



YOUNG ESTATES

BARBADOS

YOUR GUIDE TO THE ISLAND

On-Island Activities

— CURATED EXPERIENCES —

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CURATED BY YOUNG ESTATES · BARBADOS

WELCOME

Discover Barbados

From turtle-filled bays and catamaran sunsets to rum houses, gardens and great houses, the island is yours to explore.

The following pages offer a curated selection of experiences across Barbados, from the calm west coast to the rugged Atlantic shore. Every activity in this guide can be arranged for you by your Young Estates concierge; simply let us know what appeals and we will take care of the booking, transfers and timings.

AT YOUR SERVICE

Your concierge can tailor any experience to your party, combine activities into a full day out, and recommend the best times to go. Just ask.

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I · THE WEST COAST

Beaches & Swimming

Calm, clear Caribbean water along the Platinum Coast, perfect for swimming, snorkelling and long, lazy days.

NOT TO BE MISSED

Swim with Sea Turtles

Snorkel alongside green turtles in the warm west-coast shallows. There are several spots where you can swim with them; as the turtles move around, speak with your concierge closer to the time for the best location.

MULLINS BEACH

A lively stretch of golden sand with a beach bar, sun loungers and gentle water

WEST COAST

GIBBS BEACH

A tranquil west-coast cove with soft sand, shade and calm, clear water; a quiet, picturesque spot that's perfect for a relaxed swim or an afternoon in the shade

WEST COAST

BATTS ROCK

A peaceful local west-coast beach with shade and gentle swimming

WEST COAST

ALLEYNES BAY

A calm, tree-lined bay popular for swimming and watersports

WEST COAST

CARLISLE BAY

A sheltered horseshoe bay with shipwrecks and turtles to snorkel

SOUTH WEST

BATHSHEBA

Dramatic Atlantic rock pools and surf on the wild east coast

EAST COAST

PAYNES BAY

Calm, clear and ideal for swimming, with turtles often just offshore

WEST COAST

REEDS BAY

A quiet, sheltered west-coast bay with calm, clear water and soft sand, a peaceful spot away from the busier beaches, ideal for an easy swim or snorkel

WEST COAST

SANDY LANE BAY

A glamorous curve of pale sand and turquoise water in the heart of the Platinum Coast

WEST COAST

FOLKESTONE

A Hometown marine park with a protected reef, ideal for snorkelling

WEST COAST

BOTTOM BAY

A dramatic palm-fringed cove on the wilder south-east coast

SOUTH EAST

CATTLEWASH

A wild, windswept east-coast stretch with natural rock pools

EAST COAST

II · SEA & SAIL

On the Water

From a private catamaran charter to a morning's deep-sea fishing, the ocean is the island's playground.

CATAMARAN CRUISE

A relaxed half-day sail along the calm west coast, with stops to swim and snorkel and a generous lunch and drinks served aboard

HALF DAY · PRIVATE OR SHARED

TURTLE & SHIPWRECK SNORKEL

A guided snorkel over Carlisle Bay's turtle grounds and historic wrecks, teeming with tropical fish

MORNING · HALF DAY

DEEP-SEA FISHING

Charter a boat with crew in search of marlin, mahi-mahi, tuna and wahoo in the deeper offshore waters

HALF OR FULL DAY

PADDLEBOARD & KAYAK

Glide over the calm morning water at your own pace, with equipment delivered to your beach

EQUIPMENT DELIVERED

SWIM WITH THE RACEHORSES

A magical early-morning ritual at Pebbles Beach, as the island's racehorses are walked into the sea to cool off

SUNRISE · CARLISLE BAY · FREE

SUNSET SAIL

Sparkling wine in hand as the sun drops into the Caribbean, with music and canapés to round off the day

EVENING · 2-3 HOURS

SCUBA DIVING

Reefs and wrecks for beginners and certified divers alike, with instructors and all equipment provided

TUITION AVAILABLE

JET SKI & WAKEBOARD

Powered watersports straight from the west-coast beaches for those after a little adrenaline

BY THE HOUR

SURFING · SOUP BOWL

Lessons or guiding at Bathsheba's world-famous Atlantic break, for first-timers and seasoned surfers

EAST COAST · TUITION AVAILABLE

GLASS-BOTTOM BOAT

A gentle, dry-footed way to admire the reefs, shipwrecks and turtles below, perfect for all ages

2-HOUR CRUISES · FAMILY FAVOURITE

III · INLAND

Land & Heritage

CAVES, GARDENS & NATURE

HARRISON'S CAVE

A tram ride through a crystallised limestone cavern of streams & columns

WELCHMAN HALL, ST. THOMAS · Wed–Mon 9–2:30 · chukka.com

HUNTE'S GARDENS

A magical sunken gully garden alive with palms, planting & birdsong

ST. JOSEPH · Daily 10–4 · huntinggardens-barbados.com

FLOWER FOREST

Tropical botanic trails with sweeping views over the Scotland District

HIGHLAND, ST. JOSEPH · Children Yes

HERITAGE & CULTURE

ST. NICHOLAS ABBEY

A Jacobean great house & rum distillery with a Victorian steam railway

CHERRY TREE HILL, ST. PETER · Sun–Fri 9:30–5 · stnicholasabbey.com

AGAPEY CHOCOLATE FACTORY

A guided tour with tastings of chocolate & gourmet ice cream

BRIDGETOWN · Mon–Sat · agapey.com

HISTORIC BRIDGETOWN

The UNESCO-listed capital and its Garrison, by guided tour

ST. MICHAEL · UNESCO World Heritage

ANIMAL FLOWER CAVE

A sea cave at the island's tip, with rock pools and a cliff-top restaurant

ST. LUCY · Tue–Sun 9:30–4 · animalflowercave.com

WILDLIFE RESERVE

A walk among free-roaming green monkeys, tortoises, deer & tropical birds

BENNY HALL, ST. PETER · Daily 10–5 · barbados.org

WELCHMAN HALL GULLY

A shaded nature walk through native palms with resident green monkeys

ST. THOMAS · Children Yes

MOUNT GAY RUM

A distillery tour, cocktail workshop & tasting at the oldest rum brand

ST. LUCY · Mon–Fri 10:30–4 · 18+ · mountgayrum.com

SUNBURY PLANTATION HOUSE

A preserved great house with antiques & an optional candlelit dinner

ST. PHILIP · Children Yes

ISLAND HERITAGE TOUR

A private driver-guide to the sights that suit your interests

HALF OR FULL DAY · Arranged for you

IV · ON LAND

Golf & Sport

Championship fairways and island sport, arranged with tee times and transfers.

ROYAL WESTMORELAND

A championship course set in the hills above the west coast, with sweeping fairways and ocean views

RWM GUESTS ONLY

SANDY LANE · GREEN MONKEY

The island's most exclusive and dramatic course, set in a former quarry, by special arrangement

BY REQUEST

SANDY LANE · OLD NINE

A relaxed nine-hole round, ideal for a shorter game or a gentle introduction to golf

OPEN TO ALL

HORSE RACING

A lively day at the races on the historic Garrison Savannah, a true island occasion

SELECT SATURDAYS

POLO

Watch or play at the island's polo clubs during the winter season, a Barbadian tradition

IN SEASON

APES HILL GOLF

A dramatic, recently reimagined inland course with island views across the highlands

APES HILL GUESTS ONLY

SANDY LANE · COUNTRY CLUB

A classic championship course open to all visiting players, in beautiful condition year-round

OPEN TO ALL · TEE 7:20–4:30

TENNIS & PADEL

Court bookings and a coach brought to your villa or a nearby club, for all abilities

LESSONS AVAILABLE

HIKING & CYCLING

Guided trails through the scenic Scotland District and the rugged east coast

GUIDES ARRANGED

KARTING · BUSHY PARK

High-speed karting and circuit experiences at the island's racing venue; kids' karting for ages 5–11

ST. PHILIP · TUE–SUN 9–5

PLEASE NOTE

Golf tee times and tennis courts cannot be booked in advance; these can only be reserved closer to your stay. Your concierge will arrange them for you nearer the time.

V · REST & RETAIL

Wellness, Family & Shopping

WELLNESS & FAMILY

IN-VILLA SPA & MASSAGE

Skilled therapists brought to your villa for massage, facials and beauty treatments at a time that suits you

PILATES STUDIO

Studio classes available across the island, or a private instructor brought to your villa

SCENIC & WELLNESS HIKES

Guided scenic and wellness hikes organised through the Scotland District and along the coast

SHOPPING

LIMEGROVE LIFESTYLE CENTRE

Duty-free designer boutiques, cafés & a cinema in Holetown

HOLETOWN · DAILY 10–6

HAYMAN'S MARKET

A lively market of stalls, cafés & bars on a former plantation

ST. PETER · TUE–SAT 10–6

PRIVATE YOGA

Sunrise or sunset sessions on your terrace or by the pool, with a private instructor for all levels

PERSONAL TRAINING

A dedicated trainer to your villa, the beach or a nearby gym, tailored to your goals

CHILDREN'S ACTIVITIES

From qualified nannies and babysitting to beach days, turtle swims and pool games for younger guests

CHATEL VILLAGE

Charming local shops for art, craft & island fashion

HOLETOWN

PELICAN VILLAGE

A craft centre of workshops & retail shops for Bajan art

BRIDGETOWN · MON–SAT 9–6

VI · AFTER DARK

Dining & Nightlife

From a Friday-night fish fry to fine dining on the west coast, all reserved for you.

OISTINS FISH FRY

The island's beloved Friday-night street feast of grilled fish & music

FRIDAY EVENINGS

RUM SHOP TRAIL

A guided taste of the island's authentic local rum shops

EVENING

ST. LAWRENCE GAP

The south coast's buzzing strip of restaurants, bars & live music

CHRIST CHURCH · NIGHTLY

WEST COAST DINING

Reservations at the finest restaurants in Holetown & beyond

BOOKED FOR YOU

PRIVATE CHEF & MIXOLOGIST

A chef's table or cocktail evening hosted at your villa

AT YOUR VILLA

HARBOUR LIGHTS

A beachfront dinner show & Friday-night open-air club on the south coast

BAY ST, BRIDGETOWN · 18+

VII · THE TABLE

Restaurant Reservations

A selection of the island's finest tables; let your concierge know and we will reserve on your behalf.

THE CLIFF

Iconic clifftop fine dining over the Caribbean

WEST COAST

thecliffbarbados.com

LA CABANE

Relaxed beachfront bistro and bar

BATTS ROCK

lacabanebarbados.com

SEASHED

Chic beach club dining on the sand

HOLETOWN

seashedbarbados.com

IL TEMPIO

Authentic Italian on the west coast

FITTS VILLAGE

iltempiorestaurant.com

FISHPOT

Charming seaside dining in the north

LITTLE GOOD HARBOUR

fishpotbarbados.com

THE LONE STAR

A west-coast institution for elegant beachfront dining

MOUNT STANDFAST

thelonestar.com

LOCAL & CO.

Farm-to-table island cuisine

HOLETOWN

thelocalbarbados.com

TIDES

Elegant waterfront dining in Holetown

ST. JAMES

tidesbarbados.com

QP BISTRO

Stylish modern dining and cocktails

ST. JAMES

qpbistro.com

CALMA

Mediterranean flavours by the sea

FITTS VILLAGE

calmabarbados.com

CHAMPERS

A long-loved oceanfront favourite

CHRIST CHURCH

champersrestaurant.com

DAPHNE'S

Chic contemporary Italian on the beach at Paynes Bay

WEST COAST

daphnesbarbados.com

BAIA BEACH

Stylish Mediterranean dining & beach club by the sea

HOLETOWN

baiabarbados.com

& MANY MORE

Tell us your taste and we will recommend & book

ON REQUEST

VIII · AT YOUR SERVICE

Concierge Services & More

Whatever you need to make your stay seamless, your concierge can arrange it. A selection of what we offer.

TRAVEL & TRANSFERS

AIRPORT TRANSFERS

A warm welcome and private transfer on arrival, and a smooth return to the airport when you depart

HELICOPTER & PRIVATE JET

Bespoke air travel and island transfers arranged on request, for the most seamless way to arrive

BEAUTY, EVENTS & FAMILY

HAIR, MAKE-UP & BEAUTY

Stylists and beauticians brought to your villa for any occasion, from a relaxed day to a special evening

DECORATIONS & ENTERTAINMENT

Florals, styling, musicians and entertainers to bring any gathering or celebration to life

VIP & PERSONAL REQUESTS

PERSONAL SHOPPING

Wardrobe, gifts and provisioning sourced and delivered for you, ahead of or during your stay

PRIVATE CHAUFFEUR

A dedicated driver on call throughout your stay, ready to take you anywhere on the island at your convenience

CUSTOMISED ITINERARIES

A full day-by-day plan tailored to your party and interests, balancing adventure with relaxation

WEDDING & EVENT PLANNING

From intimate celebrations to island weddings, designed and orchestrated in every detail by a dedicated planner

BABY EQUIPMENT RENTAL

Cots, highchairs and safety gates ready and waiting on arrival, so younger guests are catered for

VIP & SPECIAL REQUESTS

Anything else you can imagine, quietly taken care of by your concierge from start to finish

PLEASE NOTE

Rates and availability vary by season and are confirmed at the time of booking. Your concierge will arrange everything and share the latest details.

