

YOUR ULTIMATE GUIDE TO THE

CARIBBEAN



CaribbeanTravel.com

CARIBBEAN



Today I entered a land
where men were tall
as trees



I met a distant
traveller



and saw a
glittering jewel floating
through the air!

... I lived a true story in the true Caribbean.

Experience the amazing sights and sounds of Trinidad's Carnival or let the beauty of Tobago's sea creatures and rare flora and fauna leave you breathless. It all happens right here...



CARIBBEAN



TRINIDAD &
TOBAGO
THE TRUE
CARIBBEAN

Visit us @ www.gotrinidadandtobago.com
Contact us at: North America (Toll Free) - 800 816 7541, Trinidad - 868 675 7034/669 5196, Email - tourism-info@tdc.co.tt
UK, Holland, Scandinavia (Free Phone) 0800 804 8787, Germany - 49 06151 333 2999



WHETHER YOU'RE LOOKING FOR A ROMANTIC getaway, a fun family adventure, a culinary excursion or a cultural experience, the majestic islands of the Caribbean cater to every traveller's needs. The Caribbean Tourism Organization welcomes you to explore and enjoy all that its 33 member countries have to offer.

Each Caribbean country has its own soul and flavour that attracts visitors from all over the world. Boasting four languages - English,

Dutch, French, and Spanish - travellers can strike up a conversation with locals while strolling down streets filled with remarkable history or walking along the pink, black, white, or golden sandy beaches. They lose themselves in the smooth rich tones of reggae, the rhythmic sounds of the steel pan, and dance with passion to salsa, calypso, merengue, compas, or zouk!

If trying innovative cuisine is a must on vacation, then entice your palate with traditional Caribbean dishes such as shark and bake, oil-down, pepperpot, souse, jerk chicken, goat water, calaloo or mouth-watering tropical treats such as coconut water, mangoes, star-apples and guavas. Don't forget to try a sip of an award winning rum. All local and all delicious!

From luxurious five-star resorts to quaint bed and breakfast inns to guest houses or secluded villas – the Caribbean offers accommodations for every type of traveller.

Our extravagant sailing regattas, surfing tournaments, golfing, horseback riding, mountain biking, world famous baseball players, water sports, and music festivals keep visitors coming back for more!

There is so much for you to see and experience throughout the region. Enjoy the Guide to the Caribbean and find out why we are the vacation destination of choice for romantic getaways, honeymoons, families, groups, special occasions, water sports, relaxation and so much more...

Whether you're a new visitor or returning, we welcome you to the Caribbean!

Sylma Brown Bramble

Sylma Brown Bramble

Director

Caribbean Tourism Organization-USA, Inc.

FEATURES

Welcome	3
One Big Kid's Club	4-5
Mother Nature Rocks	6-7
Love Blooms in the Caribbean	8
Gal Pals in the Tropics	10-11
Life's a Beach	12-13
Spa-tacular in the Caribbean	14-15
Rum – The Spirit of the Caribbean	16-18
Top 10 Reasons to Visit the Caribbean	19-20
What's Happening	21-23
Caribbean Map	32-33

DESTINATIONS

Anguilla	24
Antigua & Barbuda	25
Aruba	26
The Islands of the Bahamas	27
Barbados	28
Belize	29
Bermuda	30
Bonaire	31
British Virgin Islands	34
Cayman Islands	35
Cuba	36
Curaçao	37
Dominica	38
Grenada	39
Guadeloupe	40
Guyana	41
Haiti	42
Jamaica	43
Martinique	44
Montserrat	45
Nevis	46
Puerto Rico	47
Saint Lucia	48
St. Eustatius	49
St. Kitts	50
St. Maarten	51
St. Martin	52
St. Vincent & the Grenadines	53
Trinidad & Tobago	54
Turks & Caicos Islands	55
US Virgin Islands	56
Venezuela	57
Directory of CTO Preferred Partners	58-61
Getting There	62

Front Cover Photo

US Virgin Islands Department of Tourism

Publisher

Caribbean Tourism Organization



THE CARIBBEAN TOURISM ORGANIZATION

The Caribbean Tourism Organization (CTO) is an international development agency, which represents over 30 Caribbean countries, and assists them to work towards the development of a sustainable tourism program throughout the region. The CTO has its headquarters in Barbados, and marketing offices in London and New York.

The organization is active in all aspects of tourism development including training, consultancy, research, public relations and wide-ranging promotional activities. For additional brochures or for more information on the Caribbean, contact us by telephone: 212-635-9530, or email: CTOny@caribtourism.com. You may also provide feedback via our website: www.CaribbeanTravel.com.

FOR THE KIDS



One Big Kid's Club

With so many hotels specifically designed for families, plus the lure of kids clubs, waterparks, wildlife encounters and just splashing around at the beach, you'd better start planning your vacation now!

Photo Credits - Above: St. Martin Tourist Office

Right: Cuba Tourist Board

TELL ANY CHILD that they're heading off to the Caribbean on vacation and the excitement will be palpable. The region holds great charm for kids as places where there is a lot of fun activities, long sandy beaches, colourful fish and plenty of warm sunshine.

The Caribbean rises to the task of entertaining children and different islands excel in different things. If you want an adventurous eco family holiday, head to Dominica. If you want a no holds barred resort experience, Antigua, Saint Lucia, Jamaica and Barbados are a good starting place with direct flights and family deals.

In The Islands of the Bahamas, kids can enjoy the largest waterpark in the Caribbean at The Atlantis Resort Paradise Island. Many hotels have free accommodation for kids such as the Sheraton Nassau Beach, Wyndham and may even offer kids eat-free packages.

As well as tried and tested destinations, more off-beat islands are trying hard to attract the family market such as St. Kitts and Nevis which has a Kids 'r' VIPs programme for children aged 2-15 years. This aims to get families active, learn a new sport or hobby or just have fun during the summer. Activities include swimming classes and cycling lessons or African drumming and dance classes.

The Caribbean is a treasure trove of wildlife adventures for kids. The Cayman Islands are a fabulous place for children to get up close

and personal with stingrays at Stingray City or to head off for a mangrove safari with Cayman Sea Elements. There are the Blue Iguana Recovery Programme at the Queen Elizabeth II Botanical Park and baby turtles to behold at the Boatswain's Beach Adventure Park & Turtle Farm.

Puerto Rico should be on every family's vacation radar with the ToroVerde Nature Adventure Park offering kids rainforest adventures such as zip-wiring and mountain biking. Resorts like El Conquistador are perfect for families with its own waterpark, private island and kids club.

Of course one of the best ways of affording a family vacation in the Caribbean is to choose an all-inclusive resort that caters specifically for families with a sophisticated kids club and lots of water and land sports.

Beaches is a well-known all-inclusive resort chain in Jamaica which offers families 'luxury included' vacations with gourmet dining, premium brand wine and spirits, Beaches Resorts Caribbean Adventure with Sesame Street and appearances and activities from favourite Sesame Street characters, nightly entertainment and often including watersports in the price. Beaches Boscobel Resort & Golf Club and Beaches Sandy Bay debut new tween lounges including the

18-and-under nightclub Liquid, Xbox 360 Game Garage and ‘Trench Town’ Lounge area. Almond Morgan Bay on Saint Lucia remains a popular choice for families with a kids club for every age group as well as four swimming pools, tennis, watersports, a spa and golf.

St. James’s Club in Antigua is a fabulous four-star all-inclusive. It also has new ‘Kids Explorer’ packs. Kids can have a little backpack for the week complete with binoculars, magnifying glass, compass, fishing/butterfly net, notebook, pen and activity book where they have to spot animals, plants and birds local to Antigua, then hand it in at the end of the week for a prize. There are new family villas at sister hotel, Verandah Resort & Spa.


At the all-inclusive Buccament Bay on the main island of St. Vincent, highlights include a Pat Cash Tennis Academy, a Liver-pool FC Soccer School and a Harlequin Performing Arts Academy. There’s also a Little Harlequins Kids club and Teen Club, baby-sitting and family-friendly dining.

Jumby Bay in Antigua is a luxury all-inclusive private island resort, perfect for families, with its ‘Camp Jumby’ programme for 3-12 year olds, providing little ones with lots of opportunities to explore the island and get creative all under supervision.



TOP 5 TIPS: GETTING THE MOST OUT OF A FAMILY VACATION IN THE CARIBBEAN

1. Flight schedules are hugely important with kids in tow. Direct flights are best with young kids. If you have a late journey home always try and arrange late checkout or a dayroom.
2. Remember to plan ahead when you’re travelling with kids. Check out the availability of children’s meals on flights, child seats and safety belts, babysitters and kids clubs at the resort – all of these are best booked in advance. You don’t want to risk them not being available on the day you want.
3. When booking your family vacation, take the ages and likes of your children into consideration. Some resorts are better for young children and others for teenagers.
4. If you’re on a tight family budget, go in summer which is low season in the Caribbean – but this is school holidays for most families, and find a good all-inclusive with plenty of activities for kids.
5. If you want to take extended family on vacation to the Caribbean, or travel with another family or two, renting a villa is a good option. More upmarket villas come with staff which saves you cooking and cleaning.


FLAMINGO BEACH RESORT
Tel: 011 264 462 2222 | www.flamingo-beach-resort.com
 Flamingo Beach Resort is located directly on the beach of beautiful Simpson Bay. This resort includes an array of amenities to enhance your enjoyment of this tropical paradise.

ROYAL PALM BEACH RESORT
Tel: 011 264 462 2222 | www.royalpalmbeachresort.com
 Every accommodation is beachfront at Royal Palm Beach Resort. Situated on a beautiful bay, with a picturesque backdrop of rising green hills and Caribbean splendor, your stay promises to be a tropical delight.

To book your reservation call
599.544.3900
 MENTION PROMO CODE ZGSMT
DIAMOND RESORTS
INTERNATIONAL
 8152 0411

MOTHER NATURE ROCKS!

Natural Attractions in the Caribbean

By **Melanie Reffes**

BEYOND THE SUNNING, SWIMMING AND SURFING and in addition to the swank resorts, gourmet eateries and glittering casinos, the Caribbean salutes Mother Nature with a spectacular display of natural attractions. Although many of the natural wonders can be explored on your own, organized tours are advised for expert guidance in climbing mountains, kayaking rivers and photographing a riotous array of wildlife from vervet monkeys to predator birds.

With a nod to ensuring the environmental sustainability of the region, Sustainable Tourism Conferences are organized by the Caribbean Tourism Organization (CTO) and attract leading tourism planners and policymakers who focus on ways to maintain the new green economy. From bays that glow in the night and dark caves that are home to ancient bats to mineral baths and marine parks, get off the beach chair and discover a truly magnificent region under the tropical sun.

“Beyond the sunning, swimming and surfing and in addition to the swank resorts, gourmet eateries and glittering casinos, the Caribbean salutes Mother Nature with a spectacular display of natural attractions.”

WILD BLUE YONDER

The crown jewel of the US National Park Service, El Yunque or The Caribbean National Forest is the most visited natural site in Puerto Rico. An hour southeast of San Juan towards the Luquillo Mountains, the 28,000-acre bonanza of biodiversity is the only rainforest in the US Forest system and chockablock with hundreds of animals including the endangered green parrot and the two-note chirping coqui frog whose iconic image is on virtually every souvenir sold in the gift shop. While it is advisable to hike the forest with a tour guide, nature buffs can do it alone with a sturdy pair of sneakers, water bottle and a good sense of direction. When the clouds lift, even for a minute, the big rock called El Yunque is the most visible point on the horizon. Carpeted in brilliant hues of green and rising dramatically from the sea, the Pitons are Saint Lucia's treasured twin peaks. Formed of lava and rock, these volcanic cones have been designated a UNESCO World Heritage site and are the most photographed image on the island. A formidable challenge for even the most experienced climber, a hike up the peaks at sunrise is well worth the effort.

Despite its small size, St. Kitts is Eden for bird watchers who, with binoculars in hand, covet glimpses of a variety of birds dressed up in blue, purple, yellow, and green. Water birds including herons, brown pelicans and oystercatchers can be spotted in the salt ponds and lagoons of the southeast peninsula, while towards the lower mountains, hummingbirds, doves and hawks are a feast for the eyes.

OFF THE DEEP END

Opened in December 2011, St. Maarten now lays claim to its first marine park. Named the Man of War Shoal, the park includes the popular Proselyte Reef dive site named after a 32-gun frigate that sunk in 1801. Sightings



of migratory whales and dolphins are already a big hit with tourists. By creating the marine park, St. Maarten is taking steps to preserve the local environment as well as enhancing sustainable tourism.

First protected by the US Government in 1948 to preserve one of the finest marine gardens in the Caribbean Sea, Buck Island off the north coast of St. Croix was declared a 'national monument' in 1961 by President Kennedy. Expanded by President Clinton to include much of the water that surrounds the island, the park in the US Virgin Islands is a snorkeling nirvana with sherbet-coloured angelfish and eagle rays. To the delight of nature buffs, leatherback and hawksbill turtles nest on the beach from March through August.

A mecca for scuba fans, Bonaire's National Marine Park surrounds the tiny island that sits in the sea east of Curaçao. From the shore to the point where the water reaches two-hundred feet deep, the park is one of the best protected reef systems in the Caribbean. Although closely monitored, people are allowed to swim, kayak and

windsurf.

Jamaica's most visited natural site, Dunn's River Falls in Ocho Rios is a full-day affair with a beach for jogging, crafts park, barbecue pit, cafeteria dishing up spicy snacks from jerk chicken to curried goat and the magnificent falls which rise to six-hundred feet above sea level.

GONE BATTY

The highest point in Trinidad's central range, Mount Tamana is also an awesome bat cave. After a steep climb to the summit, hikers are spellbound by thousands of bats who live in the first chamber. More adventurous travellers can explore farther into the second chamber where the bats have a wingspan measuring one foot in diameter. Hard to imagine but estimates put the total number of bats living in the chambers at half a million including twelve different species.

As for caves, the largest of its kind in the Caribbean, Harrison's Cave in Barbados, is a trip back in time through caverns of crystalized limestone and centuries old stalagmites. Recently revamped, modern trams take visitors into the subterranean chambers for an up close look at cascading waterfalls and pools of clear water.

NIGHT MAGIC

In Puerto Rico, Island Adventures Biobay Tours offers nightly adventures aboard electrically-powered double-pontoon boats that take nocturnal tourists through the waters of Puerto Mosquito on Vieques Island. One of three bioluminescent bays on the island, Mosquito Bay is full of single-celled organisms that emit a flash of blue-green light at night when disturbed by predators or swimming tourists. For a unique experience, the boats park in an area of high bioluminescent concentration where brave souls get the rare chance to swim with millions of these glowing critters.

With one of the healthiest coral reef systems in the world, it's no wonder scuba diving at night is increasingly popular with tourists visiting Bermuda. Triangle Diving offers three-hour night-diving excursions for a spooky look at crabs, eels and octopus. The one-tank dives are offered every two weeks on Tuesdays starting in June and continuing through October.

*Photo Credits - Left: Mario Johnrose
Above: St. Maarten Tourist Bureau*

Love Blooms

in the Caribbean

By **Melanie Reffes**

WHETHER YOU'RE STILL SMITTEN with an old flame, igniting sparks with a new one or celebrating Valentine's Day, a bouquet of allures tempt in the Caribbean. Graced with mountain-coddled coves and tie-dyed sunsets, selling passion in the Caribbean is breeze.

With Cupid's arrows pointing to the islands in the sun, the pressure on creativity heats up with wedding planners thinking of more innovative ways to satisfy the demands of couples from vows taken underwater and in palm-fringed gazebos to the always romantic sunset backdrop by the soothing Caribbean Sea.

From Barbados and Barbuda to Saint Lucia and St. Thomas, the Caribbean is paradise found for brides and grooms saying their 'I Dos' on the beach, honeymooners in search of a hammock in the shade, anniversary celebrators, vow renewal takers and couples just wanting to get away from the nine-to-five.

A Suite Dream

The party kicks off with champagne cocktails at swishy LaLuna resort in Grenada. Romance enticements include starry nights in the cozy cottages with plunge pools and porches, yoga sessions and spa treatments.

At the swank CuisinArt Golf Resort & Spa in Anguilla, romance extras like torch lit dinners on the beach and a floral bath soak aim to please. The resort welcomes weddings of all faiths and for Jewish

couples, the Rabbi from next-door St. Maarten performs the ceremony and kosher food from Miami is flown in for the reception.

Something Blue

The only resort in Saint Lucia to offer night snorkelling, Jalousie Plantation entices with nocturnal underwater tours where couples use waterproof flashlights to swim with parrot fish as they weave their cocoons, and octopus, as they venture from their daylight hideaways.

In clear shallow water dappled by sunlight, the Underwater Sculpture Park in Grenada's Moilinere Bay is a must-see for snorkelling twosomes. Created by British sculptor Jason de Caires Taylor, the park is really a reef where tropical fish and lovebirds cavort side by side. The Dive Centre on Grand Anse Beach and Aquanauts sell tours.

Worth the Splurge

Sultry strolls on salmon-coloured beaches are a daily ritual in Barbuda. Sandy sister to Antigua, the petite sliver boasts one five-star resort, 360 degree panoramic views from the Lighthouse Bay Bar and the largest frigate bird sanctuary in the world. Ideal for lovebirds (and anyone else in a good mood), privacy is guaranteed at the plush nine-suite Lighthouse Bay Resort as the only access is via small plane or helicopter.

The High Five **Wedding Customs in the Caribbean**

1. A shiny dime placed inside the bride's shoe brings wealth and prosperity.
2. If the wedding bouquet falls on the ground, the groom will cheat.
3. A sliver of rum-soaked wedding cake kept under the pillow guarantees fertility.
4. Bridesmaids wearing white chase away evil spirits.
5. Shoes tied to the back of a car show the father of the bride that the new husband is financially responsible for his daughter.

www.marrycaribbean.com

Unmatched Beauty, Award-Winning *Escape*



Saint Lucia is the perfect holiday escape for your entire family. Let us win your heart and warm your senses with our breathtaking beauty, tropical sea breezes, an array of accommodations and activities and the most delectable cuisine. Saint Lucia is not just for families, it's been voted the World's Leading Honeymoon Destination 8 times.



Call your travel professional or visit us at stlucianow.com
To speak to an agent, call **1.800.456.3984**



Gal Pals In the Tropics

Girlfriend Getaways

By **Melanie Reffes**

A DIAMOND MAY BE A GIRL'S BEST friend but a women-only getaway is the shiniest way to relax, renew and refresh. Before you buy that fancy car, trade the spouse for a newer model or generally behave badly, consider a girls-only vacation without the husband, the kids and the bills.

Nothing beats the midlife blues like a day on the blue sea and if you've already left the spouse, never had one, might be

looking for one or doing just fine solo, a girlfriend's getaway is a popular rite of passage and a growing niche market for travel agents selling the Caribbean.

FAST TRACK TO FABULOUS

Operating a quintet of resorts in Barbados – The House, Colony Club, Tamarind, Crystal Cove and Turtle Beach – Elegant Hotels Group is a powerhouse portfolio of upscale

accommodations that is rolling out a regal welcome to gal pals on vacation. Bartenders serve minty mojitos to the ladies at the Colony Club Sunset Bar and Culture Concierges arrange activities from conch blowing to stand-up paddling lessons.

BIG GIRLS DON'T CRY

From manicures and massages to pedicures and paraffin wax treatments, the spiffy



Lazule Sea Spa at Frenchman's Reef in St. Thomas is a guilty pleasure that delivers. Showstoppers include a 'Sea Mud' massage for tired muscles, 'Caribbean Sea Scrub' for silky smooth skin and 'Island Detox Body Wrap' to fix everything else that needs fixing.

In Nevis, Nisbet Plantation Beach Club offers retreats for those who may want to shed a few extra pounds, nutrition counseling to pick up a few pointers and plenty of healthy gourmet cuisine.

St. Kitts Marriott is a good bet for girls who like to tempt lady luck in the casino, top off their tan on the candy sand or mingle with corporate executives in the chic Blu Seafood restaurant. Nearby a slew of funky beach bars, the resort is brand-reliable with goings-on galore from meals and margaritas to manicures in the Emerald Mist Spa and matches on the tennis court.

For gal pals watching their budgets, Comfort Suites in Turks & Caicos may be the best bargain in Provo. Not fancy yet très comfy, the hotel shuttles guests to the beach in a golf cart and entertains with impromptu steel pan concerts in the lobby. The hotel is a big hit with visitors who appreciate the free extras like Wi-Fi and Miss Williams' famous triple layer coconut cake served in the lobby.

For the ladies who appreciate the road-less-travelled, Rosalie Bay in Dominica is a twenty-eight room eco-luxury wind and solar powered resort that is big with nature lovers from March through October who come to see the endangered turtles that nest on the protected black sand beach. Room rates include a bountiful breakfast with fresh fruit smoothies and power drinks.

Photo Credits - Left: Bermuda Department of Tourism Right: Saint Lucia Tourist Board



Girlfriend Getaways 101

Courtesy: www.girlgetaways.com

1. Set a date far in advance and stick to it.
2. If anyone mentions her husband or kids by name, she puts a dollar in the communal kitty.
3. Bring your own chardonnay and don't forget the corkscrew and peanuts.
4. Get t-shirts made after the trip, a far more personal souvenir than a magnet or snow globe.

1 perfect island
 33 pristine beaches
 100 gourmet restaurants
 accommodations ranging from moderate to majestic
 and all the friendship your heart desires

the **anguilla** experience
 feeling is believing

www.visitanguilla.com **CARIBBEAN** B77-4 ANGUILLA

Life's a Beach

The sugary strands of the Caribbean

By **Melanie Reffes**

HE INTRODUCES HIMSELF AS CRAZY

Guy although he seems nothing of the sort. Loading his red ferry with people the way a can is packed with sardines, he steers the seaworthy boat from the French Cul de Sac in St. Martin towards a flyspeck rock island that juts up from the sea. Ten minutes later and ahead of the midday sun, Crazy Guy and his boatload of oiled-up day trippers drop anchor on Ilet Pinel - a petite island framed by a sand tongue that moves to the rhythm of the wind. Yellow quid birds flit about looking for an open bottle of sugary rum and beach chairs invite those perfecting the fine art of whiling away an afternoon on a Caribbean beach.

Graced with popular strands and undiscovered strands, the Caribbean tempts with some of the finest beaches in the world. Although naysayers may grumble that all beaches look alike, Caribbean-philes will tell you that is akin to saying the Cirque du Soleil is just another circus. Whether your taste is for tanning, lounging under a palm tree with the newest best-seller or simply indulging in that universal seaside pastime called people watching, everyone needs to lay claim to a beach in the Caribbean.

SEA AND BE SEEN

Beaches are a plenty on the northwest coast of Jamaica with Cornwall Beach one of a few not attached to a resort. With a gentle surf and easy sloping ocean floor, the beach



Building A Sand Castle

Courtesy of www.ehow.com

1. Draw a sketch of the castle you'd like to build.
2. Dig a hole down to the water table, where the sand is dark and moist.
3. Scoop wet sand onto the center of the area in which you'll be working.
4. Work fast so the sand stays wet.
5. Build towers by forming and stacking sand patties about the size of thick pancakes. Place larger patties on the bottom and seal your towers by gently pouring water over them.
6. Build walls to connect the towers of your castle by jiggling the wet sand into brick shapes and laying them on top of each other.
7. Carve the towers and the walls into shapes using tools like a small trowel, putty knife or plastic utensils.
8. Dig a moat around the castle to protect it from invaders like dogs and kids.
9. Take a photo, for bragging rights upon your return home.

on the Hip Strip in Montego Bay is favoured by locals who know a good shoreline when they see one.

In St. Maarten, the thirty-three beaches that ring the island are tropical perfection. Often referred to as the duty-free shopping capital of the Caribbean, St. Maarten's special appeal extends far beyond the beach, but that's not to say the beaches are anything less than magnificent. For example, Maho Beach is particularly unique as it's situated right near the end of the airport runway. Travelers come from as far as Japan to photograph the low-flying planes on their mesmerizing approach.

When astronaut John Glenn spotted the forty Turks and Caicos coral islands from space, he declared "this must be paradise". In Providenciales, Grace Bay is action-central as the sun melts into the horizon. With sand as fine as baby powder and the sea brilliant shades of teal and azure, the famous stretch frames many of the finest resorts on the island.

Dotted by water sports concessions and bars, Aruba's Palm Beach is the go-to beach for swimming, snorkelling and sand-castle building. The less adventurous trumpet the photographic virtues of an evening saunter to take in the tangerine sunset.

SNOW WHITE

Voted one of the Top 10 Beaches for 2011 by the readers of SmarterTravel, Cas Abao

in Curaçao can be reached through the gates of the old Plantation of the same name. With clear water and a watersports shop, the beach is ideal for a snorkel or a dive although the daiquiri bar, free salsa lessons and seaside massages are the star attractions.

From the ferry arriving from St. Maarten, the shore is blinding white courtesy of the talc sand that surrounds Anguilla. A two-mile strip of powder, Shoal Bay beach is the perennial favourite for bars like Uncle Ernie’s where lobster is grilled to Caribbean perfection.

PRETTY IN PINK

With its cotton candy coloured beaches, Bermuda is a tempting Caribbean confection with some of the most photographed pink beaches in the world including Astwood Cove where long tail birds nest in the cliffs.

Pink sand is also the signature hue in Barbuda, the less-trampled little sister to Antigua. Stretching from Spanish Point to Palmetto Point, the rosy beach is fashionable with privacy seekers who can easily stroll from one end to the other without seeing another soul for miles.

On Harbour Island off the northern coast of Eleuthera in the Bahamas, Pink Sand Beach is a three mile sandy stretch named for its salmon colour that comes from the red plankton that mixes with white coral. Known for its hard-packed sand that joggers appreciate, the beach is also good for celebrity-spotting as Bill Gates, hockey great Mark Messier and model Elle McPherson have homes on the miniature island.

THE SHELL GAME

In Grenada, Grand Anse is one of forty-five beaches on the island and one of the longest in the Caribbean. Sitting pretty on the sheltered southwest coast, a stroll along the beach is a meet and greet affair with the artisans who sell their handcrafted shell jewelry under shady palm trees.

Trunk Bay in St. John, USVI is a sandy quarter-mile stretch and a shell-collectors bonanza. Part of the Virgin Islands National Park, the beach also has chairs, umbrellas, and a shop that rents snorkel gear.

BARE BUNS

You know a beach is popular when it has its own website. The longest clothing-optional beach in the Caribbean, Orient Beach in St. Martin - www.orientbeach.com is popular with those who toast the sunset with champagne-filled flutes. Cradling a blue cove, the beach is really five beaches – Kontiki, Kakao, Bikini, Waikiki and Coco – each named after a bar with the same name. Club Orient is for naturists and although their nude beach and Papagayo restaurant are open to the public, be forewarned that the couple next to you may be sans clothing.

In Jamaica, topless tanners hunker down on the clothing-optional beach at Hedonism II on Negril’s 7-mile beach. The risqué resort has both a nude and a prude side depending on one’s preference to wear clothes or not wear them.

Photo Credits - Left (Main): Bermuda Department of Tourism **Left (Inset):** Antigua and Barbuda Department of Tourism **Right (Clockwise):** USVI Department of Tourism, Antigua and Barbuda Department of Tourism, St. Maarten Tourist Bureau



*Affordable Luxury,
Comfort and Beauty...*

The West Bay Club is an intimate luxury resort on Grace Bay featuring forty-six luxuriously appointed suites with breathtaking views. The resort has a fitness center, infinity pool and spa.

Complimentary use of kayaks, snorkel gear and a hobie cat is included. The resort service is impeccable... the club concept. Studio apartments to 4-bedroom suites available.

THE West Bay Club
GRACE BAY BEACH
TURKS & CAICOS ISLANDS

For information and/or Reservations, call toll free **1-866-607-4156**
Reservations@TheWestBayClub.com | www.TheWestBayClub.com



SPA-TACULAR

in the Caribbean

By **Melanie Reffes**

WHETHER IT'S REJUVENATION FOR YOUR SOUL OR A massage for your soles, a day in a Caribbean spa is a must-have guilty pleasure. From an apricot pit scrub to a mineral mud bath, welcome to the world of unbridled relaxation where the wise and the weary soak, scour and soothe their way to feeling good.

There's plenty of sensual healing in the Blue Spa at the swank Carlisle Bay in Antigua. With views of the rainforest, the glass walls are covered with louvered shutters to ensure peace and quiet in the treatment rooms, plunge pools, sauna and juice bar. Stand-out treatments include the 'Honey & Mango' that radiates the skin with vitamins and nutrients.

At the pair of Ocean Club Resorts in Providenciales, Turks & Caicos, Spa Tropicque delights with unmistakable island calm. Friendly front desk staff at both resorts, Ocean Club and Ocean

Club West, will arrange a myriad of massages either en suite or inside the aptly named spa with its warm colors, aromatic scents and a jazzy soundtrack that is never too loud. Massages worth the splurge include the 'Knotty But Nice' kneading of the body and the 'Scents & Sensibility' that enchants with a fragranced aromatherapy massage.

In Saint Lucia, La Mer Spa at the Bay Gardens Beach Resort in Rodney Bay is a tranquil haven for rejuvenation offering sports massages, body scrubs and full-body rubdowns for singles and couples. Soaks in tubs filled with water from the Diamond Mineral Baths where Napoleon Bonaparte's wife Josephine reportedly "took the cure" is the quintessential Saint Lucian experience at the ooh-la-la Ladera Resort.

The seven-hour "Body Oasis" at Janissa's Spa at the Spice

Island Beach Resort is Grenada's ode to well-being. The all-day package includes treatments that utilize the bouquet of nutmeg, restorative powers of coconut and the soothing calm of ocean seaweed.

Get in touch with your inner hedonist at the Wellness Center at Cap Juluca in Anguilla with a divine menu of treatments like the 'Caribbean Hot Stone' that uses water-heated stones that are placed on key points on the body to relax and refresh.

Across the sea in St. Maarten, signature scrubs at the Serenity Maho Spa in the Sonesta Maho Beach Resort include the 'Three Tea Ginger', 'Rosemary & Mint' and the 'Tropical Sunrise' that will remind travellers why they booked a vacation in the first place.

Everything about it is exclusive from the marble floors to the bathrobes embossed with the Dior signature. The first and only Christian Dior spa in the Caribbean, The Dior Spa at The Cliff in Cupecoy Beach, excels with a power soak in a hydrotherapy tub where sea water, seaweed and more than two hundred water jets melt tension into oblivion.

Pampering is paramount in Jamaica with a vast array of the crème de la crème of tropical spas. Setting the gold standard in Montego Bay, relaxation at the Ritz-Carlton Resort is de rigueur with a bevy of treatment rooms, fitness centre and saunas. Massages that aim to please include the 'Beautiful Blue Mountain' with a sugar cane body polish and hydrotherapy bath.

Photo Credits - Left: Marriott Resorts **Right:** St. Vincent & The Grenadines Tourism Authority



Spa 101 - The Glossary

Acupuncture: The ancient Chinese healing system that uses fine needles to open up blockages to balance the flow of energy.

Body Polish: Skin exfoliation using botanical, fruit or marine extracts.

Chakras: Seven energy centers located between the base of the spine and the top of the skull.

Couples Massage: Side-by-side therapeutic massage for two - one therapist for each person.

Eco-Spa: Facilities that limit the use of plastic packaging bleached paper and chlorinated water.

Exfoliation: The removal of dead skin cells by loofah rub or body brush.

Hot Stone Massage: Hot and cold stones used for relief of sore muscles.

Reflexology: An ancient system of applying pressure to reflex points on the feet.

Salt Glow: Hydrating treatment using salt and fragrant oils.

Vichy Shower: Multiple showerheads spraying warm water while you recline on a wet table.

Discover
the Caribbean



With United Vacations*, you can travel to 29 Caribbean hot spots, including destinations in the Dominican Republic, Jamaica, Aruba, and the Bahamas. Plus, you'll earn bonus miles and receive the lowest airfare on United Airlines* when you purchase your flight and hotel together.

unitedvacations.com ■ 1-888-854-3899 ■ contact your travel agent

UNITED
Vacations

©2011 M1 06-UV(453)

RUM

THE SPIRIT OF THE CARIBBEAN

By Edward Hamilton, Ministry of Rum (www.ministryofrum.com)



IT IS HARD TO SAY THE WORD 'CARIBBEAN' WITHOUT thinking about palm trees, tropical beaches and rum. Columbus brought sugar cane to Hispaniola in 1493. During the last 500 years sugar cane has been grown on almost every island in the West Indies and the culture of rum has been woven into the culture of every Caribbean nation. On St. Kitts the word for illicit rum is 'culture' so if you're looking for some local rum just ask for a bit of culture.

Between 1493 and the early 17th century, the taste for confections sweetened with sugar grew in continental Europe while the Caribbean explorers were obsessed with finding gold and claiming it for their European queens and kings. Caribbean agriculture consisted mostly of ground provisions, corn, indigo, tobacco and cotton. Early sugar production was a simple process of squeezing the sweet cane to release the golden juice and then cooking it in

large pots called coppers to thicken it. The thick syrup was poured into ceramic pots where the sugar crystallized as it cooled. A hole in the bottom of the sugar pots allowed the molasses that hadn't crystallized to drain. After a few days the pots were broken and the dark coarse sugar was put into barrels for shipment to Europe. By adding water and yeast the molasses would ferment and could be distilled to make what was described as a hot and fiery spirit.

Over the next two centuries, inventions such as the centrifuge improved sugar production and the continuous column still allowed more and better spirits to be produced. A Dutch sea captain wrote in his log that during the trip from the Caribbean to Europe, the spirits gained a golden colour and the taste improved. After being elected the first president of the US, George Washington ordered a hogshead of the finest aged Barbados rum for his inauguration party.

Just as the language, food, music and dress vary from island to island so does the taste for rum. Rum distinguishes itself from other spirits as it can only be made from sugar cane juice, syrup or molasses without any additional fermentable materials like rice, corn or fruit. Though the raw material is limited to sugar cane, rum is the most varied of all the distilled spirits. Production ranges from small stills that produce a gallon or two of rum a week to modern multiple-column stills capable of producing a thousand gallons of clear Caribbean spirit an hour.

Visiting a rum distillery can easily be the highlight of your Caribbean vacation. Seeing sugar cane transformed into a clear alcoholic spirit and then aged to a golden liquid will give you a new appreciation for the people who have dedicated their lives to continuing the traditions of rum making in the Caribbean.

Today the literally hundreds of rums being distilled and bottled in the Caribbean range from fresh, strong clear rums to dark golden rums that have spent a decade or more quietly sleeping to maturity in oak barrels touched only by the trade winds. Different countries produce different styles of rum ranging from the lightest rums made on Puerto Rico to the heavy, full bodied rums of Jamaica and Guyana. On the French islands some of the rum is made from fresh sugar cane juice and most commonly consumed with a little sugar cane syrup and lime. Haitian rum production is more like that on the French islands than the pure molasses based rums found in other rum producing countries such as Venezuela and Trinidad and Tobago. There is little agreement on which is the best rum but everyone agrees that the best rums in the world come from the Caribbean basin.

Perfecting the Craft of Caribbean Rum for over 300 years...

EL DORADO RUM
DEMERARA RUM

theeldoradorum.com



Discover the rich heritage of
 Martinique's Route des Rhums...
 Cheers! Sandrine

SELF-GUIDED TOUR DIRECTS VISITORS TO 10 FAMED RUM DISTILLERIES THROUGHOUT THE ISLE OF FLOWERS

Just as wine lovers regularly visit France to savor the best of French wine while traveling along *La Route des Vins*, rum connoisseurs are increasingly making their way to Martinique to experience some of the world's finest and most distinctive rums by traveling *La Route des Rhums*. The self-guided tour directs visitors to 10 distilleries located throughout the island, each welcoming visitors with insightful tours and free tastings that together affirm Martinique's position as "The Rum Capital of the World."

Martinique rums are distinguished by a unique *rhum agricole* production technique employed by the island's distillers for centuries to yield a collection of truly incomparable blends. Whereas rums produced elsewhere are primarily made from the molasses by-product of sugar production, the *rhum agricole* method used in Martinique begins with freshly squeezed sugar cane juice taken directly from cane stalks. This unique process yields rums that are more comparable with fine cognacs, offering greater complexity and a more varied array of natural flavors.

Owing in large part to the *rhum agricole* production technique, Martinique rums are the only rums in the world that have been granted the prestigious

Appellation d'Origine Contrôlée (AOC) designation. Awarded by the French government in recognition of the finest agricultural products, the AOC designation is an incomparable stamp of excellence in the culinary and spirits world. All rums produced in Martinique bear the AOC marker, making them a favorite of the world's most discerning rum connoisseurs.

Visiting Martinique and traveling *La Route des Rhums* provides an in-depth introduction to this proud and celebrated distilling tradition, while also showcasing the full range of Martinique's charms, from the natural wonder of the mountainous northern region, to the metropolitan midsection of the island, and the flatter, southern shores.

Along the island's northern coast, the Rum museum in Sainte-Marie provides a dynamic visitor experience. The facility dates back to 1765, and the museum bears a treasure-trove of rum-related artifacts. Also, at Pointe Vatable, in Trois-Ilets is the sugar cane house (La Maison de la Canne) which uses documents, machinery and models of sugar processing plant to illustrate the history of the Martiniquan sugar industry.



www.martinique.org

DRINK

Rum and coke was made popular in Cuba and became a favourite in many other countries. The Caribbean rum punch, a combination of tropical fruit, spices and rum is another of the signature drinks of every Caribbean country. On Grenada, for example, you can't make a rum punch without grated nutmeg. On Barbados, Angostura bitters is an essential ingredient. Rums are also flavoured with a plethora of locally-grown fruits and spices in every Caribbean country adding another dimension to this varied spirit. Bois bande, reputed to be an aphrodisiac, is blended with white rum and sold in local markets in many Caribbean countries.

Rum is made in tropical countries around the world but it is universally agreed that the best rums come from the Caribbean and today the Caribbean produces more rum than anywhere else in the world. No matter where you are in the Caribbean you aren't far from a rum shop and almost every island had a distillery that made the spirit of the Caribbean. Though the number of distilleries operating today is only a fraction of what existed in the previous four centuries, the foundations of wind mills, boiling houses and distilleries can be found throughout the Caribbean. A visit to Puerto Rico wouldn't be complete without going to the Casa de Bacardí, but there are at least three other rum makers worth finding, and finding them is half the fun. Take a look at the Ministry of Rum website to find distilleries in the countries and on the islands you plan to visit. Tour information is constantly changing but you'll be on the right track with a few clicks of your mouse.

So which is the best rum? Personally, I've yet to find any rum that I would like to drink to the exclusion of all others. There are



rums to be drunk before dinner and others best enjoyed after dinner with dessert or a cigar. There are rums that are best mixed with fresh fruit juice and spices and others that should only be mixed with friends. As you travel the Caribbean and discover the variety of sugar cane spirits this region has to offer, I'm confident that you'll agree that the best rum is often the one in your glass.

Photo Credits: Barbados Tourism Authority

Galerie Gingerbread art haïtien

Pour Amateurs, Collectionneurs... et Curieux
For art lovers, collectors... and the curious minded



Baie de la Potence
 Rond point d'Agrément
 direction Port de Commerce
UNIQUEMENT sur rendez-vous



Marina Royale
 Marigot
 10h à 12h / 17h à 19h
 et sur rendez-vous

Bed & Breakfast
 5 chambres + 3 salles de bain
 Toute l'année
 5 rooms + 3 bathrooms
 All through year
www.sxm-bed-breakfast.com

Tel: 0590 51 94 95 / 0690 53 31 21
 Email: gingerbreadsxm@wanadoo.fr
 Website: www.gingerbread-gallery.com
 Simone Seitre - BP 20, Marigot - 97051 St-Martin Cedex



TOP 10 REASONS TO VISIT THE CARIBBEAN

It could have been 100 but there's only room for 10! There are countless reasons to visit the 30 plus countries of the Caribbean with more island-by-island distinctions than you might imagine.

1. HIGH-END LUXURY

Jamaica boasts a string of atmospheric hideaways, from Strawberry Hill perched in the Blue Mountains to a clutch of sybaritic havens built into the rocky cliffs of Negril – Jakes, The Caves, Rockhouse and Tensing Pen.

Step back to colonial times amid the romantic plantation house hotels of St. Kitts and Nevis such as Nisbet Plantation, Hermitage Plantation and Ottley's Plantation. Sample the intimate inns of Cuba's Old Havana, such as the Saratoga or Hotel Telegrafo, or the beautiful former convent El Convento in Old San Juan, Puerto Rico.

2. LOCAL PEOPLE

The mix of cultures and nationalities which make up today's West Indians has blessed the Caribbean with a unique flavour. Getting to know the locals and comparing notes on the 'Windies' latest performance on the cricket pitch can be a holiday highlight. Jamaica runs a 'Meet the People' programme that puts like-minded locals and visitors in touch with each other for outings, church visits or meals in their homes, and the Bahamas runs a similar 'People to People' scheme. Grenada runs a Homestay programme while Tobago's Bed and Breakfast Association consists of properties owned and run by local families.

3. CULTURE

The Caribbean's dynamic history has left a legacy of languages, people, food and traditions. The traditional Spanish buildings and Latin tempo of the Spanish Caribbean countries – Cuba, Puerto Rico, Venezuela, contrast with the café culture and gourmet cuisine of the French islands – Guadeloupe, Martinique and Saint Martin. St. Maarten, Aruba, Bonaire, Curaçao and St. Eustatius boast gingerbread-style houses but it's in the English-speaking Caribbean that visitors will find traditional stone churches,



Georgian architecture and red phone boxes along with familiar place names, and the fact that everyone speaks English and drives on the left!

4. FOOD

The Caribbean has plenty to whet hungry visitors' appetites. It could mean dining in style at the most fashionable high-class restaurants in Barbados, Anguilla or St. Martin, or joining the locals in a fun atmosphere at local fish-frys or party evenings in places like Nassau, Barbados, Saint Lucia, Antigua or Tobago. There's an enviable choice of seafood with fruits – bananas, papaya or mango – growing in abundance. Grenada has a wide selection of herbs and spices.

5. BEACHES

These have to be the Caribbean's finest asset – long stretches of the finest powder sand or pretty deserted coves. Harbour Island in the Bahamas is famous for its beautiful pink sand beaches, while Antigua boasts that it has one beach for every day of the year and sister island Barbuda has so much sand, it exports it! Bermuda has picture-perfect pink sandy coves, while Anguilla is renowned for its long stretches of dazzling white powder and Grand Cayman boasts its famous Seven Mile Beach.

6. WATER SPORTS

The Caribbean Sea offers the perfect playground for a host of watersports with

gentle warm currents and trade winds making areas such as the British Virgin Islands – with its claim to be the sailing capital of the world – the Grenadines, Antigua, and the Bahamas ideal for sailing, and, in the US Virgin Islands, powerboating, too. The Cayman Islands, Bahamas and Bonaire offer some of the world’s top dive sites. Everywhere, clear blue waters offer rich fishing grounds, with some of the biggest game fish ever caught being reeled out of the seas. Virtually every island offers watersports.

7. GOLF

The Caribbean is a golfer’s dream destination with perfect conditions, stunning scenery and some of the world’s top championship courses, often designed by leading golf pros, offering challenging fairways that make the best use of their spectacular settings. With eight championship courses, Bermuda is reputed to have more courses per square mile than any other country, while Puerto Rico has more than 20. The Bahamas, Jamaica and Barbados

have an impressive golfing pedigree and courses can also be found on Aruba, Grand Cayman, Guadeloupe and Nevis.

8. SPORTSMEN AND WOMEN

While in the Caribbean, discover the backgrounds of some of our great athletes and sportspeople past and present like Usain Bolt, Kim Collins, Ato Boldon, Asafa Powell, Lennox Lewis, Sir Vivian Richards, Sir Garfield Sobers, Brian Lara, John Barnes, Dwight Yorke, Emile Heskey, Les Ferdinand and many more.....

9. ECO LIFE

This region is bursting with natural attractions, from a boiling lake in Dominica and sulphur springs in Saint Lucia to an active volcano in Montserrat and mysterious blue holes in the Bahamas. Several islands have designated national parks – Tobago was one of the first with Roxborough Rainforest, in 1776. Then there’s the wildlife. View the spectacle of thousands of whales swimming past islands such as Dominica and the Turks and Caicos Islands; watch the night-time

parade of turtles along the beaches on islands such as Tobago and Antigua to lay eggs and admire mischievous monkeys. Enjoy the spices of Grenada, perhaps spot a jaguar in Guyana and dive the Blue Hole in Belize.

10. MUSIC

Music and dance are the lifeblood of West Indians and for many, carnival is a way of expressing their cultural rites. Trinidad is where the steel drum was invented and home to one of the biggest carnivals, but the countries all have their own carnivals and festivals. The Spanish islands are more associated with Latin music, Jamaica is irrevocably linked with reggae and ska while Saint Lucia is known for calypso, soca and steel pan, but has also become famous for its annual jazz festival held every year in April/May.

*Photo Credits - Main Page (Clockwise):
Guadeloupe Islands Tourist Board, Discover
Dominica Tourism Authority, Jamaica Tourist Board,
Trinidad & Tobago Tourism Development Company*

DELTA VACATIONS

GET AWAY WITH DELTA VACATIONS

With 28 sunny, exciting Caribbean destinations to choose from, Delta Vacations is the perfect place to plan your Caribbean retreat. And with Delta Vacations, you'll always receive:

- The lowest fares on Delta Air Lines® when you purchase your flight and hotel together
- Discounted hotel rates and special offers
- Lowest price guarantee*
- Bonus miles, in addition to credited flight miles, through the SkyMiles® program

DELTAVACATIONS.COM, 1-800-800-1504, OR YOUR TRAVEL AGENT

All SkyMiles program rules apply. To review the rules, please visit deltamembership.com. *Price guarantee requires that the booking be made within 24 hours of departure. Price guarantee is not applicable for bookings made outside of 24 hours. For complete terms and conditions of the Price Guarantee, visit deltavacations.com. ©2011 Delta Air Lines

WHAT'S HAPPENING

CARNIVAL

Anguilla – August

Anguilla Summer Festival

Eleven days of fun, food and boat racing, musical performances, cultural and kiddie parades and pageants.

www.axasummerfestival.com

Antigua and Barbuda – July-August
Carnival

"Jouvert", steel band and calypso music, pageants combine to make this one of the Caribbean's greatest summer Festivals.

www.antiguacarnival.com

Aruba – January - March
Carnival

Aruba's Carnival celebration is a yearly colourful event which includes street parties, festive parades and creative contests for locals and visitors alike.

www.aruba.com

Bahamas – July

Junkanoo Summer Festival

Street parties and parades take over Grand Bahama Island with Calypso music and marching bands.

www.bahamas.com

Bonaire – February

The Children's Carnival Parade and Grand Parade for adults.

www.tourismonbonaire.com

British Virgin Islands – July - August
British Virgin Islands Emancipation Festival

www.bviturism.com

Cayman Islands – May

Cayman Carnival Batabano

A cultural kaleidoscope of music, dance and pageantry with colourful costumes and rhythmic soca and calypso.

www.caymancarnival.com

Cuba – July

Fiesta del Fuego

Santiago de Cuba is a riot of colour, music and celebration with live music and DJs.

www.travelcuba.ca

Curaçao – January - February
Carnival

Dutch, Portuguese, Jewish and African cultures all combine for an explosive and vibrant carnival.

www.curacaocarnival.info

Dominica – February

Mas Dominik

Traditional Creole-inspired, pre-Lenten carnival.

www.dominicacarnival.com

Grenada – July - August

Spice Mas

About six weeks of festivities, spanning all of July to mid-August, this event is frenzied, non-stop partying, with cultural shows and competitions.

www.spicemasgrenada.com

Guyana – February

Mashramani

Celebrate Guyana independence with masquerade bands, street dancing and float parades.

www.guyana-tourism.com

Jamaica – March - April

Carnival

The carnival season includes two months of near non-stop partying and attracts crowds in excess of 100,000.

www.jamaicacarnival.com

Martinique – February

Carnival

Each year, as revellers in other Carnival hot spots wind down with the close of Shrove Tuesday, the party in Martinique keeps going, reaching a decadent climax on one of the most solemn days on the Christian calendar, Ash Wednesday. The fitting theme for Martinique's "bonus" days of revelry – "Rejoice Today, Repent Tomorrow."

www.martinique.org

St. Eustatius – July

Stafia Carnival

Ten days of celebrations and music culminating in the burning of King Momo, the spirit of the carnival.

www.statiatourism.com/carnival.html

St. Kitts and Nevis – December - January

Carnival

Celebrates the rich culture and heritage of the Kittitian people; while gracefully combining the exuberant festivities with the more solemn religious observance of the Christmas holiday.

www.stkittsneviscarnival.com

St. Maarten – April - May

Carnival

This island-wide event lasts two

weeks culminating in a grand parade.

www.vacationstmaarten.com

Saint-Martin – January - April

Mardis de Grand Case:

Every Tuesday from 6:00pm onwards, Grand Case village comes alive for an evening of fine dining and street entertainment, music and fun.

www.lesmardisdegrandcase.com

St. Vincent & the Grenadines – June - July

Vincy Mas

This 12-day celebration features traditional street parades, steel band, calypso and soca competitions and a Miss Carival show.

www.carnivalsvg.com

Trinidad & Tobago – February

Carnival

Nothing compares to 'making mas' in Trinidad & Tobago, where streets burst with people and music.

www.getrinidadandtobago.com

US Virgin Islands – April

Virgin Islands Carnival

An annual celebration featuring Virgin Islands tradition and culture. Festivities include pageants, musical competitions, fireworks, and two days of parades, featuring mocko jumbies, costumed dancers and local bands.

www.vicarnival.com

Venezuela – June

Los Diablos de Yare

Devil Dancers whirl through towns



discover our day trips

Leave in the AM, return in the PM.










20 Caribbean destinations to explore! Book flights, hotel & car rental on www.liat.com

ANGUILLA • ANTIGUA • BARBADOS • CURAÇAO • DOMINICA • DOMINICAN REPUBLIC
GRENADA • GUADELOUPE • GUYANA • MARTINIQUE • NEVIS • PUERTO RICO • ST. CROIX
ST. KITTS • ST. LUCIA • ST. MAARTEN • ST. THOMAS • ST. VINCENT • TORTOLA • TRINIDAD



across Venezuela on the eve and day of Corpus Christi. Their bright and ferocious masks and loud drums and bells cause quite a stir as they purge houses and shops of evil spirits. Venezuela has many public holidays and festivals ranging from Carnival during the third week of February to the famous "Los Diablos de Yare" in June.

www.carnaval.com/venezuela

MUSIC

Anguilla – November

Tranquility Jazz Festival

Showcasing local and global jazz talent, this festival takes hold of the entire island.

www.anguillajazz.org

Aruba – May

Soul Beach Music Festival

Taking place over Memorial Day Weekend, the festival features five-days of live concerts by R&B and soul artists, nightclub festivities and sizzling beach parties.

www.soulbeach.net

Bonaire – July

Heineken Jazz Festival

www.bonairejazz.net

British Virgin Islands – May

British Virgin Islands Music Festival

Memorial Day Weekend

www.bviturism.com

Cayman Islands – December

Cayman Homecoming

In the spirit of a true celebration of Caymanian culture and heritage, "Homecoming" is the concert event of the year at Pageant Beach.

www.caymanthanksgiving.ky

Curaçao – September

Curaçao North Sea Jazz Festival

The coolest new jazz festival in the Caribbean. Past performers include Stevie Wonder, Dionne Warwick, Sting, Earth Wind & Fire, among many others!

www.curaçaonorthseajazz.com

Dominica – October

World Creole Music Festival

Held three days prior to Dominica's Independence Day, this is a celebration of culture with a Creole flavour. This event attracts world-renowned musicians from the Creole-speaking world.

www.wcmfdominica.com

Grenada – April

Carriacou Maroon and String Band Music Festival

The Maroon culture which is African in origin is authentically depicted through the drumming, eating of 'smoke food' and other rituals practiced by the local people

www.carriacoumaroon.com

Guyana – March

Clash of the Titans 2

A yearly event held 2 days at separate venues, this event attracts eight or more Bands from the Caribbean and North America.

www.jamzonestsummerbreak.com

Guadeloupe – November

Day of Music

This is in celebration of the patron saint of musicians, Caecilia, with concerts on the streets and in churches.

www.lesilesdeguadeloupe.com

Martinique – June

Fête de la Musique

Martinique is the birthplace of Zouk, a rhythmic musical form developed in the 1980s through a mix of many different styles, including compas, balakadri, cadence and bal granmoun, mazurka and biguine, French and American pop, and kadans, gwo ka and other indigenous styles. La Fête de la Musique is a celebration of Martinique's rich musical tradition with free concerts performed in the streets throughout the island.

www.martinique.org

Nevis – July - August

Culturama

Nevis' premier festival is a unique celebration of the most significant milestone in our history - the emancipation of slaves in the 1830s. It is a 12-day focus on all aspects of Nevisian arts and culture.

www.nevisisland.com

Puerto Rico – March - April

Puerto Rico Heineken Jazz Fest

www.seepuertorico.com

Saint Lucia – May

Saint Lucia Jazz Festival

A spectacular music festival with main stage performances on Pigeon Island National Landmark surrounded by historic ruins and magnificent sea views.

www.stlucijazz.org

St. Kitts – June

St. Kitts Music Festival

Three nights of diverse music featuring top international performers.

www.stkittsmusicfestival.net

Trinidad & Tobago – April - May

Tobago Jazz Experience

Music lovers converge on quaint Tobago to enjoy eleven days of jazz, world beat, salsa, Latin, R&B, soca, reggae, steelpan and many other forms of contemporary music.

www.facebook.com/tobagojazzexperience

SPORTS

Anguilla – July

John T. Memorial Cycling Race

Anguillan cyclists compete with others from throughout the Caribbean on a challenging course that winds its way across our island.

www.ivistanguilla.com

Aruba – July

Annual Aruba Hi-Winds

Aruba's trade winds create ideal conditions for the largest amateur windsurfing event in the Caribbean, featuring windsurfing and kite boarding events in various categories.

www.aruba-hiwinds.org

Bermuda – October

PGA Grand Slam of Golf

This PGA season ending showcase event will be held at the Port Royal Golf Course and televised worldwide.

www.GoToBermuda.com

Bonaire – June

PWA Bonaire World Cup 2012 Freestyle Windsurfing & Annual Starboard Pro Kids Freestyle World Championship

This is the second big event on the island in the category of water sport.

www.pwabonaire.com;

www.prokidsfreestyle.com

British Virgin Islands – March - April

British Virgin Islands Spring Regatta & Sailing Festival

www.bviturism.com

Cayman Islands – June

Cayman Airways Cup

Junior football team tournament with US-based football (soccer) teams taking on the best juniors in Cayman and the Caribbean.

www.caymanislands.ky

Curaçao – November

Amstel Curaçao

The popular bicycling race brings biking enthusiasts and top racers from across the world to Curaçao's shores.

www.amstelcuracaorace.com

Dominica – July

Divefest

The Caribbean's longest running scuba diving festival lets people try the sport for free. Dominica is rated as one of the top 10 dive locations in the world. Experts can join the underwater treasure hunt.

www.dominicawatersports.com

Grenada – January

Grenada Sailing Festival

Headquartered at Port Louis Marina, the annual four-day festival commences at the end of

January featuring international yacht racing from Grenada's southern coast.

www.grenadasailingfestival.com

Guyana – April

Horse Racing

An Annual Event, some of the best horses in the Caribbean and Guyana compete.

www.guyana-tourism.com

Martinique – July - August

Tour des Yoles Rondes

Held each summer over a one-week period, this Yawl Race attracts local and international yachtsmen skilled in sailing traditional yawl boats for a race around the island. Carnival-style celebrations punctuate each day's victory earned along the way, while on the high seas hundreds of yachts, catamarans, speedboats, and other private vessels trail the racers, partying along the way.

www.martinique.org

Nevis – March

TriStar111 Nevis International Triathlon

SKN Triathlon Federation

www.tristar111nevis.com

Puerto Rico – March

Puerto Rico Open

PGA tournament

www.seepuertorico.com

Saint Lucia – November - December

Atlantic Rally for Cruisers

The largest transoceanic sailing event in the world which starts from Las Palmas de Gran Canaria and ends at IGY Rodney Bay Marina in Saint Lucia. Attracts over 200 boats.

www.stlucianow.com

St. Kitts – May

The Annual St. Kitts Open 2 day Golf Tournament

www.stkittstourism.kn

St. Maarten – March

Heineken Regatta

For 30 years, this annual regatta has been the highlighted sailing event in the Caribbean.

www.vacationstmaarten.com

Saint-Martin – June

Saint-Martin Billfish Tournament

The Billfish Tournament in St. Martin has become the unavoidable meeting in June each year for the fans of the game fishing throughout the Caribbean.

www.stmartinland.org

Trinidad & Tobago – February

Tobago Carnival Regatta

The Caribbean's hottest racers, most radical kite boarders and fastest wind surfers are in Tobago

for the most radical regatta in the region.
www.tobagocarnivalregatta.com

Turks & Caicos – July **Race For The Conch**

Attention Swimmers! Don't miss the annual Turks & Caicos "Race for the Conch" Eco-SeaSwim.
www.ecoseaswim.com

US Virgin Islands – March **International Rolex Regatta**

The race is known as the "Crown Jewel of the Caribbean" and attracts professional and amateur sailors from around the world.
www.rolexcupregatta.com

FOOD

Anguilla – April **Festival del Mar**

A community-based tourism festival celebrating the island's fishing industry and the impact it has on the economy.
www.ivisitanguilla.com

Bermuda – January - February
Restaurant Week
Many of Bermuda's top restaurants are participating, offering great food at a great value.
www.GoToBermuda.com

British Virgin Islands – July - August
British Virgin Islands Emancipation Festival
www.bvitourism.com

Cayman Islands – January - February
Cayman Islands Culinary Month
Cayman Islands is the destination for food lovers! Join us for another exciting Culinary Month January - February 2013.
www.caymanculinary.com

Grenada
Gouyave Fish Friday Festival (Weekly)
Sunset City Food Festival in Victoria, St. Mark's (Monthly, Last Saturday)
www.grenadagrenadines.com

Guyana – June
Annual Mutton Curry Competition
Third events of such that attraction many competitors from around the country to compete
www.guyana-tourism.com

Martinique – May
Sainte Marie Culinary Week
One of the best expressions of Martinique's unique gastronomic heritage and traditions occurs each year during Sainte-Marie Culinary Week – a weeklong festival with a cooking competition – special dinners, cooking demonstrations, a street fair and more, providing an in-depth introduction to Martinique's

culinary scene.
www.martinique.org

Nevis – August **Annual Caribbean & International Food Fair**

An exotic display of food from around the world at St. George's Rectory from 11:00 am until 7:00 pm.
www.nevisisland.com

Puerto Rico – April
Saborea Puerto Rico
A Culinary Extravaganza
www.seepuertorico.com

Saint Lucia
Gros Islet Friday Night Street Party and Fish Fry in Anse La Raye
All night street parties where you can enjoy pulsating rhythms and mouth watering local cuisine including chicken, pork and sea food.
www.stlucianow.com

St. Maarten – November
Month long festival with events highlighting the gastronomy of the island as it is considered the "Culinary Capital of the Caribbean."
www.vacationstmaarten.com

Saint-Martin – May
Fish day
Fish is honoured on the first of May with stands for tasting and a convivial atmosphere punctuated by entertainment.
www.stmartinisland.org

Trinidad & Tobago – May
Pot Spoon Throw Down
A roving food festival which features community cooks dishing up indigenous cuisine.
www.gotrinidadandtobago.com

Turks & Caicos – November
Turks & Caicos Conch Festival
Celebrating the national dish of the islands. Plus, live music, conch blowing, kids games and a sloop race.
www.conchfestival.com

United States Virgin Islands – April
St. Croix Food & Wine Experience
A week-long celebration of VI and international cuisine featuring local restaurants, Virgin Islands and international chefs.
www.stcroixfoodandwine.com

CULTURE, ARTS AND LITERATURE

Aruba – June
Aruba International Film Festival
For six days in June, Aruba brings together actors, producers, film-makers and members of the international press to experience the film industry's most talented members.
www.arubafilmfest.com

Antigua & Barbuda – November
International Literary Festival
A three-day celebration of literary arts, with workshops, author readings, book signings and special events.
www.antiguaandbarbudaliteraryfestival.com

Bermuda – August
Cup Match Cricket Festival
The event celebrates the emancipation of Bermuda slaves, and is a festive and highly anticipated two-day cricket match.
www.GoToBermuda.com

Bonaire – April
Queen's Birthday and Dia di Rincon
Culture manifestation celebrated from different cultures coming together with the locals.
www.tourismonbnaire.com

British Virgin Islands – March
Caribbean Arts & Crafts Festival
www.bvitourism.com

Cayman Islands – November
Pirates Week
Fireworks, street dancing and two old pirate ships which 'invade' George Town Harbour from the sea.
www.piratesweekfestival.com

Grenada – October
Spice Word Festival
Grenada's Spice Word Festival is a literary explosion in all its glory! This 4 day event offers the best of Caribbean and more specifically Grenadian poetry, drama, creative writing, storytelling and more.
www.grenadagrenadines.com

Jamaica – May
Calabash International Literary Festival
Authors and poets perform readings and take part in discussions with music too.
www.calabashfestival.org

Martinique – May
May in St. Pierre
The May in Saint Pierre event commemorates the anniversary of the eruption of Mount Pelee on May 8, 1902, which transformed the coastal town of Saint Pierre into the Pompeii of the Caribbean, with a series of lectures, presentations and guided tours offering greater insight into this historic event.
www.martinique.org

Montserrat – March
St. Patrick's Week
Celebrating the islands' Irish heritage and liberation from slavery with music, food, freedom run, recreated slave village and

feast and competitions.
www.visitmontserrat.com

Nevis – May
Nevis Film Week
Film Seminars, Conference, Films and Music DVDs. Nevis Film Commission.
www.nevisisland.com

Puerto Rico – February - March
Casals Festival
www.seepuertorico.com

Saint Lucia – October
Jouen Kweyol (Creole Food) Festival
This festival celebrates the island's creole heritage with food, music, games and folklore.
www.stlucianow.com

St. Eustatius – July
Emancipation Day
Celebrating the abolishing of slavery on St. Eustatius. Starts out by 5am with the sounding of the trumpet and throughout the day a cultural fair, with local traditions.
www.miss_culture@hotmail.com

St. Kitts – March
The famous 1782 Great Siege of Brimstone Hill Re-enactment
The battle will take place twice daily featuring full period regalia and use real weaponry, including authentic muskets, bayonets and cannons.
www.stkittstourism.kn

Saint-Martin
Art Lovers weekend
Artists, painters and sculptors open their homes and galleries in some thirty locations during a weekend of exhibits.
www.artlovers-sxm.com

Trinidad & Tobago – July
Tobago Heritage Festival
An annual event created to preserve the unique cultural traditions of Tobago. Events are hosted in villages throughout the island.
www.tobagoheritagefestival.com

Turks & Caicos – December
Maskanoo
An annual cultural event that showcases the best of the islands' cultural heritage, mixing Junkanoo (taken from Turks & Caicos Islands' Bahamian heritage) with Masquerade to create "Maskanoo".
www.turksandcaicostourism.com

US Virgin Islands – February
Agriculture and Food Fair (Agrifest)
One of the largest events in the Caribbean region's agricultural calendar, this annual fair attracts farmers and craftspeople from across the islands.
www.viagrifest.org

ANGUILLA

www.ivisitanguilla.com



US OFFICE

Anguilla Tourist Board

246 Central Avenue
White Plains, NY 10606
Tel: 914-287-2400
Fax: 914-287-2404
mwturnstyle@aol.com

CANADA OFFICE

Anguilla Tourist Board

2186 Mountain Grove Avenue,
Burlington, ON L7P 4X4
Tel: 905-689-7697
Fax: 905-689-1026
dpusching@anguillaCANADA.ca

A BRITISH OVERSEAS TERRITORY,

Anguilla is the most northerly of the Leeward Islands in the Lesser Antilles.

Anguilla's passion for the sea is boundless and her superb beaches and coves are unspoilt, uncrowded and recognized by many as some of the world's best. For the more energetic there is horseback riding, tennis, cycling, sailing and golf. Find seclusion, relax and be pampered at one of Anguilla's superb spas or have one of our wellness specialists come to you.

Anguilla's accommodation offers a choice of international standard resorts, modern villas, apartments, inns and

welcoming guesthouses - 'Anguilla's Charming Escapes' -

www.charmingescapescollection.com.

If food is your thing, Anguilla offers more than 100 restaurants.

Powder-white beaches, turquoise waters, days filled with sunshine, friendly people and a warm welcome await visitors.

Charming Anguilla is a traveller's paradise.

CARIBBEAN CHALLENGE

Explore our 33 stunning beaches, all public and accessible.

HIDDEN GEM

Too many to choose, but if we have to share one, Scilly Cay! Head to Island Harbour, wave to the boatman and a 3 minute ride gets you to Scilly Cay and the best crayfish and lobster barbeque topped off with a rum punch and dancing to a traditional string band.

"WHISPER"

It's the "feeling" that differentiates Anguilla from the Caribbean islands. Having no cruise ships, coupled with a population under 15,000, it lends herself to a private respite... Alluring Anguilla.

DID YOU KNOW?

Relative to Anguilla's small size, the number of species of birds found on the island is a remarkable 120.



Size: 35 square miles
Currency: East Caribbean dollar; US dollar is widely accepted
Dialling code: 1 264
Population: 14,000
Main city: The Valley
Local beer: Carib
Dish of the Day: Crayfish & lobster served with rice and peas

ANTIGUA & BARBUDA

www.antigua-barbuda.org

US OFFICES

Antigua & Barbuda Department of Tourism

305 E 47th Street, Room 6A
New York, NY 10017
Tel: 212-541-4117
Fax: 646-215-6008
info@antigua-barbuda.org

Antigua & Barbuda Department of Tourism & Trade

25 SE 2nd Avenue, Suite 300
Miami, FL 33131
Tel: 305-381-6762
Fax: 305-381-7908
cganubar@bellsouth.net

CANADA OFFICE

Antigua & Barbuda Department of Tourism & Trade

60 St. Claire Avenue East, Suite 601
Toronto, ON M4T 1N5
Tel: 416-961-3085
Fax: 416-961-7218
info@antigua-barbuda-ca.com



ANTIGUA & BARBUDA IS MORE THAN

just sun, azure-blue waters and an astounding 365 beaches. The twin-island nation provides the ultimate escape with its colonial-era historical sites, wide-ranging leisure activities and captivating culture.

Antigua is distinctly unique thanks to its history, and Nelson's Dockyard, a UNESCO World Heritage Site, is an excellent example of Georgian naval architecture with its restored original buildings, forts and museum. St John's, the capital, offers harbour-front shopping and at the boutique-chic Redcliffe Quay, shops, restaurants and galleries inhabit the historic stone and balconied wooden buildings.

Music is integral to Antigua's culture and the best way for visitors to experience a traditional 'jump-up' is at Shirley Heights overlooking English Harbour. There are few more romantic places on earth to renew wedding vows, say 'I do', or take a honeymoon than award-winning Antigua with its romantic hideaways and private islands. Swim with stingrays, zip through the rainforest or try one of Antigua's many

water-sports like windsurfing, kitesurfing, deep-sea fishing, sailing and scuba-diving. In Barbuda, a visit to the Frigate Bird Sanctuary is a must as is the 11-mile pink sand beach.

CARIBBEAN CHALLENGE

Discover a new beach every day of your vacation.

WHAT'S HOT

Caribbean Helicopter tour from Antigua to Montserrat is an experience you'll remember forever. Also go on a night diving expedition beneath the moon and the stars on the beautiful island of Antigua and Barbuda.

HIDDEN GEM

Barbuda treats those who venture over from Antigua to deserted candy-floss pink beaches like River Fort beach and the stunning 11-mile long Low Bay.

"WHISPER"

Barbuda's Frigate Bird Sanctuary is located in the island's northwestern lagoon and is accessible only by boat. The sanctuary contains over 170 species of birds and is home to over 5,000 frigate birds.

DID YOU KNOW?

Antigua & Barbuda hosts one of the Caribbean's largest regattas – Antigua Sailing Week – which attracts competitors from all over the world.



Size: Antigua – 108 square miles; Barbuda – 62 square miles

Currency: East Caribbean dollar

Dialling code: 1 268

Population: Antigua – 80,000
Barbuda – 1,200

Main city: Antigua – St. John's;
Barbuda – Codrington

Local beer: Wadadli

Dish of the Day: Fungee (made from corn meal and resembles Italian polenta) and Salt Fish.

ARUBA

www.aruba.com

US OFFICE

Aruba Tourism Authority
 100 Plaza Drive, 1st Floor
 Secaucus, NJ 07094
 Tel: 201-558-1110
 Fax: 201-558-4768
 ata.newjersey@aruba.com

IDEALLY SITUATED OUTSIDE THE HURRICANE BELT

, in the southern Caribbean, Aruba boasts year-round trade winds with average annual temperatures of 82 Fahrenheit and less than 20 inches of rainfall annually. Aruba is also easily accessible from 14 US gateway cities.

Surrounded by turquoise Caribbean waters, Aruba's beaches range from quiet retreats to busy sunbathing and water sports meccas. With more than 20 dive sites and over 8 shipwrecks to explore, including the largest in the Caribbean, the Antilla German freighter, plus an array of marine life, Aruba has something to offer divers of all skill levels.

The island provides entertainment beyond its beaches through 28 luxurious hotels, featuring championship golf courses, sumptuous spas and vibrant casinos. Additionally, extraordinary cuisine, exclusive shops and boutiques, museums, and clubs can be found throughout the island.

Outside of the resort areas, visitors can easily explore the rest of the island including the rugged northwestern coast with The California Lighthouse and, further inland, Arikok National Park with its unique landscape of cactus, aloe and the dramatic Ayo rock formations.



Aruba has recently begun a development program designed to expand and enhance its tourism product to ensure that visitors are given an extraordinary vacation experience.

CARIBBEAN CHALLENGE

Take a kite or windsurfing lesson on Palm Beach near the Fisherman's Huts.

WHAT'S HOT

Paseo Herencia Mall, an "old style plaza" with shopping, dining and a state of the art movie theatre features nightly musical performances and liquid firework shows. www.paseoherencia.com.

HIDDEN GEM

Dive or snorkel the submerged Antilla shipwreck, a German freighter that was destroyed during World War II. Surrounded by schools of angelfish and yellow snapper this is one of the largest wrecks in the Caribbean at about 400 feet long.

"WHISPER"

Aruba's unique desert climate created a habitat for flora and fauna found only on the island. Visitors can explore Arikok National Park to observe Aruba's own snake, lizard and bird species.

DID YOU KNOW?

Aruba has the highest repeat visitor rate in the Caribbean, at almost 60%. Most Arubans speak four languages: Dutch, Papiamento, Spanish, and English.



Size: About 70 square miles
Currency: Aruban florin and US dollar
Dialling code from US: 011 297
Population: 110,000
Main city: Oranjestad
Language: Dutch, Papiamento, Spanish and English
Local beer: Balashi
Dish of the day: Keshi-Yena, Aruba's national dish – the shell of a scooped Edam is filled with spiced meat, then baked in the oven or steamed in the top of a double boiler.

BAHAMAS

www.bahamas.com



THE ISLANDS OF THE BAHAMAS HAVE A place in the sun for everyone from Nassau and Paradise Island to Grand Bahama to The Abaco Islands, The Exuma Islands, Harbour Island, Long Island and others. Each island has its own personality and attractions for a variety of vacation styles with some of the world's best scuba diving, fishing, sailing, boating, as well as, shopping and dining. The destination offers an easily accessible tropical getaway and provides convenience for travelers with preclearance through U.S. customs and immigration, and the Bahamian dollar at par with the U.S. dollar. Do everything or do nothing, just remember "It's Better in The Bahamas".

For more information on travel packages, activities and accommodations, call 1-800-Bahamas or visit www.Bahamas.com.

CARIBBEAN CHALLENGE

Which was the latest James Bond film to be shot in The Bahamas and which movie stars have private islands?

WHAT'S HOT

Aura at Atlantis – clubbers enjoy VIP table

service and dance the night away.

"WHISPER"

The diversity of landscape, culture and people within The Islands Of The Bahamas is such that visitors can get the sense of being in several different destinations – all within one country.

DID YOU KNOW?

In the 16th century, pirates set false lights to lure ships on to the reefs and steal their cargoes, and that Blackbeard mounted his raids from Nassau.

Size: 5,382 sq miles of land in 1,700 miles of ocean

Currency: Bahamian dollar (on par with the US dollar)

Dialling code: 1 242

Population: 320,000

Main city: Nassau

Local beer: Kalik and Sands Bear

Dish of the Day: Grouper, peas 'n' rice with coleslaw

US OFFICE

Bahamas Tourist Office

1200 South Pine Island Road
Suite 750, Plantation, FL 33324
Tel: 954-888-1099
Fax: 954-236-9282
kfountain@bahamas.com

CANADA OFFICE

Bahamas Tourist Office

6725 Airport Road, Suite 202
Mississauga, ON L4V 1V2
Tel: 905-672-9017
Fax: 905-672-2092
jcuffie@bahamas.com

BARBADOS

www.visitbarbados.org



US OFFICES

Barbados Tourism Authority (FLA)
 2121 Ponce de Leon Boulevard
 Suite 1300 (PH)
 Coral Gables, FL 33134
 Tel: 786-515-1226
 Fax: 305-455-7974
 btamiami@visitbarbados.org

Barbados Tourism Authority (NY)
 820 Second Avenue, 5th Floor
 New York, NY 10017
 Tel: 212-551-4350
 Fax: 212-573-9850 |
 btany@visitbarbados.org

CANADA OFFICE

Barbados Tourism Authority
 105 Adelaide Street West, Suite 1010
 Toronto, ON M5H 1P9
 Tel: 416-214-9880
 Fax: 416-214-9882
 cherylc@visitbarbados.org



BARBADOS REMAINS ONE OF THE MOST desirable vacation destinations in the world, making the island a real favourite among discerning travellers. Its natural beauty encompasses sparkling azure seas, white sandy beaches, pastoral landscapes and charming villages; while the east coast, wild and untouched, is a surfer's paradise.

Drawn by the wealth of accommodation including luxury hotels with relaxing spas, palatial beach side villas, all-inclusive resorts and self-catering options, Barbados is home-from-home for many returning visitors who love its culture and charm, the friendliness of the Barbadian people, the multitude of activities and the great entertainment.

Complementing this is the island's gastronomic appeal to food-lovers. It is the first and only Caribbean destination to be Zagat rated. This famous restaurant guide shows the quality and diversity of dining on the island.

The island's exceptionally rich culture and heritage is reflected in a full year of events covering the Barbados Food & Wine and Rum Festival, Gospelfest, Holders Season and Crop Over. Island tours and walks also offer an insight into the island's

history, with international sporting events featuring racing, golf, cricket and polo.

CARIBBEAN CHALLENGE

Try some kite surfing and wind surfing along the southern coast, or world-class board surfing at the Soup Bowl in Bathsbeba and all along the eastern shore.

WHAT'S HOT

Atlantis XV, a technologically advanced 48-seat submarine has underwater tours.

HIDDEN GEM

The Barbados Concorde Experience gives an exciting and unforgettable insight into the unique character of this remarkable aircraft allowing visitors to 'walk the red carpet' and board Concorde, sitting in the same seats as countless celebrities. Concorde is located in a state-of-the-art exhibition centre adjacent to Grantley Adams International Airport.

"WHISPER"

Barbados is a coral island with beautiful beaches, rolling hills, a vast array of gullies and caves; rich in colonial and African history that is depicted in its music, dance and art.

DID YOU KNOW?

St. Nicholas Abbey, erected in 1650, is one of only three houses of Jacobean architecture still standing in the Western Hemisphere.



Size: 166 square miles
Currency: Barbadian dollar
Dialling code: 1 246
Population: 270,000
Main city: Bridgetown
Local beer: Banks
Dish of the Day: Cou Cou and Flying Fish

BELIZE

www.travelbelize.org

Belize Tourism Board

64 Regent Street, P.O. Box 325
Belize City, Belize
Tel: 011-501-227-2420
Fax: 011-501-227-2423
info@travelbelize.org

AS ONE OF THE LAST UNSPOILED PLACES

on earth, Belize offers travelers the richly rewarding authenticity they seek in a Caribbean getaway. With direct flights from the US, (don't have any direct flights from Canada as yet) this tropical paradise is nestled between Mexico to the north and Guatemala to the west and south. For generations, the English-speaking people of Belize have demonstrated a commitment to preserving the country's unique charms. Belize offers a land rich in natural beauty and the history and culture of its Mayan past. Renowned for having the second largest barrier reef in the world, Belize's pristine waters, exotic marine and wildlife, lush, unspoiled landscapes and superb diving truly make it Mother Nature's Best Kept Secret.

Divers and snorkelers alike encounter a diverse and abundant selection of marine life as well as a kaleidoscope of color in a variety of locations spanning the length of this 185-mile Belize Barrier Reef. This includes subterranean coral gardens featuring over 70 types of hard corals, nearly 500 species of fish, the distinguished Blue Hole, playful dolphins, fascinating whale sharks, subdued sea turtles and graceful eagle rays. With visibility usually extending hundreds of feet, diverse dive sites and extensive marine life, Belize will not disappoint either the first-time or most experienced diver or snorkeler.

Visitors never cease to be amazed by the awe-inspiring stalactites and stalagmites inside the caves, though the ancient Maya took a very different view of these magnificent structures. The Maya believed the caves or ac-tuns as they were known, were a portal to Xibalba, the underworld and used them for religious ceremonies. The Maya offered sacrifices to these "gods of death" in these very caves. As a result, nearly every cave in Belize has some evidence of Mayan occupation. Findings have



ranged from gifts such as carved jade, storage vessels and decorative pottery to embedded footprints and even human skeletal remains.

A headlamp's ray on a glistening crystal formation, an intact Maya pot and the whispering echoes of ancient ceremonies add to the awe and excitement in the cave explorer's experience.

CARIBBEAN CHALLENGE

Shark Ray Alley...plunge into the calm Caribbean Sea with the nurse sharks.

WHAT'S HOT

Kite surfing in Caye Caulker and San Pedro

HIDDEN GEM

Adventure through the thick jungle which envelops you with its freshness and lead you through an exciting hike passing sapphire pools of water which lead to the entrance of the Blue Creek Cave where the only echoes you hear are your thoughts.

"WHISPER"

Belize, Mother Nature's Best Kept Secret. Be one with the rainforest. Be one with the Western Hemisphere's largest Barrier Reef. Be one with the mystical Maya world. Be one with Belize.

DID YOU KNOW?

Diving and snorkelling with whale-sharks are offered during the full moon between February and May and the most whalesharks observed in one dive is 23 in one location.



Size: 23,300 square miles

Currency: Belizean dollar

Dialling code: 011 501

Population: 287,730

Main City: Belmopan

Local beer: Belikin Beer

Dish of the Day: Rice and Bean, stew chicken, potato salad, and fried plantain

BERMUDA

www.GoToBermuda.com

US OFFICE

Bermuda Department of Tourism

675 Third Avenue, 20th Floor

New York, NY 10017

Tel: 212-818-9800

Fax: 212-983-5289

travel@bermudatourism.com

ONLY TWO HOURS FROM THE EAST

COAST, Bermuda is a perfect getaway destination.

The sub-tropical paradise boasts luxurious resorts, intimate guest cottages and family-run inns, incorporating a blend of sophistication and warm hospitality that has long made it a haven for both celebrities and discerning travelers alike. For the culinary guru, the island features more than 150 internationally acclaimed restaurants to fit any budget or appetite.

Recreational opportunities abound in this idyllic destination, offering more wreck dives than anywhere else in the world, more golf per square mile than anywhere else in the world, world-renowned deep-sea fishing, world-class spas and distinctive pink beaches. Additionally, guests will enjoy the island's wealth of historic sites, some of which include the town of St. George's, a UNESCO world heritage site, the Royal Naval Dockyard, the Botanical Gardens, the Underwater Exploration Institute and the awe-inspiring Crystal Caves. A haven for romantics, couples are inspired to seek out Bermuda's moongates to steal a kiss. Legend has it that couples that kiss under these coral and stone semi-circles will enjoy eternal good fortune and happiness. A visit to Bermuda at any time of year is certainly a good start to achieving those goals!

CARIBBEAN CHALLENGE

Scuba dive and explore more than 300 shipwrecks that dot the nearby reefs.

WHAT'S HOT

Bermuda's national drinks are the 'Rum Swizzle' and 'Dark & Stormy' – enjoy under the sun!



HIDDEN GEM

Visitors searching for serenity will find it in peaceful Flatts Village. Visitors are welcomed by a cluster of pastel-painted cottages, well-tended yards and rustling palm trees. There are also friendly neighbourhood shops and restaurants, offering a marvelous opportunity for visitors to have

DID YOU KNOW?

Legend has it that couples who kiss under the wedding-band shaped archways of coral and stone called the Moongate in Bermuda will be assured of good fortune and happiness.

Size: 20.7 square miles

Currency: Bermudian dollar – on par with the US dollar and interchangeable on island

Dialling code: 1 441

Population: 64,500

Main city: Hamilton

Local beer: Whale of a Wheat and Trunk Island Pale Ale

an up-close-and-personal look into the lifestyle at the heart of Bermudian culture.

“WHISPER”

Bermuda is known the world over for its beautiful pink-hued beaches formed from ocean waves crushing calcium-rich shells and fragments of invertebrate sea creatures around its flourishing coral reefs.

BONAIRE

www.tourismbonaire.com



US OFFICE
Tourism Corporation Bonaire
 80 Broad Street, Suite #3202
 New York, NY 10004
 Tel: 212-956-5900
 Fax: 212-956-5913
 info@tourismbonaire.com



Size: 112 square miles
Currency - US dollar
Dialling code: 011 599
Main city: Kralendijk
Population: 14,341
Language: Dutch, but also English, Spanish and Papiamentu
Local beer: Polar Beer
Dish of the Day: Goat stew

KON TA BAI? THAT MEANS ‘how are you’ in Papiamentu, the native language on Bonaire. The people of Bonaire are hospitable and love to show you their island. They may take you to one of their 86 official dive sites, many of which are easily accessible from the shore, or showcase their many topside treasures.

Paddle through the mangroves, ‘the nursery of the ocean,’ or take advantage of the trade winds that have garnered Bonaire the designation as the best place to learn how to windsurf or try your hand at kiteboarding.

CARIBBEAN CHALLENGE

The Reef Environmental Education Foundation (REEF) has recorded over 469 species of fish on Bonaire’s reefs.

WHAT’S HOT

Discover Bonaire by means of short films. Check www.tourismbonaire.com/videos.

HIDDEN GEM

Worldwide, Bonaire plays a leading role in nature preservation. The National Marine Park and the Washington Slagbaai National Parks celebrated their 30th and 40th birthdays respectively in 2009.

“WHISPER”

Bonaire’s shore ringing reefs are in such shallow water that you can enjoy the wonders of the underwater world by snorkeling as well as diving.



DID YOU KNOW?

The flamingoes on Bonaire still almost outnumber the people.



Gulf of Mexico

The Bahamas

USA

Mexico

Cancún

Cozumel

Cuba

Cayman Islands
Grand Cayman
Little Cayman
Cayman Brac

Jamaica

Haiti

Belize

Guatemala

Honduras

Nicaragua

El Salvador

Costa Rica

Panama

Colombia

Caribbean Sea

Pacific Ocean

CARIBBEAN



Bermuda

Bermuda is located approximately 675 miles east/southeast of Nags Head, N.C.



Turks & Caicos

- MAYAGUANA
- NORTH CAICOS
- MIDDLE CAICOS
- EAST CAICOS
- SOUTH CAICOS
- GRAND TURK ISLAND
- SALT CAY
- WEST CAICOS
- PROVIDENCIALES



Dominican Republic

Atlantic Ocean



- British Virgin Islands**
 - Tortola
 - ST. THOMAS
 - VIRGIN GORDA
 - ST. JOHN
 - ST. CROIX
- US Virgin Islands**
 - Saba
 - St. Eustatius
 - St. Kitts
 - Nevis
 - Montserrat
- Anguilla
- St. Martin
- Sint Maarten
- St. Barts
- Barbuda
- Antigua
- Guadeloupe
- MARIE GALANTE
- Dominica
- Martinique
- St. Lucia
- Barbados
- St. Vincent and the Grenadines
- Palm Island
- Grenada
- Tobago
- Trinidad



Aruba

Curaçao

Bonaire

Venezuela



Guyana

Suriname

BRITISH VIRGIN ISLANDS

www.bvitourism.com

THE 60+ ISLANDS AND CAYS THAT MAKE

up the British Virgin Islands provide visitors with authentic Caribbean culture and cuisine matched with uncompromising hospitality... all set against a backdrop of pristine natural beauty.

As a destination for unforgettable relaxation, the BVI is cherished by new and repeat visitors. With more private island resorts (Necker, Guana, Cooper, Peter and Scrub Islands) than any other Caribbean destination, the BVI delights those seeking the ultimate in luxurious seclusion. Sailors, divers, kite boarders and sport fishermen all revere the BVI's world-class setting for watersports. And the many intimate inns, hideaways and villas offer charming accommodations for visitors on any budget.

Each of the islands has its own personality to know, features to explore, and secrets to discover. Experience the natural wonders of The Baths, a national park trails, beaches, caves and outcroppings set amidst gigantic boulders at water's edge on the tip of Virgin Gorda. Snorkel the Caves on Norman Island, the inspiration for Robert Louis Stevenson's pirate classic, Treasure Island. Go off the grid for a day on Anegada for miles of naturally windswept beaches surrounded by unspoiled Horseshoe Reef, the largest barrier coral reef in the Caribbean. It's easy to hop among the islands by ferry or water taxi.

CARIBBEAN CHALLENGE

Experience the seawater rushing in and bubbling around you like a natural jacuzzi at Bubbly Pool on Jost Van Dyke.

WHAT'S HOT

On the East End of Anegada discover large



piles of conch shells – some forming small islands – known locally as the conch shell mounds.

HIDDEN GEM

The Caves on Norman Island, believed to be the inspiration for Robert Louis Stevenson's classic Treasure Island.

"WHISPER"

Savour the freshly caught lobster on Anegada ... grilled and drenched in butter and served at water's edge along the island's untouched beaches.

DID YOU KNOW?

Foxy's and the West End Yacht Club have been doing a 2-day regatta for well over 30 years.

Size: 60 islands (150 square miles)

Currency: US dollars

Dialling code: 1 284

Population: 29,800

Main city: Road Town

Dish of the Day: Grilled Anegada lobster

US OFFICE

British Virgin Islands Tourist Board & Film Commission

1 West 34th Street, Suite 302

New York, NY 10001

Tel: 212-563-3117

Fax: 212-563-2263

pgeorge@bvitourism.com

cmccoy@bvitourism.com

hpenn@bvitourism.com

tvanterpool@bvitourism.com



CAYMAN ISLANDS

www.caymanislands.ky

US OFFICE

Cayman Islands Department of Tourism

Empire State Building
350 Fifth Avenue, Suite 1801
New York, NY 10118
Tel: 212-889-9009
Fax: 212-889-9125
usareception@caymanislands.ky

CANADA OFFICE

Cayman Islands Department of Tourism

1200 Bay Street, Suite 1101
Toronto, ON M5R 2A5
Tel: 416-485-1550
Fax: 416-485-0832
info-CANADA@caymanislands.ky

WITH SWEEPING WHITE SAND BEACHES

and sparkling turquoise waters, the Cayman Islands promises an idyllic island escape, just an hour from Miami. The three islands offer a variety of experiences for the discerning traveller, from world-class attractions and amazing dive spots to pristine beaches and delicious dining.

Grand Cayman is home to world-class resorts, shops, restaurants and the acclaimed Seven Mile Beach. Visitors can swim with stingrays in crystal clear waters, sample culinary delicacies from the Caribbean and beyond, dive the Kittiwake, and discover the rare indigenous Blue Iguanas at the Queen Elizabeth II Botanic Park.

Little Cayman, the smallest of the three islands, has the feel of a private island with just a handful of intimate resorts. Many come to relax on secluded beaches or kayak out to the deserted Owen Island to enjoy a view of nature in its most pristine form.

With its untouched natural beauty, Cayman Brac offers an adventuresome Caribbean vacation. Visitors can take in the breath-taking view on the bluff, explore the enticing caves, discover the many wrecks and reefs under the water, or unwind under the shade of a palm tree on a quiet beach.

CARIBBEAN CHALLENGE

Visit the Queen Elizabeth II Botanic Park and the Blue Iguana Recovery Program. See



DID YOU KNOW?

At 140 ft, Cayman Brac's 'Bluff' is the Islands' highest point.

how many of the 250 or so 'free roaming' Blue Iguanas you can spot. The Blue Iguana is the rarest lizard in the world and exists only on the Cayman Islands. They grow up to four feet in length and love to sunbathe, turning a vivid blue in the heat.

WHAT'S HOT

With almost 365 dive sites, the Cayman Islands is a diver's paradise all year round!

HIDDEN GEM

Little Cayman, just five miles from Cayman Brac, is the quintessential island escape. Fewer than 150 people live here year-round, and the bone fishing and diving are spectacular.

"WHISPER"

"Caymankind", the uniquely Caymanian brand of hospitality seen, heard and felt in the friendly faces and warm smiles, charming greetings and welcoming handshakes all generously dispensed to every visitor.



Size: Grand Cayman – 76 square miles, Cayman Brac – 14 square miles, Little Cayman – 10 square miles
Currency: Cayman Island dollar (KY); US dollar
Dialling code: 1 345
Population: Grand Cayman – 60,000; Cayman Brac – 1600; Little Cayman – 150
Main city: George Town on Grand Cayman
Local beer: Caybrew
Dish of the day: Conch Fritter

CUBA

www.cubatransel.cu • www.gocuba.ca

CANADA OFFICES

Cuba Tourist Board
1200 Bay Street, Suite 305
Toronto, ON M5R 2A5
Tel: 416-362-0700
Fax: 416-362-6799
info@gocuba.ca

Cuba Tourist Board
2075, rue University, bureau 460
Montreal, PQ H3A 2L1
Tel: 514-875-8004
Fax: 514-875-8006
montreal@gocuba.ca

Note: This brochure has been published for distribution in the USA and CANADA. Travel to Cuba from the USA requires permission from the US State Department.

CUBA IS THE LARGEST OF THE CARIBBEAN

islands and part of the Spanish Caribbean. It lies at the entrance to the Gulf of Mexico, some 145km south of Florida.

Cuba offers everything from glorious sun, sea and sand to fascinating historical cities, untouched underwater reefs, towering mountain ranges, and breath-taking natural beauty.

Havana, the capital, is a mix of old and new, and Old Havana is now a World Heritage Site, where many of the centuries-old buildings are being meticulously restored in their original style. Visitors can dip into one of the city's many museums, to learn about its turbulent past.

Cuba is the ideal country to unwind and relax in, as well as being unique and very diverse. Miles of beautiful beaches, a broad



historical legacy, varied recreational options, nature tourism, events, health, water sports, scuba diving and sport fishing are all readily available. Add in Cuba's unique cays and especially its hospitable and cheerful people, and it's little wonder that Cuba attracts more and more visitors. As well as its natural attractions, unique vegetation and sandy beaches, Cuba is notable for the conservation of its architectural and historical heritage.

CARIBBEAN CHALLENGE

Viñales in western Cuba is the island's prime eco-tourist destination, and offers hiking, bird-watching, mountain biking, cave exploration and rock climbing.

WHAT'S HOT

Havana has a vibrant nightlife with lots of bars, live music, dancing and cabaret.

HIDDEN GEM

Take an excursion to Topes de Collantes, a perfect setting for health tourism with waterfalls, pools and well-marked ecological trails.

"WHISPER"

In Havana, a parlour called Coppelia is

billed as "the busiest ice cream outlet in the world." This Cuban treat is fresh and inexpensive.

DID YOU KNOW?

Cuba is the home of the modern rumba, actually of African origin, the mamba, the cha-cha-cha and the salsa.



Size: 42, 804 square miles
Currency: Cuban peso
Dialling code: 011 53
Population: 11,822,800
Main city: Havana
Language: Spanish
Local beer: Cristal and Bucanero

CURAÇAO

www.curacao.com

US OFFICE

Curaçao Tourist Board

One Gateway Centre, Suite 2600

Newark, NJ 07102

Tel: 973-353-6200

Fax: 973-353-6201

northamerica@curacao.com

WELCOME TO CURAÇAO, THE ISLAND

where you will feel at home. Many guests are already familiar with the island's rich cultural heritage and characteristic pastel-coloured buildings with step-gabled façades.

Willemstad's tourist attractions are the Handelskade, the ever-bustling floating market and the pontoon bridge (the swinging old lady).

Curaçao is also the island of pearl-white beaches and azure-blue bays, enjoying a tropical climate with unique flora and fauna. Come and discover for yourself why Willemstad is a UNESCO World Heritage Site.

And when the sun goes down, Curaçao is renowned for its fantastic nightlife.

The island was discovered in 1499 by Alonso de Ojeda, a lieutenant of Columbus. The local inhabitants were Indians of enormous stature, which is why the Spaniards referred to the island as 'Isla de los Gigantes' (Island of the Giants). The island remained Spanish until it was conquered in 1634 by the Dutch. From the end of the 17th until the beginning of the 19th century, the island underwent a trading of places between the English and Dutch. In 1815 the Netherlands regained control.

This Dutch island is one of the most prosperous in the Caribbean. Curaçao welcomes you, enjoy your stay!

CARIBBEAN CHALLENGE

Visit as many beaches as you can during your stay on the island. Let us know how many there are!

WHAT'S HOT

Recently opened is the Hyatt Regency Curaçao Golf Resort, Spa & Marina with gorgeous views of the East end of the island.



HIDDEN GEM

The Blue Cave on the West end of the island. Spend at least one evening – Friday is the best – enjoying 'happy hour' which takes place all over the island. But one of the best places to enjoy it is at Mambo Beach Wet & Wild with snacks on the house, between 6 and 7pm.

"WHISPER"

Many know Curaçao for its famous Blue Curaçao Liqueur, made on the island, but did you know that the island is also renowned for its Rom Berde, "Green Rum," made at Netto Bar by Netto himself when he was a young boy.



DID YOU KNOW?

The Mikvé Israel-Emanuel Synagogue is the Caribbean's oldest continuously operating synagogue.



Size: 144 square miles

Currency: ANG Antillean guilder

Dialling code: 011 599

Population: 138,000

Main city: Willemstad

Language: Dutch (also English, Spanish and Papiamentu)

Local Beer: Polar and Amstel

Dish of the Day: goat stewed; red snapper fish; fried plantains

DOMINICA

www.discoverdominica.com

Discover Dominica Tourism Authority

1st Floor, Financial Centre Building,
Kennedy Avenue, Roseau, Dominica
Tel: 767-448-2045
Fax: 767-448-5840 T
tourism@dominica.dm

DOMINICA (Dom-in-EE-Ka) IS KNOWN

as the Nature Island of the Caribbean because of its lush, green mountainous landscapes and rainforests.

Dominica is the perfect destination for those wanting an outdoor eco-friendly vacation and is a haven for hikers, with walking routes from 10 minutes to seven hours long, and some 2 ½ weeks to complete the entire Waitukubuli National Trail.

Rivers, waterfalls, sulphur springs and even a Boiling Lake, are some of the island's defining attractions. Its unspoiled rainforests and unique diving spots are experiences naturalists will really appreciate.

The island offers the most diverse range of flora and fauna in the whole of the Caribbean. More than 160 birds have been sighted on Dominica. It also has a large population of frogs, small tree lizards, bats, butterflies and two endemic parrot species.

In addition, 22 species of whale and dolphin have been sighted all year round at different locations and spotting excursions have an above 90% success rate.

Divers from across the globe visit Dominica each year for its fantastic diving, with dive spots that descend to depths of 1,000 feet. Dining on Dominica is a culinary delight including fresh fruit, exotic fresh fruit juices, vegetables and a whole variety of spices.

CARIBBEAN CHALLENGE

Hike the Waitukubuli National Trail, approximately 115 miles long and divided into 14 contiguous segments. The trail encompasses different degrees of difficulty featuring natural and cultural heritage as it passes through the UNESCO World Heritage Site, national parks and forest reserves, historical sites, old routes and the Carib (Kalinago) paths first cut by Dominica's indigenous people.



DID YOU KNOW?

The author Jean Rhys, who wrote "Wide Sargasso Sea", was born on Dominica.

Size: 291 square miles

Currency: East Caribbean dollar

Dialling code: 1 767

Population: 71,727 (2003)

Main city: Roseau

Local beer: Kubuli beer

Dish of the Day: Mahi mahi with plantain, rice, lentils, ground provisions and vegetables

Trois Pitons National Park. Reaching it is no easy feat, but the hike through the Valley of Desolation is worth the effort. Warning: Don't try swimming! The lake really does boil.

WHAT'S HOT

The World Creole Music Festival, held each October, has included Sean Paul as featured artiste.

HIDDEN GEM

The Boiling Lake is the second largest of its kind in the world, at the heart of the Morne

"WHISPER"

Dominica is a spectacular green island of rugged mountains, lush rainforests and rushing rivers in the Eastern Caribbean offering adventure vacations including: hiking, cultural festivals, diving, whale-watching and canyoning adventures.

GRENADA

www.grenadagrenadines.com

US OFFICE

Grenada Board of Tourism

P. O Box 1668, Lake Worth, FL 33460

Tel: 561-588-8176

Fax: 561-588-7267

cnoel@grenadagrenadines.com

CANADA OFFICE

Grenada Board of Tourism

439 University Avenue, #920

Toronto, ON M5G 1Y8

Tel: 416-595-1339

Fax: 416-595-8278

tourism@grenadaconsulate.com

WITH SWEEPING WHITE SAND BEACHES

Known as the ‘Spice of the Caribbean’, the wafting scents of nutmeg, cloves, cinnamon and vanilla perfume the air over the idyllic island of Grenada. Grenada and its sister islands of Carriacou and Petite Martinique are ideal for anyone seeking a relaxing tropical holiday.

Grenada has more than 40 white sandy beaches with turquoise waters, exciting water sports, historical treasures and a lush green interior. One-ninth of Grenada’s 133 square mile landmass is protected parks and natural wildlife sanctuaries where visitors can discover hidden waterfalls and crater lakes.

There is plenty to fit in on a visit to Grenada. A 90-minute catamaran day trip to Carriacou is a ‘must do’ especially during carnival. River tubing, sailing, whale and dolphin watching or a simple stroll through the St. Georges’ vibrant Saturday market are just a few of the many options on offer.

The underwater scenery is every bit as breath-taking as it is above the waves with over 50 dive sites and numerous shipwrecks including the largest wreck in the Caribbean. There’s also a vast array of sea life as well as the world’s first Underwater Sculpture Park, which can be easily accessed by divers and snorkelers, or viewed from a glass-bottomed boat.

CARIBBEAN CHALLENGE

Are you brave enough to ride the rapids of the Balthazar River while experiencing the exotic scenery and tropical vegetation on a



DID YOU KNOW?

The Sunset City Food Festival takes place in the town of Victoria on the final Saturday of every month from about six in the evening to the wee hours of the next morning.

river tubing adventure?

WHAT’S HOT

The town of Gouyave hosts the weekly Fish Friday Festival with the best freshly caught fish.

HIDDEN GEM

Grand Etang National Park with its Mona Monkeys, hiking trails and tranquil locations offer the perfect setting for weddings and picnics.

“WHISPER”

Apart from an atmosphere overwhelmed by the combined aromas of nine distinctive spices and friendly people, the destination is endowed with the only alluring Underwater Sculpture Park in the Caribbean.



Size: 133 square miles

Currency: East Caribbean Dollar

Dialling code: 1 473

Population: 109,724

Main city: St. George’s

Local beer: Carib

Dish of the Day: Oil Down – spicy stew of salted meat with dumplings

GUADELOUPE ISLANDS

www.lesilesdeguadeloupe.com • www.myguadeloupe.ca

Comité du Tourisme des Iles de Guadeloupe

5 Square de la Banque, BP 555
97166 Pointe-à-Pitre, Guadeloupe
Tel: 011-590-590-8-20930
Fax: 011-590-590-8-38922
info@lesilesdeguadeloupe.com

CANADA OFFICE

French Government Tourist Office
1981 McGill College, Bldg. 490 B, 4th
Floor, Montreal, PQ H3A 2W9
Tel: 514-288-2026
Fax: 514-845-4868
CANADA@franceguide.com

US OFFICES

French Government Tourist Office
205 N. Michigan Avenue
Chicago, IL 60601
Tel: 312-327-0290
Fax: 312-397-0720
info.us@franceguide.com

ATOUT-FRANCE France Tourism Development Agency

9454 Wilshire Boulevard, Suite 210
Beverly Hills, CA 90212
Tel: 310-271-6665
Fax: 310-276-2835
info.us@franceguide.com

ATOUT-FRANCE France Tourism Development Agency

444 Madison Avenue, 16th Floor
New York, NY 10022
Tel: 212-745-0942
Fax: 212-838-7855
info.us@franceguide.com

DID YOU KNOW?

Guadeloupe offers a vast choice of restaurants and cafés – over 700 – including Vietnamese and Lebanese.

Size: 660 square miles

Currency: Euro

Dialling code: 011 590

Population: 451 000

Main city: Basse-Terre

Language: French and Créole, and English is widely spoken

Local Beer: Gwada Gold

Dish of the Day: Queen conch fricassee



MANY VISITORS ARE ATTRACTED TO

the Islands of Guadeloupe for their diversity and the breath-taking scenery, not only on the two large islands forming the “butterfly”, Grande-Terre and Basse-Terre, but also on La Désirade, Les Saintes & Marie-Galante.

There is the tropical rainforest with exuberant waterfalls and luxurious vegetation, the National Park (part of the UNESCO World Biosphere Reserve) to explore and the volcano La Soufrière (1,467m) to climb.

The crystal clear blue sea is great for watersports and offers natural marine reserves, peaceful lagoons, magnificent white sandy beaches and unspoiled UNESCO classified bays.

The islands of Guadeloupe boast a mix of French, European, Indian and Afro-Caribbean influences in their culture, architecture, craft, music, dance, and Carnival of course!

Our Creole cuisine has an unparalleled array of flavours, found at the heart of vibrant markets, themed houses and museums, plantations, distilleries, bars and restaurants.

From the untamed nature and marine treasures to the genuine warm welcome, accommodation to suit any budget, and countless activities, there’s no doubt that visitors are five times more likely to have an



unforgettable stay on the Islands of Guadeloupe!

CARIBBEAN CHALLENGE

Go on a hike through the rain forests in the 74,100 acre Parc National de Guadeloupe.

WHAT'S HOT

The Marie-Galante “Terre de Blues Festival”, held in May, is Guadeloupe’s biggest musical event.

HIDDEN GEM

La Désirade is a haven of peace which has succeeded in preserving its tradition. Accessible by sea or by air, the island can be explored by foot, bicycle or scooter, along its single road. Its friendly inhabitants and magnificent white sandy beaches, protected by long coral reefs, are a delight for beach lovers, divers and hikers alike.

GUYANA

www.guyana-tourism.com

US OFFICE

Consulate General of Guyana

370 Seventh Avenue, Suite 402
Penn Plaza, New York, NY 10001
Tel: 212-947-5110
Fax: 212-947-5163
info@guyanaconsulate.com

Guyana Tourism Authority

National Exhibition Centre, Sophia,
Georgetown, Guyana
Tel: 011-592 219 0094-6
Email: info@guyana-tourism.com



DID YOU KNOW?

Shell Beach on Guyana's north-east coast is a 90-mile (145 km) stretch of millions of tiny shells – and a nesting ground for hawksbill turtles.

Size: 83,850 square miles
Currency: Guyanese dollar
Dialling code: 011 592
Population: 767,245
Main City: Georgetown
Local Beer: Banks Beer
Dish of the Day: Pepperpot



GUYANA IS SOUTH AMERICA'S ONLY

English-speaking country, a nature paradise that lies off the conventional 'beach and sunshine' tourist path. The population is a unique ethnic and cultural potluck, predominantly peoples of African and East Indian descent, peppered with the indigenous Amerindians, salted with a touch of Europeans and Chinese, and flavoured with our own 'Douglu' of mixed heritage.

Guyana is spread over a geographically diverse eighty three thousand square miles, dissected by three mighty rivers and several meandering creeks. The capital, Georgetown, is the economic centre. The low coastal plain is home to most of the population, while the hilly sandy region, savannah low lands and mountainous regions remain relatively unpopulated, but rich in pristine rainforests, minerals and ecosystems.

Experience our diverse wildlife and ecological parks – nature resorts provide an interesting mix of comfort and taste of nature; see more than 800 species of birds, 15 species of turtles and many rainforest wonders.

The architectural and historic sightseeing offers plenty to discover from the St. George's

Cathedral, the tallest freestanding wooden building in the world; to the Botanical garden and Stabroek Market.

CARIBBEAN CHALLENGE

The Iwokrama Canopy walkway is a series of suspension bridges and decks, located in Iwokrama Forest.

WHAT'S HOT

Kaieteur Falls is an exotic display of nature's power where water thunders 30,000 gallons of water down 251 metres per second.

HIDDEN GEM

Spend two evenings, Friday and Saturday, club hopping on the street that never sleeps - Sheriff Street. Try the Banks Beer and the El Dorado 21 year old rum, both winners of international gold medals.

"WHISPER"

Our product is nature based and offers great experiences - Eco, Nature, Adventure! Very sustainable.

HAITI

www.haititourisme.gouv.ht

US OFFICE

Consulate General of the Republic of Haiti

271 Madison Avenue, 5th Floor
New York, NY 10016
Tel: 212-697-9767
Fax: 212-681-6991
contact@haitianconsulate-nyc.org

Haiti Ministry of Tourism

8 Rue Légitime, Champs de Mars,
HT-6110, Port-au-Prince, Haïti
Tel: 011 (509) 2949-2011/3816-
0003/3816-0002
jjbdarguste@gmail.com
yvanka@yahoo.com
martin.bertrand@gmail.com



DID YOU KNOW?

Audubon, the bird artist who inspired all of the Audubon birding societies in the US, was Haitian.

Size: 10,714 square miles

Currency: Gourde

Dialling code: 011 509

Population: 8,300,000

Main city: Port-au-Prince

Language: French and Creole

Local beer: Prestige

HAITI IS LOCATED 80KM EAST OF CUBA

and shares the island of Hispaniola with the Dominican Republic. It has more than 1,500 km of beautiful coastline due to its position on the western side of the island.

Haiti is a mountainous island, which has a strong native Indian, African, European and American heritage. Its dazzling sandy beaches and countryside provide a fantastic destination for the visitor with a desire for some adventure.

From beautiful white sand and volcanic beaches to secluded, sandy coves that can only be reached by rowing boat, there's an immense selection of picturesque areas ideal for swimming and snorkelling.

For those with a keen eye for nature, the island's rich diversity and its wonderfully unspoilt mountains, rainforest and landscapes hold much to be admired.

Haiti boasts many national parks for challenging hikes that exhilarate and provide amazing views. So too does the Citadelle Henri Christophe at the peak of a 3,000ft mountain, close to Milot.

The capital, Port-au-Prince, was until the recent earthquake, home to lively markets, squares, museums, art galleries and historic monuments. It is hoped that all these attractions will once again be a part of the capital's allure.

CARIBBEAN CHALLENGE

Visit the Citadelle Henri Christophe (World Heritage site), the largest fortress in the Caribbean.

WHAT'S HOT

Haitian art is highly prized by collectors around the world.

HIDDEN GEM

On the southern peninsula in Jacmel are Bassin Bleu, a triple waterfall with deep pools, and Pic de Macaya, a 7,700 feet mountain populated by rare orchids and birds; Port Salut Beaches and Cave Marie Jeanne. There are also the beautiful beaches of Côtes de fer (South Region) and Park National Historic in the North.

JAMAICA

www.visitjamaica.com

US OFFICES

Jamaica Tourist Board

5201 Blue Lagoon Drive, Suite 670,
Miami, FL 33126
Tel: 305-665-0557
Fax: 305-666-5536
info@visitjamaica.com

Jamaica Tourist Board

767 3rd Avenue, Suite 217
New York, NY 10017
Tel: 212-838-2610
Fax: 212-838-2605
info@visitjamaica.com

CANADA OFFICE

Jamaica Tourist Board

303 Eglinton Avenue East
Suite 200, Toronto, ON M4P 1L3
Tel: 416-482-7850
Fax: 416-482-1730
info@visitjamaica.com



DID YOU KNOW?

Jamaica was a Spanish colony until 1655, when it was seized by England's navy on the orders of Oliver Cromwell.



Size: 4,411 sq miles
Currency: Jamaican Dollar
Dialling code: 1 876
Population: 2,804,332
Main City: Kingston
Local Beer: Red Stripe
Dish of the Day: Jerk Chicken

JAMAICA IS KNOWN FOR ITS STRONG

sense of identity expressed through its friendly people, reggae music, delicious cuisine, diverse art and natural beauty. It is the third largest English-speaking Caribbean island at 4,411 square miles with a population heading towards three million.

Steeped in culture, with a wonderful climate and a reputation for having a laid back vibe, Jamaica is a year-round destination with something for just about everyone; from the buzzing capital of Kingston to the spectacular beach areas on the north coast to the laid back vibe of the island's West Coast.

Popular attractions for the whole family include Kool Runnings Water Park in Negril and the Outameni Experience in Trelawny. Meanwhile in Ocho Rios, Dunn's River Falls is widely held to be one of the most beautiful waterfalls in the world.

Culture vultures can explore Jamaica's rich heritage at many museums and galleries, from the Bob Marley museum in Kingston to the Institute of Jamaica, the Caribbean nation's equivalent of the British Museum in London.

Accommodation ranges from 3 to 5-star all-inclusive hotels in the major tourist areas to smaller hotel options including eco beach

cabins, luxury boutique hotels, and B&Bs.

CARIBBEAN CHALLENGE

Take a seven-mile hike up the Blue Mountains and enjoy the expansive views of the North and South coasts.

WHAT'S HOT

The Outameni Experience provides a fantastic background of Jamaica's rich heritage.

HIDDEN GEM

Laughing Waters in Ocho Rios is thought to be the location where Bond girl, 'Honey Rider' walks out of the ocean to surprise James Bond in the film Dr. No.

"WHISPER"

Farm to Table at Round Hill - Visit an area less travelled which is responsible for some eighty percent of the island's vegetable production and popularly called the bread basket of Jamaica. Situated in the Pedro Plains region on the island's south coast in St. Elizabeth, Round Hill hosts a monthly Farm to Table Dinner held once on the Saturday closest to the full moon.

MARTINIQUE

www.martinique.org • www.lamartinique.ca

US OFFICE

Martinique Promotion Bureau/CMT USA

825 Third Avenue, 29th Floor
New York, NY 10022
Tel: 212-838-6887
Fax: 212-838-7855
info@martinique.org

CANADA OFFICE

Martinique Promotion Bureau/CMT

4000, rue St-Ambroise, bureau 265,
Montreal, QC H4C 2C7
Tel: 514-844-8566
Fax: 514-844-8901

MARTINIQUE IS A MAGICAL ISLAND, the “Flower of the Caribbean”. The Caribbean island with French flair, The Isle of Flowers, The Rum Capital of the World, The Isle of the Famed Poet (Aimé Césaire) – by any one of its many names, Martinique remains one of the most alluring and enchanting destinations in the world.

Named “Top Caribbean Island for Delectable Dining” in 2009 by Caribbean Travel + Life, and “Best Caribbean Destination” in 2010 by About.com, Martinique is an overseas region of France that stirs the passions with distinctive culinary delights, awe-inspiring natural beauty, a rich cultural history, warm smiles and so much more.

Napoleon’s bride, Empress Josephine, was born and raised here. Majestic Mt. Pelée and The Pompeii of the Caribbean, St. Pierre, are found here. The finest French products, from Chanel fashions to Limoges porcelain, are readily available here. A special place, to be sure, with so much to offer – Martinique – c’est magnifique!

CARIBBEAN CHALLENGE

Visit St-Pierre, the city under the volcano, the little Pompeii of the Caribbean, also climb Mt. Pelée, the highest point in Martinique.

WHAT’S HOT

Carnival in Fort-de-France offers five days of Saturday to Wednesday partying in February.



HIDDEN GEM

Ajoupa-Bouillon, a small flower village is home to the impressive Gorges de la Falaise, mini-gorges of the river Falaise that more adventurous souls can climb to reach a cascade.

“WHISPER”

Experience La Route des Rhums. The self-guided tour directs visitors to 10 distilleries located throughout the island, each welcoming visitors with insightful tours and free tastings that together affirm Martinique’s position as “The Rum Capital of the World.”

DID YOU KNOW?

French and British rivalry over Martinique ended in 1763, when France recognized Britain’s possession of Canada and withdrew its claims on Louisiana and parts of India in exchange for the island, which is now an overseas region of France.

Size: 110 square miles

Currency: Euro

Dialling code: 011 596

Population: 400,000

Main city: Fort-de-France

Language: French

Local drink: Rum



MONTSERRAT

www.visitmontserrat.com

Montserrat Tourist Board

#7 Farara Plaza, Brades, Montserrat
Tel: 664-491-8730
Fax: 664-491-7430
info@montserrattourism.ms

MONTSERRAT IS A LUSH GREEN and mountainous island that lies in the eastern Caribbean chain of Leeward Islands, 27 miles southwest of Antigua. Montserrat is referred to as the Emerald Isle of the Caribbean, due to the Irish descent of most of its early European settlers.

Montserrat is unspoilt, offering peace and quiet, fascinating walks, diving, a rich and colourful birdlife and the awesome spectacle of its active volcano. Montserrat is a friendly island destination that welcomes all of its visitors with open arms.

Soufrière Hills Volcano, active since 1995, is the island's biggest attraction and Jack Boy Hill offers a unique opportunity to witness the live volcano safely.

Montserrat's capital Plymouth, was abandoned in 1997 and now resembles a modern day Pompeii. A new island capital is currently being built in Little Bay.

Montserrat offers excellent scuba diving and snorkelling, amongst its fantastic underwater ecosystems and marine life. Visitors can gain their PADI scuba diving certificate through one of the island's two dive centres.



World class fishing, over 30 pristine dive sites, rare bird life and mouth watering local cuisine all add to the island's timeless charm.

CARIBBEAN CHALLENGE

Drink the fresh spring water from Runaway Ghaut – a ravine running from the Centre Hills to the sea. Local legend dictates that people drinking this water will be drawn to return to Montserrat time and time again.

WHAT'S HOT

The St. Patrick's Day Festival in March, a weeklong Caribbean festival with an Irish twist.

HIDDEN GEM

Gary Moore's Wide Awake bar operates an honesty system, so customers help themselves to rum.

"WHISPER"

A unique Bat Cave near Rendezvous bluff houses hundreds of protected fruit bats and provides divers and swimmers the opportunity to view this spectacle under water!

DID YOU KNOW?

Montserrat welcomes visitors with a green shamrock-shaped stamp in their passport.



Size: 40 square miles

Currency: East Caribbean dollar

Dialling code: 1 664

Population: 5,020

Main city: Brades

Local beer: Carib

Dish of the Day: Goat Water (goat stew)

NEVIS

www.nevisisland.com

Nevis Tourism Authority
 P.O. Box 184, Main Street
 Charlestown, Nevis
 Tel: 869-469-7550
 Fax: 869-469-7551
 info@nevisisland.com
 USA: 407-287-5204
 Canada: 403-770-6697

THERE'S SOMETHING ABOUT THIS small, sombrero-shaped island that grabs you. The charm and tranquility takes you back to a time when things were simpler, when life was more peaceful, when stress was just a word, not a way of life.

Known as the “Queen of the Caribees,” the sophisticated island of Nevis is a tiny jewel just eight miles long and six miles wide, yet it has a natural beauty that is unparalleled. Nevis features tropical rainforests, secluded valleys and turquoise waters lapping palm-fringed beaches. Visitors can enjoy the spectacular scenery while participating in a wide range of soft adventure sporting activities and eco-adventure tours, lounging on the beach or swaying in a hillside hammock.

For the upscale traveler, Nevis offers an A-List of award-winning resorts, hotels and historic sugar plantations, which now provide accommodations as intimate, upscale plantation inns. Celebrity sightings



abound on Nevis where superlative service, luxurious accommodations and world-class cuisine have made it the hottest "must see" destination in the Caribbean. Come to Nevis where relaxation has been raised to an art form. Then leave if you must...

CARIBBEAN CHALLENGE

Climb to the summit of 3,232ft Nevis Peak of virgin rain forests.

WHAT'S HOT

TriStar Nevis Triathlon event and StarMile Cross Channel swim from St. Kitts to Nevis.

HIDDEN GEM

Hidden in the unspoiled island of Nevis is Peak Heaven, a 4.9 acres village in the parish of Gingerland 1200 ft above sea-level. Affectionately called Herbert Heights, this village was used by two families for agriculture for 100's of years. Experience the simplicity of past Nevisian life in its unspoiled natural surroundings.

“WHISPER”

Nevis is the birthplace and childhood home of Alexander Hamilton, one of the architects of the US constitution and first Secretary of the US Treasury. His birthplace now houses the Alexander Hamilton museum.

DID YOU KNOW?

The Bath Hotel (now the government offices) was the first hotel built in the Caribbean – 1778. Visitors then, as now, take to the recuperative Bath Stream and Spring to cure many ailments.



Size: 36 square miles
Currency: East Caribbean dollar
Dialling code: 1 869
Population: 12,000
Main city: Charlestown
Local beer: Carib
Dish of the Day: Corn meal and steamed fish. Or goat water (a popular stew traditionally enjoyed on Saturdays)

PUERTO RICO

www.seepuertorico.com

US OFFICES

Puerto Rico Tourism Company
135 West 50th Street, 22nd Floor, New York, NY 10020
Tel: 212-245-1200
Fax: 212-586-1212
gemanuelli@prtourism.com

Puerto Rico Tourism Company
3575 W Cahuenga Boulevard, Suite 405, Los Angeles, CA 90068
Tel: 323-874-5990
Fax: 323-874-7257
yfigueroam@prtourism.com

CANADA OFFICE

Puerto Rico Tourism Company
6-295 Queens Street East, Suite 465
Brampton, ON L6W 4S6
Tel: 416-368-2680
Fax: 416-368-5350 I
sunny@prtourismCANADA.com



LOCATED IN THE HEART of the Caribbean, east of Dominican Republic, Puerto Rico is only 2.5 hours flight from Miami.

Puerto Rico consists of three main islands: Puerto Rico, Culebra and Vieques. Because of a central mountain range that crosses the island from west to east, it has a diverse geography. In the northeast there is a rainforest while in the southwest it is arid.

The people of Puerto Rico and their culture is a mix of Taino Indians, Black Africans and Europeans. Puerto Rico is a Commonwealth of the United States. The entry requirements for Puerto Rico are the same as for mainland United States and travel between the two is open.

There are accommodations and attractions for every taste: from city hotels and resorts to properties on the beach or in the mountains; from museums to shopping, from water sports to casinos & nightlife; from jewellery boutiques to factory outlet malls. And it is all within a maximum drive of four hours.

Puerto Rico is the ideal selection for every taste: town and country or fly and drive; Puerto Rico with Vieques or Culebra; Puerto Rico with the United States mainland; San Juan with a cruise; or Puerto Rico with another Caribbean destination.



CARIBBEAN CHALLENGE

Take a stroll through Old San Juan which comprises seven square blocks of cobbled streets and colonial architecture.

WHAT'S HOT

The bar at La Concha Hotel and Budatai Restaurant in Condado and live salsa music

HIDDEN GEM

One of the most memorable experiences is night swimming in Puerto Rico's bioluminescent bays. The bays are home to large colonies of dinoflagellates that light up like

DID YOU KNOW?

Travelling to Puerto Rico from the United States is the same as travelling on a domestic flight.

Size: 9104 square miles

Currency: US Dollar

Dialling code: 1 787

Population: 4.2 million

Main city: San Juan

Language: Spanish and English

Local beer: Medalla

Dish of the Day: Beef Steak with onions, white rice, beans and fried

fireflies and provide the experience of a lifetime as they produce incredible glowing waters. Two of the most spectacular bays are the northeast's Mosquito Bay in Vieques and Cabezas de San Juan in Fajardo.

"WHISPER"

Imagine lounging on a perfect beach, kayaking in a bioluminescent bay, and walking through 500 years of history. These are just a few of the experiences that make Puerto Rico an ideal world-class Caribbean destination.

SAINT LUCIA

www.stlucianow.com • www.stlucianow.ca

US OFFICES

Saint Lucia Tourist Board

800 Second Avenue, Suite 5B
New York, NY 10017
Tel: 1-800-456-3984/1-888-478-5824
Fax: 212-867-2795
sltbn@aol.com

Saint Lucia Tourist Board

3645 Marketplace Boulevard, Suite
130, #9, East Point, GA 30344
Tel: 1-800-456-3984/1-888-478-5824
Fax: 404-762-8540
sltbeast@aol.com

Saint Lucia Tourist Board

P.O. Box 393, Flossmoor, IL 60422
Tel: 1-800-456-3984/1-888-478-5824
Fax: 708-922-0412
sltbbmidwest@aol.com

Saint Lucia Tourist Board

P.O. Box 2195, Linden, NJ 07036
Tel: 1-800-456-3984/1-888-478-5824
Fax: 908-486-7368
slbtensia@aol.com

CANADA OFFICE

Saint Lucia Tourist Board

599 B Yonge Street, Suite 314
Toronto, ON M4Y 1Z4
Tel: 1-800-869-0377/1-888-478-5824
Fax: 416-519-9677
sltbcanada@aol.com

NO DESTINATION FULFILLS THE PRIMAL

desire for happiness like idyllic Saint Lucia. It's the spectacular backdrop of rolling green-clad mountains and the world heritage twin peaks towering over the glittering Caribbean Sea and palm-fringed secluded coves. The sound of lilting Creole or a favorite chart-topping artist at Saint Lucia Jazz Festival caresses the ear.

Spend languid days reclining in splendor making plans never to go home. Banish stress without guzzling your budget in the extreme comfort of myriad luxury resorts, boutique properties, cottages featuring French architecture and private villas. The sheer variety of cultural attractions is outdone only by the pampering and warm Saint Lucian hospitality.



This journey's end with its amazing sun-warmed water and golden sand beaches is the place for lovers who continuously vote it the most romantic destination in the world. Rightly so, satisfy the senses smelling vivid blossoms in the lush rainforest; liming at Carnival; diving beneath the Pitons; ziplining at night; eating just caught seafood while foamy waves anoint your feet; or dining on world class mouthwatering fusion cuisine.

Best kept secret is it's not just for lovers. Everyone gets this dream.

CARIBBEAN CHALLENGE

Take an energetic hike up Saint Lucia's Grand Piton (2619 ft).

WHAT'S HOT

Saint Lucia Jazz Festival and Saint Lucia Carnival.

HIDDEN GEM

Spend a couple of evenings dining at one of the many world-class restaurants on the island. Take a ferry across the picturesque secluded lagoon of Marigot Bay to reach the Rainforest Hideaway and experience the delights of fine Caribbean cuisine.

"WHISPER"

At Pork Valley, enjoy succulent pork coated

with a mixture of garlic, oil and homemade curry powder. Located on Cul-De-Sac Highway, travellers can enjoy the island's best barbecue!

DID YOU KNOW?

Saint Lucia offers visitors diverse accommodations, unique activities and exciting dining experiences.



Size: 238 square miles
Currency: East Caribbean dollar
Dialling code: 1 758
Population: 171,000
Main city: Castries
Local beer: Piton Beer
Dish of the Day: Green Fig & Salt Fish

ST. EUSTATIUS

www.statiatourism.com

St. Eustatius Tourism Development Foundation

Fort Oranje Street, Oranjestad
St. Eustatius, Dutch Caribbean
Tel: 011-599-318-2433
Fax: 011-599-318-2433
info@statiatourism.com

ST. EUSTATIUS, FONDLY CALLED STATIA, is a quiet haven for visitors wanting to explore and experience the Caribbean the way it used to be. Undiscovered and relatively unknown, one will find this fascinating tiny island almost crime free. Upper Town Oranjestad is littered with a unique variety of historical sites and monuments dating back to the 1700s. These include a colourful and charming collection of well preserved typical Statian houses with gingerbread trimmings. A carefully mapped out walking tour covers the Lower Town and Upper Town. This tour features noteworthy sites such as the St. Eustatius Historical Museum, Dutch Reformed Church, Fort Oranje, Honen Dalim Jewish Synagogue, and cobbled stone streets, all testimony to a period in the 1700's when the island was commonly known as "The Golden Rock".

In St. Eustatius, marine life is protected and managed by the Statia Marine Park. Diving among pristine reefs, wrecks, walls and abundant sea life remains a favourite pass time for most visitors. The Charlie Brown and the



Stenapa man made reefs are a diver's dream come true.

It's time to come and discover the many hidden treasures of St. Eustatius, the Caribbean's Hidden Treasure.

CARIBBEAN CHALLENGE

Take a half-day hike to the 2,000 foot Quill, a classically shaped volcano with a forest-filled crater.

WHAT'S HOT

Carnival is packed with activities and is celebrated mid-July lasting around 10 days.

HIDDEN GEM

St. Eustatius changed hands 22 times between French, Dutch and English. The Caribbean's Hidden Treasure is the marketing slogan. Take a hiking expedition to the perfectly formed extinct volcano called the Quill. It's 2000 feet, with a descent of 270 metres below sea level into a lush tropical rain forest with well marked trails to the Miriam Schmidt Botanical Garden.

"WHISPER"

For a tiny island, we have one of the richest histories in the world, where the historical sites are well kept.

DID YOU KNOW?

Thirty Statian blue beads were used by the Dutch to purchase New York's Manhattan Island from the Indians.



Size: 11.8 square miles

Currency: US Dollar

Dialling code: 011 599

Population: 3800

Main City: Oranjestad

Language: English and Dutch

Local Beer: Heineken, Presidente

Dish of the day: Stewed goat with pigeon peas & rice

ST. KITTS

www.stkittstourism.kn

US OFFICES

St. Kitts Tourism Authority
414 East 75th Street, 5th Floor
New York, NY 10021
Tel: 212-535-1234
Fax: 212-734-6511
info@stkittstourism.kn

St. Kitts Tourism Authority
3216 New Mexico Avenue, NW
Washington, DC 20016
Tel: 202-364-8123
Fax: 202-364-8126
info@stkittstourism.kn

CANADA OFFICE

St. Kitts Tourism Authority
133 Richmond Street West
Suite 311
Toronto, ON M5H 2L3
Tel: 416-368-6707
Fax: 416-368-3934
canada@stkittstourism.kn



AGAINST A BACKDROP OF STUNNING landscapes, the island of St. Kitts embodies the laid back and gracious charm of the undiscovered Caribbean, offering a wealth of activities and experiences for the visitor. History and culture remain two of its greatest assets, which have left a legacy of famous historic sites such as Brimstone Hill Fortress, the only man-made UNESCO World Heritage Site in the Eastern Caribbean.

St. Kitts is a fascinating island to explore, whether trekking through its lush rainforest, taking an island safari, touring Romney Manor Botanical Gardens, home of Caribelle Batik, or taking a catamaran cruise or fishing trip. For the active, there are high quality scuba dive sites with incredible coral reefs and fish, a world-class 18-hole championship golf course and the island's new zip-line tour.

There are plenty of traditional holiday pastimes too, such as watersports, shopping, tennis, gourmet dining, or simply relaxing on one of the island's sandy beaches.

Accommodations to suit every style and pocket range from beautifully renovated old sugar plantation houses, luxury beach resorts, mid-range hotels and guesthouses to

private villas.

CARIBBEAN CHALLENGE

Test yourself to score a 'hole in one' at the St. Kitts Royal Golf Club with holes bordering the Atlantic Ocean and the Caribbean Sea.

WHAT'S HOT

Carambola Beach Club on South Friar's Bay offers modern European cuisine with Caribbean influences. One of its defining features is its 4,000 bottle wine cellar with select vintages from every wine growing region in the world.

HIDDEN GEM

Caribelle Batik at Romney Manor where batik artisans provide live demonstrations of turning soft Sea Island cotton into colorful batik wear, wall hangings and other 'one of a kind' treasures.

"WHISPER"

The St. Kitts Scenic Railway, the 'Sugar Train' is the Caribbean's only passenger railway taking guests on a beautiful ride around the island on tracks originally used to transport sugarcane.



DID YOU KNOW?

Masquerade is an art form unique to St. Kitts. It is a reflection of our cultural evolution with paraders performing in tall peacock feathered head dresses, masks and fringed colourful aprons decorated with bangles, mirrors and ribbons.

Size: 69 square miles

Currency: East Caribbean dollar

Dialling code: 1 869

Population: 35,000

Main city: Basseterre

Local beer: Carib

Dish of the Day: Stewed saltfish with coconut dumplings

ST. MAARTEN

www.vacationstmaarten.com

US OFFICES

St. Maarten/St. Martin Tourist Board
C/o A + W Resort Marketing
15 Ferry Road, Old Lyme, CT 06371
Tel: 860-964-0376
Fax: 860-434-7891
cyndimilleraird@aol.com

Public Relations for the St. Maarten Tourist Bureau

KTCpr – Kahn Travel
Communications
77 N Centre Ave, Suite 215
Rockville Centre, NY 11570
Tel: 516-594-4100
Fax: 516-594-4104
T.Rapp@KTCpr.com

ST. MAARTEN IS THE SMALLEST ISLAND IN

the world to be shared by two nations, Kingdom of the Netherlands and France, creating a European-influenced vibe with a Caribbean flair. As “the culinary capital of the Caribbean,” St. Maarten offers an eclectic array of cuisine fusion for food lovers with more than 365 restaurants, one for each day of the year to satisfy the tastes of every palate and pocketbook.

Located at the northern end of the Lesser Antilles, the island’s 37 square miles has 37 breath-taking beaches and is home to many historical and family-oriented attractions. During the day, water sport enthusiasts can take full advantage of the island’s scuba diving and snorkelling facilities. The capital of Philipsburg offers duty-free shopping with a bustling city atmosphere, while 14 casinos and numerous nightclubs provide endless



entertainment.

Accommodations are varied and include elegant private villas, family oriented resorts, quaint cottages and luxury spa resorts. Air service is available to Princess Juliana International Airport from numerous US and Canadian cities as well as from Europe, South America and the Caribbean.

CARIBBEAN CHALLENGE

Attend one of several vibrant Caribbean carnivals, such as the St. Maarten Carnival in April.

WHAT'S HOT

Maho is the undisputed nightlife capital of St. Maarten, an island known for having the best clubs, bars and lounges in the Caribbean. Trendy fixtures such as Tantra and Bliss provide cutting-edge entertainment with a chic but casual ambiance set amidst an elegant tropical backdrop.

HIDDEN GEM

Cupecoy Beach is arguably one of the most picturesque of St. Maarten's 37 magnificent beaches with its towering rock formations and remarkable sunset views. It's also the only clothing-optional beach on the Dutch side of the island. There are a few natural caves etched out of the cliff side, which

provide shade and privacy for vacationers seeking to relax on their own personal stretch of powdery paradise.

“WHISPER”

St. Maarten is an island shared by two destinations and is home to more than 365 restaurants, 37 beaches and a plethora of daytime and night-time diversions creating a truly unique destination.

DID YOU KNOW?

While St. Maarten offers a wide variety of beachfront resorts and the Caribbean's only fully duty-free shopping experience, it is the island's unique history and culture that truly sets it apart from the rest of the Caribbean. St. Maarten is also home to more than 365 different restaurants (one for every day of the year), 37 beaches and an abundance of daytime and nighttime diversions.

Size: 37 square miles

Currency: Netherlands Antilles Guilder; US dollar

Dialling code: St. Maarten – 011 596

Population: 77,000

Main city: St. Maarten – Philipsburg

Language: English, French, Dutch

Dish of the Day: Fish/Chicken and johnny cake

ST. MARTIN

www.stmartinland.org

US OFFICES

Atout France

St. Martin Promotional Bureau

825 Third Avenue, 29th Floor

New York, NY 10022

Tel: 212-745-0945

Fax: 212-838-7855

contact@iledesaintmartin.org

St. Maarten/St. Martin Tourist Board

c/o A+W Resort Marketing

15 Ferry Rd, Old Lyme, CT 06371

Tel: 860-964-0376

Fax: 860-434-7891

nyoffice@st-martin.org

WELCOME TO SAINT-MARTIN, the Friendly Island by excellence!

As one of the leading destinations in the Caribbean, the island of Saint-Martin is so rich and contrasted that it suits all tastes. Some will mention the 37 beautiful white sand beaches; others will refer to the island's highly respected gastronomy, not forgetting those who will evoke the festivities, the carnivals, the nightlife and the cultural events that take place all year long.

Nature lovers will marvel at the Natural Reserve, the Loterie Farm and the numerous excursions linked to ecotourism.

And, shopping lovers will not be let down. Saint-Martin is a duty-free destination, so visitors will benefit from the best prices on many items, from perfumes to jewelry, clothing to electronics.

Unanimously, visitors will express the feeling of unity that they experience on the island – with 80 different nationalities the population is naturally warm and welcoming.

CARIBBEAN CHALLENGE

Don't miss the Harmony Nights in Grand Case from January to April: carnival parades, live music, bands, handicrafts market, sea side gourmet restaurants, art galleries...

WHAT'S HOT

The Loterie Farm opens its door to a wonderful tropical forest mixing eco-adventure, laid back luxury and a dose of Caribbean cool. Experience the obstacle course or the extreme fly zone and discover from the canopy some of the indigenous trees of Saint-Martin. There is an



obstacle course for kids, the Ti-Tarzan and private instructors! The recently opened "L'eau lounge cabana club & piscine de source" promises to be an exceptional swimming experience. With more than 500 square meters of free form multi-level swimming areas connected by cascades and lush tropical vegetation, the L'eau lounge swimming pool is filled with 100% of natural spring water originating from the Pic Paradis, the highest peak of the island. The 11 chic with very stylish cabanas are for rent on a daily basis and can accommodate up to 10 guests. "L'eau lounge cabana club & piscine de source" creates and offers a bucolic environment which harmonizes a unique swimming experience with the natural surroundings.

"WHISPER"

Whatever may attract you, whatever your choices may be, the chances are that you can find exactly what you need in Saint Martin and even more. The Friendly Island awaits!

Currency: Euro; US dollar

Dialling code: 011 590 590

Population (French side only): 37,461

Main city: Marigot

Languages: French and English

DID YOU KNOW?

The National Nature Reserve at the North of the island is a true sanctuary for fauna and flora, consisting of more than 3000 acres of protected areas. Numerous species enjoy this protected environment, notably sea turtles which can be seen in the turquoise waters in Tintamarre, but also dolphins, humpback whales and more than 27 species of shorebirds.



ST. VINCENT & THE GRENADINES

www.discoversvg.com

US OFFICE
St. Vincent & the Grenadines Tourism Authority
 801 Second Avenue, 21st Floor
 New York, NY 10017
 Tel: 212-687-4981
 Fax: 212-949-5946
 svgtony@aol.com

CANADA OFFICE
St. Vincent & the Grenadines Tourism Authority
 333 Wilson Avenue, Suite 601
 Toronto, ON M1S 2M8
 Tel: 416-630-9292
 Fax: 647-438-5312
 svgtourismtoronto@rogers.com



ST. VINCENT & THE GRENADINES IS part of the Windward Islands and lies 34km south of Saint Lucia and 70km west of Barbados. St. Vincent is the largest of the 32 islands and cays, which extend southwest down to Grenada. It's also home to the capital Kingstown, a Caribbean community enclosed in a colonial landscape of cobbled streets, clashing with colourful markets selling exotic fruits.

Other notable islands include Bequia, a quiet haven where time stands still and there are plenty of golden sand beaches to choose from. Or you can watch the yachts come in whilst dining on freshly caught seafood in the seaside town of Port Elizabeth.

The island of Mustique is mostly renowned for its famous inhabitants, a crew of actors, musicians, sports stars and the plain filthy rich! This small idyll may only be five miles long but the price attached to its acres of real estate belies its mileage.

Another movie star hideaway is Petit St. Vincent, home to one of the world's most exclusive resorts, so secluded that guests have to raise a flag to signal for room service.

St. Vincent & the Grenadines offers luxury but it also offers culture, soft adventure and beauty.

CARIBBEAN CHALLENGE

Explore this necklace of 32 islands and cays, only nine of them inhabited.

DID YOU KNOW?
 Pirates of the Caribbean: the Curse of the Black Pearl, was filmed in St. Vincent & the Grenadines.

WHAT'S HOT
 St. Vincent's first luxury resort, the Buccament Bay Resort.

HIDDEN GEM
 Hidden in a jungled valley on the main island of St. Vincent, the hotel Petit Byahaut can only be reached by boat. Guests can also enjoy a weekly scheduled trip to the Vermont Nature Trail for a rainforest hike and venture into the Byahaut Bat Caves for snorkelling.

"WHISPER"
 The Botanical Gardens are located on the main island of St. Vincent and is one of the oldest gardens of its kind in the Western Hemisphere. They are famous for being the destination of Captain Bligh's second visit to the Caribbean in 1798 (his first ended in the infamous mutiny on the Bounty) when he introduced breadfruit to the island.



Size: St. Vincent – 133 square miles
Currency: East Caribbean dollar
Dialling code: 1 784
Population: 109,022
Main City: Kingstown
Local beer: Hairoun
Dish of the Day: Callaloo soup

TRINIDAD & TOBAGO

www.gotrinidadandtobago.com

US OFFICE

Cheryl Andrews Marketing Communications

331 Almeria Avenue
Coral Gables, FL 33134
Tel: 305-444-4033
Fax: 305-447-0415
cheryl@cam-pr.com

CANADA OFFICE

AVIAREPS Tourism
606-130 Spadina Avenue
Toronto, ON M5V 2L4
Tel: 416-561-8243
Fax: 416-323-9746
rkieda@aviareps.com



TRINIDAD IS HOME TO THE WORLD FAMOUS

Carnival and birthplace of the steel pan drum. Trinidad is thriving with its burgeoning performing arts scene, vibrant nightlife, eclectic dining variety and irresistible music. Tobago, on the other hand, offers the quintessential Caribbean island with secluded beaches, quaint villages, charming hotels and award winning eco-attractions. Together they provide a unique and intriguing destination that combines pulsating excitement and the idyllic beauty of a Caribbean paradise.

In the Caribbean nation of Trinidad and Tobago, you'll find more than swaying palms and sun-kissed beaches. When you visit these historic islands you'll enjoy a multicultural feast prepared by descendants of settlers from Europe, Africa, Asia, South America and the Middle East. In Trinidad and Tobago, past and present forge a future for the world to emulate, a culture that not only tolerates diversity but celebrates it.

There's always something to celebrate in Trinidad and Tobago. Throughout the year, this melting-pot nation serves up a generous helping of fun, food and festivities. From Carnival to Tobago Jazz Fest, from dive festivals to culinary festivals, there is always

sometimes to see and do in Trinidad and Tobago.

CARIBBEAN CHALLENGE

Discover prehistoric artifacts, bountiful bird life and soothing mineral pools at the world's largest natural Pitch Lake.

WHAT'S HOT

Visit a panyard to listen to the sounds of the steel pan. Invented in Trinidad & Tobago, the steelpan is the only new percussion instrument to be created in the 20th century.

HIDDEN GEM

With 450 bird species, 620 types of butterflies, 108 different mammals, 2300 flowering plants and 70 reptiles, Trinidad & Tobago is perfection for eco enthusiasts. Both islands are also home to the highly sought after Trintario cocoa, the world's finest.

"WHISPER"

The destination has numerous attractions found nowhere else in Caribbean, such as the largest recorded brain coral, the oldest protected rainforest in the Western Hemisphere, and the largest tar lake in the world.

DID YOU KNOW?

Trinidad & Tobago is the birthplace of calypso and chutney music (a mix of calypso and Indian music) and steelpan.

Size: Trinidad – 1850 square miles;
Tobago – 182 square miles

Dialling code: 1 868

Currency: Trinidad & Tobago dollar

Population: 1.5 million

Main city: Trinidad – Port-of-Spain;
Tobago – Scarborough

Local beer: Carib

Dish of the Day: Curry crab and dumplings; doubles, shark and bake

TURKS & CAICOS ISLANDS

www.turksandcaicostourism.com

CANADA OFFICE
Turks & Caicos Tourist Board
 81 Rumsey Rd
 Toronto, ON M4G 1P1
 Tel: 416-642-9771/866-413-8875
 rwilson.tcitourism@allstream.net

WITH SWEEPING WHITE SAND BEACHES

The “Beautiful by Nature” Turks & Caicos Islands are located in the British West Indies, just a 90-minute flight, and 575 miles southeast of Miami. This archipelago of 40 islands with only 10 inhabited, has something for everyone.

With a warm, dry climate, friendly people and natural beauty it is not surprising that sixty percent of visitors return again and again, safe, quiet and boasting world class accommodations, spas, and restaurants, the Turks & Caicos Islands are an ideal location for relaxation, romance, diving, snorkelling, family holidays and ecotourism. The Islands boast an unrivalled reef system and 193 square miles of pristine white sand beaches.

Each island has a different charm and character. In the capital of the islands, Grand Turk, visitors will love the pastel-shaded buildings and cobbled streets of the colonial town. Donkeys are still part of the traffic and you’re never far from a sugar-white beach. Cruise passengers will marvel in the historic sites and enjoy the modern cruise centre facilities.

Make sure you don’t miss the amazing cave system on the island of Middle Caicos, also home to bats and some fascinating historical artifacts. Indigenous rock iguanas



can be found on Little Water Cay. And, finally, the endless beaches of Providenciales, the main tourism island and home to a modern, upscale infrastructure.

CARIBBEAN CHALLENGE

There are 240 miles of coral reef surrounding the Turks & Caicos, offering amazing snorkeling and scuba diving. How many dive sites can you experience during your visit?

WHAT’S HOT

Experience Special Theme Nights at various Resorts and Restaurants in the Islands. Enjoy Beach BBQ’s, Happy Hours, Sunsets and Specialty dinners while being

DID YOU KNOW?
 The export of Salt was a thriving industry for over 300 years, until the 1960’s. Salt ponds and windmill remnants of those days can still be found on South Caicos, Salt Cay and Grand Turk. The new Salt Museum on Grand Turk explains the process.

Size: 40 islands - 193 sq miles
Dialling code: 1 649
Currency: US dollar
Population: 33,202
Capital Island: Grand Turk
Local drink: Bambarra Rum
Dish of the Day: Cracked conch – steamed, fried, or in coconut milk

entertained by many talented local musicians. See monthly lists of what’s happening.

HIDDEN GEM

Be sure to check out “Da Conch Shack” and savour local cuisine in a relaxed island atmosphere!

“WHISPER”

Combo packages can be arranged to split your vacation between our various islands, allowing you to experience the best of the modern world and the historic, natural Turks & Caicos Islands.



US VIRGIN ISLANDS

www.visitusvi.com

US SALES OFFICES

US Virgin Islands Department of Tourism

CONTACT BY EMAIL

Miami@usvitourism.vi
Atlanta@usvitourism.vi
Washington@usvitourism.vi
Chicago@usvitourism.vi

CANADA OFFICE

info@canlinktravel.com

THE US VIRGIN ISLANDS IS COMPRISED

of three main islands, St. Croix, St. John and St. Thomas, each a magnificent tropical environment offering a unique array of experiences.

St. Croix, the largest of the three islands known for its cultural diversity, lies entirely within the Caribbean Sea. Pastel buildings and charming shops characterize the historic towns of Christiansted and Frederiksted, while the local cafés and restaurants punctuate the island's culinary landscape. Point Udall, the easternmost point of the United States, is a scenic location to view the island's most breathtaking ocean vistas.

Two-thirds of St. John, the smallest of the three islands, is a protected US national park with hilly green land and an underwater reserve. St. John's world-renowned beaches include Trunk Bay, Cinnamon Bay and Maho Bay.

The most cosmopolitan of the US Virgin Islands is lively St. Thomas, with sophisticated dining and tempting duty-free shopping. Charlotte Amalie is a bustling harbor town full of fine restaurants and quaint shops while St. Thomas' picturesque Magens Bay is ideal for a relaxing afternoon retreat.

With no passport required for US Citizens visiting the USVI, and non-stop flights available from many major US cities, the USVI offers great value and hassle-free, city-to-beach access.

WHAT'S HOT

Carnival in the US Virgin Islands: Three Islands... Three Times the Revelry
Carnival in the US Virgin Islands is truly a



celebration for all the senses, and three islands means three times the pleasure! St. Croix's Christmas Festival starts in December with a parade for adults on Three Kings Day. St. Thomas' carnival culminates in the final week of April. St. John's celebration begins in June and culminates on the Fourth of July.

HIDDEN GEM

Grab a ferry from St. Thomas' Crown Bay Marina and escape to the secluded tranquility of Water Island, often referred to as the "4th Virgin." Water Island is a peaceful, quiet retreat that's ideal for a quick getaway. The island has a population of fewer than 200 people.

"WHISPER"

Buck Island National Monument is located off the shores of St. Croix. Buck Island is one of only two underwater national monuments in the U.S., and the only one occurring naturally. Water enthusiasts can encounter tropical fish and coral reefs in a dramatic array of colors, during an unparalleled snorkelling experience through the monument's 700 acres of protected national park.

DID YOU KNOW?

Point Udall on St. Croix is the Easternmost point in the United States.



Size: St. Croix – 82 square miles, St. John – 20 square miles, St. Thomas – 32 square miles

Currency: US Dollar

Dialling code: 1 340

Capital: Charlotte Amalie, St. Thomas

Population: 110,000

Local spirit: Cruzan Rum

Dish of the Day: Kallaloo, a spicy stew of okra, meat and seafood

VENEZUELA

www.mintur.gob.ve

US OFFICE

**Consulate General of the
Bolivarian Republic of Venezuela**

7 East 51st Street
New York, NY 10022
Tel: 212-826-1660
Fax: 212-644-7471
info@consulado-ny.gov.ve

Ministerio del Poder Popular para el Turismo

Avenida Francisco de Miranda
Avenida Principal de La Floresta
Mintur piso 3, Miranda, Venezuela
Tel: 011-58 212 208 4651 / 4652

VENEZUELA IS CONSIDERED ONE OF

the most megadiverse countries in the world. It is located to the north of South America, being part of the Caribbean to the north and part of the Amazon rainforest to the south.

Venezuela is a country saturated with an unequalled abundance of an exotic flora and fauna; 60% of its territory is classified as environmental protected areas boasting 19 million acres in 43 national parks, 14 reserves and 28 natural monuments, represented in jungles, lush rainforest, mountains, snow-capped peaks, deserts, wetlands, plains and more coastline than the rest of the Caribbean with over 1,000 miles of beaches. Venezuela's biodiversity features more than 28 indigenous groups.

The country is bordered by the Caribbean, Brazil, Guyana and Colombia and is in close proximity to Aruba and Trinidad and Tobago. Caracas is the cultural



capital of the country; it has a diverse national and international cuisine, museums of art, shopping malls and recreational parks.

A trip to Venezuela offers an unforgettable mix of destinations, culture, nature and the friendliness of its people; it can be the trip of a lifetime definitely a unique experience to cherish.

CARIBBEAN CHALLENGE

Visit Venezuela's iconic Angel Falls, the tallest waterfall in the world, and combine the trip with one to the islands off the coast or the Orinoco Delta, or the Andes Mountains among many other destinations.

WHAT'S HOT

The archipelago of Los Roques off the coast

DID YOU KNOW?

Angel Falls in Venezuela is 16 times higher than Niagara and more than two and a half times as high as the Empire State building in New York.

Size: 352,144 square miles

Currency: Bolivar (Bs)

Dialling code: 011-58

Population: 28.8 million

Capital: Caracas

Language: Spanish

Popular drink: Papelón con limón

National Dish: Pabellón Criollo (shredded beef, white rice, black beans and fried plantains)

of Venezuela and Margarita Island..

HIDDEN GEM

Located on the coast in Henri Pittier National Park is La Ciénaga a spectacular lagoon surrounded by mountains on three sides and the Caribbean at its entrance.

"WHISPER"

Venezuela has the highest and longest cable car in the world: Merida; the oldest rocks on the planet: the Guiana Shield; and the largest lake in South America: the Maracaibo.



ACCOMMODATIONS

HOTEL CHAIN

Starwood Caribbean Collection

Starwood Caribbean Collection features the best resorts, the best locations; Sheraton Nassau Beach Resort; Westin Resort, Aruba; Westin St. John, USVI; Westin Resort & Spa, Cancun; Sheraton Puerto Rico; W Retreat & Spa Vieques Island, Puerto Rico; and Four Points at Palmas Del Mar, Puerto Rico. www.starwoodresorts.com/travel-professional

CARIBBEAN HOTEL

Casa de Campo

Casa de Campo in the Dominican Republic is entering a new era with new hotel rooms, main area, restaurant and more. When combined with its renowned sports and world-class facilities, Casa de Campo indeed reigns as the Caribbean's Most Complete Resort. Your story begins here... www.casadecampo.com.do

Divi & Tamarijn Aruba

Divi Aruba all-inclusive is a 201 room AAA three diamond beachfront hotel. Tamarijn Aruba All Inclusive is a 233 room property, all oceanfront. Guests to each property have exchange privileges to all amenities. www.diviaruba.com; www.tamarijnaruba.com

Jade Mountain

Rising majestically above the 600 acre beach front resort of Anse Chastenet, Jade Mountain Saint Lucia is a cornucopia of organic architecture celebrating St Lucia's stunning scenic beauty. The bold architectural design – individual bridges leading to exceptional infinity pool sanctuaries and rugged stoned-faced columns reaching towards the sky – makes Jade Mountain Saint Lucia one of the Caribbean's most mesmerizing resort experiences. www.jademountain.com

The Fairmont Royal Pavilion

Imagine an elegant and secluded 15 acre beachfront hideaway that captures the warmth and style of a Barbadian home. The Fairmont Royal Pavilion, with 72 oceanfront rooms, has built up an enviable position for service and luxury. www.fairmont.com/RoyalPavilion

VACATION OWNERSHIP

Interval International

Interval International operates membership programs for vacationers and provides value-added services to its developer clients worldwide. Based in Miami, Florida, the company has been a pioneer and innovator in serving the vacation ownership market for more than 33 years. www.intervalworld.com

VILLA RENTAL

West Indies Management Company

WIMCO (the West Indies Management Company) is the leading Caribbean luxury villa vacation and boutique hotel reservations specialist. The company, with its Caribbean partner, Sibarth Villa Rentals, has represented private villas on St. Barts and on 11 other Caribbean islands for over 23 years. www.wimco.com

ADVERTISING AGENCY

Fitzgerald+CO

Fitzgerald+CO is one of the leading brand-building agencies in the Southeast. Part of the Interpublic Group of Companies, the global agency specializes in advertising and public relations campaigns geared to encouraging travellers to choose Caribbean destinations. www.fitzco.com

Green Team Advertising

Green Team is a New York-based marketing consultancy that specializes in sustainability-related issues, products and programs. Our mission is to inform, inspire and awaken brands so that people, planet and business can all thrive. We achieve this by developing sustainability strategies, creative campaigns and training programs to enhance business results for our clients. www.greenteamusa.com

Interspace Airport Advertising West Indies Ltd.

Marketing concessionaire working exclusively with airports and cruise ports. Programs promote Caribbean companies and generate revenues for the ports.

www.iaateam.com

JWT Atlanta

We are a full-service advertising agency, offering our clients an integrated suite of strategic, creative and engagement services all under one roof. We deliver results for our clients by discovering authentic insights and bringing to life ideas that entertain, inspire, inform and persuade.

www.jwt.com/atl

AFFILIATE

Caribbean Hotel & Tourism Association

CHTA, founded in 1962, represents the entire spectrum of the hospitality industry's private sector including 36 national hotel associations across the Caribbean region, over 850 hotel members with approximately 125,500 rooms, and more than 600 supplier companies represented as 'Allied' members.

www.caribbeanhotelandtourism.com

National Tour Association

The National Tour Association is a trade organization of thousands of tourism professionals involved in the growth and development of the packaged travel industry. We are committed to providing business opportunities and professional education in an environment where our members can foster relationships with one another.

www.ntaonline.com

AIRLINE

American Airlines

American Airlines has served the Caribbean for more than four decades and together with its regional partner, American Eagle, serves more than 30 destinations in the Caribbean, the Bahamas and Bermuda in the Atlantic. American Airlines, American Eagle and AmericanConnection® serve 250 cities in 50 countries with, on average, more than 3,600 daily flights.

www.aa.com

Caribbean Airlines Ltd.

Step on a Caribbean Airlines flight and you'll feel like you're in the Caribbean. It's our job to make sure you experience the warmth, colour and magic of the most beautiful islands in the world. Caribbean Airlines. Air Jamaica. Two brands. One airline.

www.caribbean-airlines.com

Spirit Airlines

The largest Ultra Low Cost Carrier (ULCC) in the United States, Latin America and the Caribbean. As the unbundling leader in the industry, Spirit allows consumers the option of paying only for the features they value without subsidizing the choices of others. Its all-Airbus fleet, the youngest in the Americas, flies more than 150 daily flights to 40 destinations.

www.spiritair.com

AIRPORT AUTHORITY

Metropolitan Washington Airports Authority

The Metropolitan Washington Airports Authority manages Ronald Reagan National Airport and Washington Dulles International Airport serving the Greater Washington, DC region including Northern Virginia and suburban Maryland. Last year, the Airports Authority welcomed over 17 million passengers to Reagan National Airport and over 23 million passengers to Dulles International Airport.

www.mwaa.com

ASSOCIATION

Florida-Caribbean Cruise Association

A not-for-profit trade organization composed of 15 member cruise lines operating more than 100 vessels in Floridian, Caribbean and Latin American waters, providing a forum for discussion on legislation, tourism development, ports, tour operations, safety, security and other cruise industry issues.

www.f-cca.com

Saint Lucia Hotel & Tourism Association

A business member organization which functions as the primary intermediary for tourism service providers while influencing issues on tourism development.

www.slhta.org

**The Humane Society International**

HSI works to protect all animals worldwide. In many developing areas with limited access to infrastructure and markets, communities engage in activities that are harmful to animals and their habitat-hunting for food, selling animals for the international pet trade, etc. Ecotourism gives local communities a non-extractive method for capitalizing on their natural resources.

www.hsi.org

CARGO LINE**Tropical Shipping USA, Inc.**

Tropical Shipping is one of the leading containerized cargo carriers in the Caribbean region. From its headquarters at the Port of Palm Beach, Tropical currently operates 15 vessels, serves 28 ports and 43 offices and receive locations throughout the US, Canada, Bahamas and the Caribbean.

www.tropical.com

CARIBBEAN-BASED BUSINESS**Branmarc Ltd.**

"How well do you know our twin islands" is an educational and fun game that provides fun family time. The product is a 280 piece puzzle with 52 attractively illustrative cards depicting sites of Trinidad and Tobago.

branmarc@gmail.com

Cave Shepherd & Co. Ltd.

Over the past century, Cave Shepherd & Co. Ltd has transformed itself from a traditional local department store into a diversified regional business whose interests encompass its retail heritage as well as financial services, international business, wealth management, property management and tourism.

www.caveshepherd.com

St. John Specialties

Premier, full-service DMC with over 29 years experience in the US Virgin Islands. Event planning on the highest level – weddings, incentive group activities, corporate events and more. Endless possibilities.

www.stjohnspecialties.com

CHARITABLE ORGANIZATION**The Travel Foundation**

An independent UK Charity, funding and managing over 30 projects in 16 destinations around the world. It is the leading resource for the travel industry on sustainable tourism in the UK.

www.thetravelfoundation.org.uk

CONSULTANCY**Deloitte and Touche - Cayman Islands**

Deloitte is the brand under which tens of thousands of dedicated professionals in independent firms throughout the world collaborate to provide audit, consulting, financial advisory, risk management, and tax services to selected clients.

www.deloitte.com/view/en_KY/ky

Hospitality Growth Solutions

HGS is a hospitality consulting & specialized training company developed to turn destinations & companies around with elite team of industry experts.

www.hospitalitygrowthsolutions.com

May Hinds Consulting Inc.

May Hinds Consulting Inc. is a Barbados-based regional consultancy company specializing in people development, training and business development. Our mission is to assist businesses in optimizing their performance through developing their human resources and management systems to deliver high quality services.

www.mayhindsconsulting.com

Sixel Consulting Group

The Sixel Consulting Group team brings a collection of varied backgrounds to the field of air service development. We are former airline and airport executives, airline analysts, data junkies, and even former aviation journalists. We use all these skills to make the best cases for additional service in more than 50 current client markets around the country.

www.sixelconsulting.com

Terra Forma Developments Ltd.

Terra Forma Developments Limited serves as a Developer or as the Prime

Consultant for a variety of land development projects throughout the region. As such, we have been responsible for coordinating the services of many Caribbean Professionals whose regional knowledge and interaction contributes immensely to a successful project

www.terraformadevelopments.com

The Edmunds Group International, LLC

A multi-disciplinary firm offering specialized consulting services to businesses, governments and organizations worldwide. TEG provides strategic advice and advocacy to help clients identify new opportunities and address challenges in the global marketplace.

www.theedmundsgroup.com

EDUCATIONAL INSTITUTION**Culinary & Hospitality Management Institute (CHMI)**

The Culinary and Hospitality Management Institute (CHMI) is a centre of excellence for culinary and hospitality management studies. The Institute enjoys key strategic industry partnerships, which facilitates ready access and broad exposure of students to hotel properties, resort facilities and tourism professionals throughout the country and across national and global industry networks.

www.cob.edu.bs

FINANCIAL INSTITUTION**Banco Popular**

Founded in 1893, Popular, Inc. is the No 1 bank by both assets and deposits in Puerto Rico and ranks 35 largest by assets among US banks. In the US, Popular has established a community banking franchise providing a broad range of financial services and products with branches in New York, California, Illinois, New Jersey and Florida.

www.popular.com

Caribbean Financial Services Corporation

Caribbean Financial Services Corporation (CFSC) was founded in 1984 as a regional financial services company. A collaborative enterprise between private companies, international development agencies and multinational and domestic financial institutions, CFSC provides its services throughout the English-speaking Caribbean, with a focus on the Windward and Leeward Islands and Barbados.

www.cfsc.com.bb

GENERAL**Cititech Computer Services, Inc.**

Cititech blends creative, strategic planning with expert knowledge to tackle the toughest challenges for businesses. Our Staff and Management Team have over 25 years experience in the Technology Industry.

www.cititechsolutions.com

INTERNATIONAL CRUISE LINE**Princess Cruises**

A recognized leader in worldwide cruising, Princess Cruises offers its passengers the opportunity to escape completely to the top destinations around the globe on a fleet of 17 modern ships renowned for their innovative design and wide array of choices in dining, entertainment and amenities, all provided in an environment of exceptional customer service.

www.princess.com

Royal Caribbean International/Celebrity Cruises Ltd.

Royal Caribbean International was founded in 1969 and currently has a fleet of 21 ships. Our guests have an appetite for new experiences and an interest in activities that take them out of the ordinary, connect them with other people and enable them to explore new places and learn about other cultures.

www.royalcaribbean.com

LOCAL ORGANIZATION**Barbados Tourism Investment, Inc.**

The development agency of the Government of Barbados with special responsibility for facilitating investment in the tourism and hospitality sector in Barbados.

www.barbadostourisminvestment.com

Sustainable Travel International

Sustainable Travel International has been working with Caribbean destina-

tions since 2002 to generate tangible results and effect systemic change. Our holistic approach to sustainable tourism engages stakeholders through a strategic planning process that leads to innovative sustainable tourism initiatives and significant "triple bottom line" impacts.

www.sustainabletravel.com

Tourism Development Corporation

The Tourism Development Corporation is a private, non-profit organization that functions as an excellent catalyst for tourism development in Barbados by directing member contributions in support of qualified, sustainable overseas marketing and on-island product enhancement initiatives.

tourismdev@caribsurf.com

Tourism Enhancement Fund

The Tourism Enhancement Fund was established on May 1, 2005 for the sole purpose of implementing the recommendations emanating from the Master Plan for Sustainable Tourism Development, 2002. The Tourism Master Plan provides the framework in which the Tourism Enhancement Fund will fulfill its mandate of promoting growth and development in the tourism sector, encouraging better management of environmental resources in the island, enhancing the overall tourist experience, and providing for the sustainable development of the tourism sector.

lan.neita@tef.gov.jm

MARKETING COMPANY

BarkleyREI

A full service, interactive marketing agency that specializes in tourism and travel, consumer lifestyle brands, higher education and cultural and non-profit categories and provides digital branding, creative design, web and application development and online marketing.

www.rippleeffectsinteractive.com

Blue Group Media

We are an interactive marketing firm founded in 2004. We have spent the last few years creating amazing websites for our clients, and we are pretty good at it. We have partnered with organizations to help them increase sales, maximize marketing efforts, and ultimately grow their brands.

www.bluemediagroup.com

Burrell Communications Group, LLC

Burrell is one of the nation's leading marketing communications agencies. Founded in 1971, the company offers its clients advertising, public relations, promotions, digital campaigns and event marketing.

www.burrell.com

Development Counsellors International

DCI is the leader in marketing places. Since 1960, we have worked with 400+ destinations to help them attract both investors and visitors. We specialize in all areas of travel marketing including public relations, destination representation, travel trade marketing and MICE.

www.aboutdci.com

ISM. travel, leisure & lifestyle marketing.

We focus on marketing premier travel, leisure and lifestyle brands to the affluent consumer. Among the clients that have turned to ISM for our expertise and problem solving are Abercrombie & Kent, American Express, Barbados, Emirates, Four Seasons Hotels and Resorts, Harley-Davidson and the United Nations Foundation.

www.ismboston.com

Marketplace Excellence

Marketplace Excellence Corp. is a full service, integrated marketing firm committed to excellence in the fields of public relations, marketing and media coaching. At Marketplace Excellence, we assemble world class talent into a center of excellence that expedites the delivery of products and services to the global marketplace.

www.marketplaceexcellence.com

MMGY Global

We are America's leading marketing services company serving travel, leisure and entertainment clients. Our Insights group is widely acknowledged as the preeminent source of market intelligence on emerging business and leisure travel trends. The firm surveys leisure travellers annually in the Portrait of American Travelers (SM), and co-authors the quarterly travelhorizons™ survey with the U.S. Travel Association.

www.mmgycglobal.com

STR

STR is the recognized leader in hotel performance data and provides access to hotel research with regular and custom reports covering North America, Mexico and the Caribbean. STR offers reports covering daily and monthly hotel performance, forecasts, annual profitability, pipeline and census information.

www.str.com

MEDIA

BRANDING/GRAPHIC DESIGN

Opusseven, Inc.

Branding is our expertise. Using simple, yet effective tools – online, print, and visual media – we infuse the art of master story-telling into the latest technology. Your brand is showcased with the charisma, charm, and allure of an engaging story produced with the rich vibrancy of gripping special visuals.

www.opusseven.com

MAGAZINE

AFAR

Travel is changing. The world has grown smaller, more accessible, yet homogenized and less exotic. Today's travellers want to get beyond the superficial, the mass-produced, the mass-consumed, and the mass-experienced. They look for the authentic in people, places, and things. Introducing AFAR Media: for a different kind of travel.

www.afar.com

Bon Appétit

Bon Appétit focuses on what's current and stylish, while still providing readers with valuable cooking tools and tips. It's 'life through the lens of food'-cooking in, dining out culture, travel, entertainment, shopping, and design-and Bon Appétit is the only food lifestyle publication out there.

www.bonappetit.com

Bridal Guide

Six times a year in print and 24/7 on the web, Bridal Guide and bridalguid.com reach millions of brides-to-be with inspiring and practical ways to plan the wedding, honeymoon and new home of their dreams.

www.bridalguid.com

Caribbean Travel & Life

Caribbean Travel & Life provides a broad and deep package of inspiration and expert information to readers whose enthusiasm about traveling to the Caribbean goes beyond mere vacationing and amounts to an extension of their lifestyles.

<http://www.bonniercorp.com/brands/Caribbean-Travel-Life.html>

Dreamscapes Travel & Lifestyle Magazine

Canada's premier travel and lifestyle magazine, published 8 times a year with an average readership of 265,000.

www.dreamscapes.ca

Essence Communications

Essence is the voice for Black women. The magazine celebrates Black women unique style and beauty, drive her cultural conversation and inspire her to action and achievement. Essence shows Black women how to live without limits.

www.essence.com

Robb Report Magazine

Since its 1976 launch as a newsletter for Rolls-Royce owners, Robb Report has set the standard for evoking the passions and products that shape the personal and business lives of the ultra-affluent. Provocative writing and rich photography capture the essence of life lived to the fullest by active, vibrant individuals.

www.robbreport.com

NEWSPAPER

Metro US

The #6 largest newspaper in the nation, #1 worldwide, with US editions in over 100 cities. \$1 in New York, Boston and Philadelphia. Official partner of Fodor's Travel.

www.metro.us

New York Post

The New York Post is the preeminent daily newspaper in New York. Readers love the Tuesday travel section, best sports coverage, awards winning business news, page six and the entertainment.
www.nypost.com

The New York Times

For over 150 years, reading The New York Times has been an important part of every day for a large audience of influential consumers. And that high level of reader engagement and loyalty continues today, making The Times one of the most attractive advertising opportunities anywhere.
www.nytimes.com

PROGRAMME PRODUCER

Gabriela Moennig

Production of half an hour shows for TV or 'on demand', e.g. Africans or Asians based in the Caribbean, or Caribbean people living in Germany. Preferably stories that link the Caribbean with the rest of the world.
www.bio-film.com/en

WEBSITE (INFORMATIONAL)

MarryCaribbean.com

MarryCaribbean.com is the best single source for all couples planning to honeymoon or get married in the Caribbean. MarryCaribbean harnesses a unique marketing approach and heightens visibility and brand exposure through timely editorial and leverage from strategic alliances. We are an advocate for all things Caribbean and the voice of authority in the travel/honeymoon market.
www.MarryCaribbean.com

PUBLIC RELATIONS AGENCY

Adams Unlimited

Adams Unlimited is a dynamic, boutique marketing communications agency that provides personalized service to a select group of clients. Based in New York City, the media capital of the world, Adams Unlimited has 24 years experience in travel and hospitality public relations and marketing.
www.adams-pr.com

Argyle Communications

Argyle Communications is an award-winning Canadian public relations, digital communications and consumer marketing firm. Headquartered in Toronto since 1979, Argyle's specialties include travel and tourism, consumer goods, corporate and financial communications, health and wellness and public affairs.
www.argylecommunications.com

Cheryl Andrews Marketing Communications

A leader in travel, hospitality, luxury and real estate PR with over 20 years of success, CAMC has built a reputation for quality service, not because we say so, but because our impact on our clients' revenues proves it.
www.cam-pr.com

Laura Davidson Public Relations

LDPR is an innovative travel and lifestyle public relations agency based in New York City. We work with prestigious clients from around the globe including destinations, tour companies, private islands, hotels and resorts. Our unique culture is defined by our collaborative, strategic and creative approach to working with clients and the media.
www.ldpr.com

Lou Hammond & Associates

Established in 1984, Lou Hammond & Associates (LH&A) has dedicated its resources, energies and talents to serving the premium lifestyle industry worldwide. Through strategic communications programs that emphasize swift action, creative solutions and a global perspective, LH&A has earned the respect of the media and its long-term client base for its work in the travel, consumer products/design, food and wine, fashion, real estate and hospitality sectors — building a reputation for service, reliability and unmatched flair.
www.louhammond.com

Quinn + Company

Quinn + Co. is an award-winning NYC-based public relations agency that specializes in food, wine + spirits, real estate and travel. We rank among the top 10 travel PR firms and among the top 15 professional services (including real estate) public relations companies in the US.
www.quinnandco.com

The Atrebor Group Inc.

An award winning agency with around-the-clock services, a multilingual staff and a true understanding for the art of public relations. With a keen understanding of the development process of comprehensive, strategic marketing campaigns that succeed in enhancing image and building business, we offer our clients targeted, value-driven services.
www.atreborgroup.com

REAL ESTATE DEVELOPMENT COMPANY

Christophe Harbour Development Company

Undiscovered. Destined to be Unsurpassed. Set on the Eastern Caribbean isle of St. Kitts, Christophe Harbour promises an island life enhanced by exclusive amenities, services guided by expert hands, experiences made authentic by Kittitian heritage, and rare Caribbean real estate opportunities unmatched in the region.
www.christopheharbour.com

TELECOMMUNICATIONS COMPANY

AGC Roaming

The company's "RoamPal" service permits denied roamers to establish a prepaid account and use the networks of visited wireless carriers.
www.roampal.com

TOUR OPERATOR/TRAVEL PACKAGER

Caribbean Travel Network

Caribbean Travel Network operates the region's largest network of travel websites, offering online bookings for hotel, flights and car rentals across the Caribbean.
www.caribbeantravelnetwork.com

TravelSpan Vacations

TravelSpan is an air travel company with a difference. With over 15 years of experience and thousands of satisfied passengers, TravelSpan is an established tour operator specializing in discounted airfares and vacation packages to the Dominican Republic, Guyana, Trinidad & Tobago and throughout the Caribbean.
www.travelspan.com

TRAVEL AGENCY

CruiseOne

CruiseOne is the premiere company for cruise and land vacations. We continually win awards from all major cruise lines and our propriety booking and reservation system is incomparable. We offer passengers the best price guarantee.
www.MyCruiseOnline.com

Dream Vacations Unlimited, LLC

We are a full service travel company, therefore we can provide information on your best air, car, hotel, rail and cruise options. We have preferred relationships with suppliers and can provide ways to receive value added discounts from them.
www.dreamvacationsunlimitedllc.com

Indar Weir Travel Centre

Since its opening on October 1st 1997 the IWTC has been providing travel services of the highest standards to leisure & corporate travelers. Our expertise includes: Destination management, travel agency, group & sports tours, weddings, incentive travel, cruises, meetings & logistic services.
www.caribbeanvacationsonline.com

Jadd Fong Travel

A professional registered company in the state of New York, providing cruises, vacation packages, car rental, airline bookings, hotel & rail but specializes in Caribbean Travel.
www.jaddfongtraveldeals.com

TOURISM AGENCY

IRT

L'île de La Réunion Tourisme (IRT), the agency responsible for tourism in La Réunion, is an 'Association' in conformity with the French law of 1901, benefits from European funding and receives support from private sector providers as part of partnership agreements.
www.reunion.fr

GETTING THERE

Getting to the Caribbean from the United States and Canada is relatively easy. Check with individual airlines for current routes and airfares. More information may be obtained at www.CaribbeanTravel.com. The following list was accurate at the time of the printing of this publication and is subject to change without notice.

From the USA:

AMERICAN AIRLINES	AIR JAMAICA	DELTA AIR LINES
ASERCA	CAYMAN AIRWAYS	JETBLUE AIRWAYS
BAHAMASAIR	CONVIASA AIRLINES	SPIRIT AIRLINES
CARIBBEAN AIRLINES	COPA AIRLINES	TACA AIRLINES

Here is a sampling of airlines that operate **intra-Caribbean**, and some that have service between **Latin America** and the **Caribbean**.

ISLAND CHARTER	FLY MONTSERRAT	ST. BARTHS COMMUTER
ABACO AIR	GOL	SUN COUNTRY
AEROPOSTAL	GRENADINES AIRWAYS	SURINAME AIRWAYS
AIR ANGUILLA	INSEL AIR	SVG AIR
AIR TURKS & CAICOS	INTER-ISLAND AIR	TIARA AIR
AMERICAN EAGLE	ISLA NENA	TRANSANGUILLA
AVIANCA	LIAT	TROPIC AIR
BVI AIRWAYS	MAYA ISLAND AIR	UNIVERSAL AIRLINES
CAPE AIR	MIAMI AIR	WINAIR
CUBANA AIRLINES	SEABORNE AIRLINES	VENEZOLANA
DUTCH ANTILLEAN EXPRESS	SKY SERVICES	VIEQUES AIR LINK

Service from Canada can either be Charter or scheduled. Charter operators are:

AIR CANADA VACATIONS	TRANSAT*	SUNQUEST VACATIONS*
WESTJET	SIGNATURE*	SUNWING

Scheduled** service from Canada is provided by:

AIR CANADA	JAMAICA	UNITED AIRLINES
AMERICAN AIRLINES	CUBANA AIRLINES	US AIRWAYS
CARIBBEAN AIRLINES / AIR	DELTA AIR LINES	WESTJET

* Charters could be SkyService, Transat, Canjet

** Scheduled air via USA, except Air Canada, Cubana, Caribbean Airlines / Air Jamaica and Westjet

Book Your Next Caribbean vacation using a Caribbean Specialist travel agent. Contact us to find one in your area. 212-635-9530 - CTony@caribtourism.com

GET TO ISLAND TIME IN NO TIME.

Escape to a slower pace by booking your Caribbean vacation package with JetBlue Getaways. Save on flights, hotels, wheels and more by visiting jetblue.com/vacations

jetBlue
GETAWAYS



There has never been a better time for **The Caribbean** *find your place*

With more than 30 Caribbean countries, you can find the perfect haven just for you. Whether you're seeking serenity, activity or both, the Caribbean has it. And to help you find it, we have created a website that has all the information you'll need to plan and enjoy your trip. For more information, call your travel agent or visit us at www.CaribbeanTravel.com.

ANGUILLA: IVisitAnguilla.com

ANTIGUA & BARBUDA: Antigua-Barbuda.org

ARUBA: Aruba.com

BAHAMAS: Bahamas.com

BARBADOS: VisitBarbados.org

BELIZE: TravelBelize.org

BERMUDA: GoToBermuda.com

BONAIRE: TourismBonaire.com

BRITISH VIRGIN ISLANDS: bvitourism.com

CAYMAN ISLANDS: CaymanIslands.ky

CUBA (Spanish): Cubatravel.cu/otroe

CURAÇAO: Curacao.com

DOMINICA: DiscoverDominica.com

GRENADA: GrenadaGrenadines.com

GUADELOUPE: LesilesdeGuadeloupe.com

GUYANA: Guyana-Tourism.com

HAITI: VisitHaiti.gouv.ht

JAMAICA: VisitJamaica.com

MARTINIQUE: Martinique.org

MONTSERRAT: VisitMontserrat.com

NEVIS: NevisIsland.com

PUERTO RICO: SeePuertoRico.com

SAINT LUCIA: StLuciaNow.com

ST. EUSTATIUS: StatiaTourism.com

ST. KITTS: StKittsTourism.kn

ST. MAARTEN: VacationStMaarten.com

ST. MARTIN: St-Martin.org

ST. VINCENT & THE GRENADINES: DiscoverSVG.com

TRINIDAD & TOBAGO: GoTrinidadAndTobago.com

TURKS & CAICOS ISLANDS: TurksAndCaicosTourism.com

UNITED STATES VIRGIN ISLANDS: .VisitUSVI.com

VENEZUELA (Spanish): Mintur.gob.ve



www.CaribbeanTravel.com