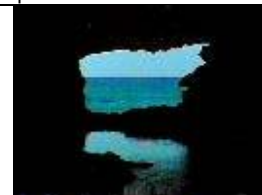


Best Buds! Cruise Clues!


Barbados

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.barbados.org/> (Barbados tourism encyclopedia; comprehensive guide to everything!)
<http://www.visitbarbados.org/> (Barbados Tourism Authority website)
http://www.totallybarbados.com/barbados/Local_Listings/Sightseeing_Listings/ (best overall travel information, maps photos)
<http://www.barbados.com/> (Barbados vacation planner)
<http://www.barbadosgold.com/> (the best Barbados has to offer guide)
<http://www.caribbean-on-line.com/br/btmap.shtml> (Bridgetown map)
<http://www.caribbean-on-line.com/earleltd/br/scmap.shtml> (Oistins map)
<http://barbados.cc/YourHomePage/map/> (zoomable map with towns, mountains, roads, etc.)
http://barbados.org/maps_google.htm?mapPoint=140 (Google maps with places of interest)
<http://www.cruisecritic.com/ports/newport.cfm?ID=5> (Cruise Critic Barbados Overview)
http://www.virtualtourist.com/travel/Caribbean_and_Central_America/Barbados/Travel


	http://www.caribbeanedge.com/barbados/activities/sightseeing/ (Virtual Tourist Travel Guide and Reviews for Barbados) http://barbadosfreepress.wordpress.com/ (Caribbean Edge Magazine for Barbados Sightseeing suggestions) http://barbadosfreepress.wordpress.com/ (Insider's Guide Blog to Barbados Life)
	http://www.irieman-talma.com/barbados.htm (Brian "Irie Man" Talma's Barbados website) http://www.caribzones.com/chchfestival.html (Barbados festivals) http://www.vacation-in-barbados.com/ (Guide to cheap Barbados vacation planning)
	<p>Barbados is the eastern-most Caribbean island. It is located at 13.4N, 54.4W. The island, which is less than one million years old, was created by the collision of the Atlantic crustal and Caribbean plates, along with a volcanic eruption. Later coral formed, accumulating to approximately 300 feet. It is geologically unique, being actually two land masses that merged together over the years.</p>
	<p>Barbados is a relatively flat island with an abundant supply of large gradually sloping beaches fringing the land. In some areas, notably the North, coral and sandstone cliffs rise straight out of the sea reaching several hundred feet in height. In the South West, cliffs of 50 to 100 feet rise and fall along the coast, separated by small sandy beaches and bays. On the flatter South West and West coasts, you may walk for miles along unbroken white sand beaches, sometimes stopping at a cluster of coral rocks jutting out to sea. All along the shore large and small beaches are broken by coral formations, the soft coral rocks weathered by the ocean surf, forming abstract sculptures to an artist's eye.</p>
	<p>Barbados (pronounced baarbey'dows) situated just east of the Caribbean Sea, is an independent island nation in the western Atlantic Ocean. At roughly 21° North and 87° West, the country lies in the southern Caribbean region, where it is a part of the Lesser Antilles island-chain. Its closest island neighbors are St. Vincent and St. Lucia to the west. To the south lies Trinidad and Tobago—with which Barbados now shares a fixed official maritime boundary—and the South American mainland, Barbados's total land area is about 430 square kilometers (166 square miles), and is primarily low-lying, with some higher regions in the island's interior. The organic composition of Barbados is thought to be of non-volcanic origin and is predominantly composed of limestone-coral formed by subduction of the South American plate colliding with the Caribbean plate. The island's climate is tropical, with constant trade winds off the Atlantic Ocean serving to keep temperatures mild. Some more undeveloped areas of the country contain tropical woodland and scrubland. Other parts of the interior which contribute to the agriculture industry are dotted with large sugarcane estates and wide, gently sloping pastures, with many good views down to the coast.</p>
	<p>Barbados is often spared the worst effects of the region's tropical storms and hurricanes during the rainy season as its far eastern location in the Atlantic Ocean puts it just outside the principal hurricane strike zone, and one only hits about every 26 years. It is geologically composed of coral (90 m/300 ft thick). The land falls in a series of "terraces" in the west and goes into an incline in the east. Most of Barbados is circled by coral reefs.</p>
	<p>Barbados is known for two pirates of the Caribbean - Sam Lord and Stede Bonnet. Sam Lord must have been one of the most unusual pirates of the Caribbean! Rather than taking to the seas Sam Lord found a unique, and very profitable, way to plunder ships in the Caribbean. Legend has it that Sam Lord hung lanterns in the coconut trees on the beach near his castle to attract ships. Captains mistook the lanterns for the lights of the capital city and wrecked their ships on the reefs. Sam Lord, one of</p>



	the most creative pirates of the Caribbean region, would then plunder the ships! Known as the pirate gentleman, Stede Bonnet became one of the pirates of the Caribbean in a most unusual way! A retired British army major and well off plantation owner in Barbados, the middle aged Major Stede Bonnet suddenly turned to piracy in early 1717 and actually <i>purchased</i> his own pirate ship, an unheard of act among the pirates of the Caribbean! Bonnet sailed his pirate ship "Revenge" off the New England Coast, capturing and burning several ships, before returning to the Caribbean. Here he befriended perhaps the most famous of the pirates of the Caribbean - Blackbeard! The friendship quickly changed as Blackbeard took over Bonnet's ship before the 'pirate gentleman' once again took charge. This unusual Caribbean pirate was eventually captured and sentenced to death. He was hung for piracy at the end of 1718.
	Sometimes known as "the England of the tropics", Barbados is famous for its miles of fantastic pink and white sand beaches--and rightfully so. The soft sand and palm trees form the backdrop for the clear waters of the Caribbean Sea that have underwater visibility of 100 feet for most of the year making the island a popular snorkeling destination. Steeped with colonial history, the buildings of the islands capital, Bridgetown, harken back to the days when the British ruled the island and, although Barbados is still part of the Commonwealth, it is showing signs of a move towards independence. But truthfully, not many people travel to Barbados for a history lesson; the beaches are why visitors return again and again. Come and see for yourself.
	The cruise pier is in Bridgetown in the South Western corner of the island and can accommodate 5 ships. It is a very long pier and large enough that shuttle buses are needed to transport cruisers to the terminal. There are a few nice shops and taxis across the street from the cruise terminal after you exit.
	
	Actor Tom Selleck owns a home in Barbados. Singer Rihhanna is a Barbados native.
	Rate of exchange: the US\$1 = BDS\$2. To figure US dollar costs; divide the Barbados dollar by 2.
TRANSPORTATION	
	There are three bus systems running seven days a week (though less frequently on Sundays), and a ride on any of them costs \$1.50 BBD. The smaller buses from the two privately-owned systems (route taxis or "ZRs" and " <i>minibuses</i> ") can give change; the larger blue and yellow buses from the government-operated Barbados <i>Transport Board</i> system cannot. Most routes require a connection in Bridgetown. Some drivers within the competitive privately owned systems are reluctant to advise persons to use competing services, even if those would be more suitable.
	Public Transport: Barbados has a cheap and extensive <i>public transport system</i> . All fares to any destination are BD\$ 1.50 . <i>Public transport buses</i> run from 5:00AM till Midnight. You need to have the exact fare ready when boarding. If you are not sure where to disembark, ask the driver when you step onto the bus. Government-owned buses are blue with yellow trim. They run all the main routes at regular intervals. If you wish to travel from the West Coast to the South Coast or vice-versa you need to catch the "by-pass" bus marked "Speightstown-Oistins". These run every half hour.
	http://www.transportboard.com/index.php : interactive bus schedules and routes
	Minibuses that are yellow with blue trim are privately owned. They do not have an

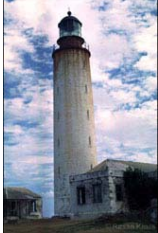
	exact schedule, but run frequently.
	Route Taxis are small mini-vans and are white with a maroon stripe and run frequently, especially along the South Coast.
	The yellow LOUD Caribbean music playing buses take US dollars, the government-owned blue with yellow trim buses only take their bus tokens or Barbados money.
	Transport on the island is good, with 'route taxis', called "ZR's" (pronounced "Zed-Rs" not "Zee-Rs"), travelling to most points on the island. These small buses/vans can at times be crowded, but will usually take the more scenic routes to destinations. They generally depart from the capital Bridgetown or from Speightstown in the northern part of the island. These kamikaze drivers speed up and down the main thoroughfares, honking their distinctive horns, passengers piled to the roof, swaying to the sounds of loud reggae—you can't ask for a better roller coaster ride!
	Competition for patrons extends to the bus terminals (sometimes just a parking lot full of buses) Some hotels also provide visitors with shuttles to points of interest on the island from outside the hotel lobby. The island also has plenty of taxis for hire, though they can be expensive.
	Taxi drivers and tour operators are VERY pushy; there are many many stories about cabbies tricking tourists into taking routes/tours they didn't want or talking them out of going to beaches they wanted to go to by lying about the facilities or beach conditions; it is recommended that you walk past the pier gates and hail a local cab driver <u>outside</u> the pier fence instead.
	There are no street signs to speak of in Bridgetown and combined with traffic jams; that could make your trip much longer than the miles would indicate—especially the trip back to the ship could be much longer than your morning trip away from the ship! Many roads on the island are unmarked or poorly marked—take a compass as nearly all roads in Barbados run N-S or E-W. While a coastal road encircles the island, once inland, it is very easy to get lost.
	Visitors also have the option of transport by car, presuming that they have a driver's license (issued in their native country). There are several locally-owned and -operated vehicle rental agencies in Barbados but there are no multi-national car-rental agencies such as Avis, Europcar or Hertz. Rental agencies will take you to the nearest Cop Shop and register your driving license for \$5 (good for one year). The Collision Damage Waiver (CDW) is optional. The cost of a local driver's permit is BDS\$10.00 (US \$5) and it is valid for 1 year. BDS\$500 fine for not wearing seatbelts.
	http://barbados.org/tours/carates.htm (interactive list of car rental agencies) http://www.funbarbados.com/carrentals/ (info about renting cars, jeeps, bikes, mopeds, vans) http://barbados.rentalcarshopper.com/ (get a quote for your trip) http://www.barbadoscar.com/ (shop and compare Barbados car rentals)
	Coconut Car Rentals: rent a Suzuki: driver must be over 21 years of age and must have had a driver's license for no less than 3 years; 246-437-0297 fax 228-9820 http://coconutcars.com/
	Courtesy Car Rental: compact and luxury cars and SUV's; drivers must be between 21 and 70 years old with a minimum 3 years driving experience and a clean record; http://www.courtesyrentacar.com/
	Direct Car Rentals: http://www.barbadosrentals.net/
	Drive Barbados: http://www.drivebarbados.com/
	Soute's Rental: rent jeeps, mini-mokes or sedans from a kiosk right at the cruise ship terminal approx. \$90 day; reserve online http://www.stoutescar.com/ ; phone

	246-416-4456; fax 246-416-4435 or contact by email at info@stoutescar.com																																	
	Take care that local boys don't jump in your moke at intersections!																																	
																																		
	<p style="text-align: center;">Mokes, Convertibles & Small Cars All Rates Quoted in Barbados Dollars (US\$1 = BDS\$2) and includes 15% VAT</p> <table border="1"> <thead> <tr> <th>DAYS</th><th>RENTAL</th><th>CDW</th><th>PERMIT</th><th>TOTAL</th></tr> </thead> <tbody> <tr> <td>1</td><td>\$133.00</td><td>\$23.00</td><td>10</td><td>\$166.00</td></tr> <tr> <td>2</td><td>\$249.00</td><td>\$46.00</td><td>10</td><td>\$305.00</td></tr> <tr> <td>3</td><td>\$318.00</td><td>\$69.00</td><td>10</td><td>\$397.00</td></tr> <tr> <td>4</td><td>\$424.00</td><td>\$92.00</td><td>10</td><td>\$526.00</td></tr> <tr> <td>5</td><td>\$518.00</td><td>\$115.00</td><td>10</td><td>\$643.00</td></tr> </tbody> </table>				DAYS	RENTAL	CDW	PERMIT	TOTAL	1	\$133.00	\$23.00	10	\$166.00	2	\$249.00	\$46.00	10	\$305.00	3	\$318.00	\$69.00	10	\$397.00	4	\$424.00	\$92.00	10	\$526.00	5	\$518.00	\$115.00	10	\$643.00
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	http://www.10best.com/Barbados/Sights_&_Activities/Tours_and_Excursions/index.html (listing of ten best attractions on Barbados)																																	
	<p>Aerial Trek Zipline: near Walkes Spring Plantation in the center of the island (on the way to Harrison's Caves and near Earthworks Pottery); double line for safety; zipline stretches over Jack-in-the-Box Gully; eight platforms with two experienced guides; beautiful views and information on eco-system and geological formations; short walk on nature trail back to base camp, beverages; gift shop; bus transportation back to cruise ship; sneakers or closed shoes required-234-8082 http://www.outdoorsbarbados.com/barbados-service-list.cfm?servicetype=3&servicecategory=16&service=54 or email at aerialtrek@caribsurf.com</p>																																	
	<p>Arbib Nature and Heritage Trail: hiking on a 5-mile trek; http://www.funbarbados.com/Trust/arbib.cfm</p>																																	
	<p>Atlantis Submarine: Bridgetown, take a 12 minute ferry boat ride from Carenage with a safety briefing to a submarine; air-conditioned submarines seat 28-48 passengers; take a 45 minute dive to view a shipwreck, coral reefs, amazing fish at depths of up to 145 feet (not as colorful); book a morning dive to leave time for beach or other tours; M-T-Th-F at 1pm and 9-4 on Wednesday; \$89 adults \$57 child; tour aboard Rhino Rider (inflatable motorized craft for 2 hours \$83; 30 minute snorkeling shipwreck adventure and a beach stop; \$57 power snorkel???) http://www.atlantisadventures.com/barbados.cfm</p>																																	
	<p>Andromeda Botanical Gardens: mature private botanical garden for avid horticulturists on east coast cliff overlooking Bathsheba; (Atlantis Hotel is ½ mile away); 7 acre rock garden with thousands of orchids, hibiscus, ferns, palms along with toads, herons, lizards, hummingbirds, mongoose and monkeys. Andromeda: mythical Greek goddess who was chained to a rock; small restaurant; very nice gift shop; \$9 adults open daily 9-5pm 246-433-9384 http://andromeda.cavehill.uwi.edu/</p>																																	
	<p>Animal Flower Cave: St Lucy; Barbados lone accessible sea cave discovered in 1780; extreme northern coast cave; 500,00 year old coral floor; sea anemones</p>																																	


	resembling jewel-like flowers live in small pools in this cave; magnificent view of breaking waves from inside cave. http://www.funbarbados.com/Sights/flowercave.CFM
	Bajan Helicopters : 246-431-0069 http://www.barbadosbarbados.com/Bajan-Helicopters-Ltd.cfm?linkId=11 http://www.bajanhelicopters.com/contact.htm www.funbarbados.com
	Barbados Museum : near Garrison Historical Area; view Sailor's Valentines (octagonal carved boxes with seashells artfully arranged inside). http://barbados.org/museum2.htm
	Bathsheba : east coast, St Joseph; top surfing spot, jagged hills, tumultuous Atlantic, stunning panoramas.
	Berwyn Tugboat wreck in Carlisle Bay; popular scenic snorkeling spot; 45 foot French tugboat sits in 25 feet of water and house seahorses, crabs and assorted fish; http://www.mynextdive.com/sites/show/85-the-berwyn http://www.shipwreckexpo.com/tsbarbadosshipwrecks.htm
	Careenage : near cruise pier; natural harbor and gathering place; marina for yachts and excursions boats; in early days, schooners were careened (turned on their sides) to be scraped and painted. http://www.funbarbados.com/Restaurants/careenage.cfm
	Chalky Mount ; St Andrew, tiny east coast village high in the clay-yielding hills used by local potters for 300 years; artisans still work and sell their wares here. Short walk to top of 550 foot elevation; http://barbados.org/chalky.htm
	Bridgetown Fishing Complex ; near cruise pier; fisherman unload and clean many varieties of local fishes.
	Cherry Tree Hill : St Peter, pleasant tree-shaded stretch of road with striking panorama of the east; it is said if you stop your car in neutral on the crest of the small hill; it will roll uphill.
	Cove Bay and Pico Teneriffe (Gay's Cove) : St Lucy; deep-cut cove flanked on one side by a stunning rock pillar that juts from the sea (Pico Teneriffe); high cliff ledge with natural amphitheater, palms and casuarina trees.
	Dottins : most beautiful coral reef on the west coast; home to corals, turtles, barracudas; tropical fish; stretches 5 miles from Holetown to Bridgetown. http://www.mynextdive.com/sites/show/78-dottins-reef
	Earthworks Pottery Factory : shop in cruise pier terminal outlet or travel to pottery factory one hour from port in central parish of St Thomas at Shop Hill (on the way to Harrison's Cave); visit Hendy's amazing batik studio next door, restaurant on second floor serves light tropical snacks, panini, salads, hummus, wraps; beer, wine, smoothies ; nearby art gallery: http://www.earthworks-pottery.com/ http://www.onthewallartgallery.com/
	Emancipation Statute : east of Bridgetown; powerful slave sculpture with raised hands and broken chains overlooks a cane field; commonly referred to as the Bussa Statue (he led the first slave rebellion on Barbados in 1816). http://www.barbados.org/bussa.htm
	Farley Hill : east coast 17 acres national park; 800 foot elevation; across road from Wildlife Reserve; ruins of 19 th century plantation greathouse surrounded by nicely landscaped gardens. lawns, royal palms, gigantic mahogany, whitewood and casuarinas trees; partially rebuilt for 1957' "Island in the Sun" starring Harry Belafonte and Dorothy Dandridge; in back, there is a sweeping view of the rugged landscape of





	Scotland; perfect eastern panorama. http://barbados.org/fhill.htm
	Flower Forest: former sugar plantation 836 feet above sea level one mile from Harrison's Cave; bird of paradise; begonias with leaves the size of your hand; purchase local handicrafts at Best of Barbados gift shop; snack shop with flying fish and chips; \$9 adults; open daily 9-5pm 246-433-8152 http://www.barbados.org/flowfrst.htm
	Folkestone Marine Park: at Church Point; near Holetown; a "waterpark" on a sand beach; combines a museum and aquarium; artificial reef composed of sinking of Stavronikita in 120 feet of water less than half a mile from shore; Snorkelers will prefer the inshore reef found in the Recreational Zone of the park 1/3 mile offshore; underwater snorkeling trail goes around Dottin's Reef or view from a glass-bottom boat; snorkel rental \$10; beachfront restaurants and bars nearby; onsite gift shop open M-F 9-5pm; reportedly not very kept up http://barbados.org/folkstone.htm
	Immediately over the north wall of Folkestone Park lies the Bellairs Research Institute of McGill University (Montreal). Because this scientific station is located here, sandwiched between Folkestone and Coral Reef Club, and because they supervise the reef, the reef immediately offshore the point that Coral Reef Club sits on has remained relatively untouched and so it's one of the better snorkeling locations along our West Coast!
	Francia Plantation: built in 1913; on Gun Hill; fine family home overlooking St George Valley with antique maps, silver, West Indian and European architecture; \$6 admission http://www.funbarbados.com/Sights/francia.cfm
	George Washington House: carefully restored and refurbished 18th-century house in Bush Hill was the only place where the future first president of the United States actually slept outside of his homeland. Teenage George and his older half-brother Lawrence, who was suffering from tuberculosis and seeking treatment on the island, rented this house overlooking Carlisle Bay for two months in 1751; was his only foreign trip; house opened to the public in December 2006, the lower floor of the house and the kitchen have period furnishings; the upper floor is a museum with both permanent and temporary exhibits that display artifacts of 18th-century Barbadian life The site includes an original 1719 windmill and bathhouse, along with a stable added to the property in the 1800s -- and, of course, a gift shop and small café. Guided tours begin with an informative, 17-minute film appropriately called, "George Washington in Barbados." snack bar; complex is beautiful and a short cab ride from cruise pier; 60-90 minute tour; \$12.50 admission http://www.georgewashingtonbarbados.org/ http://www.funbarbados.com/Sights/francia.cfm
	Glass Bottom Cruise: Royal Pavilion Beach, St James anchorage but the boat goes to Folkestone Beach where daily trips begin; 9am 2-hour cruise to snorkel and dive sites onboard the specially designed roofed "Shamon Too"; fishing tours; 246-421-6008 or email at westwaterad@hotmail.com http://westwater-adventures-barbados.com/
	Graeme Hall Sanctuary: across road from Worthington Beach; mangrove wetlands reserve; nice boardwalk; educational signage for trees, crabs, birds and bees; three large walk-in aviaries with parrots, South American whistling ducks, avocets, scarlet ibis, roseate spoonbills; aninga birds in a big pond; 1 hour drive from cruise pier; opens 8am. http://barbados.org/graemehall.htm
	Gun Hill Signal Station: St George Parish; 700 feet above sea level with 360 degree views; series of signal stations built in 1818; houses a collection of military memorabilia; (another signal station is located at Grenade Hall);





	http://www.barbados.org/gunhill.htm
	Harrison Caves: reopened January 2008; (closed Monday and Tuesday??); number one tourist attraction in Barbados; inland 10 miles from port in middle of island; Earthworks Pottery en route; 1 hour tours viewed from electric tram and trailer; bubbling streams; 40 foot cascade; lit deep pools; stalactites and stalagmites; \$40 admission; 346-438-6640 http://www.harrisonscave.com/ http://barbados.org/hcave.htm
	Harry Bayley Observatory: south coast; Barbados Astronomical Society headquarters since 1963; 14 inch reflector telescot; only one in the eastern Caribbean. http://barbados.org/maps_google.htm?mapPoint=87
	Heritage Park and Rum Factory: located on Foursquare Plantation; molasses and sugar plantation dating back 350 years; distilling ESA Field white rum; view rum-making and 17 th century plantation life; adjacent park for Barbados handicrafts; shops and carts selling food and crafts; children's park and petting zoo; open M-F 9-4:30pm; free admission; 246-420-1977 http://www.caribbeanedge.com/barbados/activities/sightseeing/
	Horseback Riding: Caribbean International Riding Centre; 40 horses; 1 ½ hour \$60; 2 ½ hour \$90; 246-422-7433 http://www.funbarbados.com/Activities/ridebarbados.cfm Ocean Echo Stables: 246-433-6772 http://barbadoshorseriding.com/barbados-riding-tours.html%29 http://www.outdoorsbarbados.com/barbados-by-saddle.cfm transportation to pier included
	Malibu Beach Club and Visitor Center: at Black Rock; north of Bridgetown; manufactures white rum since 1897; produces coconut rum; tour distillery center on beach with beachside grills for lunch and rum punches; open M-F 9-5pm; \$10 246-425-9393 http://www.malibu-rum.com/malibu/site/
	Mini-buggy tour: pick up roll-caged mini buggy at Foster's Funland, St Peter; travel convoy style through rugged north coast; 30 minute swim at Paradise Beach; don't get to drive them for very long, don't see much of the island and the beach you go to is not that nice. http://adventurelandbarbados.com/minibuggy.htm http://www.glorytours.org/activity3.html
	Morgan Lewis Windmill: constructed in 1727; restoration started in 1996; http://www.barbados.org/morgan.htm http://www.windmillworld.com/world/barbados.htm (windmills of Barbados)
	Mount Gay Rum Tour and Gift Shop: Spring Garden Hiway; way up at northern edge of Bridgetown; the history of rum on the islands that claims to be the birthplace of rum; the famous distillery has made the sugar cane based liquor here since 1627; view both old and contemporary rum making equipment; 30 minute guided tour; short video; quick course in rum aging, blending and bottling; Cocktail tour includes rum tasting; Mount Gay's finest blends including Eclipse, Extra Old and their newest Silver; concoct your own cocktail for a "taste-off"; gift shop; Basic tour \$7 admission weekdays from 9:30-3:30pm with cocktail tour (\$25) on Wed at 2:30 246-425-8757; visitor center near the cruise pier with rum samples http://www.mountgay.com/
	Mount Hillaby: St Thomas; highest point on the island at 1100 feet; mostly overgrown. http://www.barbados.org/hillaby.htm
	Mountain Biking Adventure: tours and rentals from Bicycle Tours and Rentals, St Peter (Speightstown NW 246-419-2453 bicycles may also be rented at cruise pier;


	make sure you pedal south as the roads north are narrow with no bike lanes. http://barbados.org/tours/cycling.htm
	National Heroes Square: walk 15 minutes past Pelican Village; across Broad Street from Parliament Buildings; marks the center of Bridgetown; monument to Lord Horatio Nelson; war memorial and a fountain that commemorates the advent of running water on Barbados in 1865; cross over bridge to the bus station and the Waterfront Café. http://en.wikipedia.org/wiki/Trafalgar_Square,_Barbados http://barbados.org/maps_google.htm?mapPoint=169
	Ocean Park: Balls, Christchurch; near Oistins: unique marine aquarium; 26 displays of exotic fish and sea life; touch pool with horseshoe crabs, conchs, sea cucumbers, starfish and sea slugs; pet and feed the rays at 2pm in the ray pool, go underwater without getting wet at the living reef tunnel; view sharks, barracuda, tarpon and large rays through the largest acrylic window in the Eastern Caribbean at the 100,000 gallon saltwater ocean encounter (daily fee at 4pm); freshwater falls with Red Belly piranhas; outdoor gardens; Something fishy gift shop; "Shark Bites" restaurant and bar; kids playground; Pirate Adventure mini-golf with picnic tables and views of waterfalls, ponds; open daily 10-5pm except summer: http://www.oceanparkbarbados.com/ 246-420-7405 or email at infor@oceanparkbarbados.com
	Oistins: Christchurch Parish; southern tip fishing village; popular Friday night fish fry with outdoor street fair; BBQ chicken, flying fish, fish cakes, sweet potato; grilled breadfruit, macaroni pie and island delights; calypso and soca musical entertainment; average meal under \$10. http://barbados.org/oistins.htm
	Orchid World: between Gun Hill and St John's; 20,000 orchids on 6 acres; waterfall, coral grotto; at an elevation of 800 feet; \$7 admission; open daily 9-5pm. http://www.barbados.org/flowfrst.htm
	Pistol Range: Kendal Sporting shotgun and pistol ranges, sports bar, restaurant and pool; beginners and professionals welcome; http://www.kendalsportingclaysbarbados.com/
	Paragliding: (leap off cliff) paraglide with hobbyist Paul Nugent 246-261-1676 at Conset Bay, Cove Bay (Gay's Cove) both on the east coast.
	Queens Park: northeast of Bridgetown; largest art gallery; exhibits change monthly; theater and restaurant; park also contains one of the island's two immense baobab trees; brought to Barbados from Guinea in West Africa around 1738; girth of more than 51 feet; http://www.nccbarbados.gov.bb/ourservices/QueensPark.html
	Ragged Point Lighthouse: St Phillip; footpath goes to awesome view on nearby cliff; http://www.barbados.org/ragged.htm
	
	River Bay: St Lucy; coved inlet where small stream meets the sea; local picnic spot with shaded areas and picnic tables along both sides of the river-to-sea area; nice views.
	Screw Lift Dock: only two screw docks in the world (second one in Singapore) this

	one is really neglected, disused and rusted!; just past Waterfront Café past the sport fishing boats.
	Scuba Diving and Snorkeling: The clear waters off Barbados have a visibility of more than 30m (100 ft.) most of the year. More than 50 varieties of fish are found on the shallow inside reefs, and there's an unusually high concentration of hawksbill turtles. On night dives, you can spot sleeping fish, night anemones, lobsters, moray eels, and octopuses. Diving is concentrated on the leeward west and south coasts, where hard corals grow thick along the crest of the reef, and orange elephant ear, barrel sponge, and rope sponge cascade down the drop-off of the outer reef. http://barbadosfreepress.wordpress.com/2007/08/20/bridgetown-barbados-screw-lift-dock-history-worth-preserving-or-bring-on-the-condos/ http://www.skin-diver.com/departments/DiveTheWorld/CaribbeanAndBermuda/CaribbeanDiveGuide/eastern2.html
	Scuba/Snorkel Centers: (see "Tours" below):
	Fish Flips: purchase waterproof book of Caribbean fish identifying photos http://www.fishflips.net/
	Slots: while there are no casinos in Barbados there are several slot shops like "D'Fast Lime".
	St John's Church: 12 miles from cruise pier; 45 minute cab ride; free; photo opportunities from edge of escarpment; graveyard and sundial; free; http://www.barbados.org/stjohns.htm
	St Nicholas Abbey; Cherry Tree Hill, Hiway 1; 15 minutes northwest of Crane Beach; Jacobean great house built in 1650; ground floor is open to the public; grinding sugar cane; open 10-3:30pm daily \$13 adults 246-422-8725 http://www.stnicholasabbey.com/ or http://www.barbados.org/nicabbey.htm
	Sunbury Plantation House: 300 year old plantation; all rooms open to public; antiques, prints and collection of horse-drawn carriages; Courtyard Restaurant and Bar with local lunch buffet; gift shop; 9-4:30 daily \$8 adults; 246-423-6270 http://barbadosgreathouse.com/
	Surfing: http://www.surfbarbados.com/services_surf_lessons.htm http://www.surf-barbados.com/content/learn_to_surf
	Tyrol Cot Heritage Village: south coast; coral stone cottage south of Bridgetown constructed in 1854; museum of antiques and memorabilia of first premier of Barbados; artisans and craftsmen have workshops; refreshments available at rum shop. http://www.barbados.org/tyrolcot.htm
	Welchman Hall Gully: 1 mile long natural gully formed by collapsed limestone cavern; (once part of Harrison's Cave network) owned by Barbados National Trust; acres of cocoa bushes and trees from which both cloves and nutmeg are produced; breadfruit trees that are descendants of seedlings brought ashore by Captain Bligh on the <i>Bounty</i> ; ¾ mile walk through lush tropical jungle; native green monkeys; birds; open 9-5pm daily; \$6 adult 246-438-6671 http://www.barbados.org/welchman.htm
	Wildlife Reserve: on the far north; see native monkeys; about \$30pp cab drive with scenic stops on tour; across from Farley Hill \$11.50 admission (includes nearby historic British Army Signal Station at Grenade Hill) http://www.funbarbados.com/Sights/wildlife.cfm http://barbados.org/reserve.htm http://www.barbadosmonkey.org/
	Windsurfing/Kitesurfing: at Silver Rock (Round Rock) in Silver Sands Resort near airport; long luxurious stretch of beach with medium waves and a lot of undertow;

	windsurfing equipment shop; offshore reef provides a nice break for good windsurfing during the season; Club Mistral 246-428-7277 http://barbados.org/kitesurfing.htm
	TOURS
	Adventureland: 4x4 tours; offers a variety of tour options that promise to get you away from the crowds. The most popular is the Congaline Adventure, a full-day Land Rover tour of several off-the-beaten-path destinations, which includes lunch and beverages. The Turtle & Shipwreck Adventure is a trip via catamaran to a natural cove where you can snorkel and swim amongst hawksbill and green sea turtles and shipwrecks. The Mini-Buggy tour is a guided off-road experience in two-seater vehicles. Private tours are available, and you can also charter a catamaran or rent a Land Rover for the day. 246-437-7423 http://www.adventurelandbarbados.com/
	Bajan Tours: runs Exclusive Island Tour IM-F 8-3pm; covers island highlights like Wildlife Reserve, Chalky Mount Potteries and rugged east coast; \$60PP with buffet lunch 246-228-6000.
	Barbados Blue: Hilton Hotel; http://www.divebarbadosblue.com
	Blue Ocean Tours: Silver Moon sailing catamarans and Ocean Adventures Barbados kayaking, snorkeling; 37 passenger bus for large party tours, weddings; http://oceanadventures.bb/index.htm 246-438-2088 or email at reservations@silvermoonbarbados.com
	Blue Reef Watersports: green turtles right in front of dive shop; snorkel equipment rentals; hobiecats, toppers, sunfish, water-skiing, mono-skiing, doughnuts and banana rides; 246-422-3133 or email at bluereef@sunbeach.net
	Blue Trident: Christchurch, south coast 246-435-6373 http://www.funbarbados.com/Tours/bluetrident.CFM
	Boyce Tours: St Michael; 246-424-1455 www.boycetours.com
	Bubble Adventure Dive Centre: snorkeling for kids; Lorraine 246-436-7095 or email blowbubbles@kidsdiving.com http://www.scubatravelguide.com/stg/component/option.com_mtree/task.viewlink/link_id,29/Itemid,8/
	Captain Ron: ship in dry dock for maintenance since 2006??; Ronny Williams 246-262-3792 http://barbadosahoy.com/whynot.htm
	Carib Ocean Divers: http://www.scubatravelguide.com/stg/component/option.com_mtree/task.viewlink/link_id,29/Itemid,8/
	Caribbean Divers: http://www.caribbeandivers.com/dive_travel_barbados.htm
	Caribbean Safari Tours: Christchurch, south coast; at The Ship Inn complex; air and sea; 246-420-7600 http://carib-safari.com/
** 	Cool Runnings: catamaran cruising and snorkeling; swim with sea turtles; snorkel at Folkstone Marine Park; moored on public beach next to Sandy Lane Resort for catered lunch; Robert and Annika Povey 246-436-0911 http://www.coolrunningsbarbados.com/
	Coral Isle Divers: http://www.coralisle.net/
	Dive Boat Safari: St Michael 246-427-4350; www.diveboatsafari.com
	Dive Shop Ltd.: on the beach by the Grand Barbados Beach Resort; St Michael; 25 dive sites; free pickup and transportation; 1 and two tank deep dives, shipwrecks; beginner's classes; 246-426-9947; toll free 1-888-898-3483 www.divebds.com or email at hardive@caribnet.net Dive Shop , Pebbles Beach www.divebds.com or email bardive@caribnet.net
	El Tigre Catamaran Sailing Cruises: St James; 12-14 onboard; 246-417-7245 or



	email at mailto:jcorbin@eltigrecozco.com
	Exploresub Barbados: http://skyviews.com/x-sub/
	Falcon Parasailing: part of Hightide Watersports: http://www.falconparasailing.com/
	Foster & Ince Cruise Services: St. Michael; O'Neal Holder 246-431-8915 or email him at oholder@foster-ince.com
*** 	Glory Tours: first stop at Harrison's Cave; ride a tram through the cave, off to Bathsheba beach to see one of the best surfing capitols in the world; lots of great history of the island and where all the stars lived, too. We stopped for a local flavored lunch at the Sand Dunes Bar & Restaurant; off to the Wildlife Preserve to see green monkeys, peacocks, turtles, and many other species; walk around through their surroundings; drive to the dock to meet their new glass-bottom boat with a huge deck to lay out on top and covered seating below: tour guide points out all the cool houses; get really close to Tom Selleck's house and where Tiger Wood's got married, etc. swim with the turtles and snorkel; view beautiful coral and fish through the glass bottom of the boat.; tour was from 9am- 5pm(ish). http://www.glorytours.org/ or email at sarah@glorytours.org
** 	Goddard Tours: www.goddardsadventures.com
	Hazell's Water World: Bridgetown; shop for gear; currently located in Boatyard complex; custom dive trips according to your skill level; 246-426-4043 email John Hazell at hwwdivers@sunbeach.net
	Heat Wave Catamaran: 18 passengers with crew of two; pickup at pier; lunch included; affiliated with Boatyard; use of kayaks, trampoline; climbing wall in water; pier rope; restrooms; bar with music; http://www.heatwavesailingcruises.com/
	Highland Outdoor Tours: St Thomas; tour 1500 acres through four parishes to The Centre perched between the island's highest point; magnificent view of valleys
	Hightide Watersports: two specialized boats; walk-thru transom; scuba, snorkel, water ski with tournament ski boat (15 minutes for \$50); banana boat and inflatable tube rides (!5 minutes for \$25); kayaks (30 minutes for \$20); rent laser, sunfish, 14 foot Hobie Cat; windsurfing (30 minutes for \$25); parasailing (see Falcon Parasailing) 246-432-0931; www.divehightide.com or email at hightide@sunbeach.net
	Hinkson Tours: St Thomas, west coast 246-424-1470 http://www.hinksonstours.com/about.html
	Island Safari: jeep island tours; kayaks, beach 246-429-5337 http://www.islandsafari.bb/index.php?option=com_content&task=view&id=38&Itemid=54 http://www.africasounds.com/barbados_2007_siteseeing.htm
	Johnson Tours: http://www.johnsonstours.com/
*** 	Ocean Adventures: sailing with Silver Moon Cruises; swim with turtles, explore sunken shipwreck or arrange an island tour on Blue Ocean bus; http://www.oceanadventuresbarbados.com/oai/
	One on One Scuba: 246-228-2601 www.one-on-one-scuba.com or email at sayers@sunbeach.net
	Reefers and Wreckers Dive Shop: two dive boats; beginners and advanced; fast access to all dive sites; http://www.scubadiving.bb/ 246-422-5450 or email scubadiving@caribsurf.net
	Rubaiyat Cruise: The Careenage, St Michael; snorkel and cruise with most romantic catamaran on island; swim with hawksbill and leatherback turtles; snorkel shipwreck and mid-sized reef onboard <i>Rubaiyat</i> with legendary charmer Eddie Cheeseman;


	<p>maximum 30 persons per catamaran; 3-hour cruise daily (10-1pm) with open bar and two snorkel spots, daily lunch cruise (10-3pm) or dinner (4-7:30pm) on Wednesday and Saturday; 246-436-6921 http://www.rubaiyatcatamarancruises.com/</p>
	<p>Scenic Barbados Tours: St Michael; personalized land tours for 2 ½ to 4 hours; Cameron Reid 246-424-8740 or cell 246-232-0443 www.scenicbarbados.com or - mailto:camireid@yahoo.com</p>
<p>**</p> 	<p>Shasa Catamaran: holds 12 people; 3 hour tour or 5 hour tour with lunch served; provides transportation pickup at pier; beat the mega catamaran tours to snorkel sites; 5 hour tour allows more opportunities to snorkel with sea turtles without mega-cruise tours showing up at the same time; http://www.shasacatamarancruises.com/</p>
<p>***</p> 	<p>Silver Moon: We offer a 5 hour lunch cruise on board our luxury catamaran "Silver Moon." The boat sails at 9:30am and returns to dock at 2:30pm. Two stops are made for swimming and snorkeling one with the sea turtles; \$110 adult \$80 child; transportation from cruise terminal, drinks, buffet lunch and snorkeling instruction and equipment include; maximum of 12 guests. A 5-hour lunch cruise on board Silver Moon II catamaran sails at 9:30 and returns to dock at 2:30 with two stops for swimming and snorkeling is \$87 adult and \$57 child with transportation from cruise terminal, drinks, buffet lunch, snorkeling instruction and equipment included; maximum of 24 guests. A 4 hour dinner cruise on board the Silver Moon II sails at 3pm and returns to dock at 7pm. One stop is made for snorkeling with sea turtles. \$87 adult \$57 child; transportation from cruise terminal, drinks, buffet dinner, snorkeling equipment included; maximum 24 guests. 50% deposit required when booking. http://www.oceanadventures.bb/ http://oceanadventures.bb/sailing.htm or email at mailto:reservations@silvermoonbarbados.com</p>
	<p>Sport Fishing: catches include blue marling, white marlin, dorado, wahoo, kingfish, sailfish, swordfish, black fin tuna, bonito, barracuda and yellow fin tuna; offshore season from mid November to May. Tournament in 3-4th week in April. Cannon II 434-6107 www.barbadosgamefishing.com www.bluemarlinbarbados.com</p>
	<p>St James: http://www.bookit.com/travel_guide-m0q0c-Barbados-Attractions-St._James_Tours-1148.html</p>
	<p>Stiletto: 22 passenger; 5 hour lunch tour to crowded snorkel sites; http://www.funbarbados.com/Tours/stiletto.cfm</p>
<p>***</p> 	<p>Tall Ships: <i>Harbor Master Blockbuster</i> 3 story 100 ft long and 40' wide vessel with theme decks and two bars and dance floor; TV sports bar, semisubmersible can be lowered 7 feet beneath ship (part cruise ship, part nightclub) day cruise from 11 to 3:30 sharp; <i>Jolly Roger</i>, longest floating bar in Caribbean; 3 decks; snorkeling, water slide; (new boat currently being built) 246-430-0900 http://www.tallshipscruises.com/</p>
	<p>Ted's Tours: http://www.coconut-court.com/activities_tedstour.cfm?Category=teds</p>
<p>***</p> 	<p>Thriller Ocean Tours: located in the Careenage opposite the Parliament Buildings; in center of Bridgetown near Waterfront Café; fast boat; limited to 14 passengers; snorkel on three sites: Turtle Cove with sea turtles; on reef and Carlisle Bay over two shipwrecks; snorkel equipment and rum punch; \$50PP for 3.5 hours; http://familytravelfun.com/thrillertourbarbados.html http://www.caribzones.com/thrilleradventure.html or email Stephen Tryhane at mailto:thriller-ocean-tours@caribsurf.com</p>






	Tiami Five Star Catamaran: swim with turtles in 8ft water; often seen as overcrowded catamaran party boats http://www.tallshipscruises.com/
	Underwater Barbados: on the west coast beach in Carlisle Bay; custom built 31 foot pirogue boat; air station; http://www.underwaterbarbados.com/
	West Side Scuba Centre: beginners or advanced divers on 4 wrecks, 2 marine parks and a turtle park; most famous wreck is the Stavronikita; 20 reef dives; night dives, snorkeling; camera rentals http://westsidescuba.com/
	Why Not?: and Wasn't Me!: Rockley Beach, Christ Church; private catamaran sailing; two fastest catamarans in Barbados; 3-hour snorkeling cruise with beach pickup \$40; 5-hour buffet lunch (10am to 3pm) or dinner cruise (3:30 to 8:30pm) with open bar, snorkeling equipment and transportation for \$70. http://www.barbadossailing.com/ or email Captain Ron at captainron@sunbeach.net
	Williams Tours: St Michael, west coast 246-427-1043
TAXI DRIVERS	
	Taxi drivers: to avoid pushy taxi drivers at the cruise pier, step outside the port gates and hire a local city taxi driver; or check out "TOURS" section above for private tour agents to book in advance..
	http://barbados-guide.info/getting.around/taxis/ (average taxi fares) http://barbados.org/tours/barbadostaxis.htm (list of local fares)
BEACHES	
	All the beaches are public (not the chairs, tables or umbrellas!) Properties which front onto a beach may own to the high water driftline mark only. Many of the properties must provide a public right of way across their land to the ocean. Nudism is illegal in Barbados. Generally the seas on the West coast are the calmest but good safe swimming is available along the South West and the South beaches that touch the Caribbean Sea. South beaches will have gentle waves for body surfing and buggy boards. The and North coasts meet the Atlantic where huge waves crash along the shore and coral reefs. This coast is not recommend for swimming except in a few protected bars. Vendors are not permitted to roam the beach and set up shop out of a carrying case. http://www.mybarbados.org/barbados/info.htm/barbados_beaches.htm
	http://www.angelfire.com/wizard2/cncisland/bigships/scenes.html
	Jet ski and banana boat vendors cruise offshore on all the popular beaches—just flag one down! Jet ski about \$60 for 30 minutes.
	Accra Beach: see Rockley Beach.
	Batts Rock: 10 minute cab ride from pier; relaxing beach for locals; access Paradise Beach (now under construction for the Four Seasons Hotel and Residence) from public area just past public restroom buildings; may have difficulty finding cab back to pier http://www.cinnamon88.com/masterplan.html
*** 	Boatyard Beach: on Carlisle Bay; 1 ½ mile from Bridgetown town center (Independence Square); \$15 entry fee includes free drink, beach chair, unlimited use of water games and free trip back to ship; lots of beach toys (two water trampolines, kayaks, inflatable climbing wall in water; big jetty; rope swing off pier, bungee contests; volleyball; jet skis \$40 for 30 minutes; banana boat ride and jewelry vendors) with bar; loud music; \$15 drinks, \$5 beer, \$2 umbrella; free beach chair, shower and ride back to ship; Lobster Alive! Is next door; view of cruise ship in pier from beach; a \$3 10 minute taxi ride from cruise pier; FREE return transportation beginning at 1pm and at 15 minute intervals is included in Boatyard fee; walk under





	<p>The Arch and across bridge into shopping center of Bridgetown. http://www.theboatyard.com/ http://www.theboatyard.com/pview.html?p=adventurebeach</p>
	<p>Bottom Bay: Tucked away on the south coast, not easy to find; past the <u>Crane Beach</u> and <u>Sam Lord's Castle</u> is Bottom Bay, a wide expansive beach with smooth rolling waves riding onto the shore. The beach is semi enclosed by high coral cliffs, providing a panoramic view of the south shore. The scene is completed by the presence of tall palm trees that add to the peaceful and relaxing atmosphere of the bay; always a popular picnic spot, it is also becoming a popular place to live and a number of homes are being built on the tops of the cliffs overlooking the beach and ocean; people who live there report spotting turtles and whales in the waters below the rocks; bathing here is not recommended, as the waves are very strong, and great care should be shown by those who choose to do so; no chairs, nor bars, no restaurants; go in a group http://www.barbados.org/botbay.htm</p>
	<p>Brighton/Brandons Beach: long deserted beach immediately north of Flour Mill silos with bathroom and changing facilities; restaurant; beach chairs</p>
	<p>Brandons/Brighton Beach (Malibu): 10 minute cab ride from pier; \$15 entry fee includes lounge with umbrella and several drink tickets; rent jet skis; near the rum refinery in Brighton; a light industrial neighborhood with several distilleries; Weiser's Beach Bar (under mahogany trees with both road and beach access) at the nearest to pier end and Malibu Beach Bar is at the far north end http://www.barbados.org/bcbrandons.htm</p>
	<p>Carlisle Bay: sweeping curve of white sand two miles long; starts a Bridgetown shopping area and ends at the Hilton Hotel. Showers, changing room for public; Boatyard Beach is on Carlisle.</p>
	<p>Cattlewash: Located on the East Coast of Barbados, Cattlewash offers a splendid landscape. With its salubrious climate and fresh breezes, it is an area well known as one of the best health resort areas in Barbados and indeed the Caribbean. Cattlewash is said to have derived its name from the cattle wading into the sea there! The area is a very popular get-away spot for Barbadians, especially during the summer months. Although it is a very scenic and relaxing area, there are strong currents in the area and swimming in open water is not recommended. There are however many pools, surrounded by rocks where one can bathe safely. http://www.totallybarbados.com/barbados/About Barbados/Beaches and Bays/East Coast Beaches/14.htm</p>
	<p>Conger:</p>
	<p>Conset:</p>
★	<p>Crane Beach, eastern end of island; nice beach to get away from it all; originally a harbor, is considered by many to be one of the island's most beautiful beaches. In fact, "Lifestyles of the Rich and Famous" rated it as "one of the ten best beaches in the world"! The name "Crane" was derived from the large crane situated at the top of the cliff which was used for loading and unloading ships. The Crane Resort & Residences, standing on the steep cliff above the beach, has been a favorite with</p>







	honeymooners since it opened in 1867. In the gardens of the Hotel you will find the magnificent Grand Jete Statue . Crane Beach Hotel \$12 for chair, towel, etc.; beach access is through the hotel and down about 200 steps; access the beach below the hotel and walk the rocks to get to public beach or pay hotel to use their access and apply the charge to drinks or lunch. http://www.thecrane.com/ http://www.thecrane.com/crane_resort/aboutus/lunch_menu.asp
	 
	Dottins Reef: ½ mile west of St James Parish between Holetown and Speightstown on west coast; hawksbill turtles graze off reef; near Lonestar Restaurant 4-5 miles north of cruise pier; closest beaches would be Mullins or Folkstone; 200-300 yard swim offshore; take the trip with a tour operator; (turtles nest onshore on the south coast between May and October)
	Dover Beach: in St Lawrence Gap; showers, sail boats, banana boats, boogie boards, kayaks, Casuarina Beach Hotel on beach; http://www.doverbeach.com/
★	Folkestone Park: on west coast; \$25 for 20 minute taxi trip from port; \$2 bus ride; quiet, poorly run public nature reserve; snorkeling; rental chairs, shade trees on very small sandy beach (mostly grassy area) with substantial coral reef; in protected zone near Bellairs Research Institute (best snorkeling is near their black rubber salt water circulation hose running across beach to a buoy); clothes vendor; small bar; walk to the right (north) around a rocky point and on some beautiful beaches that front the high end hotels like Coral Reef Club or the Colony Club
	Hilton Hotel may allow one day pass for \$25; phone ahead 426-0200
	Lakes Beach: east coast; isolated beach; go in a group
★	Lobster Alive! \$10 for lounge chair and umbrella; next door to Boatyard (same beach; cheaper drinks) on Carlisle Bay; close to pier; seafood menu and big saltwater tank with langouste (Caribbean spiny lobster; thorns but no claws.) Our big Caribbean spiny lobster is caught by Scuba divers in the nearby Grenadine islands (that's near St. Vincent, 100 mi. West of Barbados) and flown in alive by small private plane, to our large wholesale distribution tank. We are centrally located at the international yacht anchorage of historic Carlisle Bay. Offering adequate parking and wheelchair access. (Menu samples: Lobster Bisque \$12; Conch samosas \$10; Pickled Sea Cat (Calamari) \$10; lobster from the tank by weight..S,M,L,XL \$45-70; Catch of the Day \$20; N.Y.Steak \$25; Lobster Salad \$30. This is a small restaurant. Reservations are important--435-0305 http://www.mybarbados.org/barbados/info.htm/barbados_restaurants_01.htm
	Miami Beach (Enterprise Beach): 35 minute cab ride from pier; an isolated spot east of Oistins with pure white sand and cliffs; zero snorkeling opportunities; palm shaded parking lot with snack carts and chair rentals; lunch across road at Café Luna in Little Arches Hotel. http://www.barbados.org/bcmiami.htm

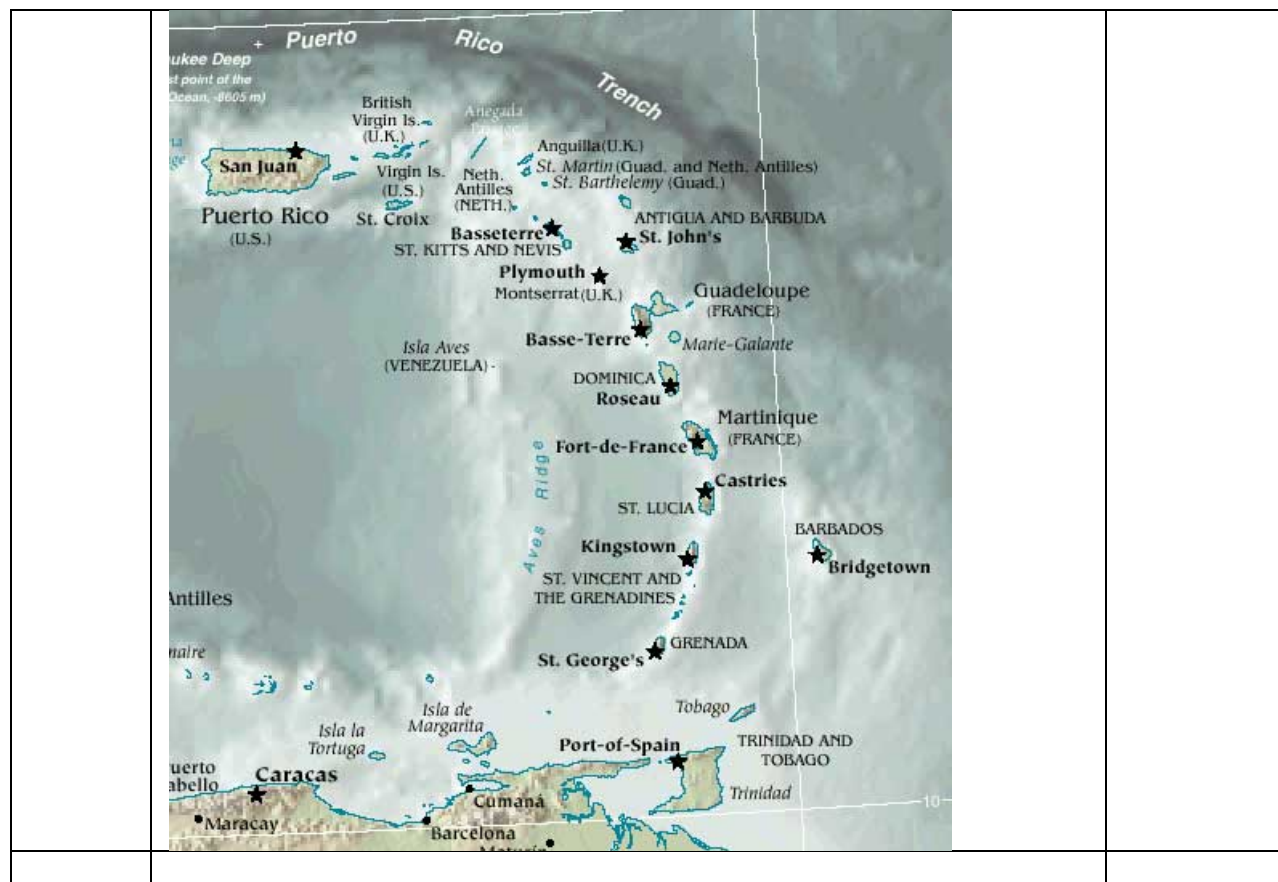
	<p>Mullins Beach: west coast; south of Speightstown; chair and umbrella rentals; park on the main road; Mannie's Suga Suga serves snacks and drinks. http://barbados.org/bcmullins.htm</p>
	<p>Mullins Beach and Gibbes Bay: Try going further north along our West Coast, to Mullins Beach, where there <i>is</i> a Beach Bar and where you'll find reefs off the headlands on either side of the bay <i>Incidentally, that's the pattern all along the West Coast: reefs off the headlands, between the sandy bays.</i> Of course you'll find reefs on headlands all along the coast, but you won't have the convenience of a beach bar nearby. If I were you, I'd head for Mullins, set up camp to the South of the beach bar (that'll be to the left, as you stare out to sea!) and then take a walk maybe a few hundred yards further South again, heading for Gibbes Bay which is less frequented by tourists than Mullins (Gibbes has no beach bar, that's why!) - but the snorkeling should be nice. Maybe you can start your snorkeling at Gibbes and work your way back Northward, in the direction of 'camp' at Mullins.</p>
	<p>Ocean Park: south coast; aquarium with stingrays, sharks, moray eels, spiny lobsters; feeding demonstrations, touch pools, living reef display, mangrove swamp and freshwater falls; adjacent miniature gold course. http://www.oceanparkbarbados.com/</p>
	<p>Paradise Beach: near Brighton Beach; placid beach with virtually no undertow; public access; Four Seasons construction site http://www.barbados.org/bcparadise.htm</p>
	<p>Payne's Bay Beach: west coast beach lined with luxury hotels; good snorkeling; with Blue Monkey Bar; on Hiway 1 or West Coast Road; next door to fabulous Sandy Lane Resort (where Tiger Woods got married); tons of chairs, umbrellas, snorkeling gear, jet skis for rent; sea turtles 30-50 yards offshore (\$20 glass bottom boat will take you out for 1.5 hours); public access parking near Coach House; refreshments at Bomba's Beach Bar. http://barbados.org/bcpaynesbay.htm</p>
	<p>Rockley Beach: near small Accra Resort; entrance across from Chefette restaurant (try a roti) ; rent chairs, gentle surf and lifeguard; snorkel rentals; water sports; children's playground; try flying fish lunch from blue van in parking lot; snack shacks, gift shops; nearby Quayside Mall with surf shops; plaza with grocery store;; http://barbados.org/bcrock.htm</p>
	<p>Sandy Beach (Sandy Bay) ; south coast on Worthington Beach; next to Sandy Bay Beach Resort (listed as one of the world's classiest resorts by "1000 Places to See Before Your Die"; with the exception of lunch (\$175 for two) or dinner (\$250 for two) patrons, property for guests only); 20 minutes from port; \$20 cab ride; shallow calm waters and a picturesque lagoon; ideal for families with small children; park on main road; rent beach chairs, umbrellas; nearby food and drink shops; http://www.sandybaybeachclub.com/ http://www.funbarbados.com/lodgings/sandybeach.cfm http://www.sandylane.com/cuisine/bajanblue_menu.html</p>
	<p>Sandy Lane: west coast</p>
	<p>Silver Sands-Silver Rock Beach: south coast; between South Point (southernmost tip of the island) and Inch Marlowe Point; white sand with constant stiff breeze; good for windsurfers and kitesurfers; http://www.swellfinder.com/report/silver_sands</p>
	<p>St Albans Bay (Reid's Bay): west coast north of cruise pier; a stop on <i>Harbour Master</i> cruise for two hours of snorkeling, swimming, jet skis and waterslide.</p>
	<p>Worthington Beach: south coast; fine powder sand beach with calm water perfect for swimming (never more that waist deep)</p>
FOOD	

	Barbados fast food chain restaurant: nice roti; http://www.chefette.com/
	Banks beer, Mount Gay Rum, Malibu Rum, mauby http://en.wikipedia.org/wiki/Mauby
	Flying fish cutter sandwich; Barbados pepper sauce
	Roti (West Indian curried sandwich rolled up in a crepe)
	Sugar cakes (coconut, ginger and brown sugar)
	Banana chutney
	Fresh currant rolls from Bridgetown street vendors
RESTAURANTS	
	Angry Annie's
	Aqua:
	Atlantis Hotel: on scenic Atlantic east coast; located between Cattlewash-on-Sea and Tent Bay; sunny breezy restaurant with sweeping views of the ocean; copious buffets Wednesday or Sunday lunch buffet; pumpkin fritters, Bajan pepper pot; 246-433-9445 http://www.atlantisbarbados.com/
	Baku Beach: Hometown; beach bar, brasserie and restaurant
	Bathsheba: view of the surf;
	Bellini's Trattoria: south coast
	Bomba's: St James; quaint local hangout with great sunsets
	Bonito Beach Bar and Restaurant: east coast
	Brown Sugar: near Hilton; great local dishes including pepper pot, macaroni pie and peas and rice fish stew; nothing beats their Bajan lunch
	Carambola: Derricks Hiway 1; 1 mile south of Hometown; on top of seaside cliff; panoramic views from dining terrace; most romantic setting; prizewinning French cuisines with Caribbean flair; named for star fruit that is native to the island; lobster cappuccino; stir-fry shrimp; lime mousse; reservations; open M-Sat 6:30-9pm; 246-432-0832 (Closed August)
	Champer's: south coast on eastern cliff of Rockley (Accra) beach; fabulous ocean view; best martini's and lobster; get an outside table; http://www.champersbarbados.com/
	Cutter's: inexpensive beachfare 200 feet from Crane Beach.
	Daphne's: http://www.daphnesbarbados.com/
	David's Place: south coast; sophisticated Bajan cuisine; http://davidsplacebarbados.com/davidsplace.htm
	Il Tempio: http://www.iltempiorestaurant.com/
	Josef's Restaurant: south coast; http://www.josefbarbados.com/
	L'Azure at the Crane: south coast; perched on oceanfront cliff;
	La Mer: west coast; dine overlooking man-made lagoon at Port St Charles; fresh fish from Six Men's Bay grilled on wood or lava rocks; light meal at the bar; crank up your own lobster from underwater "lobster pot"; special lighting lets you watch schools of fish swimming around the moored boats nearby; famed Sunday lunch.
	Lobster Alive: canopied beach bar and restaurant; choose a spiny lobster from the huge saltwater tank.
	Lone Star: west coast; http://www.thelonestar.com/barbados.html
	Mango's By the Sea: Speightstown (west coast) international seafood; bar overlooking the water; catch of the day directly from fishermen's boats; BBQ baby-back ribs, steak, passion fruit cheesecake; live entertainment some nights; art gallery attached; 346-422-0704 open 6-9:30pm daily
	Olive's Bar: west coast; Hometown; casually elegant dining

	http://www.funbarbados.com/Restaurants/olives.cfm
	Pisces: south coast; for seafood lovers; skillful chef prepares conch fritters; flying fish fillets; prawns; chicken; beef; pasta; vegetables from chef's own garden; bread pudding; lime cheesecake; homemade rum raisin ice cream; white lights twinkle on water as you dine. http://www.piscesbarbados.com/
	Ragamuffin's: west coast; http://www.ragamuffinsbarbados.com/
	Round House Inn: Bathsheba; St Joseph; excellent food and spectacular ocean view; http://www.roundhousebarbados.com/
	Sand Dunes: in Bell Plaine, St Andrew best flying fish and breadfruit cou cou (cornmeal and okra)
	The Cliff: Derrick Hiway 1; on top of 10 foot coral cliff; open-air restaurant with 3 level dining room crafted of terra-cotta tiles and coral stone; view stingrays in illuminated waters below; near upscale hotels; finest beef, seafood and vegetables; fresh sushi; oprn 6:30 to midnight daily 246-432-1922 http://www.thecliffbarbados.com/
	The Fish Pot: west coast; http://www.littlegoodharbourbarbados.com/restaurant.html
	The Gap: http://www.thegapbarbados.com/
	The Tides http://www.tidesbarbados.com/
	Thirty Nine Steps:
	Waterfront Café: Bridgetown; http://www.waterfrontcafe.com.bb/
	Weiser's: on the beach bar with buffet lunch on cruise days for \$10; beach chairs and beach mats.
	Nightlife
	http://www.visitbarbados.org/todo/nightlife.aspx
	Well there isn't an awful lot of nightlife in Bridgetown to be honest most of it is along the South Coast and St. Lawrence Gap, and there is a small area in Holetown. In Bridgetown there is the new Limelight bar which I went to on Saturday night and was quite good if you like live music, and downstairs is the Waterfront Cafe which is great on Thursdays if you like Jazz. There are a couple of areas that you wouldn't want to wander into - Baxter's Road you have to have your wits about you, and Nelson Street isn't somewhere I'd recommend as it is the red light area really. Other than that Barbados is a pretty safe island and you should just sensible precautions just like you would at home. And for sure, don't go near Nelson Street although the funny thing is, the BoatYard Bar is just about 2 blocks from Nelson Street.
	After Dark: St Lawrence Gap, Christ Church; live reggae, soca, Bajan calypso and jazz; 246-420-7693
	Baxter's Road: Bridgetown: On the north side of downtown Bridgetown is the infamous Baxter's Road, "the street that never sleeps." The road is filled with the one-room, dimly-lit rum shops and small eating places that take on a life after midnight; the most authentic Bajan evening possible; Women sell fried fish cooked over open stoves, and music blasts up and down the street on Friday and Saturday nights after 11pm. During the day it looks like any other Bridgetown side street; however, after-hours, it comes alive, representing a slice of Bajan culture.
	Boatyard Bar & South Deck Grill: Bay Street, Bridgetown; 5 minute trek from central Bridgetown; live music; best nights Tuesday and Friday; beachfront youth-oriented bar with lavishly decorated interior in Creole colors; simple platters of fish and burgers; open daily 9am to 3am; DJ on Tues. Wed, Friday and Saturday 246-436-2622
	Bubba' Sports Bar: south coast on Rockley Main Road, Worthing, Christ Church;

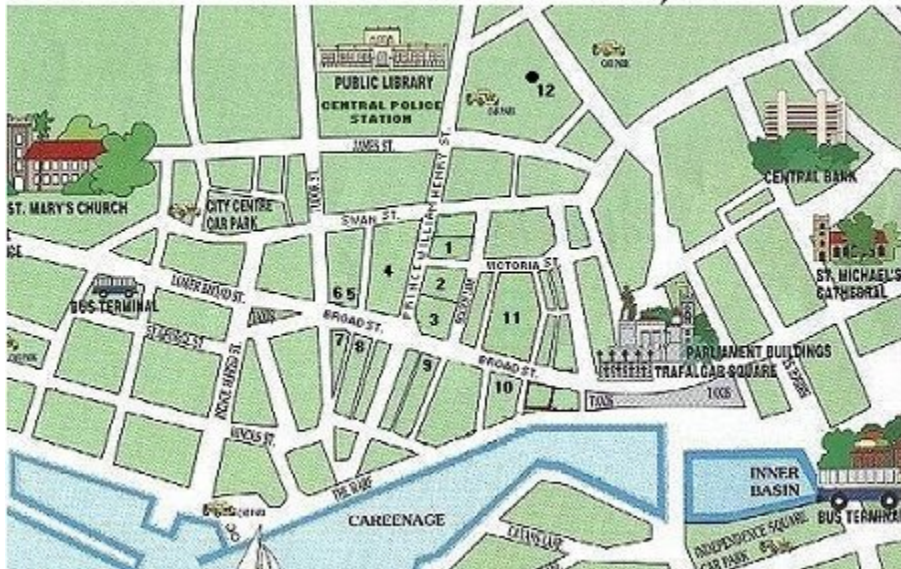
	best sports bar on island; 10 foot video screen; a dozen TV's and several satellite dishes; 246-435-8731
	Café Sol: south coast at St Lawrence Gap, Christ Church 246-435-0531
	Carib Beach Bar: best happy hour @ 5pm; beach bar of your dreams on Sandy Beach; large bar in the shape of Barbados; bare feet and swimwear accepted.
	Coach House: Paynes Bay, St James; 6 miles north of Bridgetown; 200 year old green and white Bajan version of an English pub; outdoor garden bar; lunchtime buffet Monday to Friday \$18. 246-432-1163
	Crocodile Den: Spanish dancing to Los Latinos
	Enid's: Bridgetown; the most popular "caf" on Baxter's Road; ramshackle establishment; open daily from 8:3pm to 8:30 am (until the sun comes up!); fried chicken
	Harbour Lights: Marine's Villa, Lower Bay Street; 1 mile southeast of Bridgetown; over 18 crowd; best nights Wednesday and Friday; most popular weekend spot for dancing; modern seafront building with oceanfront patio; BBQ pit serves hot dogs, fish, chicken and hamburgers on Mon, Wed, and Friday. www.harbourlightsbarbados.com
	John Moore Bar: Weston, St James; on the waterfront open to sea breezes; rum punch and beer with local fish plate 246-422-2258
	Oliver's Bar and Bistro: Second St, Hometown a fine dinner amid potted palms and whirling fans; 246-432-2112
	Oistins Fish Market: famous fish fry on Friday and Saturdays
	Plantation Restaurant and Garden Theater: south coast Main Road, St Lawrence Gap; island's main showcase for evening dinner and Caribbean cabaret; every Wed and Friday dinner is served at 6:30pm followed by a show <i>Bajan Roots and Rhythm</i> at 8pm; elaborate costumes and reggae, calypso and limbo; reservations recommended; ; http://www.plantationtheatre.com/ 246-435-6961
	The Gap: food, drinks, music, tourist trap; http://www.thegapbarbados.com/
	The Ship Inn: south coast at St Lawrence Gap, Christ Church; top local bands offer reggae, calypso and pop music
	MUSIC
	http://en.wikipedia.org/wiki/Music_of_Barbados http://www.crsmusic.com/ http://barbados.org/music/calypso.htm
	SHOPPING
	Shopping is not considered anything special in Barbados; while downtown Bridgetown has a shopping section on Broad Street, it is not considered worth the walk; instead, shop on the pier where the shuttle bus drops you off: liquor, pottery, jewelry, T-shirts, rum cakes, souvenir, gift stores plus a few local vendors. Avoid Peter the Coral Man who will approach you to shake your hand and push a cheap bracelet on your arm and expect you to pay for it!
	Best duty free shopping: cameras, watches, cosmetics, perfumers, liquor, bone china, items made on Barbados have the duty fees; handicrafts include black coral jewelry and clay pottery; locals weave grasses and dried flowers into mats, baskets and bags with raffia embroidery
	http://barbadostravel.squarespace.com/barbados-shopping/ http://www.funbarbados.com/art/IndexCrafts.html http://www.dbtravel.co.uk/shoppinginbarbados.htm http://barbados.org/mapbtwn.htm http://www.caribbeanonlineyellowpages.com/listings_5/5_category_B_3677.html

	Articrafts: Norman Center Mall on Broad Street; Bajan arts and crafts
	Cave Shepherd; Broad Street; largest department store with several branches (including Bridgetown Cruise Ship Terminal); swimwear, designer clothing, handicrafts, liquor, souvenirs; perfumes, cosmetics; balcony café serves vegetarian dishes with salad bar and beer garden overlooking Broad St.
	Colours of De Caribbean: in Waterfront Marina next to Waterfront Café; batik and hand painted clothing; sophisticate casual wear with a tropical flare; jewelry; decorative objects;
	Cruise Ship Terminal has 20 duty-free shops, 13 local shops and many vendors; Earthworks Pottery has branch here; don't forget to sample Calypso Rum cakes; http://www.cruisebarbados.com/bridgetown_cruise_terminal_shopping.cfm
	Broad Street: main shopping area; visit Women's Self Help Handicrafts store for food, gifts, handicraft made by locals.
	Earthworks Pottery/On the Wall Gallery: also batik store and little tree-top restaurant with nice view (see Attractions/Excursions above)
	Greenwich House Antiques:
	Highland Pottery north of Bathsheba on east coast near Barclay's Park; Chalky Mount 246-422-9818; locally made pots, bases, mugs, plates, votive candleholders and ornaments.
	Little Switzerland: Da Costa's Mall, Broad Street, Bridgetown; Caribbean's premier duty-free shop; jewelry, gemstones; perfume, crystal, china and Swiss timepieces.
	Medford Mahogany: has an outlet in Pelican Village; purchase mahogany carvings; birds, etc.
	Pelican Village Crafts Center: on Princess Alice Hiway; very colorful; tiny colony of thatch roofed shops selling crafts for tourists; behind the shops are small studios and workshops where you can see local artisans creating their unique goods; batiks, t-shirts, straw bags, straw hats, mats, baskets and wall hangings; rum cakes and sweets, mahogany carvings and sculptures; metal art, pottery, paintings; Caribbean cigars, lunch at the Cou-Cou Village Restaurant & Bar, or Pelican Point Café; quarter mile from port gatehouse; 10 minute walk; after exiting the main gates of the port complex, walk straight ahead; immediately before the bus terminal; Wednesdays in season watch "Pelican Dooflicky" Bajan show featuring music, dance and performances. (walk another 10 minutes to Broad Street shopping in Bridgetown) http://www.barbados.org/pelican_village.htm
	The Shell Gallery: Gibbes, St Peter, near Mullins Beach Bar; outstanding collection of shells from various parts of the world and unique shell crafts; mirrors, lamps, baskets, pottery and wood crafts, gifts and home decorations; open M-F 9-5pm Sat 9-2pm; 246-422-2593 www.fab-design.de/shell-gallery
	The Watering Hole: Hiway 7, St Lawrence Gap; duty-free Bajan rum
MAPS	
	http://barbados.org/maps.htm# (maps of Barbados towns)
	http://www.totallybarbados.com/barbados/About Barbados/Local Information/Maps/ (very cool complex interactive map)

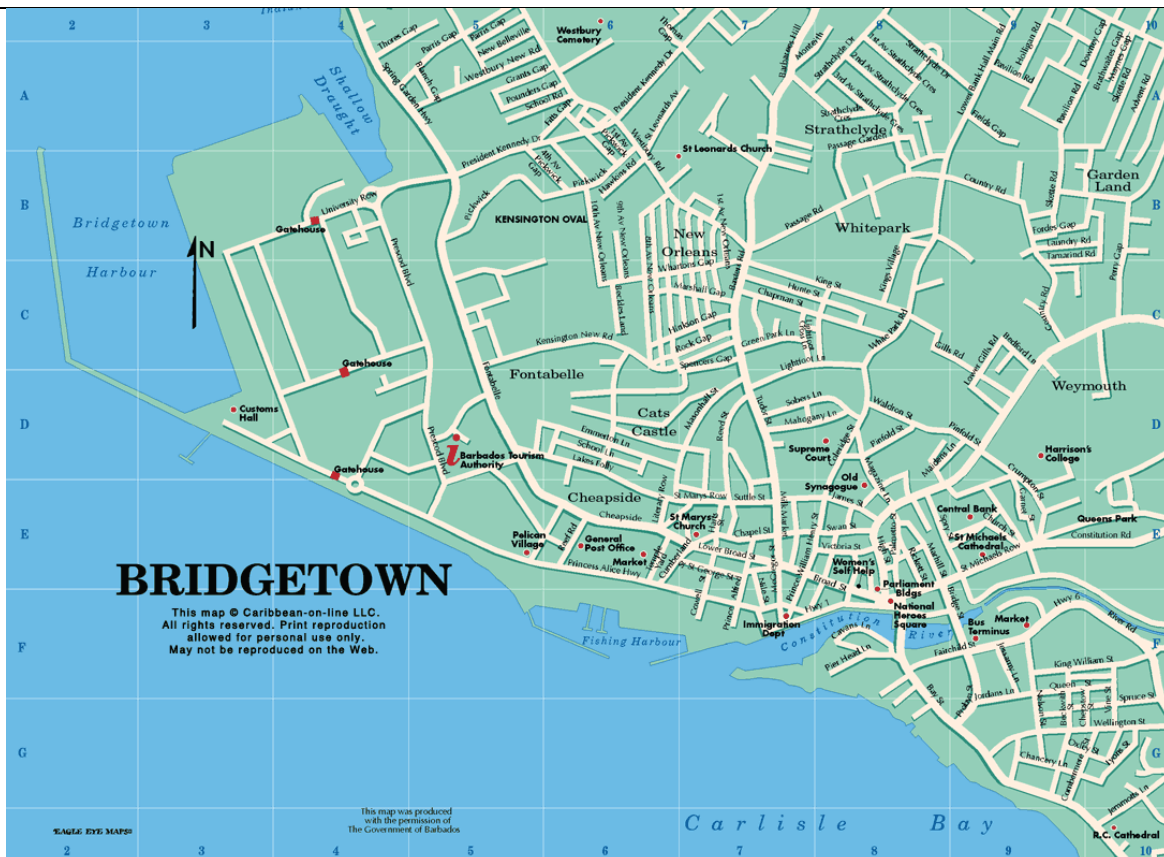


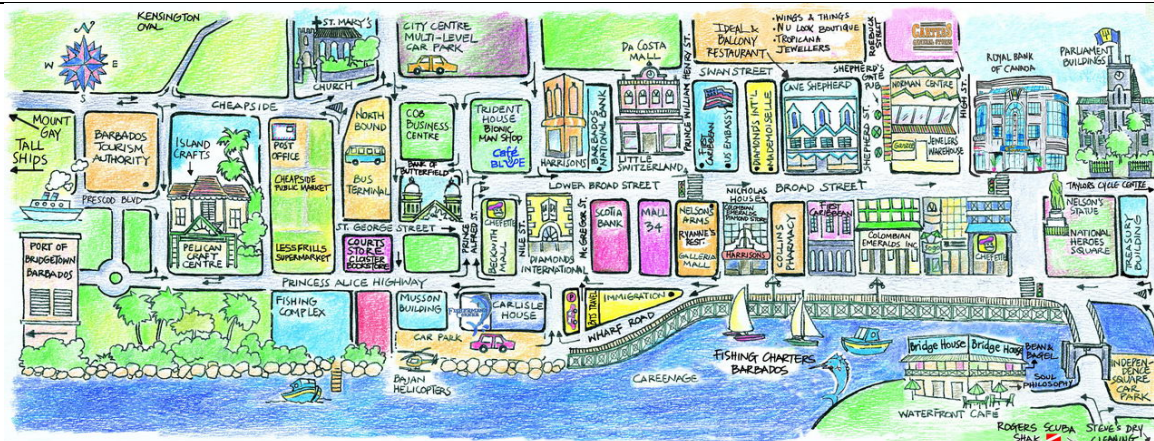


MAP OF BRIDGETOWN, BARBADOS



1. CORREIA'S JEWELLERY STORE
2. WOOLWORTHS
3. CIBC
4. DA COSTAS MALL
5. BARBADOS NATIONAL BANK
6. HARRISONS
7. BANK OF NOVA SCOTIA
8. MALL 34
9. BRIDGETOWN MALL
10. BARCLAYS BANK
11. CAVE SHEPHERD
12. JEWISH SYNAGOGUE





RCCL EXCURSIONS - BARBADOS

4 x 4 Adventure & Green Monkey Encounter - RCCL \$62adult, \$44 child 3 ½ hours: Tour the Wildlife Reserve, home to the Green Monkey, which is responsible for 70% of the world's Polio vaccine. To see these animals, you'll travel by 4x4 vehicles into the interior. Afternoon departures in order to be in the Reserve at feeding time. Not recommended for pregnant guests or guests with limited mobility. Once you enter the Wildlife Reserve you are in the animals' world. This is their home. The monkeys are free to travel where they please and you may find them anywhere as they go about


	<p>their daily lives. In this tropical haven, no day is like the other. Take a walk through the shady paths and discover for yourself the mystery of the world Green Monkey. A rare sight outside of West Africa, the Barbados Green Monkey has saved hundreds of thousands and is responsible for 70% of the Worlds Polio Vaccine. To see this charming, funny and fascinating animal take the Adventure Safari into the interior, into some of the most beautiful locations in Barbados, many of which are only accessible by 4x4 vehicles. See interesting sights such as, the Scotland District on the East Coast, where the views and scenery will leave you breathless. Quite simply if you haven't seen the East Coast you really haven't seen Barbados. This tour departs in the afternoon only in order to be in the Reserve at feeding time for the Monkey Encounter. Note: During breeding season, the Green Monkey may enter the Wildlife Reserve later than normal. To counter this behavioral pattern, the tour itinerary is reversed. The minimum age required to take this tour is 5 years of age and the maximum weight is 250 pounds. This tour is not recommended for pregnant guests or guests with limited mobility</p>
	<p><u>4 x 4 Adventure Safari & Paradise Beach</u> – RCCL \$99 adult \$39 child 3 hours: The 4x4 convoy will drive through the Fisherpond Sugar Cane Estate and Coffee Gully and Holetown. A stop is made at Bathsheba for refreshments and snacks. You'll have time to swim and relax at Paradise Beach. Not recommended for guests with back or heart problems. Discover the natural beauty of Barbados hidden in the countryside and away from the normal tourist areas. Your driver will take you through the interior of Barbados, which for the most part is inaccessible to other forms of transport. The 4x4 convoy will wind its way through the greenery of Fisherpond Sugar Cane Estate and Coffee Gully after which you will witness a panoramic view of the Atlantic Surf pounding the Eastern Coastline. For refreshments a stop is made at Bathsheba where participants have the opportunity to see the island's most hidden bays and best kept secrets. After Bathsheba, the convoy takes you off-road again for exciting thrills traveling downhill into Cattlewash, all the while viewing miles of beach and beautiful coastline. The emphasis is on fun but the drivers give a continuous commentary on the history, culture and folklore of Barbados. You will pass Holetown where the first settlers landed in 1627 before arriving at Paradise Beach. You'll then have forty-five minutes to have a drink and cool off in the Caribbean blue waters. This quiet, solitary retreat is the perfect stop for swimming, sunbathing and enjoying the tranquility of the surroundings before returning to port just a short journey away by bus. Minimum age to participate is 3 years old and all children must be accompanied by a parent. Maximum weight is 250 pounds. Please note that participants should be in moderate health for this excursion. Persons with back or heart problems or other physical conditions are strongly discouraged from participating.</p>
	<p><u>4 x 4 Safari & Shipwreck Snorkel</u> – RCCL \$62 adult \$52 child; 4 hours: You will enjoy a shipwreck snorkel experience on a sleek high-powered catamaran with an open bar and an exploration of the island's hidden beauty in a convoy of specially rigged 4x4 vehicles. This tour is not recommended for pregnant guests. This four hour adventure has some of the best highlights Barbados has to offer. Non-stop action from beginning to end, it is a great way to discover Barbados. You will enjoy a snorkel experience on a sleek high-powered catamaran and an exploration of the island's beauty in a convoy of specially rigged 4x4 vehicles. Snorkel over a shallow shipwreck, where you can view tropical fish so tame you can feed them by hand. Swim in a secluded bay and sip from the open bar as you enjoy superb cruising aboard this unique catamaran. The bar is open from departure with complimentary alcoholic beverages being served after the snorkeling. You will then discover the natural beauty of Barbados hidden in the countryside and away from the normal tourist areas. Your driver will take you into the interior of Barbados which, for the most part, is inaccessible to other forms of transport.</p>


	<p>The convoy will wind its way through the greenery of sugar cane fields, Apes Hill and Russia Gully in the Highlands, from where you will witness a breathtaking view of the Atlantic surf pounding the coastline. Then, the convoy takes you off-road again for exciting thrills travelling downhill into Cattlewash, all the while viewing miles of beach and beautiful coastline on the East Coast. The emphasis is on fun, but the drivers give a continuous commentary on the history, culture, and folklore of Barbados. You will drive through Holetown, where the first settlers landed in 1627 and have the opportunity to view many of the West Coast mansions before returning to your ship. The minimum age to participate in this tour is 5 years old. Maximum weight is 250 pounds. This tour is not recommended for pregnant guests.</p>
	<p><u>A Flavor of Barbados</u> – RCCL \$36 adult \$26 child 3 ½ hours: Enjoy a scenic ride around Barbados that will take you onto The Rum Factory and Heritage Park. At the Sunbury Plantation House, you'll get a guided tour and enjoy a rum punch or fruit juice. Your final stop will be at Medford Mahogany Creations where you'll get a tour of the mahogany carving factory. Your tour begins through the Islands' capital Bridgetown, the historic area of the Garrison Savannah and the beautiful South Coast of Barbados, to the Rum Factory and Heritage Park, which is about 350 years old. Here you'll learn how rum is made in the most modern rum distillery in the western hemisphere. Your tour guide will show and tell you some fascinating facts before you can walk comfortably around the grounds and feel and see its history through the numerous displays of artefacts located around the park. Next it's on to explore the 300 year old Sunbury Plantation House, Barbados' most renowned heritage residence and the only Great House in the island with all rooms open for viewing. Before leaving, delight yourself with a refreshing Rum Punch or Fruit Juice. You'll then depart for Medford Mahogany Creations, an interesting interactive tour of the only mahogany carving factory on the island. See how these beautiful works of art are created from roots and blocks of wood, tour the artists' studio, purchase a souvenir or an authentic piece of sculpture. A short drive from here will take you back to the port.</p>
	<p><u>A Taste of Barbados</u> – RCCL \$90 adult \$69 child 5 hours: Enjoy a scenic ride around Barbados that will take you onto The Rum Factory and Heritage Park. At the Sunbury Plantation House, you'll get a guided tour and enjoy a 4-course luncheon. Your final stop will be at Medford Mahogany Creations where you'll get a tour of the mahogany carving factory. Enjoy a journey around Barbados, recapturing the history and the local artistic talent. A scenic ride along the lively South Coast and then through the countryside will take you onto The Rum Factory and Heritage Park, which is about 350 years old. Come and learn how rum is made in the most modern rum distillery in the western hemisphere. Your tour guide will reveal some fascinating facts to you while you walk around comfortably. You cannot only see, but feel the history, be it through the 17th century building housing, the Art Gallery or through the numerous displays of artifacts located around the park. After a short drive, you will reach Sunbury Plantation House. A guided tour of this 300-year old Great House will allow you to glimpse into the historic past of Barbados and its former Plantation owners. Then sit down and enjoy a sumptuous four course Plantation Luncheon. Your taste buds will certainly thank you. A drive through the fertile valleys will take you to your last stop at Medford Mahogany Creations. Your host, Mr. Medford, will take you on an interactive tour of the only mahogany-carving factory on the island. You will marvel at his skills during an exciting demonstration before touring the workshops. A short drive will take you back to the port.</p>

	<p><u>Aerial Trek Zipline Adventure</u> – RCCL \$89 2 ¾ hours: The ultimate experience is the Zipline and the eco-system created by our island. The Zipline technology borrows from rock and mountain climbing. Your adventure will begin when you leave your ship with a scenic ride to our home base. You go over seven platforms; each with two of our experienced guides. They will provide you with information on the eco-system you are experiencing as well as ensure your safety. Enclosed and comfortable footwear is required for this tour (sneakers). The ultimate experience is the pairing of Zipline technology with the beautiful ecosystem created by our island. The Zipline technology borrows heavily from that used for rock and mountain climbing and will feature a double line with redundancy to provide a safe environment for users. Our courses built by International Construction and Rigging Company Ltd. are all built to standards approved by the Association for Challenge Course Technologists (ACCT). This association has as its purpose "to promote the use of Challenge Courses and to set minimum standards for Challenge Course installation, operation and inspection." As such we are certain of our quality and safety standards. Your adventure will begin when you leave your ship with a scenic ride to our home base. For those interested in experiencing the adrenaline rush of zipping through one of our most beautiful sites, your wish is our command. Upon arrival at the site, you will be given your safety briefing and outfitted with safety gear that will include your harness system for use on the tour, helmets and gloves. Your tour takes you over seven platforms each with two of our experienced guides who will provide you with information on different areas of the eco-system you are experiencing as well as ensure your safety as you move from platform to platform. You will enjoy beautiful views of our island as well as be informed on the geological formations, which will become apparent. After your time of fun you will have a short walk on the nature trail back to the base camp where you will board your bus for transportation back to the ship. Enclosed and comfortable footwear is required for this tour (sneakers).</p>
*	<p><u>Atlantis Submarine</u> – RCCL \$99 adult \$59 child 2 ½ hours: The Atlantis is the world's first submarine designed specifically for underwater passenger excursions. Now, you'll have the opportunity to experience the magical world of a Caribbean reef in the comfort of the Atlantis III to a depth of 130 feet. The Atlantis is the world's first submarine designed specifically for underwater passenger excursions. Now, you'll have the opportunity to experience the magical world of a Caribbean reef in the comfort of the Atlantis III. After a short ferry ride to the Atlantis dive site, you'll begin your descent to a depth of 130 feet, entering a unique world of coral formations, sponge gardens, colorful fish, exotic marine life and an imposing shipwreck, the Lord Willoughby. Barbados' Fresh Water Bay Reef, with its kaleidoscope of living color, will provide you with amazing photo opportunities as you relax in air-conditioned comfort. Note: Guests must be at least 4 years of age and at least 3 feet tall in order to participate on this excursion.</p>
*	<p><u>Barbados Beach Bar & Pub Hop</u> – RCCL \$45; 3 ½ hours: This is a tour where you will see three of the best beaches and three of the best beach bars that Barbados has to offer. On this tour, you will have the chance to sample some of the local rum drinks or local beer. These locations have been selected to ensure that you sample the best that there is to offer. Your guide will point out areas of interest along the Pub Crawl route. On this tour, you will have the opportunity to sample some of the local rum drinks or local beer from these three quaint locations and find out unique stories of the Liquid Gold (Barbados Rum), which has made Barbados famous. Feel free to stroll along the white sands surrounding the beach bars. Note: that guests must be a minimum of 21 years of age to participate in this tour. Swimming is not permitted on this tour.</p>
	<p><u>Barbados Golf Club</u> – RCCL \$145 6 hours: The Barbados Golf Club is a 6,805 yd,</p>


	<p>par 72 golf course featuring gentle rolling hills, wide open fairways and a series of coral waste bunkers. Price includes transportation, green fees and shared golf cart. The Barbados Golf Club has become the soul of Barbados golf with its friendly atmosphere, coaching programs and charming terraced clubhouse, which opens onto an expansive and unique triple green. Re-designed by notable architect Ron Kirby and re-opened in 2000, the Barbados Golf Club is the island's first public 18-hole championship golf course. This links-style 6,805 yd, par 72 golf course features gentle rolling hills, wide-open fairways and a series of coral waste bunkers, which add character to several holes. A large central lake adds intrigue on 3 holes and mature 'mile' trees bend and beckon in the cooling coastal breezes. This is an ideal outing for golfers of all abilities. The Barbados Golf Club is officially sanctioned by the European PGA tour. Note: Price includes round trip transportation, green fees and shared golf cart. Club rental is \$25.00 per person, Shoe rental is \$10.00 per person - Prices are not part of the golf package and are subject to change at anytime. Payable at the golf course only. PRICES VALID 10/01/07 - 12/14/07 and 04/15/08 - 09/30/08. 18 HOLES/PAR 72/6,705 YARDS/30 MIN. FROM PORT.</p>
	<p><u>Barbados Highlights Tour</u> – RCCL \$38 adult \$29 child 3 ½ hours: Don't miss these highlights. This tour will take you to the most scenic places in Barbados such as famous Bathsheba and the wonderful National Park at Farley Hill. Last but not least discover the Platinum West Coast of the Island. You will first drive through the center of our capital Bridgetown and past the residences of the Governor General and the Prime Minister. After passing Gun Hill Signal Station it is soon on to Bathsheba on the rugged East Coast. Bathsheba is well known as the "surfing spot" on the Island and many local and regional surfing competitions have been held here in the internationally acclaimed "Soup Bowl". Enjoy a refreshing drink while watching the pounding surf of the Atlantic. Next stop is Farley Hill National Park with its Great House ruins and vibrant gardens with various plants and tress and, of course, another spectacular view. Your return will lead you along the West Coast passing through the quaint villages of Speightstown and the Hometown.</p>
	<p><u>Barbados Natural Wonders</u> – RCCL \$55 adult \$45 child 3 ¼ hours: Your first stop will be Park's Farm, a working farm featuring the famous Barbados Black Belly Sheep. Next, the Andromeda Botanical Garden and Bathsheba rock formations. Your last stop will be Whim Gully, an island wide system of gullies which features many varieties of plants and trees among coral stone walls. Wear comfortable clothing and sensible shoes. There will besome walking and inclines at the gardens and very limited walking at WhimGully. This tour is not wheelchair accessible. Experience the full beauty of Natural Barbados on a tour that takes you on a journey of discovery. After boarding your air-conditioned van or bus at the Cruise Terminal, you will make the scenic trip through some of the most beautiful areas in the Caribbean. Enjoy views of the east coast, rolling hills and farmland, often marveled at by visitors and the average Barbadian. You will get a glimpse along the way of the famous Giant Baobab Tree, brought from Africa around 1738, over 260 years ago. Your first stop will be Parks Farm, a truly beautiful, working farm featuring the famous Barbados Black Belly Sheep. These sheep are indigenous to Barbados, having thought to be brought over from Africa in the early days by British settlers. Here your guide will explain the reasons why the Black Belly Sheep are so special. You may even have the opportunity to get a picture with one of the farms smallest residents, a little Black Belly lamb. Set against a backdrop of rolling hills, Parks is one of the most picturesque farms in Barbados. Your tour will continue with views of the lush green hillsides of the parish of St. Joseph interrupted only by dramatic views of the east coast, before stopping at Andromeda Gardens. The Andromeda Botanical Garden, nestled on a hilltop in this same parish,</p>

	<p>known for its unspoiled beauty, is a six-acre garden containing several varieties of orchids, palms, ferns, heliconia, hibiscus, bougainvillea, begonias and cacti. On your approach you will see a bearded fig tree reported to be why the original settlers gave Barbados the name Los Barbados or the bearded ones. Upon arrival, you will be welcomed with a refreshing beverage and given an overview of the gardens and its history. Here you will have time to explore the meandering paths, enjoy the variety of unique plants and have access to bathroom facilities. There is a quaint cafe` if you care to sample some island cuisine or fresh juices. Just a short drive from Andromeda is the famous Bathsheba rock formations. Your driver and guide will make sure you have the opportunity to take photos. You will then journey to the famous East Coast Road. At approximately 850 feet above sea level, beautiful Farley Hill offers spectacular viewing. Your last highlight on your Natural wonders tour will be the Whim Gully. It is part of an island wide system of gullies and features many varieties of plants and trees among coral stone walls. After leaving the Whim you will make your way back to the port. Note: Wear comfortable clothing and sensible shoes. There will be some walking and inclines at the gardens and very limited walking at Whim Gully. This tour is not wheelchair accessible. Minimum age to participate is 4 years old.</p>
	<p><u>Barbados' Finest Blends</u> – RCCL \$39 3 hours: Find out how Barbados' #1 Rum Brand is produced via a multimedia presentation and tour of the distillery and a visit to an authentic Barbadian chattel house, where you can sample the rums and purchase bottles or souvenirs. You'll continue on to Banks Brewery. On this tour, you're fully briefed and informed on what has made Banks Beer the national beer of Barbados. You'll have ample opportunity to taste Banks as well as the other products made at the brewery. This tour will give you a unique perspective of Barbados. Find out how Barbados' #1 Rum Brand is produced. You will see a multimedia presentation and then be escorted around the distillery by guides. You will be told about how the Mount Gay Rum Distillery is the longest-standing rum producer in the world, celebrating its 300th anniversary in 2003. Your visit ends at an authentic Barbadian chattel house, where you can sample the rums and purchase bottles or souvenirs. You will continue on through Bridgetown to the home of Banks Brewery. On this tour, you are fully briefed and informed on what has made Banks Beer the national beer of Barbados. You will have ample opportunity to taste Banks as well as the other products made at the brewery. You will then have a short transfer back to your ship. Minimum age: 21 years old. Tour may be operated in reverse.</p>
	<p><u>Beautiful Barbados & Heritage Village</u> – RCCL \$39 adult \$29 child 3 ¼ hours: Your tour includes Farley Hill National Park with imposing ruins of plantation, St. John's Church, Tyrol Cot which is a combination of a living museum and a Heritage Village. Tyrol Cot is considered the birthplace of Barbadian democracy and contains memorabilia from the early days of government. From the harbor, the tour proceeds along the west coast passing Holetown, where the British first landed in 1627. Further along, the tour continues through Speightstown, which is characteristically West Indian with its 19th century architecture, now housing quaint shops and restaurants. The drive turns inland and proceeds to Farley Hill National Park. The imposing ruins of a once magnificent plantation house are surrounded by gardens, lawns, towering royal palms, gigantic mahogany, whitewood, and casuarina trees. Partially rebuilt for the film "Island in the Sun," the structure was later destroyed by fire. The tour continues through the countryside to St. John's Church for panoramic views and the chance to see the tomb of Ferdinand Paleologus, a descendant of the last Greek Christian Emperor. Through lush sugar cane and country villages, you'll make your way to Tyrol Cot. The total Barbadian heritage experience - a combination of a living museum in a historic great house and a Heritage Village set in 3 acres of landscaped gardens. Stroll through the</p>


	village and visit the Blacksmith Shop, a replica of an 1820s Slave Hut, a Bajan Rum Shop, as well as other quaint Chattel Houses. The house itself, constructed in 1854, was the residence of Sir Grantley Adams, First Premier of Barbados and the only Prime Minister of the West Indies Federation and his son, Tom Adams - the second Prime Minister of an independent Barbados. Tyrol Cot is considered to be the birthplace of Barbadian Democracy and is filled with the lifetime collection of the Adams antique furniture and memorabilia.
	<u>Best of Barbados</u> – RCCL \$39 adult \$32 child; 4 hours: Tour travels the Spring Garden Highway through Holetown, where in 1625 the British first landed, into Speightstown. The drive continues through the Barbadian countryside. A stop is made at St. John's Church, with its history and views. Look for the tomb of Ferdinando Paleologus, the last descendant of Christian Emperor of Constantinople. At Sunbury Plantation, experience an example of a Barbadian Sugar Estate Great House. This Plantation House is filled with antiques and memorabilia. Travel along the east and west coasts of Barbados and through the interior to see one of the most modern rum distilleries in an age-old setting. Departing from the harbor, the tour travels the Spring Garden Highway through Holetown, where in 1625 the British first landed, into Speightstown. Turning inland, the drive continues through the Barbadian countryside, where evidence of the main agricultural crop, sugar cane, is widely evident. The drive continues over Cherry Tree Hill to the east side of the island. The Atlantic surf pounds gigantic boulders along the rugged east coast, where the Bajans themselves have vacation homes, especially in the beautiful Bathsheba area. Another stop is made at the famous St. John's Church with its history and views. Don't forget to look for the tomb of Ferdinando Paleologus, the last descendant of Christian Emperor of Constantinople. The tour continues to Sunbury Plantation House, dating back to 1650. The house was destroyed by fire in 1995, and was gracefully restored and re-opened in 1996. It possesses one of the country's superior collections of antiques. The cellars, originally used for storing yams and other root vegetables grown on the plantation, now house a unique collection of antique carriages, the largest collection in the Caribbean, as well as many items used in the domestic life of the plantation. It also houses a very old collection of optical machinery and sight testing equipment, some of the first to come to the West Indies including the first lens grinding plant. In the extensively landscaped grounds are more fine authentic examples of old carts and machinery used in the last century to cultivate the land. Sunbury Plantation House, located in the tranquil St. Philip countryside is a living monument to plantation life of bygone era, carefully restored and lovingly cherished by its owners for posterity, for the enjoyment of generations to come.
	<u>Discover Scuba Diving</u> – RCCL \$99 5 hours: This one day resort course is designed to have you scuba diving within a few hours. You'll receive instruction from your Padi instructor in a controlled environment of a swimming pool. Then you'll explore the open water at a beautiful reef and wreck site in 25 feet of water at the Folkstone Marine Park. Some health restrictions apply. This tour is for non-certified Scuba divers. See your SeaTrek instructor at the Shore Excursion Desk for details. This tour is only offered on certain ships. Minimum age: 12 years old.
	<u>Discover Scuba Diving</u> – RCCL \$99 5 hours: This one day resort course is designed to have you scuba diving within a few hours. You'll receive instruction from your Padi Instructor in a controlled environment of a swimming pool. Then you'll explore the open water at a beautiful reef and wreck site in 25 feet of water at the Folkstone Marine Park. Some health restrictions apply. Minimum Age: 12 years old.
	<u>George Washington House & Island Drive</u> – RCCL \$43 adult \$33 child 3 hours:


	<p>You'll depart and head through the capital of Bridgetown. Glimpse the Parliament Buildings, the third oldest in the Western Hemisphere. View Heroes Square, originally called Trafalgar Square. Head along Bay Street before arriving at the George Washington House. You'll go along the south coast, driving through country villages. You'll pass by the Lion at Gun Hill carved out of a single piece of limestone. On your return, pass by Ilaro Court, the official residence of the Prime Minister. You'll depart the port and head through the capital of Bridgetown and take a glimpse of the Parliament Buildings which are the third oldest in the Western Hemisphere. View Heroes Square which was originally called Trafalgar Square. Head along the Bay Street before arriving at the George Washington House. The house was originally owned by Captain Crofton who was Commander of James Fort. He invited George Washington, then nineteen, to stay at the house. George stayed in Barbados for four months and visited Bridgetown often. A few weeks before he was to return to Virginia, he came down with smallpox. He recover from the disease which later helped him as his immune system became stronger. The disease would then be known to be the number 1 killer during the American Revolution. In 1751, George said goodbye to Barbados and headed to Virginia. Who would have thought that this young man would later become the first President of the United States. You'll make a short loop around the Historic Garrison area. Spread along the southern outskirts of Bridgetown is a veritable community of 60 to 70 old Garrison buildings. These buildings are of historical and architectural interest and were built from the 1660's and continued into the 1800's. You'll head along the south coast before heading into the middle of the island driving through country villages. You'll pass by the Lion at Gun Hill which is carved out of a single piece of limestone. On your return to the port, you'll pass by Ilaro Court which is the official residence of the Prime Minister.</p>
	<p><u>Graeme Hall & Sunbury Plantation</u> – RCCL \$57 adult \$29 child 3 ½ hours: You'll visit Graeme Hall Nature Sanctuary and spend time in this tranquil sanctuary for birds. Then travel to the Sunbury Plantation House and discover the life of a planter. This exciting tour will take you to some parts not well known in Barbados. First visit one of the newest attractions to our Island, the Graeme Hall Nature Sanctuary. The leisurely drive to this wonderful place will give you a chance to experience the lively South Coast of our Island before entering into a new world that can hardly be recognized as Barbados. Once you enter the tranquil sanctuary you will experience rarely seen nature and wildlife as it has been 300 years ago. The Sanctuary contains the last significant mangrove forest as well as the largest inland lake in Barbados. The natural landscape has a network of boardwalks, large international-class aviaries, education exhibits, migratory bird ponds, and a Nature and Learning Store and Visitor Centre. You are sure to enjoy each and every minute spent in this wonderful sanctuary. From here you will continue along the South Coast to Sunbury Great House and Museum. This Great House was originally built over 300 years ago and it is magnificently furnished, giving you a glimpse of the life of a planter. After your discovery of the house, enjoy a refreshing drink in the courtyard before returning to the Harbour via the fertile St. George Valley and then passing the residences of the Prime Minister and the Governor General.</p>
<p>****</p> 	<p><u>Harbour Master Pirate Cruise</u> – RCCL \$62 3 ½ hours: Ahoy me Hearties, the pirates are still alive and well in the Caribbean! Cruise with them under the skull and cross bones aboard the MV Harbour Master, a coastal cruiser 100' long and four decks high fitted with modern amenities including air-conditioned restrooms with hot and cold fresh-water showers. At a sheltered bay you can stroll down the ramp right onto the fine sand beach for one whole hour of beach time and a swim in calm, crystal-clear waters. Open bar and shuttle transfers provided. Our Pirate Captain and his crew will take you</p>


	<p>on a 3-hour cruise with a beach stop. The cruise begins from the time you leave the dock enroute to Carlisle Bay; the bar is open and the 'grog' flows. Visit the on board Craft Village where local artisans display and sell their 'treasures'. If you are looking for a quiet time gather around the longest floating bar in the Caribbean. At the beach stop, thanks to the Harbour Master's beach landing capability, all you 'land lubbers' can walk ashore onto a beautiful sandy beach without even getting your feet wet. Swim in the crystal clear azure waters; for the more adventurous 70' Water Slide is sure to be a hit so get the camera ready for some memorable photos. Be sure to bring your swimwear, towel, sunscreen and your sense of humor. Back on board for the cruise back to port the pirate adventure goes into full swing to the sweet rhythms of Calypso music and the Captain is sure to find a 'comely wench' and unsuspecting beau to join in pirate matrimony, for the duration of the cruise only, of course! Short shuttle transfers to and from the cruise terminal are provided. Note: The beach stop and operation of the waterslide are subject to weather and sea conditions. An alternate beach location maybe used due to the weather conditions.</p>
	<p><u>Kayak and Turtle Encounter</u> – RCCL \$72 adult \$52 child 3 ½ hours: Kayak for approx. 45 minutes to the snorkel site where you can feed and swim with turtles. Relax and enjoy complimentary beverages on the return boat ride back to the ship. Join your experienced guide on this exciting combination kayak tour and swimming with the turtles. After a scenic boat ride along the West Coast, you will arrive at a selected beach where you will set out on the kayak portion of your tour. After paddling along the coastline for approximately 45 minutes, you will arrive at the snorkel site where you will be issued a mask, snorkel and safety vest. Join your guides as they feed the turtles and experience the excitement as these gentle creatures swim around you. Relax and enjoy complimentary beverages on the return boat ride back to the ship. Note: There will be approximately 45 minutes of kayaking. The minimum age to participate in this tour is 5 years of age and children under the age of 16 must be accompanied by an adult.</p>
**	<p><u>Malibu Beach Break</u> – RCCL \$26 \$20 child 3 ½ hours: Take a break and relax at one of Barbados' finest beaches. Included in your package is round trip transportation, a beach chair, restroom facilities with changing rooms and showers, a Malibu cocktail, and optional guided tour of the authentic rum distillery located at this site. Equipment such as floating mats, snorkels and masks can be rented. You're sure to enjoy the sandy beach and crystal clear, turquoise water. Experience one of the island's best assets, the beach!</p>
	<p><u>Maxi Yacht Racing Challenge</u> – RCCL \$99 3 ¾ hours: These two 80-foot mono-hull yachts are the real thing - authentic racing yachts. Choose from positions such as helmsmen, tactician, grinder and foredeck - be as involved as you like or just join in for a great ride. These two 80 foot mono-hull yachts were both successful competitors in the 1989 Whitbread "Around the World" Race. These are the real thing, authentic yachts, and this will be a once in a lifetime experience. Just imagine that you are part of a world class yacht crew, sailing on a famous Maxi ocean racer with full racing kit. The two yachts go head to head on a full match race to the finish - a new race every time! Each of the yachts is crewed by a professional team and guests will make up the remainder of the crew required to complete the race. At check in it will be required that guests sign a waiver due to the physical nature of the cruise. An onboard training session with captain and crew will begin your experience. You will be given the opportunity to choose from positions such as helmsmen, tactician, grinder and foredeck. You can help to hoist sails, steer or just hang out on the rail. Be as involved as you like or just join in for a great ride. Complimentary non-alcoholic cold drinks and bottled water will be available during the race. Upon completion of the race a victory party will be hosted on shore, with complimentary rum based drinks, soft drinks and</p>

	snacks. Minimum age to participate is 12 years old.
	<p><u>Mini Buggy Safari & Swim</u> – RCCL \$60 3 ½ hours: The Mini-Buggy is a 2-seater with an extra large cockpit and all-terrain suspension. Once off-road, you'll hardly see another person, emphasizing the virgin landscape you'll be traversing. You'll have time to for a cool drink and swim after the tour. Tour price based on 2 person capacity per vehicle and driving responsibilities can be rotated. Drivers must have valid driver's license that has been active for 2 years. Maximum combined weight on buggy is 350 pounds. Set out towards the North Point of Barbados while driving through Holetown where the first settlers landed on the beautiful West Coast. As you embark on an adventure unlike any other in the Caribbean, your destination is Foster's Funland, St. Andrew. There, a fully roll-caged Mini-Buggy awaits you. The new and exciting Mini Buggy is a 2-seater machine that sets the standard of the industry with its extended wheelbase and 10-inch ground clearance. The extra large cockpit and the all-terrain suspension make the buggy a real performer with a comfortable ride. Your guide will take you through a short safety brief and operating procedure, then you and your party choose your helmets before climbing into your 8ft long all-terrain Mini Buggy embarking in convoy style, through the meandering trails of the rugged and rustic North Coast. The leader of the convoy will be your guide with an assistant at the rear. Your guide will determine the pace for the next hour of off-road fun, but there will be no overtaking unless instructed to do so. This adventure allows you to absorb the beauty and freedom of Barbados in a way no other visitor can. Once off-road, you will hardly see another person, emphasizing the virgin landscape you will be traversing with the pounding Atlantic Ocean on one side and the rolling hills of St. Andrew and St. Peter on the other. After the safari, it is time, once again, to climb aboard your coach and travel over to the luxurious West Coast. There you can enjoy a cool drink and a 30 minute swim, in the peaceful and tranquil surroundings of Paradise Beach. This is the perfect way to culminate the only adventure of its type in the Caribbean. Note: The tour price is based on 2-person capacity per vehicle. Driving responsibilities can be rotated. All drivers must have a valid driver's license that has been active for a minimum of 2 years. The minimum age to participate in this tour is 5 years old. The maximum height is 6'3 feet tall. Maximum combined weight on the 2-person buggy is 350 pounds.</p>
<p>***</p> 	<p><u>PADI Scuba Diver Certification Course</u> – RCCL \$249 4 ½ hours: Participate in the PADI Scuba Diver Course onboard and discover what you've been missing. Price includes: 2 training dives, all gear except mask and snorkel. Please print and fill out the attached PADI Medical History Questionnaire. Most of the world is covered with water. Participate in the PADI Scuba Diver Course onboard and discover what you've been missing. This quick and easy course was designed with the vacationer in mind. The PADI Scuba Diver program is a wonderful and exciting opportunity to explore the underwater world with the comfort and safety of having an experienced PADI SeaTrek Dive Instructor beside you every step of the way. Throughout the course you'll learn the basics of diving through participation in pool dives, knowledge development sessions and 2 exciting open water dives in some of the best locations in the world. Upon completion of the short course, you will be awarded the PADI Scuba Diver certification. PADI certifications are the most recognized forms of diver education worldwide. Your certification is like a passport, allowing you beginner level access to some of the best diving in the world. It also allows you to pursue further training in diving. While in Barbados enjoy the breathtaking beauty of one of the top diving locations in the Caribbean. During your two open water-training dives with your professional PADI SeaTrek Instructor, you'll experience the fascinating underwater world. A short skill assessment will test your knowledge and underwater comfort level. Once you've completed both of these dives, you're ready to begin a lifetime of underwater adventure!</p>

	<p>Price includes: 2 Open Water training dives and all gear; except mask and snorkel. Successful completion of pool and academic training required prior to the dives, which is conducted on board ship. Scuba equipment is available for purchase at the SeaTrek Dive Shop on board at tax and duty free prices. Duration: 4 1/2 hrs in Barbados and approximately 12 hrs overall including pool dives and knowledge reviews. Please print and fill out the PADI Medical History Questionnaire form. This form can be found at: http://media.royalcaribbean.com/content/royal/pdf/PADImedicalrelease.pdf A positive response on the medical history questionnaire does not necessarily mean you can't dive, but you will need to consult with your physician prior to coming onboard. Also included is the Physicians guide to the Diving Medical. This is a simple guide for your physician to use to determine if diving is safe and suitable for you. You need Adobe Acrobat Reader in order to view the PADI Medical Release Form. The software can be found at: www.adobe.com/products/acrobat/readstep2.html. Diving is an adventure like no other. Enjoy a fantastic cruise, and enjoy everything the sea has to offer, above and below the waves. Get out there. Minimum Age: 12 years old. Please note this course is only offered on certain ships.</p>
	<p><u>Scenic Bike Ride & Swim</u> – RCCL \$69 3 ½ hours: The bike ride uses primarily paved roads, it's 12 kms long and approximately 2% of it is uphill and the remaining 98% downhill or along flat terrain with a stop at the Canefield Plantation. You'll also have approx. 90 minutes at a beach to relax or swim. No open-toe shoes. Enjoy a scenic half an hour transfer from the port to Highland Adventure Center. Highland is located at Canefield, in the central parish of St. Thomas and has spectacular views surrounding it. It is situated on one of the highest ridges at 1,004 ft above sea level. It is from here that your mountain bike ride will begin. The bike ride uses primarily paved roads, it's 12 Kms long and approximately 2% of it is uphill and the remaining 98% downhill or along flat terrain. Make sure to bring your camera and sun block. Upon departing Highland, you will first ride through the picturesque Canefield Plantation and make a quick 10 minute stop at the flower farm where you dismount and walk through their beautiful show garden. There you will see a variety of local flowers, ferns and fauna that is grown on the island for the flower trade. You then remount the bikes and head South through the sugar plantations passing one of the beautiful old plantation houses. Soon after, you'll start to get views of the beautiful west coast and the spectacular Sandy Lane estate and golf course. You'll then reach the town of Holetown, where the original settlers first landed in 1627. This is where your bike ride concludes. From here, you'll reboard the coach for a short drive along the beautiful west coast to a beautiful white sandy beach near the port for a refreshing swim. The beach stop is 90 minutes and includes a drink. Beach chairs are available for rent. Re-board your transfer for a short drive to the port. The minimum age to participate on this tour is 12 years old. Guests will be required to wear a safety helmet while riding and open-toed shoes are not permitted. Tour includes 1.25 hours of cycling.</p>
	<p><u>Scuba Dive With Equipment</u> – RCCL \$99 5 hours: Being formed completely of coral, Barbados provides spectacular dives with magnificent reefs, fascinating shipwrecks and an abundance of marine life. Tank and weights are included for all divers. Equipment package includes regulator, B.C., mask, fins, and snorkel. Must be certified and have dived within the last 2 years. Participants must have a valid "C" card in their possession. Formed completely of coral, Barbados provides spectacular dives with magnificent reefs, fascinating shipwrecks and an abundance of marine life. On this 2-tank dive, you can explore the barrier reefs situated on the West Coast of the island, where divers may encounter turtles, barracudas and snapper. Note: Tank and weights are included for all divers. Equipment package includes regulator, B.C., mask, fins, and snorkel. This is limited to certified divers who have been on a dive within the last two</p>

	<p>years. Certified divers must present a valid certification "C" card in order to participate. This tour is only offered on certain ships. Minimum Age: 12 years old.</p>
	<p><u>Scuba Dive Without Equipment</u> – RCCL \$89 5 hours: Being formed completely of coral, Barbados provides spectacular dives with magnificent reefs, fascinating shipwrecks and an abundance of marine life. Tank and weights are included for all divers. Tank and weights are included for all divers. Must be certified and have dived within the last 2 years. Participants must have a valid "C" card in their possession. Formed completely of coral, Barbados provides spectacular dives with magnificent reefs, fascinating shipwrecks and an abundance of marine life. On this 2-tank dive, you can explore the barrier reefs situated on the West coast of the island where divers may encounter turtles, barracudas and snapper. Note: Tank and weights are included for all divers. This is limited to certified divers who have been on a dive within the last two years. Certified divers must present a valid certification "C" card in order to participate. This tour is only offered on certain ships. Minimum Age: 12 years old.</p>
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	<p><u>Scuba Dive without Equipment</u> – RCCL \$89 5 hours: Being formed completely of coral, Barbados provides spectacular dives with magnificent reefs, fascinating shipwrecks and an abundance of marine life. Tank and weights are included for all divers. Tank and weights are included for all divers. Must be certified and have dived within the last 2 years. Participants must have a valid "C" card in their possession. Being formed completely of coral, Barbados provides spectacular dives with magnificent reefs, fascinating shipwrecks and an abundance of marine life. On this 2-tank dive, you can explore the barrier reefs situated on the West coast of the island where divers may encounter turtles, barracudas and snapper. Tank and weights are included for all divers. This tour is only offered on certain ships. Note: This is limited to certified divers who have been on a dive within the last two years. Certified divers must present a valid "C" card in order to participate. Minimum Age: 12 years old.</p>
<p>***</p> 	<p><u>Sea Spi Adventure</u> – RCCL \$85 2 ½ hours: Embrace the SEA SPI experience through the bubble-free viewing glass of your electric personal watercraft. Independent persons can operate their own Sea Spi, while families/couples can share the experience on their twin Sea Spi. The Carlisle Bay Marine Park is home to Barbados' six underwater shipwrecks, tropical fish, sea turtles, sting rays, and sea horses. Water lovers and land lovers will enjoy a pleasurable and innovative tour on the whisper quiet Sea Spi. Your host will welcome you upon your arrival to the Sea Spi center, located directly on the Carlisle Bay Marine Park that is home to six of Barbados' underwater shipwrecks. See the Cornwallis, the Bajan Queen, the Berwyn, the Barge, the Eillon and the Ce-Trek; a collection of War vessels, freighters, and tug boats! There you will</p>

	<p>meet your professionally trained tour guide and receive a safety briefing and operational instructions for your watercraft. Within minutes of embarking you will be above the shipwrecks and greeted by schools of tropical fish, Sea Turtles, Sting Rays, Sea Horses and so much more. Gliding undetected through tropical waters, your guide will educate and enlighten you on the marine life and eco-systems native to the area. The thrill of the unknown awaits you as you travel along seeking the sights below. The experience will be yours to embrace for years to come! Note: Age participation is between 5 and 80 years old. Maximum weight restriction is 300 pounds per guest. Life vests are required and provided during your Sea Spi experience. Wear your swimsuit and do not forget your sun protection.</p>
**	<p><u>Sub and See</u> – RCCL \$138 adult \$84 child 4 ½ hours: On board the Atlantis III, you are seated in spacious, air-conditioned comfort as the submarine will dive to depths of 55-150 feet during your 40-minute journey to view the coral reef and marine life. Your tour continues with a bus tour of "Little England," driving by historic churches and other points of interest. Your adventure begins with a short bus shuttle over to the Shallow Draught from the cruise terminal. Sit back and enjoy the ten-minute scenic cruise to the Atlantis dive site as the Atlantis crew gives an information and safety talk. Then you will transfer from the Ocean Quest to the Atlantis III. On board the vessel you are seated in spacious, air-conditioned comfort as your incredible underwater experience begins. First the submarine will dive to 55 feet to view the beautiful coral reef and the abundance of marine life, including spectacular coral, sponges, and colorful tropical fish through large, clear viewing windows. A knowledgeable co-pilot who will point out and explain the amazing sea life as well as give a history of Atlantis and the submarine itself. Before returning to the surface from your 40-minute underwater journey, the submarine descends to depths of 115 to 150 feet to view what has, in the past, been reserved for scuba divers only - a sunken shipwreck! After resurfacing, you are transferred back onboard the shuttle boat for the return to Shallow Draught. On arriving at the shallow, you will board an air-conditioned coach to Discover Little England. Your driver and guide will point out areas of interest as you journey along the Spring Garden Highway past beautiful beaches and towards the Platinum coast featuring the luxurious Sandy Lane estate, one of the most exclusive hotels in the world. You will drive by historic churches and a burial site of the earliest British settlers. You will then pass through Speightstown, the first major seaport of Barbados, before entering the Parish of St. Peter journeying inland towards Farley Hill National Park and the ruins of one of the grandest plantation homes ever built. Guests must be at least 3 feet tall to participate. Minimum age to participate is 4 years old.</p>
*** 	<p><u>Swim with Turtles, Shipwrecks, Snorkel & Beach</u> – RCCL \$64 adult \$46 child 4 hours: Your tour includes two snorkel locations – Turtle Bay and a shipwreck site. Your guides will provide gear, instruction and information on the friendly turtles and various species of fish you'll see. You'll also have time at a beach to swim or relax where cool drinks and rum punch will be served. Minimum age to participate in this tour is 5 years old and an adult must accompany children under the age of 16. You will start with a powerboat ride along the West coast of Barbados, the playground of the rich and famous, to your stop at "Turtle Bay." The guides will equip you with your snorkel gear, instruction, and information about the lives and habits of the underwater creatures. You will then be able to snorkel with the friendly turtles while observing them in their natural environment. Next you will then board the powerboat again and head to the shipwreck snorkel site. Here you will see the different species of fish and the wreck they call their home. You will then visit a beach, where you will have a chance to relax, swim, and sunbathe as the guides serve cool drinks and rum punch. You will head back to your ship. Note: Minimum age to participate in this tour is 5 years old and an adult must</p>

	accompany children under the age of 16.
*** 	<p><u>Thriller Shipwreck Snorkel & Beach Swim</u> – RCCL \$65 adult \$50 child 3 hours: Join us on this thriller snorkel tour and prepare as you blast across the waves in complete safety and comfort for an exhilarating and scenic ride along the coast. Then stop at a famous ship wreck for some amazing snorkeling and an awesome fish-feed experience of this spectacular and colorful underwater world. Afterwards, go to the beach for a relaxing swim in the shoreline, with an open bar. Join us on this amazing thriller snorkel tour on our unique custom built off-shore power boat known as "Thriller 05". Then you re-board the boat so we can take you close inshore to the beach for a relaxing swim in the shoreline are just lie on the sand and soak up the rays, with an open bar. This is all out action from start to finish! Don't forget your suntan lotion, towel and wear your swim wear under your clothes, complimentary drinks, bottle water and snack with rum punch and beer after served after snorkeling.</p>
*	<p><u>Tiami Five Star Catamaran & Turtles</u> – RCCL \$89 adult \$64 child 5 hours: Swim or snorkel in two locations and see reefs teeming with fish and sea turtles or you can relax on the beach. Your tour includes a continental breakfast and lunch featuring local dishes and an open bar. From the moment you step onboard this sleek catamaran, you know you are in for something special. After being greeted by your friendly and outgoing crew, indulge in a continental breakfast that includes complimentary champagne and orange juice cocktails. Cruise along Barbados' scenic coastline to a sheltered bay where you can opt for a swim in the azure waters, relax on the beach, or join the professional instructors for an optional snorkel tour on beautiful coral reefs teeming with tropical fish. After snorkeling, feast on a lunch featuring local dishes along with cool refreshments from an open bar. At another stop, you will have the unique opportunity to view and swim with the fascinating sea turtles. Let your cares drift away as you sail, basking in the sunshine or relaxing in the shade of the comfortable cabin as you enjoy the beautiful scenery and tranquil ambiance. Snorkeling equipment and instruction is provided. Note: All activities including snorkeling and the turtle encounter are subject to sea and weather conditions.</p>
*	<p><u>Tiami Sail & Snorkel with Turtles</u> – RCCL \$59 adult \$39 child 3 ½ hours: Sail on a sleek and spacious Tiami catamaran. Take in the scenic coastline as you sail through the crystal waters to Turtle Bay. Swim and snorkel at leisure in the sheltered waters as the turtles are fed. Afterwards the friendly and helpful crew will serve you complimentary cocktails as you bask in the sunshine or relax in the shade of the comfortable cabin. Snorkeling equipment and instruction are provided. After a short bus transfer, board your sleek and spacious catamaran. Take in Barbados' scenic coastline as you sail on gentle trade winds through the crystal waters. At anchor, in a sheltered bay, swim and snorkel amongst the peaceful families of graceful and unafraid Green and Hawksbill turtles as they are being fed. An attentive crew will anticipate your needs throughout this cruise and serve complimentary cocktails as you bask in the sunshine or sit in the shade, enjoying the scenery and the tranquil ambiance. Snorkeling equipment, including safety vests, as well as professional instruction and supervision are provided. Enjoy Barbadian hospitality at its best during this unforgettable experience and leave your cares behind as you come and sail away! Note: Turtle sightings are usual but cannot be guaranteed; visits are subject to sea and weather conditions. Shipwreck snorkeling at a premium site may be substituted.</p>