

## Barbados

Barbados is approximately 21 miles long and 14 miles wide. Triangular in shape, covering 169 square miles.

### History

Originally named "Barbudos" by the Spanish, who arrived in the 1500s to discover the island inhabited by Kalinago peoples since the 13th century. The Spanish later lost the island to the Portuguese, who then abandoned it in 1620. By that time the indigenous population was unfortunately depleted. The island was left to the wild boars, intended as a food supply for whenever the island was visited.

In 1625 an English ship ported on the island and claimed it; permanent settlement began in 1627.

Barbados gained its independence from the crown in 1966.

### Culture

Barbados is a blend of West African, Portuguese, Creole, Indian and British cultures. Citizens are officially called Barbadians, but are colloquially known as "Bajans".

"Crop Over" is the largest festival, established in 1687, is important for many on the island, as well as the thousands of tourists that flock there to participate in the events. This festival includes competitions and activities; featuring homegrown calypso and soca music.

Cricket is the most popular on the island, with Basketball becoming increasingly popular. Polo is very popular among the more well-to-do.

### Food

- Cou-Cou and Flying Fish - The national dish of Barbados. Cou-Cou is a smooth doughy bread, made from cornmeal and okra. The flying fish is seasoned then fried or steamed.
- Pudding and Souse - Pickled pork (souse) served with sweet potato pudding.
- Fishcakes - Salted cod with herbs and spices, then deep fried, served with a spicy dipping sauce.
- Bajan Chicken - Marinated in a blend of unique spices, then grilled or fried.
- Fried Plantains - sweet and crispy, often served alongside main courses.



### Animals

Barbados has only a few endemic species; the Barbados Leaf-Toed Gecko (uniquely nocturnal), Barbados Green Monkey, and the Barbados Bullfinch.

### Business

Historically, the economy relied heavily on sugarcane. In the late 1970s the island started diversifying into manufacturing and tourism sectors. Offshore finance and information services have also become earners.

### Language

English is the official language, Bajan Creole also widely spoken.

### Currency

The Barbadian Dollar. The USD is widely accepted. Major credit cards are accepted in many locations.





**Cell Service**  
Widespread coverage.



**Internet**  
Widespread, most businesses offer free access.

**Driving**  
On the left hand side of the road. Your US license is valid here.

### What to see and do?

Popular attractions within walking distance of the port:

- Bridgetown - Vibrant capital city, blend of colonial architecture in stunning Caribbean colors. Features the Fish Market, Needham's Lighthouse, Charles Fort, St Ann's Fort, Garrison and Historic Bridgetown. (1.5 mile walk from port)
- Bayshore Beach (2 mile walk from port)

Excursion or transportation needed attractions:.

- Beaches - Sandy Lane, Paynes Bay, and Mullins Beach. Known for soft sand and clear water.
- Bridgetown - Vibrant capital city, blend of colonial architecture in stunning Caribbean colors. Features the Fish Market, Needham's Lighthouse, Charles Fort, St Ann's Fort, Garrison and Historic Bridgetown.
- Water sports - snorkeling, scuba diving, and beach sports. Carlisle Bay beach offers calm waters ideal for swimming and snorkeling, with opportunities to see turtles and rays.
- Golf
- Harrison's Cave Eco-Adventure Park

