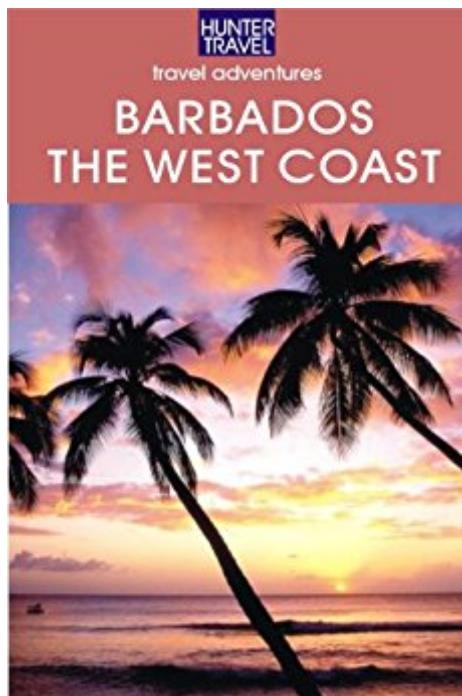


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Barbados - The West Coast (Travel Adventures)



Synopsis

Here is a completely updated 2nd edition of this book, which is loaded with color photos. Surrounded by miles of magnificent white sand beaches, protected by coral reefs and brushed by the constant breeze of the trade winds, Barbados is a swimmer's paradise. The west coast beaches are calm and lapped by the Caribbean. The south coast has small to medium waves that are great for windsurfing and boogie boarding, while the southeast coast has big waves and is only suitable for strong swimmers. Because of its location, tropical storms and hurricanes common to other Caribbean islands generally miss Barbados. As a coral island, Barbados is home to a vast array of caves and underground lakes, which provide some of the purest drinking water in the world. The island is also home to rainforests, marshes and mangrove swamps, along with pastures and sugarcane fields. It has a diverse and interesting landscape, making it a fascinating place to explore. Originally known as the gold coast, with the development of many luxury hotels and residences, and the influx of the rich and famous, St. James on the West Coast is now called the Platinum Coast. Tiger Woods chose the Sandy Lane Hotel as the site for his wedding, and Hollywood stars can sometimes be seen emerging from their luxury houses along the coast. St James is one of the major tourist areas in Barbados, combining world-class shopping, with luxury hotels, and beautiful beaches lapped by the Caribbean. St James shopping options range from the Chattel House Village, offering gifts, crafts and souvenirs, to the West Coast Mall, with its collection of brand name stores and upscale boutiques, to the exclusive Diamonds International. Holetown, the third-largest town in Barbados, is a good place to start your shopping excursion. All of the detailed information you need is here about the hotels, restaurants, shopping, sightseeing. But we also lead you to new discoveries, turning corners you haven't turned before, helping you to interact with the world in new ways. That's what makes our Adventure Guides unique. Barbados is unique and fascinating, a mélange of Africa and Britain in the Caribbean. The easternmost of all the Caribbean islands, Barbados is uniquely situated so as to avoid virtually all hurricanes. Its 166 square miles of forests, cliffs, fishing villages, wildlife, nightlife, and, of course beaches are surrounded by miles of coral reef teeming with an incredible array of sea life and shipwrecks. Some of the best sailing in the Caribbean is here, with southeasterly trade winds to carry you across the water. This is a land rich in history and culture, with an abundance of wildlife, beauty and nature. There are only four guidebooks on the island and most are badly out-of-date. With 500,000 tourists visiting per year, Barbados is a major attraction with very little guidebook competition. Details the best diving spots, all types of accommodations, dining, tours, local lore and festivals, services. Extensive background on the history, government and economy of the island. The author has been

a regular visitor for over 20 years. Filled with inside information on which festivals are worth your time, where to find the best Bajan music, classes that will teach you the local cooking and artistic styles, Other guides are mostly out of date. None takes the Adventure Guide perspective that we do, immersing you in the local culture and in the active things to do on the island. Today's traveler is eager to explore--not just sit on a beach. "[Adventure Guides] aim to deliver content..."

Moderately-priced and truly user-friendly, they are packed with information that other series rarely cover." Library Journal "Bursting with relevant and exciting information... " Booklist "Highly recommended... " Library Journal

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