

Strategic Risk Solutions



Discover Barbados

Welcome to Barbados known for our stunning beaches, vibrant culture, and rich history. Barbados offers a plethora of dining options and attractions. Our goal is to provide a comprehensive guide that highlights the best experiences Barbados has to offer, ensuring an unforgettable stay.



TABLE OF CONTENTS



Restaurants 5

Champers
QP Bistro
The Cliff
The Tides
Lone Star Restaurant
Dis Ole House
Zemi East Coast Cafe
Fish Pot
Deia Beach
The Rum Vault at Colony Club Hotel
Fusion Rooftop Restaurant
La Cabane
The Breaded Rose
Local & Co
Pier One
Sea Shed Restaurants
Oro at O2 Beach Club & Spa
Seacat Restaurant
Horny Ram Pub & Meathouse
Cuzz's Fish Stand
Cabooze

Adventures & Activities 12

Chukka Tours
Island Safari Barbados
Custom Excursions & Tours
St. Nicholas Abbey & Train Tour
Atlantis Submarine
Mount Gay Distillery & Rum Tour
Golf
Catamarans

Festivals & Events 17

Grand Kadooment
Barbados Food & Rum Festival
Sandy Lane Barbados Gold Cup

Beaches 18

Sandy Lane Beach
Browne's Beach
Worthing Beach
Heywoods Beach
Bathsheba
Mullins Beach

Wellness 21

Spas & Wellness Centers
Yoga & Pilates Centers

Accommodations 25

South Coast
O2 Beach Club & Spa
Hilton Barbados
Sugar Bay Barbados
The Crane
Wyndham Barbados
Sandals Barbados

West Coast
Fairmont
Colony Club
Manago Bay
Coral Reef Club

East Coast
Santosha Barbados
The Atlantis Historic Inn
Round House Barbados

CULINARY FAVORITES



01 Champers

Experience a delightful blend of mouth-watering cuisine, exceptional service, and romantic, picturesque waterside views.

www.champersrestaurant.com



02 QP Bistro

Savor a beachside blend of international dishes and Caribbean flavors, all while soaking in the lively sounds of live entertainment.

www.qpbistro.com



03 The Cliff

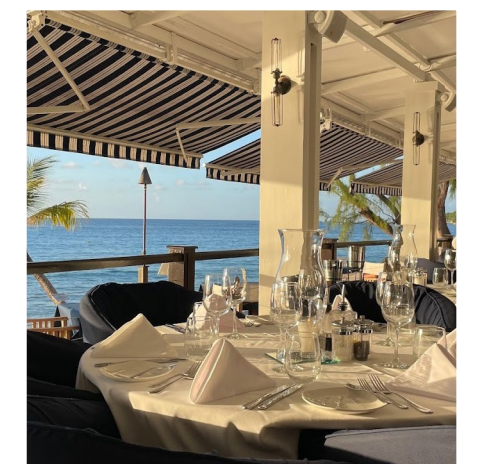
Immerse yourself in an exquisite fine dining experience right at the water's edge. Relish a gourmet meal while the soothing sounds of the Caribbean Sea gently lap against the shore.

www.thecliffbarbados.com

04 Lone Star Restaurant

Located on Barbados' Platinum Coast, Lone Star Restaurant is renowned for its beachfront dining, attracting celebrity clientele and offering a vibrant yet relaxed atmosphere. The menu combines European, British, Caribbean, and Asian influences, focusing on simply presented, flavorful dishes made from top-quality ingredients. It's a family-friendly favorite, appealing to all ages.

www.thelonestar.com



05 The Tides

Enjoy freshly prepared cuisine, impeccable service, and vibrant, friendly atmosphere. The Tides strives to surpass your expectations with their eclectic fusion of flavors and culinary masterpieces.

www.tidesbarbados.com



06 Dis Ole House

Situated at the entrance of the once grand and opulent Sam Lord's Castle, Dis Ole House now etches "our name on history's page." From its modest beginnings as a chattel house, Dis Ole House proudly stands as a "guardian of our heritage," offering a nostalgic Bajan experience where you can enjoy time with friends and family.

www.disolehouse.com



07 Zemi East Coast Cafe

Nestled on the site of an ancient Amerindian village, it overlooks the stunning azure waters of the Atlantic Ocean. Zemi East Coast Cafe provides a tranquil retreat. The café features a menu inspired by Caribbean flavors blended with international influences, highlighting fresh, locally sourced ingredients.

www.barbadosbarbados.com/dining/zemi-east-coast-cafe

08 Deia Beach

A relaxed dining experience on the seaside; armers and fish markets, ensuring the freshest, most flavourful dishes.

www.deiabeach.com



09 Fish Pot

Fish Pot offers exquisite menus featuring modern interpretations of the Caribbean and internationally inspired cuisine, with an abundance of fresh seafood dishes. Located within a historic old Fort, right at the water's edge with uninterrupted views of the Caribbean Sea.

www.fishpotbarbados.com

11 La Cabane

The perfect destination to savor fresh flavors with your toes in the sand, gazing out at the Caribbean Sea. Experience this hidden paradise in Barbados. Indulge in a menu featuring all locally sourced ingredients. Embark on a journey with the #ZeroWaste Cocktail Passport. Immerse yourself in the La Cabane daze with the curated playlist and live entertainment.

www.lacabanebarbados.com



10 The Rum Vault at Colony Club Hotel

The Rum Vault in Barbados is a unique experience, showcasing 150 rums from around the world. It features Rum Ambassadors and a Vault Chef, offering unparalleled experiences. With weekly events, rum pairings, and private dining, it's a must-visit spot in Barbados.

www.marriott.com/en-us/hotels/bqilc-colony-club-by-elegant-hotels/dining/





12 The Breaded Rose

Savor the ambiance of our island courtyard dining experience, where meticulous dining and design details invite you to indulge in this cultural fusion. With seasonally inspired menus crafted from local ingredients, The Bearded Rose is a tasteful tribute to both Barbadian and British elements, creating a unique blend of two distinct worlds.

www.thebeardedrose.com



13 Oro at O2 Beach Club & Spa

Featuring a stunning 260-degree view of the beautiful South Coast, Oro offers an unforgettable culinary experience with a harmonious blend of European and Caribbean meals.

www.o2beachclubbarbados.com/restaurants-barbados



14 Local & Co

Local & Co emphasizes sustainability by sourcing ingredients from local and regional farms, producers, and wild foragers. Their menu is influenced by seasonal availability and the chefs' efforts in gathering and preserving ingredients. They are dedicated to supporting the health of oceans and soils, as well as the local economy and food communities.

www.thelocalbarbados.com

15 Pier One

Pier One at Port St Charles offers a full-service bar and restaurant with a diverse international menu crafted by a world-class chef. Enjoy lunch, dinner, and bar service in an open-air setting with friendly service and stunning views of the beach and yachts.

www.portstcharles.com/pier-one-restaurant



16 Sea Shed Restaurants

The Caribbean-meets-Mediterranean menu features a variety of dining options, including signature beachside bites. Enjoy the al fresco lounge along one of Barbados' most scenic beachfronts. Enhance your sunset experience at The Salt Bar, a tropical haven. Just steps from Sea Shed, it's the West Coast's best-kept secret for unforgettable evenings.

www.seashedbarbados.com



17 Seacat Restaurant

Nestled along the west coast in Holetown, Seacat is a hidden gem, especially for seafood lovers, with a very extensive and diversly delicious seafood menu and an inviting atmosphere.

theseacatrestaurantbarbados.weeblysite.com/

18 Horny Ram Pub & Meathouse

Experience a casual and relaxing atmosphere to kick back with friends and family while enjoying live entertainment and delicious food and drinks.

www.hornyrambarbados.com/





19 Cuzz's Fish Stand

An authentic Bajan experience not to be missed. Succulent, pan seared local catch of the day nestled between a hamburger bun garnished with fresh tomato and lettuce; a Cuzz's fish cutter is the perfect meal to have while enjoying the picturesque views and calming waters of Pebbles Beach.

www.cuzzsfishshack.com

20 Cabooze

A hidden gem that both locals and tourist love. A unique eatery set in a converted fishing boat. It's known for its fresh fish cutters, cold beers, and rum punch. The relaxed and friendly atmosphere makes it a popular spot for both locals and tourists to enjoy delicious local cuisine and to watch a sunset.

[Location: Speightstown, St. James](#)



21 Fusion Rooftop Restaurant

Offering a high-class yet relaxed dining experience. With a focus on authentically sophisticated cuisine, the menu is both comprehensive and enticing, catering to every palate. Located atop the vibrant Limegrove Lifestyle Complex. This visually stunning, spacious alfresco restaurant seamlessly integrates with a contemporary lounge and an impressive full-service bar.

www.fusionrooftop.com





Chukka Tours

Known for providing memorable experiences that highlight the natural beauty and adventure opportunities in Barbados. Offering a variety of exciting adventures, including the Harrison Cave Eco-Adventure Park featuring underground tours showcasing stalactites, stalagmites, streams and waterfalls. Also enjoy the zip-lining and an agility course.



Custom Excursions & Tours

Tailored excursions and tours are based on your interests, whether it's history, adventure, or relaxation. Including snorkeling, viewing the shipwrecks, and swimming with turtles.



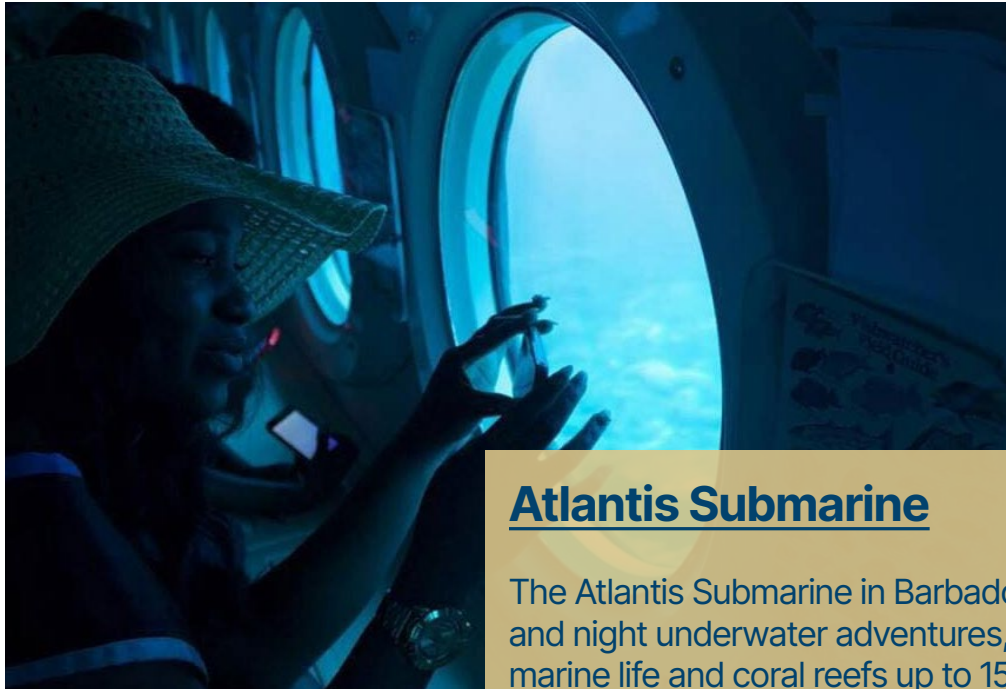
Island Safari Barbados

Taking you to the island's coolest spots only accessible by our 4x4 vehicles. With off-the-beaten-track routes showcasing scenic locations, our enthusiastic guides and specially designed jeeps ensure a comfortable and exciting experience. This safari promises to be a highlight of your stay!



St. Nicholas Abbey & Train Tour

Built in 1658; then restored as a sustainable heritage attraction and working plantation, producing internationally acclaimed single cask rums. The tour includes the Great House, gardens, a small museum, factory, distillery, a 1930s short movie, and rum tasting. Additionally, the plantation features an authentic Victorian steam railway.



Atlantis Submarine

The Atlantis Submarine in Barbados offers a unique day and night underwater adventures, allowing you to explore marine life and coral reefs up to 150 feet below the surface. This family-friendly attraction features large view ports for observing fish, turtles, and other sea creatures.



Mount Gay Distillery & Rum Tour

Offering an immersive experience into the world of rum-making at the oldest continuously running rum distillery, established in 1703. Explore the historic distillery, learn about the rum-making process, and enjoy tastings of Mount Gay's signature rums. Tour includes visits to the original well, molasses house, fermentation house, distillation house, and bonds. Additional experiences include cocktail masterclasses, premium rum flights, and a lunch and tasting session.



Golf

Barbados offers a variety of stunning golf courses suitable for both beginners and pros. These courses provide a mix of tropical scenery, well-maintained greens, and top-notch amenities, making Barbados a great destination for golf enthusiasts. Some of the top golf clubs include: The Country Club and Green Monkey Course at Sandy Lane; Royal Westmoreland Golf Course, Barbados Golf Club and Rockley Golf Club.

Additional Courses:

www.royalwestmoreland.com/estate/golf/
www.barbadosgolfclub.com
rockleygolfclub.com



Catamarans

Sail away on a catamaran boat on the island of Barbados. Experience pure relaxation as you take in the views of the islands pristine blue water. With a choice of your fleet, embrace all of the luxuries Barbados has to offer with a catamaran tour.

Additional Tour:

www.boladortours.com



EMBRACE
THE CULTURE

01 Cha

Dates: June to August 6th

The grand finale Carnival and main attraction of the Crop Over festival. A parade of revelers dancing to soca/calypso hits through the streets. Dressed in bright beautifully constructed sequined costumes, decorated with colourful feathers and jewels.

visitbarbados.org/cha



02 Barbados Food & Rum Festival

Dates: October

This Festival is an award-winning renowned event, celebrating the island's top culinary talent. The Ultimate Foodie Dream Weekend attracts foodies worldwide with local and international chefs, rum producers, and culinary personalities.

visitbarbados.org/barbados-food-and-rum



03 Sandy Lane Barbados Gold Cup

Dates: March

The Sandy Lane Gold Cup is a premier event in the Eastern Caribbean horse racing calendar and one of the biggest sporting events in Barbados. It attracts visitors globally, featuring local, regional, and top international jockeys and trainers.

visitbarbados.org/sandy-lane



SOAK UP THE SUNSHINE



Worthing Beach



Heywood Beach



Browne's Beach

Sandy Lane Beach

Located: St. James

A stunning stretch of golden sand located on the west coast "the Platinum Coast." It's known for its calm, crystal-clear waters and luxurious surroundings. Perfect for relaxing, swimming, water sports. Also, a great spot to watch the sunset.

Browne's Beach

Located: Bay Street, St. Michael

Known for its soft, white sand and calm turquoise water. A family-friendly location ideal for swimming and sunbathing. Offering a variety of water sports including diving to explore shipwrecks, snorkeling and jet skiing. Amenities include a lifeguard, public restrooms, showers and nearby restaurants.

Mullins Beach

Located: Worthing, Chist Church

Known for its clear turquoise waters and soft white sand. Enjoy sunbathing, swimming, jet skiing, snorkeling, glass-bottom boat trips and other water sports. A lively spot where beach loungers and umbrellas are readily available. Food and drinks are easily accessible with restaurants and bars nearby.

Bathsheba

Located: Bay Street, St. Michael

Renowned for its dramatic rock formations and powerful waves. It boasts the famous "soup bowl" which is a favourite spot for surfers. While not ideal for casual swimming, it offers stunning views of the east coast.

Heywoods Beach

Located: Near Speightstown, St. James

Located on the north-west of the island, this serene, scenic and beautiful beach has a wide expanse of golden sand and tranquil blue waters. Perfect for swimming, sunbathing and water sports. Enjoy a glass bottom boat ride or snorkeling around the nearby coral reef. Fun for the entire family. Restaurants and eateries nearby.

Worthing Beach

Located: Worthing, Chist Church

A picturesque south coast family-friendly beach with calm shallow water; ideal for swimming. Enjoy various water sports, including kayaking and snorkeling around the nearby coral reef. Equipped with public restrooms, showers, and several beachfront restaurants and bars, offering a lively atmosphere popular with both locals and tourists.



RELAX AND UNWIND

Barbados boasts several top-notch spas, wellness centers, and yoga studios that offer a range of luxurious treatments.



O2 Beach Club Barbados



Sandy Lane



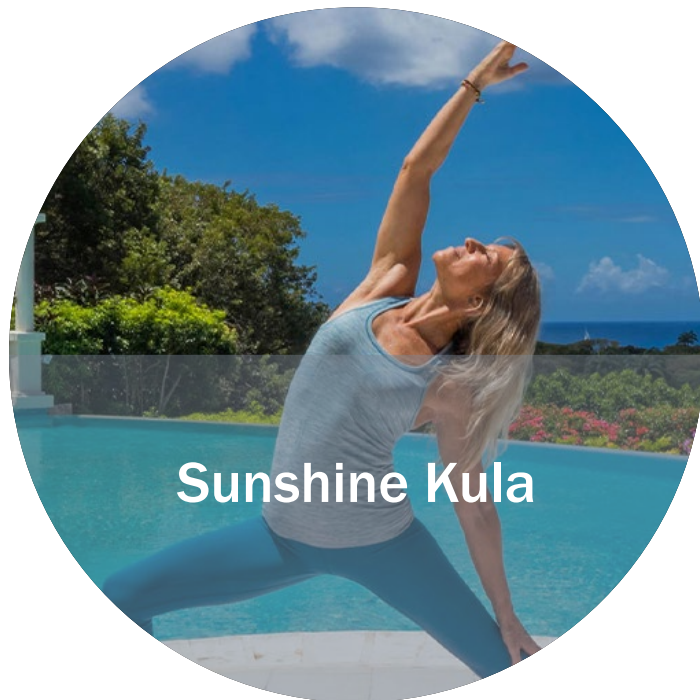
Fairmont Spa



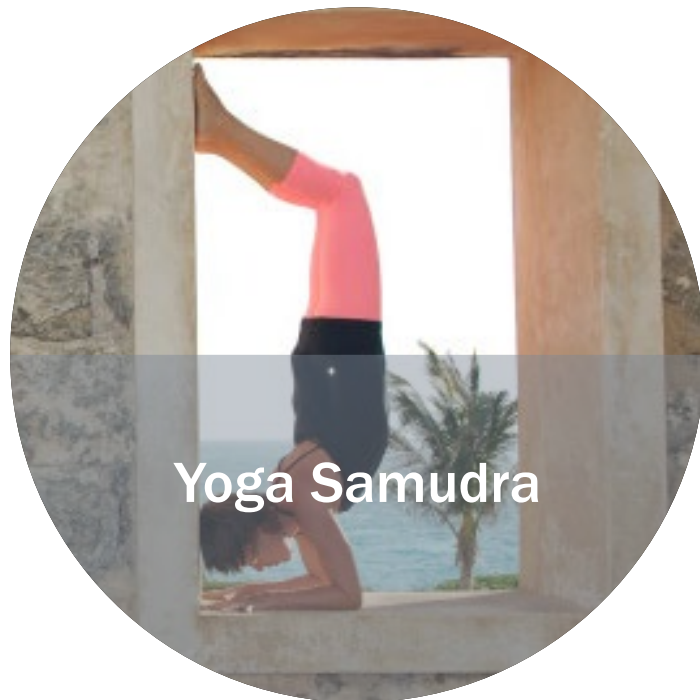
Marriott Spa



Hilton Spa



Sunshine Kula



Yoga Samudra



FIND
YOUR
INNER
PEACE



South Coast Hotels



O2 Beach Club & Spa



Hilton Barbados



Sugar Bay Barbados



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Wyndham Barbados



Sandals Barbados

West Coast Hotels

East Coast Hotels



Fairmont



Colony Club



Santosha Barbados



The Atlantis Historic Inn



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Round House Barbados

VISIT BARBADOS TODAY

