Shirley Heights to see the guardhouse, built in 1791, which sits upon a rugged cliff top offering the most spectacular view of Antigua. The tour begins with a drive through the capital city of St. John's, heading past quaint villages, churches, and small rum shops that epitomize the West Indian style. At Antigua's National Park, three stops will be made to enable you to experience the history, culture and flora of the island. At Nelson's Dockyard, enjoy a short guided tour and free time to walk around this charming 18th-century village. See the Admiral's House, Sail Maker's Loft, Old Bakery and the Officer's Quarters before enjoying a beverage in an 18th-century inn. A short drive brings you to the Blockhouse Ruins overlooking the magnificent Atlantic Ocean, Indian Creek and the St. James Club. Finally, you'll continue to Shirley Heights to see the guardhouse, built in 1791, which sits upon a rugged cliff top offering the most spectacular view of Antigua. Note: The transportation for this tour is with 22 seater air-conditioned coaches and local guides.
	<b><u>Canopy Tour</u> – RCCL \$98 adult \$89 child 4 hours:</b> You'll be taken to the Antigua Rainforest approx. 40 minutes away for a briefing by fully trained and experienced guides. This is an eco-tour through Antigua's rainforest, where you embark on an unforgettable journey via 9 zip lines, 2 suspension bridges, a vertical descent and a tree house. The tour offers uncompromised safety and your state of the art harness and safety helmet are from the world's leaders in

	<p>challenge course equipment. You will be met at your ship and taken to the Antigua Rainforest some 40 minutes away. After being briefed by fully trained and experienced guides your exhilarating tour can begin. The Antigua Canopy Tour is a unique eco-tour through Antigua's lush rainforest, where you embark on an unforgettable journey through the rainforest via 9 zip lines, 2 suspension bridges, a vertical descent, and enjoy a refreshing water break at the tree house. The tour offers uncompromised safety installed on a complete double wire throughout with a Double Redundant system. Your state of the art harness and safety helmet are from the world's leaders in challenge course equipment. Minimum Age: 12 years old. Maximum Weight: 250 pounds.</p>
**	<p><b><u>Catamaran Bird Island Lunch Cruise</u> – RCCL \$84 adult \$59 child 5 hours:</b> Enjoy sailing on a catamaran to the sheltered bay of Bird Island a designated National Park area, with clear, warm waters, perfect for the beginning snorkeler. Or for the more adventurous and energetic, there is a trail that leads to views of the Atlantic Ocean from 100-foot cliffs. A West Indian buffet lunch will be served onboard and complimentary drinks are available. Enjoy an opportunity to get away from it all and visit an uninhabited island for a day. As your catamaran slips away from the mainland, enjoy the thrill of real sailing on the calm of the Caribbean Sea. Your journey to the island is only four miles up the coast. Sail along the reef protected north coast of Antigua, past points of interest such as Prickley Pear Island and Jumby Bay. Next, glide into the sheltered bay of Bird Island, a designated National Park area, with clear, warm waters, perfect for the beginning snorkeler. Your guides will be more than happy to assist you in discovering the best snorkeling areas. There are two sand beaches and some shade. A West Indian lunch buffet will be served onboard and an open bar is available all day. The lilting sound of Caribbean music will be played on the hour and a half return sail back to reality! Minimum Age: 5 years old. Maximum weight: 300 pounds.</p>
**	<p><b><u>Catamaran Sail, Snorkel and Beach Cruise</u> – RCCL \$52 3 hours:</b> Leave St. John's and motor-sail to Paradise Reef on a catamaran, an impressive barrier reef on the North Coast of Antigua with tropical fish and plenty of sea life, for lovely snorkeling. After, set sail downwind to a pristine white sandy beach for swimming and beach-combing for shells, before enjoying the onboard music on your sail back during which snacks and an open bar are available. A short walk from the ship is the dock to your catamaran. After, set sail downwind to a pristine white sandy beach for swimming and beach-combing for shells, before enjoying the onboard music on your sail back to the ship. Delicious West Indian snacks and an open bar are served onboard by your friendly crew. Minimum age: 4 Years Old. Maximum Weight: 250 pounds.</p>
	<p><b><u>Helicopter to Montserrat Volcano</u> – RCCL \$254 adult \$239 child 2 hours:</b> On this 45-50 minute flight, you'll fly over the "exclusion zone," which is an area that has been designated off limits to habitation or ground transportation for the last 8 years, so the best way to see the volcano is by helicopter. You'll see the Soufriere Hills Volcano which is still active and frequently emits a combination of ash, smoke and steam. Your tour includes views of the massive Tar River Gorge and Delta and several villages trapped in the exclusion zone. On this 45-50 minute flight you will fly direct to the east coast of Montserrat. The entire flying tour is then over the "exclusion zone," which is an area that has been designated off limits to habitation or ground transportation for the last 8 years, so the best way to see the volcano is by helicopter. At the center of the exclusion zone is the Soufrierre Hills Volcano, rising to 3,000 feet above sea level, still active and frequently emitting a combination of ash, smoke and steam. One thousand feet below is the massive Tar River Gorge and Delta, which has formed over the last six years as a result of avalanches of hot gas, rock and ash known as pyroclastic flows. The helicopter will then allow a view of Plymouth, the former capital of Montserrat which is now uninhabited and in some places is buried under 40 feet of ash. You will also see villages trapped in the exclusion zone such as Long Ground, Windy Hill and Spanish Point. On the seaside, you will find the W.H. Bramble Airport. Closed after being hit by a pyroclastic flow in the fall of 1997, you will fly low, down the abandoned runway at 100mph to give you a feeling of</p>



	<p>what it is like to be on the ground in the vicinity of the volcano, but from the safety and comfort of a helicopter. After traveling along the east coast, you will leave the island of Montserrat behind, taking vivid memories with you. Upon your return to Antigua, you will have the opportunity to see your ship from an aerial perspective. Note: Tour route over the exclusion zone may vary due to weather and volcanic conditions. The maximum weight for participants is 230 pounds, and the maximum height for participants is 6 feet 4 inches.</p>
	<p><b><u>Island Safari 4 x 4 Off Road</u> – RCCL \$59 adult \$49 child 3 hours:</b> This Safari rigged 4 x 4 will be able to take you to parts of the island that are inaccessible by other tour buses. Leave the port in convoys as this off road expedition leads you to the southern and western side of the island where you will have a chance to stop at some magnificent locations. Next it is on to the beach where you can have a cool refreshing dip in the Caribbean Sea. Please note: This is not a self driving tour. This Safari rigged 4 x 4 will be able to take you to parts of the island that are inaccessible by other tour buses. These Land Rovers are specially equipped with Bobcat seats and belts and each vehicle is protected by padded roll bars. Leave the port in convoys as this "off road" expedition leads you to the southern and western side of the island where you will have a chance to stop at some magnificent locations. Drive up through the picturesque village of Buckley's, viewing the scenic valley. Then, you'll travel through the rain forest en route to the South coast, where you can become one with nature and discover the fragile ecosystem of the mangrove plant. Now, it is on to the beach where you can have a cool refreshing dip in the Caribbean Sea. After, you'll have a chance to see more of Antigua's scenic villages as you head back to the port. Minimum age: 4 Years Old.</p>
	<p><b><u>Jolly Harbour Golf Course</u> – RCCL \$95 5 ½ hours:</b> Designed by leading golf course architect Karl Litton of Florida, this is an established par 71, 18-hole championship golf course and one of the Caribbean's premier golfing venues. Price includes green fees, transportation and shared golf cart. Club rental is \$25.00 per set; Shoe rental is available at \$10.00 per pair. Prices are not part of the golf package and are subject to change at anytime. Payable at the golf course only. Designed by leading golf course architect Karl Litton of Florida, this is an established par 71, 18-hole championship golf course and one of the Caribbean's premier golfing venues. Adjacent to the Jolly Harbour Marina and surrounded by excellent shopping and beaches, it is set in lush tropical parkland. Easterly breezes cool you on the fairways that have been sculpted into green hilly landscape, with seven lakes to make this 5,587 yards golf course more challenging. Price includes green fees, transportation and shared golf cart. Club rental is \$25.00 per set; Shoe rental is available at \$10.00 per pair. Prices are not part of the golf package and are subject to change at anytime. Payable at the golf course only. 30 MIN FROM PORT. PRICES VALID 10/01/06 - 9/30/07.</p>
	<p><b><u>Kayak &amp; Snorkel Eco Adventure</u> – RCCL \$69 adult \$42 child 4 ½ hours:</b> Guides will take you kayaking, reef snorkeling, motor boating and hiking to a sunken cave on a 20-acre uninhabited island that has two white sand beaches and panoramic views. Paddle tranquil lagoons and protected mangroves and learn about rare wildlife and fragile eco systems. No experience is necessary. After the tour, enjoy a celebration at the clubhouse. Wear swimsuit and don't forget towel, waterproof shoes (flip-flops are unsuitable), sun block, a change of clothes and sunglasses. This is a unique eco experience on Antigua's unspoiled east coast. Guides will take you kayaking, reef snorkeling, motor boating and hiking to a sunken cave on a 20-acre uninhabited island that has two white sandy beaches and panoramic views. Paddle tranquil lagoons and protected mangroves and learn about rare wildlife and fragile eco systems. No experience is necessary. Don't forget your camera. Try and spot shy turtles, stingray, starfish, conch, puffer fish, tropical birds and lizards in their natural habitat. There is much to see and do; however, there will be time to relax and appreciate nature too. After the tour, enjoy a celebration at the clubhouse before returning to the ship. Note: All snorkeling gear is included. Don't forget your towels, waterproof shoes (flip-flops are unsuitable), sun block, a change of clothes and sunglasses. A hat is optional. Guests should wear a swimsuit under their</p>

	clothes prior to leaving the vessel. Limited supplies of complimentary water shoes are available for those guests who need them. Minimum age is 7 years old.
***	<b><u>Mini Boats &amp; Hidden Beaches</u> – RCCL \$92 3 ½ hours:</b> This tour will enable you to visit a beautiful beach, swim in the Caribbean Sea and experience being the “captain” of your own vessel. You’ll receive life jackets and a brief orientation before heading out. Each boat has two seats, and driving responsibilities can be shared. Please bring a towel and adequate sun protection. The minimum age to participate is 8; to drive the boat is 18. This tour will enable you to visit a beautiful beach and swim in the pleasing water of the Caribbean Sea. You will experience being the captain of your own vessel. This escape begins with a brief bus ride to the location where your guide and boat will be awaiting you. There, your certified guide will hand out life jackets and a brief orientation. Then, you will captain your own boat into the open water for a cruise along the sapphire waters to a beautiful beach. Here you can bask in the warm Caribbean sun, swim or take time to explore the area. You will then captain your boat through a scenic tour back to the bus before returning to the ship. Each boat has two seats, and driving responsibilities can be shared. Note: Please bring a towel and adequate sun protection. The minimum age to drive the boat is 18 years old. The minimum age for participation is 6 years old. Maximum weight is 250 pounds.
**	<b><u>Pirates of Antigua - Black Swan</u> – RCCL \$58 3 hours:</b> Relive the swashbuckling days of long ago as the Black Swan cruises away into the fantasy world of spirited and friendly pirates. Your cruise takes you on a spectacular voyage filled with adventure and fun, along the west coast of Antigua. Enjoy a fun-filled day with the Pirates of Antigua! Step back in time and don your eye patch, become a buccaneer and weigh anchor onboard the pirate ship, Black Swan. Relive the swashbuckling days of long ago, experience an exchange of cannon fire with Fort James as the Black Swan sails out of the harbor and cruises away into the fantasy world of spirited and friendly pirates. You'll go on a spectacular voyage filled with adventure and fun, along the west coast of Antigua and anchor in a quiet bay where the fun begins. Try walking the plank, rope swing, swim, snorkel on a wreck or soak up the sun on the beautiful beach. On the return, enjoy dancing and a limbo competition as you enjoy festive music all the way back to the dock. An open bar is available throughout your journey. Minimum age to participate is 4 years old.
	<b><u>Runaway Beach Break</u> – RCCL \$39 adult \$28 child 3 hours:</b> Runaway Beach offers 1 mile of white sand bordered by coconut palms and sea grape trees where you can relax in a complimentary lounge chair in a specially designated area of the beach and enjoy approx. 3 hours of fun in the sun. Stroll the beach, swim and partake of complimentary fruit or rum punch. Additional activities are available at an extra cost and are not part of the tour package. Wear a swimsuit, bring a towel and sun protection. Your tour will begin as you board an air-conditioned taxi and drive to Runaway Beach. You are greeted upon arrival and given a brief tour of the beach facilities. Then, relax in a complimentary lounge chair in a specially designated area of the beach and enjoy approximately 3 hours of fun in the sun. Stroll the beach, swim and partake in complimentary fruit or rum punch. You will also have enough time to take advantage of water sports equipment. In addition, there is a pool table in the bar area. Umbrellas are available for purchase. Runaway Beach features changing facilities, restrooms and freshwater showers as well as a beach bar and restaurant. Note: Wear a swimsuit, bring a towel and adequate sun protection. If you are intending to use water sports, additional charges will apply and a credit card deposit will be taken as insurance against damage.
	<b><u>Scenic Antigua &amp; Beach</u> – RCCL \$59 adult \$49 child 3 ¾ hours:</b> This island tour begins with a drive passing through quaint villages and rolling hills on the way to Dows Hill Historical Centre for a viewing of the sound-and-light show, Reflections of the Sun, which illustrates six eras of Antigua's history. Continue on to the ruins of Shirley Heights, for a panoramic view. Drive through the tropical foliage of Fig Tree Drive, Antigua's rain forest, as the tour takes you

	to one of the island's beaches for a swim. This island tour into Antigua's fascinating history begins with a drive through the center of the island passing through quaint villages and rolling hills on the way to Dows Hill Historical Centre for a viewing of the captivating sound-and-light show, Reflections of the Sun, which illustrates six eras of Antigua's history. Continue on to the ruins of Shirley Heights, sitting high above the National Park area. The breathtaking views from here are legendary. Drive through the lush, tropical foliage of Fig Tree Drive, home of Antigua's rain forest as the tour takes you to one of the island's lovely beaches for a swim. Enjoy picturesque views on the return drive.
	<b><u>See Antigua by Sea</u> – RCCL \$92 adult \$59 child 6 hours:</b> The "Excellence" is one of Antigua's most exquisite 5 star, state-of-the-art luxury catamarans. You'll be whisked away to a secluded and deserted island called Green Island where you can relax on the beach or explore the nearby reef. When you get back, the crew will cook up a lunch of chicken and fish. Drinks are included all day at the open bar. Think you've seen all that Antigua has to offer? Wait until you experience the views by sea! The sensation you will feel as the coastline glides by with rolling hills shimmering in the distance is one you will never forget. See areas such as Jumby Bay, Bird Island and the natural spectacle of Devil's Bridge up close and personal. Be at peace with the world as you gaze at slender coconut palms waving in the crisp breeze and listen to rhythmic calypso and reggae music. You will be whisked away to a secluded and deserted island called Green Island where you can relax on the beach or explore the nearby reef. When you get back, the crew will cook up a delicious lunch of chicken and fish. Drinks are included all day at the open bar. Next you will cruise across English Harbor, where you will discover Nelson's Dockyard, one of the most prestigious and renowned dockyards in the world. Before your return to port, your journey will take you by the exotic western coast of Antigua where virgin white sand beaches and pristine bays can still be found.
***	<b><u>Stingray Swim &amp; Snorkel</u> – RCCL \$69 3 hours:</b> Transfer by bus and open skiff to a floating platform where your local guide will provide snorkel equipment, instructions and a safety briefing. At its highest, the waters reach approx. 4 ft in depth – ideal for everyone to enjoy the amazing creatures which live beneath the surface. You'll be able to touch, photograph and feed the stingrays. It is recommended that guests wear sunscreen to protect against sunburn. On this excursion, you will transfer by bus across Antigua's rugged countryside to reach the land-base at Seatons. Once at the land-base, you will have a chance to change into your swimwear before boarding your open skiff for a thrilling 8-minute ride out to the Stingray village. Once at the enclosure, you will disembark the boat onto a floating platform where your local guide will issue you with snorkel equipment and give an instruction and safety briefing to you before entering the water. At its highest, the warm waters on the sand bar and surrounding reef reach approximately 4 ft in depth ideal for everyone to enjoy the amazing creatures, which live beneath the surface. Your guide will introduce you to the wonderfully friendly stingrays and encourage them to the surface for you to gently touch or photograph. Although the stingrays are in possession of a barb midway on their long tails, the only time they use this is for protection if they are threatened. Enjoy watching these majestic creatures as they glide through the waters! If you're feeling brave you may want to feed them a little squid under the instruction of your guide. Stingrays do not possess teeth, but hard grinding plates and have an incredible suction power. Other forms of marine life include crabs, lobster, shellfish, starfish, octopus and other colorful species of fish may also be found at Stingray City. On return to the land-base you will be offered refreshing rum or fruit punch. You'll have a short time to use the changing facilities and look through the wonderful digital photographs of your adventure. Please note that it is recommended guests wear sunscreen to protect against sunburn. Adults must accompany children under the age of 12 years old.
	<b><u>Taste of Local Antigua</u> – RCCL \$59 adult \$52 child 4 hours:</b> Drive to the Rosemac's Herb Garden. Your guide explains various bushes, plucking leaves and savoring smells. Hear folklore and medicinal value of herbs. Taste or purchase a delicious brew. Drive to Claremont

	<p>Farm, see the "Antigua Black Pineapple" and other fruit in season. Drive through Antigua's rainforest and Fig Tree Drive. See generations of clay creations at the Pottery Shop. At the St. Johns Public Market; see a colorful melee of vibrant market vendors, then to the Sealand Cotton Shop. Enjoy this sightseeing tour while experiencing the local culture of Antigua. After a short scenic drive, you'll arrive at Buckley Heights, a Pottery shop. Here, you'll see clay creations handed down from generation to generation. Then, you'll drive through Fig Tree Drive where you'll get a glimpse of Antigua's Tropical Rainforest. A stop will be made at the Pineapple Farm where you will learn about the "Antiguan Black Pineapple". See its various stages of growth along with other West Indian fruit trees including mangoes and bananas. You'll have an opportunity to sample and delight in a seasonal fruit. Boarding the bus once again, you'll drive through rich landscapes until you reach Rosemac's Herb Garden. You'll catch the scent of fresh tropical herbs as you enter the garden. Your guide will explain the medicinal values of these herbs and you'll have a chance to taste one of their delicious brews. Medicinal herbal products will be available for purchase at the end of the guided tour. Next, you'll visit the Sea Island Cotton Shop, located on the beach. Here you'll capture the soul, color and laughter of true Antiguan Art. Don't forget to wear your swimsuit if you'd like to take a dip at the beach. Finally, you'll have time to browse through the Public Market located in St. Johns where you'll find a vibrant market offering local West Indian fruits and vegetables or be driven back to your cruise ship pier.</p>
	<p><b><u>The Ocean Racing Experience</u> – RCCL \$109 4 hours:</b> Join and become part of the Ondeck Ocean Racing Team, one of the most prestigious yacht havens in the Caribbean. Race these fantastic boats amongst other famous yachts in the world. The Beneteau 40.7 yachts race head to head, and guarantee an adrenalin filled, good time. Afterwards, enjoy the views of Shirley Heights before returning to your ship. Enjoy the 30 minute taxi ride as your driver will guide you through some of Antigua's history and colorful scenery. As the land starts to disappear and the sea comes into view, it's time to take to the water and take up the challenge of The Ocean Race Experience. This is a fully interactive excursion and under the watchful eye of its professional crew, guests will be encouraged to get involved in every single aspect of sailing. From hoisting the main, grinding in the sails and even taking a turn at the helm – it's all about team work! After the action on the water, participants will share in a celebratory rum punch and have a browse in the store where photographs of your race and other merchandise are available to purchase. The next stop will be Shirley Heights, known as the most famous view point in Antigua, where stunning views of surrounding islands Guadeloupe and Montserrat can be enjoyed. Steeped in history, stand where Lord Nelson stood hundreds of years before. It's a perfect opportunity to unwind after the race and enjoy the sights of the most interesting and beautiful part of Antigua. Your tour will conclude back at the ship. Notes: Minimum age to participate is 12 years old. Minimum weight limit is 80 pounds and maximum weight limit is 350 pounds. Pregnant guests or guests in wheelchairs should not participate.</p>
	<p><b><u>The Ultimate Adventure</u> – RCCL \$169 7 ½ hours:</b> This tour includes zip lining, hiking, the beach, sailing and snorkeling. Wrap it up with a lunch including complimentary beverages. Your ultimate adventure begins via a 30-minute drive through Antigua's countryside until you reach the rainforest area in Wallings. Start off by exploring Antigua's Rainforest by Canopy Tour! These 12 exciting zip lines and suspension bridges will start your adrenaline going. Afterwards, you'll take a hike through this wonderful location until you reach Carlisle Bay. Here, you'll stop to see how a pineapple farm cultivates this tasty fruit before descending onto one of Antigua's finest beaches. Time is given to relax on the beautiful warm waters of this Caribbean beach before you are met by one of the most popular Catamarans on the island, the Wadadli Cats. After you sail out, a delicious lunch is served for you. You will be taken to Cades Reef, where the underwater world unfolds in front of your eyes. There will be an experienced snorkel instructor in the water with you to guide and assist you. After your snorkeling experience, complimentary beverages will be served. You can then sit back and relax as Wadadli Cats</p>



	takes you on a wonderful fun filled sailing experience along the south west coast en route to St John's. This experience is one you will never forget! Notes: Minimum age to participate is 12 years old and maximum age is 70 years old. Maximum weight restriction is 265 pounds and guests must be at least 48 inches tall. Pregnant women and guests with dizziness, shortness of breath, back and/or neck injuries or those with fear of heights should not participate.
**	<b><u>Tropical Delight Catamaran Snorkel &amp; Beach</u> – RCCL \$84 adult \$59 child 6 hours:</b> Specifically designed for the serious snorkeler, the Tiami catamaran will take you to the National Park of Cades reef. Anchored in a bay, you'll be served a meal prepared by some of the Caribbean's top chefs, chicken served with local side dishes and salads and freshly baked banana bread. This tour is ideal for the person who wants to get away from it all, sip on exotic local juices, as well as blended cocktails and experience pure sailing in an un-crowded atmosphere, on the Tiami catamaran. Your Captain will brief you on the places of interest along the coast. You will see Antigua's famous coastline from the sea, and pass places of interest such as Fort Barrington. Specifically designed for the serious snorkeler, the Tiami will take you to some of Antigua's best underwater scenery, the National Park of Cades reef. Protected by law, this reef is home to many rare and beautiful species of fish and coral. Anchored in a beautiful bay, you'll be served a sumptuous meal prepared by some of the Caribbean's top chefs, a delicious chicken served with local side dishes and salads. For dessert you can enjoy freshly baked banana bread. Note: Minimum age to participate is 4 years old. Maximum weight restriction is 250 pounds.
***	<b><u>Ultimate Snorkel Sea-Fari</u> – RCCL \$79 3 ½ hours:</b> Enjoy the ride on a 35' powerboat to your snorkel stop, Cades Reef National Park, where you'll enter the water with your experienced instructor for a tour of Antigua's underwater world. Cades Reef is known for its beautiful reef and coral formations. You'll have time to enjoy what Antigua is famous for - the beach. Soak up the sun, swim or snorkel from the beach. Complimentary rum punch or fruit punch will be available. Enjoy an exhilarating ride down the picturesque South coast to Cades Reef National Park on your comfortable 35' powerboats. Here you enter the water to snorkel with your qualified guides and instructor for an amazing tour of Antigua's underwater world. Cades Reef is known for its beautiful reef and coral formations. As you head to the beach you'll take a quick stop to admire the starfish at Cades Bay. Now it's time to enjoy what Antigua is so famous for, "the beach"! Here, you'll enjoy a rum or fruit punch. Relax, swim or snorkel from the beach. You'll then head back to your ship, hugging the coastline, for a great view of Antigua's wild life and eco-systems. Minimum age: 8 Years Old. Maximum weight: 275 pounds.