



Barbados

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Best Places to Eat

- ➔ Champers (p199)
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- ➔ Nishi (p206)

Best Places to Sleep

- ➔ Little Arches Hotel (p201)
- ➔ Surfer's Point Guest House (p203)
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- ➔ Coral Reef Club (p205)

Why Go?

While it's justifiably famed for its fantastic beaches, Barbados is an island that has it all. In addition to fine powdery sand and brilliant turquoise bays, you'll find smashing nightlife, a Unesco World Heritage-listed capital, a beautiful interior dotted with gardens, and wild surf on the lonely east coast, all inhabited by a proud and welcoming populace.

No matter your budget or style, you'll find a place to stay, especially on the popular south and west coasts. Elsewhere, however, is where you'll find what makes the island special. Barbados has lush scenery among rolling hills dotted with fascinating survivors of the colonial past. Vast plantation homes show the wealth of European settlers, while several botanical gardens exploit the beauty possible from the perfect growing conditions.

The wild Atlantic-battered east coast is a legend with surfers; those looking for action will also find windsurfing, hiking, diving and more. Away from the glitz, it's still a civilized place (with a 98% literacy rate) of classic calypso rhythms, an island-time vibe and world-famous rums.

When to Go

Apr Dry weather, and crowds start to dissipate.

Jun–Oct Wet season brings smaller crowds and lower prices, though you may get a storm.

Aug Crop-Over Festival reaches its climax.



Barbados Highlights

- 1 Rockley Beach** (p199)
Unwinding on one of the island's most blissful beaches.
- 2 Oistins Fish Fry** (p202)
Dancing the night away at one of the Caribbean's great parties.
- 3 Paynes Bay** (p204)
Snorkeling with majestic sea turtles in warm tranquil waters.
- 4 West Coast** (p204)
Exploring the region in style aboard a sailing boat.
- 5 Speightstown** (p206)
Strolling the streets of this charismatic old port town.
- 6 Welchman Hall Gully** (p209)
Enjoying the lush beauty of the island's rich floral wonders.
- 7 Bridgetown** (p195)
Sampling Barbados' most popular meal, a flying-fish dish at a cafe in Bridgetown.
- 8 St Nicholas Abbey** (p209)
Experiencing the beautiful present and ugly past at grand plantation homes.