
Antigua and Barbuda Guide



As vibrant
as life can get

Given that this breathtaking paradise is made up of two islands, it's not surprising that it's become known as the romantic capital of the Caribbean. And what a complementary pair: the lively, party loving Antigua coupled with the calm, unspoiled and serene Barbuda. It's the best of both worlds, alongside the world's sweetest pineapples, whitest beaches and friendliest locals. With duty free shopping, rainforest ziplining and the chance to swim with stingrays, Antigua and Barbuda are the best mates you just haven't met yet.

Airport info

Virgin Atlantic flies to V.C. Bird International Airport, Antigua.

Transport

You can hire a taxi at the airport, with a set fare that should be decided on before you leave. Fares range from £8 to £20 depending on the location of the hotel, but it's a small island and a journey to the far south should only take 30 minutes and cost about £20. Buses run from the airport regularly to St. John's.

The must sees

There's a beach for every day of the year in Antigua (no really, there are 365 of them) so the sea is clearly the place to

be, whether you're in it (scuba-diving), on it (yachting) or above it (kitesurfing). The island loves a festival, with annual events dedicated to mangos & pineapples, the region's best DJs, kites, kitesurfing and of course, the Antigua Carnival. For history buffs there's the world's only working Georgian dockyard, fortifications with a view (Shirley Heights) and sugar mill ruins. No wonder the island is the second home to celebrities as diverse as Oprah Winfrey and Timothy Dalton.



Local delicacies

Fungie (pronounced "foon-jee") served with pepper pot make up the national dish of Antigua. It's a kind of cornmeal mash with a vegetable stew. This incredible stew has got papaya as well as peas and pig snout, and fungie. It's delicious, and you can sample it everywhere, but why not learn how to make it yourself? Nicole's Table is a series of classes in the home of Nicole Arthurton. Book before you arrive for lessons including Cooking with Rum and Decadent Desserts, and enjoy what you've cooked up on Nicole's verandah. The home of Caribbean haute cuisine is, well, Home, while the home of Caribbean street food is without a doubt Chris-on-the-Grill, open till the early hours on Old Parnham Road.



Why I love

"I really like visiting Barbuda. It's a 20 minute flight or a really relaxing three hour boat trip. The island has a number of great hotels and bars, but I go for the beaches, which run for up to ten miles with nothing on them. Most of the island is a national park and home to a sanctuary of frigate birds, massive, beautiful creatures with an eight-foot wing span. Only about 1,500 people live on Barbuda. It's paradise on Earth." Jay, Cabin Crew.



All play and no work

Two very different bars offer the best drinks and views. It's impossible to choose one. Carmichael's overlooks the jungle and ocean, and it has its own infinity pool where you can take a glamorous swim while enjoying a cocktail. Dennis's Bar has 360 degree ocean and island views and a homely charm that's very Antigua. Dennis himself is usually on hand to share stories stories while you down a Wadadli, the local beer.



A great place to watch the world go by

Nelson's Dockyard National Park is a relaxing blend of history and people watching, offering dockside lunch among restored 18th century buildings. Antigua was used by the British Royal Navy as a safe place to overhaul ships, as the

bay is hidden from the sea and Admiral Nelson spend his early years here (he had good taste too). Entry to the restored site includes a visit to Shirley Heights, a lookout featuring fortifications designed to defend the valuable port.



Timezone

Standard time zone:

UTC/GMT-4 hours

All time zones are based on GMT +0 (UK time).

Currency

East Caribbean Dollar (XCD)

Dialling Code

+ 1 268

Electricity

230 volts, 60Hz.

Public Holidays

1 January: New Year's Day

29 March: Good Friday

1 April: Easter Monday

6 May: Labour Day

20 May: Whit Monday

1 November: Independence Day

9 December: National Heroes Day

25 – 26 December: Christmas

Climate Information

Average Maximum Temperature:

January: 27C (81F)

April: 28C (83F)

July: 30.5C (87F)

October: 30C (86F)

Average Minimum Temperature:

January: 23C (73F)

April: 24C (75F)

July: 26C (79F)

October: 25C (77F)

Average Rainfall (inches):

January: 2.6inches (67mm)

April: 2.2inches (57mm)

July: 3.1inches (79mm)

October: 5.3inches (134mm)
