



EXPLORE BRIDGETOWN TOUR

This exciting tour offers patrons an opportunity to explore three iconic treasures that can be found in Bridgetown, namely the Museum of Parliament and National Heroes Gallery, the Nidhe Israel Synagogue and Museum and the Exchange Museum. You can utilise the Explore Bridgetown Passport to conduct a self-guided tour, or you can take a guided tour of the area.

Tel: (246) 538-0201 www.barbmuse.org.bb



THE GARRISON SAVANNAH TOUR

Take a walking excursion of the Garrison historic area looking at the changes of the landscape from its military past to the present social activity space and examining the functions that have assigned the Garrison Historic Area its World Heritage status.

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HISTORIC SPEIGHTSTOWN WALKING TOURS

Grasp the opportunity to step into the past as you walk alongside historic churches, 17th century sugar warehouses and once grand homes of wealthy merchants. In 90 minutes you come up close to well preserved Barbadian chattel houses, interact with locals and vendors, and explore a romantic and historic port town which is crucial to Barbados' story.

Tel: (246) 236-0693
Facebook: www.facebook.com/HSE-Barbados



HISTORIC CHURCHES TOUR

Barbadian culture is deeply rooted within our religious observances. This tour will bring the history of the most iconic churches within our communities alive as we explore not only their development, but also their unique histories. It will also examine religious diversity on the island while exposing patrons to the various places of worship, which exist within our island.

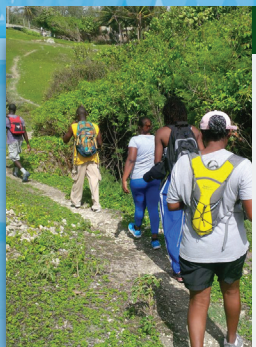
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FLORA AND FAUNA TOUR

Explore Barbados' most picturesque and serene areas, as we examine the landscape changes, which have occurred throughout our history and experience exciting surprises along the way! You will gain an understanding about the different types of horticultural life that grows on the island as you visit Andromeda Gardens, Welchman Hall Gully and Caribbean Plants Ltd.

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ARGOS HIKES

Take a hike and explore some of the island's most breath-taking gullies with hidden streams, waterfalls and beautiful flora and fauna. Experience Barbados like never before through places such as Jack in the Box Gully and Welchman Hall Gully, which are fascinating!

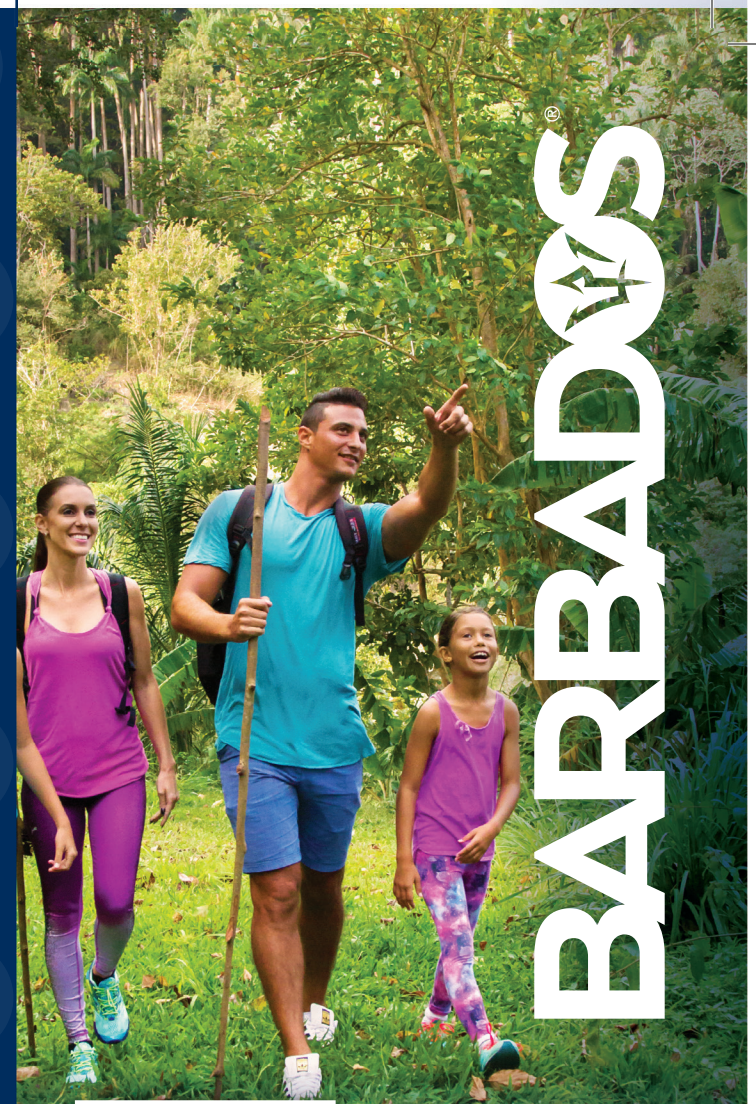
Tel: (246) 572-5079
Facebook: @ArgosHikes



ECO-ADVENTURES

Eco-Adventures celebrate and share about Bajan people, places and things in an entertaining and educational way. They offer world class heritage tours, which are certified by award winning tour guides who have received excellent TripAdvisor reviews. Experience the culture, heritage, flora, fauna and geology one step at a time with Eco-Adventures.

Telephone: (246) 234-9010
www.ecoadventures.org



BARBADOS



TOURS & TRAILS

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TOURISM PRODUCT AUTHORITY

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Exploring Barbados is an incredibly exciting adventure, with walking tours, bus tours and trails to follow, which are perfect for the foodie, the cultural heritage enthusiast, the mystery lover, the adventure seeker and of course the nature lover.

TAKE A TOUR & DISCOVER AUTHENTIC BARBADOS!



LICKRISH TOURS

Don't just learn history; eat your way through it! This culinary walking tour is a unique and exciting way to explore Bridgetown and Barbados with the perfect opportunity to eat like a local. Learn the story of Barbados' food, why it is made the way it is made, how various foods became a staple of the Barbadian diet and of course, be treated to some mouth-watering indigenous delights.

Tel: (246) 235 3824
www.lickrishfoodtours.com



LICK DE BOWL FOOD TOURS

Enjoy delicious local cuisine amidst scenic and historic sites with this tour that you will truly enjoy. With Lick De Bowl Food Tours, you have the perfect opportunity to discover off-the-beaten-path culinary treasures, while learning about the history of food in Barbados. Once your taste buds have been tantalized, you might want to lick the bowl to savour the flavour!

Tel: (246)262-4833 www.lickdebowlfoodtours.com



PIGTAILS AND BREADFRUIT TOUR

Explore the culinary history of Barbados through a guided tour, which examines the origins of Barbadian identity within the island's food culture, while allowing patrons to enjoy the culinary delights along the way. With the use of Austin Clarke's book, *Pigtails and Breadfruit: Rituals of Slave Food*, you will learn the history of epicurean delights, which are still popular on Barbadian menus today.

Tel: (246) 538-0201 www.barbmuse.org.bb



CHATEL HOUSE AUDIO TOURS

Listen to the stories of Barbados' ancestors and their land, their customs and their love; their disappointments and their achievements. The picture of beautiful landscapes and stories of Barbados' past are painted in your mind through the guided walking tour, enhanced with the use of Orpheo Tour Guide (OTG) units. Take a fun and educational tour while enjoying the beauty of Barbados.

Tel: (246) 232-7531 www.chatbarbados.com



THE CHARACTERS OF TOWN TOURS

The history of Bridgetown and of Barbados unfolds as we walk the Amerindian Trails, see the Serpentine Streets, visit the historic spaces and hear of the men and women who toiled to leave a compelling Barbadian legacy, which we now inherit as a UNESCO designated World Heritage Site. The story of the City is told with accuracy, but with sensitivity, which evokes from pathos – the sadness surrounding the story of the enslaved – to the triumphs of the human spirit, which produced some of our National Heroes.

Tel: (246) 232-7531 www.chatbarbados.com



BLACK PEARL BRIDGETOWN WALKING TOURS

Take a two hour Bridgetown walking tour of the historic places within this UNESCO World Heritage Site with entertaining lads and lasses. With transportation, lunch and drinks all included in your package, you will visit The St. Mary's Church, the Nidhe Israel Synagogue, St. Michael's Cathedral, Queens Park, Heroes Square and the historic Parliament Buildings.

For more information contact:
Telephone: (246) 826-7245



ANCESTRAL TRAILS

Step back in time as we trace the memories of our ancestors and their fight for freedom, while visiting the sites of memory and experience the oral traditions of storytelling. This tour pays homage to the period of history, which has most shaped our island. You will be able to trace the life of an enslaved person by following their residual footprints around the island.

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www.barbmuse.org.bb



HISTORIC GARRISON NIGHT TOUR

The thriller and history of the site dating back to 1650 come alive through re-enactments as you tour the Historic Garrison area at night starting with the Garrison Tunnel at George Washington House. This exciting excursion takes the form of a guided tour on Friday nights from 6:45p.m focusing on the life in the military area, murders, executions, crimes and punishments all while showing the secret passageways soldiers once used.

Tel: (246) 233 2601/1648



MUSEUM TORCHLIGHT TOUR

This tour will excite you through dynamic and interactive presentations, brought to life by some of the mysteries found in Barbados' folklore such as the Heart Man and the Lad of the Tamarind Seed, riots and the fight towards independence. It will be a spooky adventure as patrons explore the galleries of the Barbados Museum through new eyes. This tour is held in the latter months of the year.

Tel: (246) 538-0201 www.barbmuse.org.bb

MEDFORD CRAFTWORLD TOUR

Visit the workshop of the talented Reggie Medford, and watch as he takes you on his journey from tree trunk to workshop, to masterpiece. This intimate tour will leave you in awe as you witness fine craftsmanship by this self-taught artist and hear the story of Barbados' mahogany. Witness in living colour as Reggie and his team transform the large pieces of wood into the most amazing pieces of art you can ever imagine.

Tel: (246) 425-1919 www.medfordcraftworld.com



A GROG A DAY KEEPS THE ENEMIES AWAY: A RUM AND DEFENCE TOUR

Come on this exciting bus tour and explore Historic Bridgetown and its Garrison, Pelican Craft Centre and the Mount Gay Visitor Centre as we examine the exciting history of the 1700-1800s defence of the island, which created rum. This tour includes rum tastings, Bajan Lunch Buffet and you can discover Barbadian craft!

Tel: (246) 538-0201
www.barbmuse.org.bb

PS: AT YOUR SERVICE

Are you ready for a personalised tour where you can live like a Bajan for a day? PS: At Your Service offers tours to suit your every desire including Barbados in One Day, Speightstown Walking Tour. Lunch with a Bajan Family, and the St. Lucy Destination 439: Signature Tour. With so many options, your authentic Barbados experience is just a phone call away.

Tel: (246) 239-0468 or (246) 422-1127
www.psatyourservice.com

