

Places of Interest and things to do in Barbados

Barbados is teeming with culture, rich history, traditions, nature and night life. Make the most of your visit to the island.

Location of Hotel;

Speightstown was the first major port and commercial centre of Barbados. Falling into disrepair and neglected over the years it has now been revived and is the home of a brand new luxury marina development - Port St. Charles - and a number of exciting initiatives. There are excellent hotels and restaurants in the area as well as an art gallery, and some fine examples of original Barbados architecture. Speightstown was the port that Ayscue could not take, when dispatched by Cromwell to quell the insurrection in Barbados in 1649. The Barbadians were loyal to Charles 1, and would not accept Cromwell as their protector. For 6 months Ayscue was unable to land in Barbados, and concentrated attacks on Speightstown were repelled by the small forts along the shore. The tiny Island was landed only with the help of a defector who led Ayscue and his men to land at Oistins Town where they met with representatives of the island and signed what has become known as the "Charter of Barbados". Signed in 1652, the agreement gave Barbados rights and privileges unheard of in any other Island. In particular it guaranteed that Barbados could not be taxed without the consent of a Barbados General Assembly.

St. Peter

- **Barbados wildlife Reserve:** is located in a natural mahogany wood across the road from the Farley Hill National Park in the northern parish of St. Peter. Here you have a unique opportunity to stroll freely through the Reserve watching the animals at close range and in their own natural environment. Animals you may see include: green monkeys, a collection of snakes, colourful birds and non native animals such as the deers.
- **Farley Hill National Park** - offers breathtaking scenery, set in the grounds of the once regal Farley Hill house. A mansion in ruins, tucked away in a forest of mahogany trees, high up on a hill overlooking the rugged Atlantic coast, Farley Hill is an ideal spot to picnic, escape into nature, hide in the shade of a comforting tree and to simply stare out to sea. Other attractions within one mile from Farley Hill are the St. Nicholas Abbey and the **Grenade Hall Forest** and **Signal Station**.
- **Arlington House Museum:** Located in the northern town of Speightstown, Arlington House Museum offers a unique opportunity to experience life in a bygone era! Housed in a restored eighteenth century building, Arlington House is an interactive three-story museum that is both educational and engaging. Children in particular will love the interactive and audio visual features of the museum and the whole family will enjoy learning about Barbados' heritage.
- **St.Nicholas Abbey**, located in the parish of St.Peter, was built in 1660 and is one of only three genuine Jacobean mansions in the Western Hemisphere. Barbados is home to two of these mansions ... St.Nicholas Abbey and Drax Hall (located in St. George). Distinguishing features of this magnificent, well-preserved mansion are: curved Dutch gables, chimney stacks and coral stone finials, a Chinese

Chippendale staircase and fine antiques and china. A rare 1930s film of sugar plantation life can also be viewed. St. Nicholas Abbey is not without its tale of tragedy! The house appears to have been built by Colonel Benjamin Berringer. His neighbour, friend and business partner was John (later Sir John) Yeamans. When Yeamans began to pay attention to Mrs. Berringer, a feud erupted between Yeamans and Colonel Berringer, culminating in a duel in which Berringer was killed. Soon afterwards, Sir John married Mrs. Berringer and claimed the Abbey. A court ruling later returned the property to Berringer's children and the property was named after Berringer's grand-daughter who married George Nicholas. Meanwhile, Sir John and Berringer's widow left Barbados in 1669 and helped found the colony that is South Carolina, USA, with Sir John eventually becoming Governor of that settlement in 1672. When he died two years later, his widow married again ... for the third time!

St. James

- **Folkstone Marine Reserve and Visitors Centre:** this attraction features an artificial reef, marine museum, scuba diving, snorkeling, as well as recreational and picnic facilities
- **Chattel Village Holetown:** local shopping centers selling T-Shirts, Souvenirs and other gift items
- **Lancaster Great House**

St. Michael

- **Pelican Village Bridgetown:** local shopping centers selling T-Shirts, Souvenirs and other gift items
- **Barbados Museum** which is located at the Garrison, is housed in the former British Military Prison. The prison, whose upper section was built in 1817 and lower section in 1853, became the headquarters of the Barbados Museum and Historical Society in 1930. Some of the main displays and features of the Barbados Museum are: Artifacts of the Amerindians, the early inhabitants of the Caribbean islands, Furnishings of an eighteenth century plantation house. It also has a reference library which is available for research on the island's history and genealogy. Discover the history and culture of Barbados through a visit to the Barbados Museum.
- **Tyrol Cot:** was the home of Sir Grantley Adams, the first premier of Barbados and the only Prime Minister of the Federation of the West Indies. The home is also the birthplace of his son, Tom, the second Prime Minister of Barbados. The house itself was constructed in 1854 and is an architectural gem with an interesting mixture of Palladian and tropical vernacular. The house has been restored by the Barbados National Trust and is filled with the Adams' antique furniture and memorabilia. The house is flanked by **The Heritage Village**, a 'living museum' comprised of a number of attractive Chattel Houses each of which displays the work of traditional craftsmen and artists. Here you can purchase leather goods, ceramics and pottery, clothing, pieces of art and local confectionery. The traditional 'Rum Shop' serves sandwiches, fish cakes, and of course, world famous Cockspur Rum!
- **Cricket Legends of Barbados Museum: Located at Herbert House on Fontebelle, a short distance from Kensington Oval, cricket lovers and sporting historians will delight in the new cricket museum which showcases the life and times of some of some of the game's greatest players. The museum features historic West Indian Cricket Memorabilia as well as state of the art interactive information kiosks. While there, you can purchase a West Indies One-day International or Test replica**

shirt, a West Indies branded polo or T shirt, a book or game on cricket, a print or photo or just a small memento. You may also get the opportunity to chat with one of the Legends who drop by regularly.

George Washington House: George Washington, later to become the 1st President of the United States of America, visited Barbados in 1751 and spent about two months. Barbados was the only country he ever visited outside colonial America. The House, now appropriately under the control of the Barbados National Trust, is also of interest to other visitors, including Barbadians, as it gives useful insights into life as it was in the Barbados of 250 years ago. The ground floor of the building is furnished in the manner in which it might have been in 1751. On display are such basic items as a four poster bed with a rather lumpy mattress surrounded with mosquito netting very much needed then as protection against



these little pests, a small face basin and ewer in one corner and, under the bed, the very necessary chamber pot since at that time there were no indoor bathroom facilities. Other rooms display different requirements for “civilised” living – chairs of various kinds, a marble table top on which to place hot dishes, and various items of crockery and cutlery, some recovered from the nearby gully. The House provides interesting insights into the ways in which people of that day made the best of circumstances and were quite imaginative in “making do”, as we today would think of it, with what was available. For example ice was not available so wine bottles were kept reasonably cool in two rooms so situated as to benefit from an almost steady breeze. Interesting, as well, was the means used both to filter water and to keep it cool. Water was poured into a stone jar and because of the vessel’s porosity the water gradually dripped into another similar jar below it and from this into yet a third jar below the second one. As a result, impurities in the water were filtered out and as some of the water evaporated it absorbed warmth (heat) from the containing vessels and thus cooled the main body of water.

The second floor of the building is devoted entirely to displays of items typical of life in the mid-eighteenth century, and the items are richly described with both visual and audio aids. On display are some medical appliances of the time – pharmaceutical bottles, thumb lancets and cupping glasses which “were heated to create suction to draw blood to the skin’s surface”. Other artefacts on display remind present day visitors of the existence of slavery at the time Washington came to Barbados for open to view are such things as spiked manacles, manacle and chain and barbed-neck collars “used as a form of restraint/punishment”. Also displayed are agricultural implements like sickle, cane bill and hoe as well as other items found by archaeologists in digs close to Bush House, as Washington House was previously known. These include stoneware, porcelain bowl, buttons, buckle, glass beads “probably used by slaves”, pipe bowls, grape shot (cannon balls), gun flints, musket balls, bottle fragments and earthenware chamber pots. All these constitute a treasure trove helping to shed light on the Barbados which Washington visited.

The display features an interesting reference to the African, Olaudah Equiano, who “purchased his freedom for £40 in 1766 ... (and) worked in London as a hairdresser and a seaman”, his autobiography rightly being considered “a manifesto for the abolition of slavery”. This serves as a reminder that in the matter of slavery Washington found himself between a rock and a hard place, to use present-day idiom. He was a slave owner yet “struggled with, and recorded in his papers, the many moral dilemmas of owning human property”. Indeed he was challenged on this matter in a letter from one Edward Rushton

in 1797: “Washington, Ages to come will read with astonishment that the man who was foremost to wrench the rights of America from the tyrannical grasp of Britain was among the last to relinquish his own oppressive held of poor and unoffending negroes”.

- **Kensington Oval** is one of the most popular cricket venues in the West Indies.
- **Atlantis Submarine:**
- **Mount Gay Rum Visitor’s Centre:**

St. Joseph

- **Flower Forest:** offers a cross between a botanical garden and a nature trail with a dramatic landscape of tropical plants, Orchids and flowers. It offers a breathtaking view of palm groves, rugged hills and the wild East Coast.

St. John

- **Codrington College:** sits high on a hill in St. John overlooking the Atlantic, offers one of the most spectacular views of the East Coast of Barbados. Codrington College, the oldest Anglican theological college in the Western Hemisphere, was built in 1743 after Christopher Codrington had bequeathed the estate and considerable money at his death in 1710. Many West Indian priests have trained at Codrington and the College continues to play an active part in education and theological teachings, working closely with the University of the West Indies. The setting of Codrington College is especially beautiful with a magnificent lily pond and a driveway lined with cabbage palm trees.

St. Lucy

- **The Animal Flower Cave:** derived from the sea anemones found in the pools of the cave, the animal flower cave is located at the most northerly point of Barbados. Some of the pools are deep enough to swim in. There are some openings looking out to the sea that offers the visitors some spectacular views.

St Thomas

- **Welchman Hall Gully:** a must see attraction for nature lovers. It is a place where you can experience a piece of nature and imagine what the island was like 300 years ago. It is a touch of tropical forest, mixed with Barbadian and other exotic tropical plants.
- **Harrison’s Cave Barbados-**This is a magnificent, crystallized limestone cavern said to be one of the wonders of the world. Its pure clear water and flowing streams help to create the beautiful stalactites and stalagmites which propagate the cave. You will be amazed by nature’s mastery as you journey through this living cave.
- **Earthworks:**

- **Aerial Trek Zipline Adventures:** Experience the adrenaline rush of zipping through the lush jungles of Jack-in-the-Box Gully. Also enjoy Barbados' beautiful view and be informed on the geological formations, which will become apparent from up above.

St. Andrew

- **Morgan Lewis Mill:** It is one of the only two intact and restored sugar mills in the Caribbean. Maintained by the Barbados National Trust, the mill includes an exhibit of the equipment used to produce sugar at the time when the industry was run by windpower generated from mills such as this one.
- **Soil Conservation Unit:**
- **Mount Hillaby:**

St. Philip

- **Sunbury Great House:**
- **Rum Factory:** A Taste of History. Rum has been produced in Barbados for over 350 years and Barbados rum is recognised as one of the finest (and strongest!) in the world today. Experience over 300 years of perfection and discover the heritage behind crafting this distinguished rum. Fascinating tours told through age-old artifacts, photogalleries, datelines, film presentations, exotic taste-testing and cocktail secrets.

Christ Church

- **St. Lawrence Gap**-famous for its fine restaurants, lively nightlife and good shopping
- **Bajan Roots and Rythms**-held at the Plantation Garden Theatre, the only dinner and stage show in Barbados designed to offer visitors a genuine representation of West Indian culture. Within a walking distance of St. Lawrence Gap.
- **Barbados Concorde:** Grantley Adams International Airport
- **Oistins** (Fishing Centre) : is a major fishing community in Barbados with a modern fishing market. At Oistins, the visitor can see Barbadian fishing boats (at right) and the weaving of fishing nets by local fishermen. It is the site of the annual Fish Festival which honours those who contribute to the local fishing industry. This was the site of the clash between Royalists and Roundhead supporters in 1639. This clash centered around the bid for independence of Barbados from Cromwell's England. As a result of this confrontation, the Articles of Agreement were drawn up to form Barbados' own parliament - the third oldest parliament in the entire Commonwealth.

Art and Craft Galleries

Mango's Art fine Gallery – Speightstown St. Peter
 Gallery of Caribbean Art – Speightstown St. Peter

Queens Park Gallery – Queens Park, Bridgetown
Tides Gallery – Holetown, St. James
Zemicon Art Gallery – Hincks Street, Bridgetown

Beaches along West Coast

Folkstone Park
Brandon's
Batts Rock
Fitts Village
Paynes Bay
Sandy Lane

Fun in/under water

Turbo ride
Speed boat
Parasail
Swim with turtles
Snorkel
Scuba dive
Water ski

Safaris

- **Island Safari:** these expeditions will lead you into the interior of the island to view points where the scenery of Barbados' country side and rugged coast lines will leave you breathless. These tours will take you to **Mount Hillaby**, the highest point of the island, Welchman Hall Gully where you can take a nature walk through the forest and then make a stop on the East Coast where you will enjoy a delicious Bajan buffet lunch served in a unique and unspoilt setting.

(Contact High Tide Water Sports, St James, 432 0931)

Gospel Fest 2010

"Expressions of Gospel"

GospelFest 2010

Venue: Frank Collymore Hall

May 27th 2010

Time: 8.00pm

Tickets: \$40.00

Box Offices: Things Gospel - Beckwith Mall, Speightstown & Warrens, Gospel Connections,
Courts Stores - All locations, C S Pharmacy and El Bethel Pharmacy - Belleville

Crop Over

The annual festival traditionally celebrates the end of the sugar cane harvest and delivery of the last canes for the season. Over the years the festival has evolved into a series of activities involving both entertainment and heritage events. **Crop Over** is the largest and most popular festival in Barbados. This event officially begins in July and runs for five weeks with the climax being the "**Grand Kadooment**" parade which always falls on the first Monday in August. The Crop Over calendar is packed from as early as May with the popular **Community Calvacades**. This event is a musical and entertainment showcase where the local artistes get an early chance in the season to perform their songs and garner popularity and interest in the season. Every weekend the

Cavalcades travel to a different parish, therefore providing persons from all corners of the island to participate in the festivities. Listed below is the Barbados Crop over 2010 Events Schedule.

Date: Sunday July 18th, 2010

Event: **Pan Pun De Sand**

Venue: Brandon's Beach

Time: 3.00 -11:00pm

Date: Saturday July 24th, 2009

Event: **Junior Kadooment**

Adorning colourful costumes depicting many varied themes, the children of Barbados parade from the Lawrence T. Gay Primary School on Spooners Hill and 'jump' their way to the National Stadium.

Venue: The National Stadium

Time: 9.00am - 1:00pm

Date: Sunday July 25th, 2010

Event: **Party Monarch**

Venue: To Be Announced

Date: Friday July 30th, 2010

Event: **Pic-O-De-Crop Finals**

Venue: Kensington Oval

Time: 7.00pm - midnight

Date: Sunday August 1st, 2010

Event: **Cohobblopot**

Cohobblopot is a Bajan term that refers to a mix of things; it is the final and one of the most popular events of the season featuring a world class show with the best entertainers from Barbados and the region.

Venue: Kensington Oval

Time: 8.00pm - midnight

Date: Monday August 2nd, 2010

Event: **Grand Kadooment**

This is the day for beautifully costumed locals and visitors dance, wuk jump and wine miles in the ultimate party parade for both participants and spectators.

Venue: National Stadium to Spring Garden Highway

Time: 9.00am

Although the main crop over events will commence in June, nonetheless delegates may be able to enjoy some preliminary activities.

The Cave Hill campus

Established in 1963, the Cave Hill campus, the smallest of the three campus of the University of the West Indies offers the visitor a range of choices. Among the most interesting are the Federal Archives, the 3Ws Oval (the only ICC approved campus cricket field) with it's historic with its historic Walk of Fame and the gravesite of Sir Frank Walcott which will be a delight for cricket lovers. Indeed the 3Ws Oval was one of the local venues where the ICC World Cup Cricket matches were played. The CLR James Research Centre which is home to cricket studies on the campus is adjacent to the 3Ws Oval.



For the environmentalist among participants to the conference, a visit to CERMES (The Centre for Resource Management and Environmental Studies) is a must. Established 24 years ago to meet the demand of regional governments to undertake strategies to manage an increasingly fragile environment whilst simultaneously grappling with the need for sustainable development.



A visit to the CARICOM Building which houses institutions such as SALISES (Sir Arthur Lewis Institute of Social and Economic Studies), the International Trade Policy Centre is a must. In relative proximity is The Alistair McIntyre Building which houses the Federal Archives.



The New Administrative Building which houses the office of the Campus Principal, Sir Hilary Beckles is a must see for the visitor to the campus.



Shopping Areas

Delegates will be able to take advantage of duty free shopping whilst in Barbados. Listed below are a few of the shops. The major shopping hub however is Broad Street in Bridgetown, the capital city of Barbados. Please remember to walk with passport and ticket when duty free shopping.

The Runway
DaCostas Mall
Broad Street
BRIDGETOWN

Heather Harrington Jones
Gaye's Plaza
Holetown
ST. JAMES

Splash Duty Free
Chattel Village
St. Lawrence Gap
CHRIST CHURCH

India House Limited
C/o Mademoiselle
Broad Street
BRIDGETOWN

Little Switzerland
DaCostas Mall
Broad Street
BRIDGETOWN

Madison
West Coast Mall
Sunset Crest
ST. JAMES

Brazilian Gem Designs
Colony Club Hotel
ST. JAMES

C.L. Gibbs & Company Ltd
Crn Country & Whitepark Roads
ST. MICHAEL

Charan Kamal Enterprises
Swan Street
BRIDGETOWN

Cave Shepherd & Co Ltd
Broad Street
BRIDGETOWN

Correia's Jewellery Store
Prince William Henry Street
BRIDGETOWN

Courts Barbados Limited
St. George Street
BRIDGETOWN

Details
252 Mayhoe Avenue
Sunset Crest
ST. JAMES

Diamonds International Barbados
Broad Street
BRIDGETOWN

Gatsby Inc
The GH Building
Sunset Crest
ST. JAMES

Gaye Boutique
Gaye's Plaza
Holetown
ST. JAMES

Glitzy
West Coast Mall
Holetown
ST. JAMES

Harrisons
No. 1 Broad Street
BRIDGETOWN

Klassy Kloting
The Chattel Village
Holetown
ST. JAMES

La Romana
Broad Street
BRIDGETOWN

Kiran's Limited
Crn Victoria Street & Bolton Lane
BRIDGETOWN

Lazy Days & Island Waves
Quayside Centre
Rockley
CHRIST CHURCH

Royal Shop
Broad Street
BRIDGETOWN

Ray Cool
Norman Centre
Broad Street
BRIDGETOWN

Music N' Echo Supplies
DaCostas Mall
Broad Street
BRIDGETOWN
Little Switzerland
Broad Street
BRIDGETOWN

S.O. Pilgrim Shoe Shop
Corner Trafalgar & Marhill Strs
BRIDGETOWN

Nari's Duty Free Shops
Broad Street
BRIDGETOWN

Soul Philosophy
DaCostas Mall
Broad Street
BRIDGETOWN

Shoemasters
C/O Thani Shoe Shop
Swan Street
BRIDGETOWN

Royal Westmoreland
Westmoreland
ST. JAMES

Pineapple Boutique
4 Coconut Walk
Hastings
CHRIST CHURCH

Sparklez
DaCostas Mall
Broad Street
BRIDGETOWN

Southern Golf & Country Club
Durants
CHRIST CHURCH

Madison
West Coast Mall
Sunset Crest
ST. JAMES

The Runway
DaCostas Mall
Broad Street
BRIDGETOWN

Planet Fashions
Balmoral Gap
Hastings
CHRIST CHURCH

Heather Harrington-Jones
Holetown
ST. JAMES

Sheraton Centre Mall
Sargeants Village
Christ Church

Dining: Caribbean/Bajan Cuisine

- **Fisherman's Pub**
Queen Street
Speightstown
Tel: 4222703 (about 10 minutes from the hotel)

- **Moon Town and St. Elmo's Bar**
Half Moon Fort
Half Moon Fort, St. Lucy

Tel: 439-1927
- **Souse Factory**
Airy Hill
St. Joseph
- **Dave's Place:**
St. Lawrence Main Road Christ Church
Tel: 4359755
- **Reggae Grill**
Shak Shak Complex
Hastings
Tel: 4262142
- **Oistins**
Oistins, Christ Church
- **Naniki Restaurant**
Surinam, Bonwell
St. Joseph
Tel: 433 1300
- **Waterfront Café**
Bridgetown
Tel: 4270093
- **Village Bar at Lemon Arbour**
Lemon Arbour
St. John
- **No 1 Clarke's Gap**
Derricks,
St. James
Tel: 4328737
- **The Bajan Breeze**
St. Lawrence Main Road
St. Lawrence,

Christ Church

Tel: 4287181

- **Ackee Tree**
Coconut Walk,

Hastings Main Road
Hastings, Christ Church

Tel: 434-7684
- **Bert's Bar**

Rockley
Rockley, Christ Church

Tel: 435-7924
- **Brown Sugar**

Aquatic Gap
Bridgetown,

St. Michael

Tel: 426-7684
- **Sweet Potato**

St. Lawrence Gap
St. Lawrence, Christ Church

Tel: 435-9638
- **Ragamuffins Restaurant and bar**

First Street

Holetown

St. James

Night Entertainment

- **The Boat Yard**
Bay Street
Bridgetown
- **The Ship Inn**
St. Lawrence Gap
Christ Church
- **MV Master Starlight Dinner Cruise**

The Shallow Draught Bridgetown
Alleyndale, St. Peter

Phone: 246-430-0900 246-430-0900

Fax: 246-430-0901

Email: tallships@sunbeach.net

website:tallcruisers.com

- **Harbour Lights**

Baystreet

St. Michael

- **Bubba's Sports Bar and Restaurant**

Rockley Main Road

Worthing, Christ Church

Tel: 435-6217, 435-6217

Fax: 246-435-8732

Email: bubbas2@caribsurf.com

Website: bubbassportsbar.net

- **Club Xtreme**

Worthings

Christ Church