BARBADOS

DIY Bridgetown + Carlisle Bay Day

WALKING • HISTORY • BEACHES • SHOPPING • GREAT FOOD

NO EXCURSION NEEDED (BUT PLENTY OF OPTIONS IF YOU WANT ONE!)

Beautiful beaches, rich history, great food and friendly locals – Barbados is the perfect mix of city and beach!

WHERE THE SHIP DOCKS



- Your ship will dock at the Bridgetown Cruise Terminal. Berth and internal transfer arrangements can vary, so follow your ship and port instructions.
- Once you exit the terminal, you can walk, take a taxi or use a local bus to explore.
- The terminal has shops, food and visitor information.

CAN YOU WALK?



- Yes, you can walk into central Bridgetown, but allow for the terminal exit and a longer walk. Taxi or local bus is an option.
- Trevor's Way (waterfront path) offers a pleasant route with harbor views.
- Historic Bridgetown, shops, restaurants, Parliament and the Careenage are all walkable once in town.
- Carlisle Bay is not a walk-off beach from the port.
- Check your route and consider the heat and your mobility needs.

OUTING OVERVIEW

(ILLUSTRATIVE – NOT A NAVIGATION MAP)



1 BRIDGETOWN CRUISE TERMINAL



- Your ship docks at the Bridgetown Cruise Terminal (berth and transfer can vary).
- Shops, cafés and services inside the terminal.
- Visitor information available at the port.
- Follow ship and port instructions.

2 TREVOR'S WAY WATERFRONT WALK



- Scenic waterfront path with harbor views.
- Links the cruise terminal to central Bridgetown.
- Great for photos, local art and a sea breeze.
- Look for restaurants, bars and public spaces along the way.

3 HISTORIC BRIDGETOWN AND ITS GARRISON (UNESCO WORLD HERITAGE SITE)



- Explore colonial architecture, history and culture.
- See historic buildings, squares and sites around town.
- Learn about Barbados' heritage at local museums and exhibits.
- Some sites have opening hours or entry fees – check locally.

4 PARLIAMENT BUILDINGS & NATIONAL HEROES SQUARE



- Impressive landmark in downtown Bridgetown.
- View the exterior and surrounding square.
- Access to the interior can be limited – check current arrangements.
- A great spot for photos and to learn about Barbados' political history.

5 CAREENAGE & CHAMBERLAIN BRIDGE



- Historic harbor with yachts, waterfront restaurants and lively atmosphere.
- A great place to relax, watch the boats and enjoy local food and drinks.
- Named after the careening (maintenance) of ships in the past.
- Photogenic views, especially around the bridge.

6 BROAD STREET SHOPPING



- Pedestrian-friendly street with duty free shops, local boutiques, jewelry, rum, crafts and souvenirs.
- Cafés and quick bites.
- Great place to pick up gifts and experience local life.

7 FOOD & DRINK



- Try local favourites like flying fish and cou-cou.
- Fresh seafood, Bajan dishes and rum punch.
- Plenty of restaurants and casual eateries from local to international.
- Look for local markets and food halls for more options.

8 CARLISLE BAY (BEACH)



- Popular beach on the south coast, a short trip from central Bridgetown (not from the port).
- Easily reached by taxi, local bus or an organised excursion.
- Soft white sand and clear blue water.
- Beach bars, restaurants and water sports available from local operators.
- Great for a relaxing beach day, swimming and snorkelling (respect local marine life and follow operator advice).

SNORKELLING AT CARLISLE BAY



- Explore colourful reefs and marine life with a reputable local operator.
- Conditions can vary – always follow local advice and your own comfort level.
- Do not touch or chase marine life.
- Snorkelling trips can be arranged on the beach or through local tour operators.

MORE THINGS TO DO

- Visit museums and galleries
- Explore local markets
- Discover local art and crafts
- Take a rum tour or food tour
- Enjoy the waterfront dining scene
- Relax at a beach club in Carlisle Bay
- Join a boat trip or catamaran cruise
- Experience Bajan culture and music

GETTING AROUND

- Walk, taxi or local bus are common options to explore Bridgetown and reach Carlisle Bay.
- Allow for the terminal exit and a longer walk into central Bridgetown.
- Taxis are available at the port and around town.
- Local buses are an affordable option (drives on the left in Barbados).
- Agree your fare or check the bus route in advance.
- Plan your return transport and allow a generous buffer to get back to the ship.

USEFUL TO KNOW

- Currency: Barbados dollar (BBD). US dollars are often accepted, but confirm currency and change when paying.
- Barbados drives on the left.
- Return to the ship with a generous buffer.
- Bring sun protection, water and wear comfortable shoes.

GOOD TO KNOW

- Port berth and internal transfers can vary – follow ship and port instructions.
- Allow for the terminal exit and a longer walk into central Bridgetown; taxis is an option.
- Carlisle Bay is a short trip from Bridgetown, not a walk from the port.
- Check opening hours and access for sites such as Parliament.
- Weather, sea conditions and services can change.
- Choose reputable tour operators for beach and snorkelling activities.
- Be respectful of local culture, people and marine life.