

BARBADOS



MARCH 27 UNTIL APRIL 02 2023  
SOUP BOWL BATHSHEBA  
WSL  
MEN'S & WOMEN'S Q\$5000

BARBADOS  
SURF  
PRO



# BARBADOS

The island of **Barbados** offers a unique Caribbean experience steeped in rich history and colourful culture, and rooted in remarkable landscapes. Barbados is the home of two of the three remaining **Jacobean Mansions** left in the Western hemisphere, as well as fully functional rum distilleries. In fact, this island is known as **the birthplace of rum**, commercially producing and bottling the spirit since the 1700s. Each year, Barbados hosts several world-class events including the annual **Barbados Food and Rum Festival**; the annual **Barbados Reggae Festival**; and the annual **Crop Over Festival**, where celebrities such as Lewis Hamilton and its very own Rihanna are often spotted. Accommodations are wide and varied, ranging from picturesque plantation houses and villas to quaint bed and breakfast gems; prestigious international chains; and award-winning five-diamond resorts. In 2018, Barbados' accommodation sector captured **13 awards** in the Top Hotels Overall, Luxury, All-Inclusive, Small, Best Service, Bargain, and Romance categories of the **'Traveler's Choice Awards'**. And getting to paradise is a breeze: the Grantley Adams International Airport offers plenty non-stop and direct services from a growing number of U.S., U.K., Canadian, Caribbean, European, and Latin American gateways, making Barbados the true gateway to the Eastern Caribbean. Visit Barbados and experience why for two years in a row it won the prestigious **Star Winter Sun Destination Award** at the **'Travel Bulletin Star Awards'** in 2017 and 2018.



## SOUP BOWL

**AREA:** 21 miles long and 14 miles wide, with almost 800 miles of hard surface road.

## POPULATION:

About 280,000 people, making it one of the most densely populated countries in the world.



WELCOME TO **BARBADOS**

FOR MORE  
INFORMATION  
SCAN HERE





# GETTING TO BARBADOS

**GAIA (GRANTLEY ADAMS INTERNATIONAL AIRPORT)** is Barbados' only airport and the aviation hub of the Eastern Caribbean, handling daily flights to and from the other Caribbean islands connecting to major cities in the US, Canada, UK and Europe. Nonstop flights occur daily to London, Toronto, New York, and Miami as well as to most of our Caribbean neighbours.

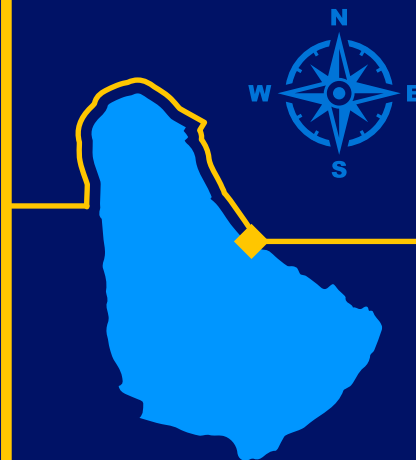
From 2004-2006, GAIA undertook a major terminal expansion and renovation project which saw us transform from a single terminal building into a two terminal facility with dedicated departures and arrivals terminals. These buildings are linked by a fresh, tent-themed architectural approach to take full advantage of our tropical climate, yet be totally functional and modern. These changes cater to increased aircraft and passenger arrivals and ensure the comfort of all users of the airport.



# SURF IN BARBADOS

## SOUP BOWL

**Soup Bowl** is located on the east coast of Barbados in the town of Bathsheba. Soup Bowl is a Right Break better known for its Heavy right Barrels. But Soup Bowl also has great punchy lefts on the smaller days with perfect little barrels and air sections. Soup Bowl is on the Windy Side of the Island but faces slightly more south and the wind tends to be more side shore making the faces of the wave clean even if the outside looks choppy. The current runs North up the Beach and is right where the channel is to paddle out, The beach is beautiful at Soup Bowl and the rocks are very sharp and full of sea urchins so tread lightly. Before you paddle out ask the locals about the line up and stay safe.



### THE WAVE @ SOUP BOWL

**Type:** Reef-rocky

**Direction:** Right with Short Lefts

**Bottom:** Reef

**Normal Length:** Short 50m

### TIDE, SWELL & WIND

**Good Swell Direction:** North East

**Good Wind Direction:** South West, South

**Swell Size:** Starts working at 1.0m-1.5m/3ft-5ft and holds up to 4m/10ft and over

**Best Tide Position:** All tides





# HOTELS

## ACCOMMODATION

They are options to stay on the east or any other part of the island. The east is a rural place and has a couple of hotels with beach house rentals available. If you wish to stay on any other part of the island it would be recommended to rent a vehicle. It is a 30 min drive from the west or the south of the island to Bathsheba. There is hardly any traffic through the middle and east of the island.

### ECO Lifestyle & Lodge

3-Star Hotel  
Tent Bay, Bathsheba BB21054, Barbados  
Tel: +1 (246) 433-9450  
[www.ecolifestylelodge.com](http://www.ecolifestylelodge.com)

### Atlantis Historic Inn

Tent Bay, St. Joseph,  
Barbados  
Tel: +1 (246) 433-9445  
[www.atlantishotelbarbados.com](http://www.atlantishotelbarbados.com)

### Santosha Barbados 3-Star Hotel

Windly Hill East Coast Road,  
St. Andrew BB25031, Barbados  
Tel: +1 (246) 422-7999  
[www.santoshabarbados.com](http://www.santoshabarbados.com)

### Round House

Bathsheba, St Joseph, Barbados  
Telephone:  
+1 (246) 433-9678 - Bar & Restaurant  
+1 (246) 433-9079 - Office  
+1 (246) 433-9079 - Fax  
Email: [roundhouse@caribsurf.com](mailto:roundhouse@caribsurf.com)  
[www.roundhousebarbados.com](http://www.roundhousebarbados.com)  
[facebook.com/roundhousebarbados](https://facebook.com/roundhousebarbados)  
@roundhousebarbados on Instagram

### Rest Haven Beach Cottages

Bathsheba, BB21054, Barbados  
Tel: +1 (246) 247-0069

### Sugar Cane Club Hotel

Maynards, St. Peter, Barbados  
Tel: +1 (246) 422-5026  
[www.sugarcaneclub.com](http://www.sugarcaneclub.com)

### Time Out Hotel

St Lawrence Gap, Oistins, Barbados  
Tel: +1 (246) 420-5021  
[www.timeoutbarbados.com](http://www.timeoutbarbados.com)

### Worthing Court Apartment Hotel

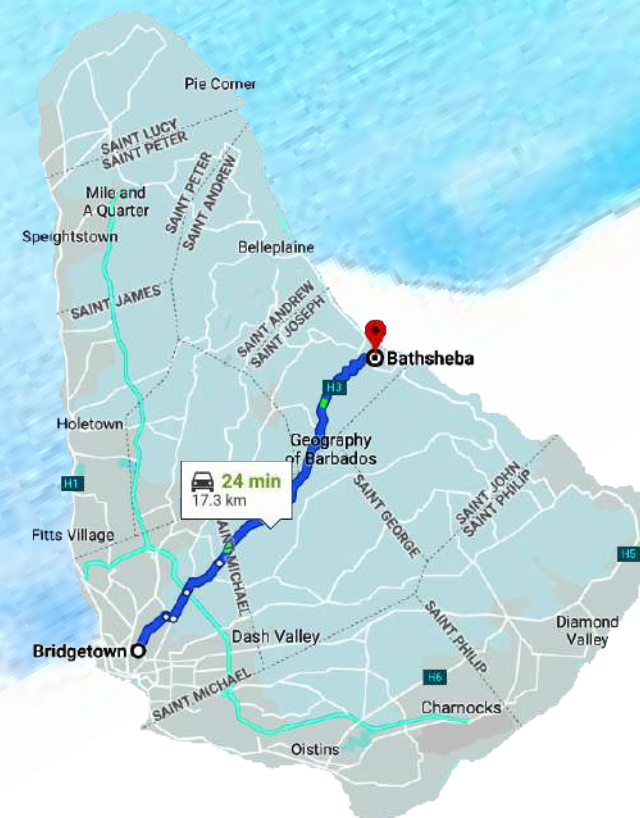
Worthing, Christ Church, Barbados  
Tel: +1 (246) 434-8400  
[www.worthingcourt.com](http://www.worthingcourt.com)

### Savannah Beach Hotel

Hastings Main Rd, Bridgetown, Barbados  
Tel: +1 (246) 434-3800  
[www.santoshabarbados.com](http://www.santoshabarbados.com)

### Naniki Cottages

Suriname, St. Joseph, Barbados  
Tel: +1 (246) 433-1300  
[www.nanikibarbados.com](http://www.nanikibarbados.com)





# GENERAL INFORMATION

**Language:** English

**Currency:** Barbados Dollars

**Local Time Zone:** UTC-4

**Country**

**Calling Code:** +246

**Travel**

**Adaptor:** Type A&B

## RESTAURANTS IN THE AREA

**Lunch available at contest site every day.**

### Zaccios on the East

Bathsheba, St. Joseph

[www.zacciosrestaurant.com/on-the-east](http://www.zacciosrestaurant.com/on-the-east)

Tel: +1 (246) 433-1317

### The Atlantis

Tent Bay, St. Joseph, Barbados

Tel: 1 (246) 433 9445

[www.atlantishotelbarbados.com](http://www.atlantishotelbarbados.com)

### ECO Lifestyle & Lodge

Tent Bay, Bathsheba, Barbados

Tel: +1 (246) 433-9450

[www.ecolifestylelodge.com](http://www.ecolifestylelodge.com)

### Dina's Bar

Main Road, Bathsheba, Barbados

Tel: +1 (246) 433-9726

### Sea View Bar

HillCrest, Bathsheba, St. Joseph

Tel: +1 (246) 821-4103

### Round House

Bathsheba, St. Joseph, Barbados

Tel: +1 (246) 433-9678

[www.roundhousebarbados.com](http://www.roundhousebarbados.com)

### PEG Farm and Nature Reserve

(TRANSPORT NEEDED)

Easy Hall Plantation, Easy Hall, Barbados

Tel: +1 (246) 433-9806

[www.pegbarbados.com](http://www.pegbarbados.com)

### Zemi East Coast Cafe

Community Centre, HillCrest,

Bathsheba, St. Joseph

Tel: +1 (246) 288-7162

### De Garage Bar

Tent Bay, Bathsheba, Barbados

Tel: +1 (246) 433-9521

### Uncle Joe's Bar & Grill

Bathsheba, St. Joseph

Tel: +1 (246) 622-5637

## EMERGENCY PHONE NUMBERS

### BARBADOS COAST GUARD

VHF Channel 16, call code 8 PAPA ZULU, or Phone: +1 (246) 427-8819

**AMBULANCE** - Dial 511 | **FIRE** - Dial 311 | **POLICE** - Dial 211

### HYPERBARIC CHAMBER • SCUBA DIVING

Phone: +1 (246) 436-5483

## PHARMACIES

### Market Hill Dispensary

Highway 3, Barbados

Tel: +1 (246) 822-336

### Allington Pharmacy

Canewood Business Centre,

Canewood Rd,

Barbados

Tel: +1 (246) 622-2070

## HOSPITALS

### The Queen Elizabeth

**Hospital - QEH**

Martindale's Road,

Bridgetown, Barbados

Tel: +1 (246) 436-6450

### Bayview Hospital

Martindale's Road,

Bridgetown, Barbados

Tel: +1 (246) 436-5446

## SURF SHOPS

### Surf Shak Barbados

Surf Shak is the largest

Surf/Lifestyle Shop chain in

Barbados with five locations:

Quayside, Sheraton Mall,

Sky Mall, Welches &

Speightstown

### Smiley's Surf Shop

Brigade House, The Garrison,

St. Michael, Barbados

Tel: +1 (246) 289-3559

[smileysurfshop@hotmail.com](mailto:smileysurfshop@hotmail.com)

### NKM Clothing Barbados

Coconut Walk,

Hastings Main Rd.,

Christ Church, Barbados

Open Mon-Fri 9-5pm Sat 9-2pm

Tel: +1 (246) 435-8648

### Dread Or Dead Surf

Hastings Main Rd.,

Bridgetown, Barbados

Phone: +1 (246) 228-4785

### Paddle Barbados

Aquatic Gap,

Bridgetown, Barbados

Phone: +1 (246) 249-2787

## BOARD REPAIRS

### Dread Or Dead Surf

Hastings Main Rd.,

Bridgetown, Barbados

Tel: +1 (246) 228-4785

### Rapo Surfboards

Tel: +1 (246) 232-9180



# GENERAL INFORMATION

## GOOD TIPS

### Don't Wear Camouflage

That military pattern may be on-trend in the world of fashion, but you'd better leave any camouflage-wear at home if you're Barbados bound. It's actually illegal for anyone but the Barbados Defense Force to do this style here. Even toddlers in cute pink camo shorts are prohibited. Seriously. Visitors have had contraband camouflage clothing confiscated at the airport and have been denied entry at some attractions for this unwitting offense. You may not be arrested if you're caught in an army fatigue bikini, but you may be asked to change.

### Don't Sunbathe Topless

This isn't the French riviera or Miami's South Beach. Barbados is a modest country where "clothing optional" isn't an option. Public nudism is actually against the law here, so don't try to sneak a full tan job while out by the pool. Furthermore, the locals prefer you to keep beachwear at the pool or beach. Don't go strolling around town or expect to sit at a non-beach restaurant in your trunks or bikini top. Cover up appropriately, please.

### Don't Light a Fire on the Beach

As tempting as it may be to sing "Kumbaya" around a campfire on the beach, toasted marshmallows and all, it's really not permitted in Barbados. You do occasionally see locals doing it for special events (a January Christmas tree burning at Surfer's Bay is popular) but this is mostly on out-of-the-way beaches where the authorities turn a blind eye. Best not to collect drift wood and light a match on the beach outside your hotel, though. You might be able to enjoy a tourist bonfire at the Hilton or Harbour Lights, or see the fishermen fanning the flames on the sands at Oistins.

### Don't Forget, They Drive on the Left

Like their British colonial forefathers, Barbadians drive on the left hand side of the road. American, Canadian and other "right side" tourists might need a day to acclimatize to this when renting a car for their trip. Also, look both ways when crossing the road as your instincts might be a bit off.

### Don't Touch the Manchineel Fruit

Those big shady trees with the little green apples look inviting and harmless enough, but manchineels are toxic. You don't want to touch any fruit on the ground, or even sit under the boughs during a rain shower. These trees contain a milky sap that can blister the skin on contact and cause blindness if rubbed in the eye. In fact, the Caribs used to use this on their poison arrows. Many manchineel trees on Barbados beaches have a warning sign on them or are painted with a red ring, but not all.

## AIRLINES

**Air Canada** • 1 (246) 428-1635 • [www.aircanada.com](http://www.aircanada.com)

**American Airlines** • 1-800-433-7300 • [www.aa.com](http://www.aa.com)

**Avianca** • 1-800-284-2622 • [www.avianca.com](http://www.avianca.com)

**British Airways** • 1 (246) 428-0908 • [www.britishairways.com](http://www.britishairways.com)

**Caribbean Airlines** • 1-800-744-2225 • [www.caribbean-airlines.com](http://www.caribbean-airlines.com)

**Condor** • 1-866-960-7915 • [www.condor.com](http://www.condor.com)

**Delta** • 1-800-221-1212 • [www.delta.com](http://www.delta.com)

**Executive Air** • 1 (246) 428-3271 • [www.eaairlines.com](http://www.eaairlines.com)

**Jet Blue** • 1-800-538-2583 • [www.jetblue.com](http://www.jetblue.com)

**Liat** • 1-888-844-5428 • [www.liatairline.com](http://www.liatairline.com)

**Virgin Atlantic** • 1-800-862-8621 • [www.virgin-atlantic.com](http://www.virgin-atlantic.com)

**West Jet** • 1-877-737-7001 • [www.westjet.com](http://www.westjet.com)



# THINGS TO DO

## The time of your life is waiting

### ACCOMMODATIONS

Major Hotel Brands:  
Marriott, Hilton, Sandals, Fairmont

Luxury EP and  
All-inclusive Hotels

Boutique Bed  
and Breakfast

Villas



### HOTELS

- 1 Colony Club by Elegant Hotels/Marriott
- 2 Port Ferdinand Luxury Villas
- 3 The Crane Resort
- 4 Sandals Royal Barbados
- 5 Turtle Beach by Elegant Hotels/Marriott
- 6 O2 Beach Club & Spa
- 7 Bougainvillea Beach Hotel

### GASTRONOMY

- 1 Cuz Fish Shack
- 2 The Cliff
- 3 Oistins Fish Fry
- 4 The Lone Star
- 5 The Fish Pot
- 6 Daphne's

### HISTORY

- 1 Nidhe Israel Musuem
- 2 Garrison Clock Tower
- 3 George Washington House
- 4 St. Nicholas Abbey

### ATTRACTIONS

- 1 Andromeda Botanical Gardens
- 2 Harrison's Cave
- 3 Gun Hill
- 4 Atlantis Submarines
- 5 Mount Gay Rum Distillery

### GOLF COURSES

- 1 Apes Hill Club
- 2 Barbados Golf Club
- 3 Rockley Golf and Country Club
- 4 Royal Westmoreland Golf Club
- 5 Sandy Lane Golf Club -  
The Green Monkey and Old Nine



# THINGS TO DO



## Wellness and Soft Adventure

### REJUVENATE MIND, BODY AND SOUL WITH TRANSFORMATIVE EXPERIENCES IN BARBADOS.

- Spa Treatments
- Paddle Board Yoga

**Barbados offers a number of exciting diversions to satisfy even the most adventurous soul.**

- Hiking
- Snorkeling
- Biking Trails
- Scuba Diving
- Island Safari
- Surfing and Kite Surfing

**Heal your mind, body and soul with the warm touch of Barbadian white sands under your feet and a gentle tropical breeze playing across your brow.**

And at dusk, you'll witness the serene beauty of our everyday miracle as the sun slips into the sea on our western horizon.

The boutique clubs and spas of Barbados increase this balance and harmony, setting you free from the stresses and strains of daily routine and the obligation of being tied to the grid. We offer you a VIP pass to some of the most luxurious and best spa resorts in the world, where you can rejuvenate in nutrient-rich plunge pools, indulge in a massage or hot tub experience, and receive the pampering you deserve to look and feel your very best.

For those with an adventurous side, Barbados offers a number of exciting diversions for you!

Offshore; the ocean beckons with the call of deep sea fishing or a diving expedition. Closer in, you can also enjoy jet skiing, kite & windsurfing, stand-up paddle boarding, snorkeling and swimming with the turtles. And for those who wish to see the marine life without getting wet, dive right in with the Atlantis Submarine!

Inland, the diverse terrain of the island offers a number of activities to enjoy, including hiking & biking trails, exploring our wild side in a safari jeep or spelunking the water carved caverns of Harrison's Cave.

No matter what brings you to our famous Caribbean island, your perfect combination of adventure and relaxation will be just a booking away.

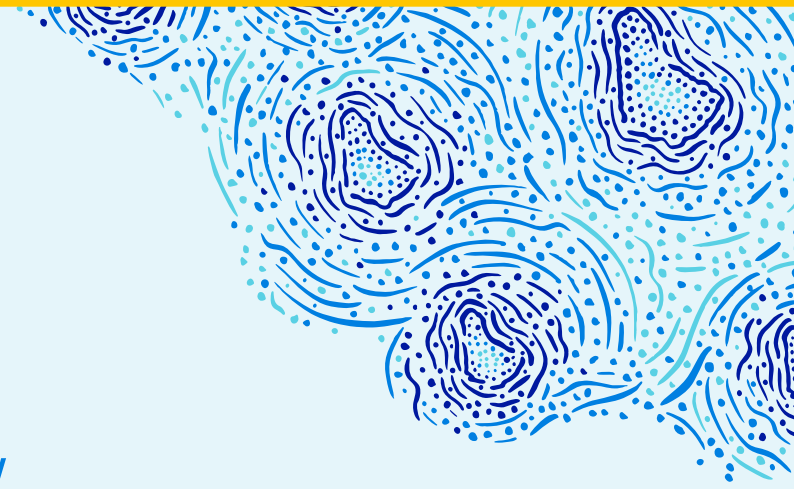
---

Indulge in your escape and restore your calm. Take all the time you need.



# THINGS TO DO

## 50 Reasons to visit Barbados Pt1



### FOOD & DRINK

- 1 Visit Oistin's Fish Fry on Friday nights
- 2 Sample locally grown fruit
- 3 Enjoy a traditional 'Cutter' from Cuz's Fish Shack
- 4 Taste local delicacies like 'Bread and Two' (fresh salt bread and fishcakes)
- 5 Quench your thirst with an island brewed, ice cold Banks Beer
- 6 Appreciate the sweet taste of a Bajan sno-cone
- 7 Enjoy some Saturday morning Pudding & Souse
- 8 Drink coconut water from a freshly picked coconut
- 9 Sample our national dish, Cou-Cou and Flying Fish
- 10 Tickle your palate with unique flavour of a roasted breadfruit from Yelluh Meat!
- 11 Take the Mount Gay Rum Tour and sample the world's oldest rum

### HISTORY

- 12 Learn about Bajan cricket at the Legends of Barbados Cricket Museum
- 13 Visit Bridgetown a UNESCO World Heritage Site
- 14 Visit beautifully restored Plantation Houses across the island
- 15 Watch the changing of the guard at the Historic Garrison Clock Tower
- 16 Have dinner with George, at The George Washington House
- 17 Take a selfie at our 50th Anniversary Monument at the Historic Garrison Savannah

### CULTURE

- 18 Visit the childhood home of our International Superstar – Rihanna
- 19 'Jump' all night at 'Fore Day Morning'
- 20 Then, 'Jump' all day at Grand Kadooment
- 21 Soak up the sounds of calypso music at bars and nightclubs across the island
- 22 Join the locals and other visitors as they give thanks and praise, during Gospelfest 2020



# THINGS TO DO

## 50 Reasons to visit Barbados Pt2



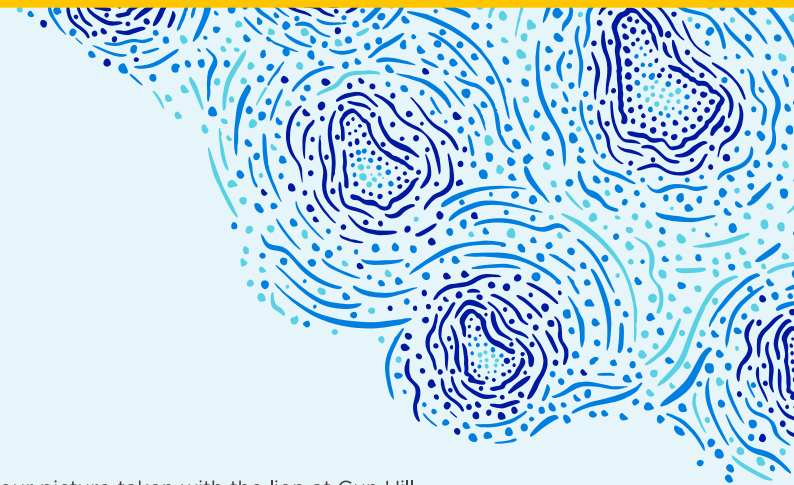
### SPORTS

- 23 Place a bet during Saturday horse racing at The Historic Garrison Savannah
- 24 Visit the Mecca of cricket, Kensington Oval
- 25 Stomp divots during a polo match at the Holders Polo Club
- 26 Go horse riding along Morgan Lewis Beach
- 27 Explore amazing reefs and wrecks with day/night dives
- 28 Try a yoga class on a paddle board in the ocean
- 29 Get your adrenaline going at Bushy Park Racing Circuit
- 30 Learn to kite/board surf at Silver Sands and Bathsheba
- 31 Participate in the Run Barbados Marathon Series every December
- 32 Set sail during the Mount Gay Round Barbados Race in January
- 33 Try your hand at road tennis, our indigenous sport

### ATTRACTIONS & ACTIVITIES

- 34 Experience the wonderful flora when you take a stroll through the Andromeda Botanical Gardens

- 35 Have your picture taken with the lion at Gun Hill
- 36 Experience our number one natural attraction, Harrison's Cave
- 37 Walk the plank with pirates on the Barbados Black Pearl Party Cruise
- 38 Visit some of the 1,200 rum shops across the island and join in a karaoke session
- 39 Swim with turtles
- 40 Enjoy a sunset from any of our West Coast Beaches
- 41 Take a journey on the St. Nicholas Abbey Heritage Railway
- 42 Hire a private catamaran for the day
- 43 Plunge in the invigorating Bathsheba Pools on the island's East Coast
- 44 Go off-road on an island safari
- 45 Experience a unique underwater adventure on the Atlantis Submarine
- 46 Watch race horses swimming at dawn at Pebbles and Brandons beaches
- 47 Experience a natural hot tub at the Hot Pot in Brandons
- 48 Take advantage of the duty free shopping in Bridgetown and at Limegrove Lifestyle Centre
- 49 Join the locals at an early Saturday morning market
- 50 Stroll along the boardwalk which hugs the South Coast





# CONTACT US

## BARBADOS

**WEBSITE:** [www.visitbarbados.org](http://www.visitbarbados.org)

 [www.facebook.com/VisitBarbados](https://www.facebook.com/VisitBarbados) (Visit Barbados)

 [www.instagram.com/visitbarbados/](https://www.instagram.com/visitbarbados/) (@visitbarbados)

 @Barbados

 @BarbadosTourism

### SURF PROMOTIONS BARBADOS CONTACT

**WEBSITE:** [www.barbadossurfpro.com](http://www.barbadossurfpro.com)

**EMAIL:** [admin@barbadossurfpro.com](mailto:admin@barbadossurfpro.com)

**CHRISTOPHER CLARKE:** +1 (246) 266-0842

**LOUIS VENEZIA:** +1 (246) 230-4681

 @SurfPromotionsBarbados

 @surfpromotionsbarbados



# HOME IS WHERE THE WAVES ARE