



Undersea Odyssey Tours

The experiences on UnderSea Odyssey Tours are all exclusive, family oriented, romantic, relaxing and fun. They are tailored to reflect who we are, and what this beautiful Island means. Come share them with us!

4 HR SNORKEL ODYSSEY

Families or couples can enjoy a trip to Bird Island, go for a short hike, then snorkeling. After spending time with the marine, hors d'oeuvres are served on board. Then, across to the west coast, to enjoy Antigua's coastal views and historic landmarks. Plus swim in the beautiful waters, at a secluded beach and stroll along the sands. Fruits are offered as we make our way back.

2.5 HR SUNSET ODYSSEY

This Experience is for the Romantic at heart. Couples can take a trip along the west coast, where you can enjoy the coastal views. Up close views can be seen of our historical landmarks. Then, you will be taken to a secluded beach, where you can de-board, swim and a stroll along the beach. Perhaps, you may prefer staying onboard and enjoy hors d'oeuvres. As the sunsets, you can toast to your love, and the splendor of our Island. Bubbly is served on all of our Experiences, and the Bar is OPEN!

Tel: +1(268) 464-1041 Email:underseaodysseytours@gmail.com Website: www.underSeaOdysseyTours.com





Stingray City Antigua Snorkel Adventure will leave you with memories that will last a time. Southern Rays are friendly and gentle creatures and are considered in the Caribbean. Enjoy the unique experience of touching and feeding a Stingray, together with snorkelling amongst magnificent coral reefs and colourful tropical fish.

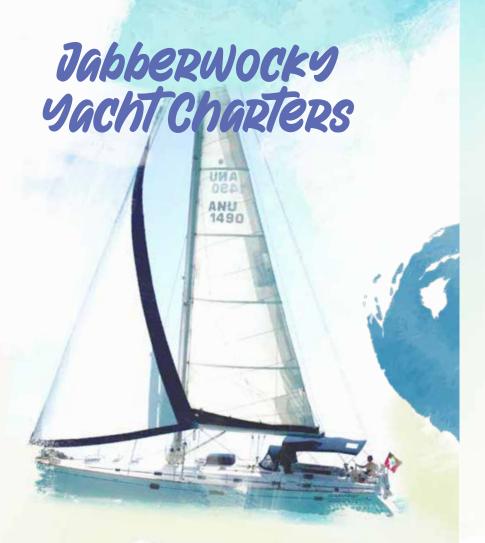
The Southern Ray is known as the puppy dog of the sea, always looking for attention and a snack. The rays' sting is a boney spine in the tail that cannot be used in an offensive manner. It is strictly used as a defensive tool to protect itself from predators while sleeping or relaxing.

The friendly and competent guides will brief you on how to handle the rays and at no time will you be at any risk. In fact, quite the opposite; in the wink of an eye, you will find yourself spellbound by their gracefulness and beauty, and you will find yourself among the thousands of people who return home wanting to come back.

CONTACT

Tel: +1(268) 562-7297 Fax (268) 562-7806 Email: stingray@candw.ag Website: www.stingraycityantigua.com





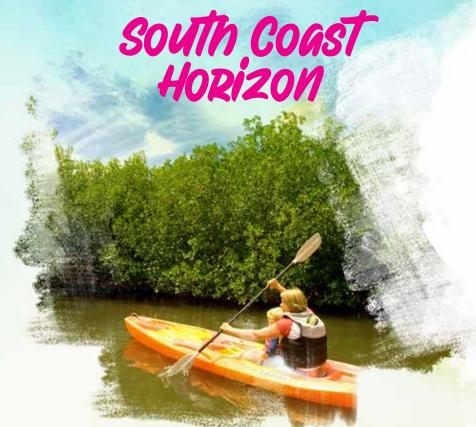
Sailing in Antigua with Jabberwocky Yacht Charter is a wonderful way to discover the island and experience the thrill of sailing. Jabberwocky Yacht Charter offers day charter and sailing excursions and sunset trips around the turquoise waters of Antigua.

Term Charters for longer sailing trips is also an option for those seeking a special vacation experience.

Jabberwocky is available for private boat hire for a day trip or for two or three day trips or even a week charter. A chance to enjoy sailing, snorkelling, swimming and sunbathing whilst touring the coast of Antigua and discovering the hidden secrets of the island.

Tel: +1(268) 764-0595 or Nick (268) 779-8198 Fax (268) 562-4075 Website: www.adventurecaribbean.com





Enjoy the peaceful beauty of South Coast Horizon, located on the south coast of Antigua. It is locked in between the mountain range of Mount Obama (formerly Boggy Peak), in the north, and the Caribbean Sea in the south, with Guadeloupe, Dominica, Montserrat and Redonda on the horizon. You start your morning looking at the rays of the sun over the hilltops. During the day you may laze on the beach, snorkel at Cades Reef, or find a variety of other activities in the area to add to your vacation fun. You can choose to do a tour of our palm garden -8 species-, our walk- through bird cage, and pyramid park. Or take our eco-tour of the lagoon ending in a hike on Goats Head hill.

ON THE ECO-TOUR

The activities at South Coast Horizon are carefully planned to preserve, protect and enhance the marine environment and surrounding area. Cades Reef, Antigua's biggest coral reef, lies a short quarter of a mile south of our beach, and our snorkelling adventure takes you there. We also run our own fantasy eco tour through the mangroves of the lagoon for guests as well as visitors to South Coast Horizon. The view of the Caribbean Sea is punctuated only by the lush tranquillity of the lagoon and Goat Head Hill.

Tel: +1(268) 562-4074 Fax (268) 562-7045 Email: admin@southcoasthorizon.com Website: www.southcoasthorizons.com



nicholson Yacht Charters



Nicholson Yacht Charters and Services Antigua are proud to share the fact that we are the oldest charter company in the Caribbean and one of the leaders, with a proven track record of exceptional customer service. We will go the extra mile to get you to your chosen destination and believe the old saying that the 'customer is always right.'

For professional and qualified Captains and crew and exceptional meals cooked by trained chefs, you really have found the perfect choice in Nicholson Charters. As we have been in the business of yacht charters since 1949, you can be assured of our attention to detail and our in depth knowledge of all the areas we sail.

₩

Tel: +1(268) 460-1530 or (305) 433-5533 Email: nicholson@candw.ag /info@nicholsoncharters.com Website: www.nicholson-charters.com





Palm fringed white beaches, warm clear waters, tasty Caribbean dishes and friendly local crew - Ondeck has boating experiences to suit everyone from 8 to 80+. You are encouraged to participate in our sailing events if you wish and can even drive the yacht yourself.

Whether it's taking part in the Antigua Yacht Race Experience, sipping Champagne on a Sunset Cruise, enjoying a snorkel and beach stop on our day or half-day cruises, there is no other company like us on Antigua so take the helm and sail away. We guarantee you will go home with more than just a suntan! Places are strictly limited to ensure a high quality experience.

We also offer a full range of Caribbean sailing events including all of the major Caribbean Regattas including Antigua Sailing Week, as well as Caribbean Cruising, Corporate incentives and Transatlantic Sailing.

Tel: +1(268) 562-6696 Email: antigua@ondecksailing.com Website: www.ondecksailing.com/antigua





Kitesurf Antigua is the island's number one choice for kite surfing. With over 10 years of experience they have the best teaching location and their friendly instructors are always ready to provide you with a safe and fun learning experience. Located on the beautiful Jabberwock Beach, the warm tradewinds blow here from the months of December through August and they are open as long as the breeze is up.

The beach is over a quarter mile long with side-on wind directions that offer a safe haven for learners and some 'bump and jump' conditions further upwind for the more experienced riders. With lots of beach space for practicing the important skills of rigging, launching and landing your kites, Jabberwock Beach is the safest and most comfortable beach on the island to learn kiting. Kitesurf Antigua has two packages that they offer to beginners. The Beginner Special is a 4hr crash course that covers all the basics like kite theory, rigging, kite control, launching and landing, safety, and body dragging.

The second package is the 10 hour Clinic (done over 3 days) and takes you through everything in the Beginner Special before moving onto water starting and riding.



Imagine sailing off to a deserted tropical island... Feel the sun on your skin and the wind in your hair as you sail through the Caribbean Sea towards paradise.

Snorkel in crystal clear waters before enjoying an Alfresco lunch with your new found friends. Who said dreams never come true? Indulge in your dreams with a day aboard one of our fleet of catamarans which cruise gracefully around the island of Antigua daily.

Whether you want a lazy day lying back in the breeze, or an action packed day of snorkelling and swimming, we can do it all, with the back drop of great music, tasty food and excellent company.

Choose from a circumnavigation, Bird Island, Cades Reef, or charter us for your private party or group and we go where you take us!

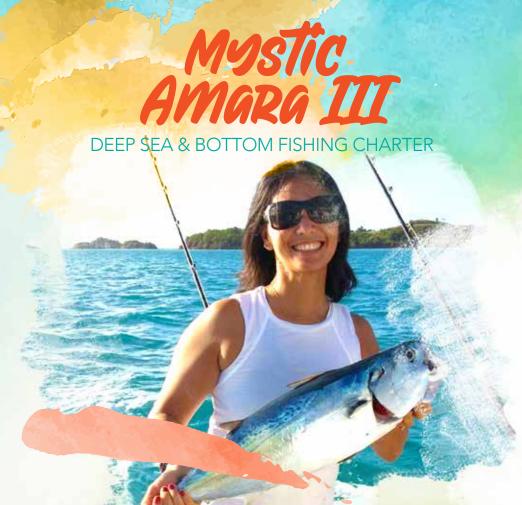


CONTACT





Tel: +1(268) 720-5483 info@kitesurfantigua.com www.kitesurfantigua.com



Fishing Antigua Mystic Amara Fishing Charters is based out of Jolly Harbour, and run deep sea and bottom fishing charters year round. Captain Leroy has more than 20 years experience under his belt and can show you the best spots for a range of fish that can be found in Antigua's waters.

You will be fishing aboard the Mystic Amara III which is a 31' Bertram Sport-fisher, powered by two 200HP Volvo engines. As well as all the necessary safety and navigation equipment, the boat also has a cooler on board and a private head for those longer trips. There is plenty of space for up to six people, and the captain provides bottled water, soda, and beer for your pleasure.

The price includes all necessary rods, reels, and terminal tackle, as well as the required fishing licenses. Make sure to bring a pair of polarized sunglasses, as well as a camera to show off your catch, and also because the views are sure to take your breath away.

4 Hours US\$550 | 6 Hours US\$750 | 8 Hours US\$900 12 Hour Marlin Charter US\$1,100

Maximum of 6 Persons, we keep the tour small & friendly

Tel: +1(268) 464-7112 or (268) 764 FISH (3474) Email: info@fishingantigua.com Website www.fishingantigua.com



Reef Riders



Situated in the picturesque Jolly Harbour Marina, just a short 20-minute taxi ride from St. John's Port, WCT Antigua Reef Riders presents you with a unique opportunity to captain your own 11-foot, two-seater inflatable Reef Rider boat on our award-winning snorkeling tour. They are a small company that specializes in offering small, intimate tours, usually of no more than 10 guests, although they can accommodate larger group sizes upon request.

Reed Riders offers multiple tour times throughout the day to keep their tour sizes small so that they do not take too many people to the reef at the same time. They believe this greatly enhances the tour experience and makes them different from many of the other tours in the region.

CONTACT

Telephone Number: (268) 728-5239 Facebook: @WCT - Antigua Reef Riders Instagram: @antiguareefriders Website: www.antiguareefriders.com Email: tours@antiguareefriders.com





Your authentic Antiguan private boat charter. Come "free up yourself!" (Local dialect for let loose!) on cruises that take in offshore islands and secluded beaches, as well as snorkelling over coral reefs and a century-old shipwreck.

Explore it all during a full-day all-inclusive charter featuring a local-style restaurant lunch or have an impactful experience in less time with a custom charter or Vibes Sunset Cruise complete with prosecco. Everything is done in your own time, of course. With CocoVibes the emphasis is on fun, knowledge, safety, and experiencing Antiqua from a truly local perspective.

Telephone Number: (268) 771-0607 Facebook: @ CocoVibes Tours Instagram: @cocovibestours Website:www.cocovibestours.com Tik Tok: @cocovibestours Email address: info@cocovibestours.com



National Sailing Academy



The National Sailing Academy was founded by Elizabeth Jordan in 2010 and, for the first four years, operated from the Antiqua Yacht Club. By February 2014, we moved, and become operational, at our new Headquarters in Dockyard Drive, English Harbour. It was necessary to have our own premises so that we could aim at becoming more financially sustainable, over a period of time – rather than remain totally reliant on charitable donations. The Academy is funded by donations from individuals, groups and businesses, both in Antigua and overseas as well as creating revenue from our various activities both on & off the water.

The Academy has 3 racing Keelboats - Cork 1720's - and these are available for hire as well and for racing charters. In Antiqua Sailing Week 2019 one of our 1720's gained 1st place for the week overall with a team of Academy youth sailors.

In addition to the watersport activities, we hold various social events, such as our very successful seated concerts, and welcome enquiries for the hire of the venue for parties, weddings etc. Our one acre of gardens and ample parking make this the ideal site for a range of events.

Telephone Number: (268) 562-8060 Facebook: @nationalsailingacademy Instagram: @nationalsailingacademy Email: info@nationalsailingacademy.org Website: www.nationalsailingacademy.org



Antigua Day Charters

Cruise with Antigua Day Charters along the stunning west coast of Antigua on their beautiful 40-foot motor yacht on your own private all-inclusive yacht charter. They can accommodate private groups of up to 8 on their spacious motor cruiser.

Fully kitted out with a large sun-pad and oversize beanbags, you can relax and watch the world drift past. Keep an eye out for any passing turtles and the pelicans diving for fish. Their cockpit is fully shaded for when you need a break from the sun. Join the captain on the flybridge and maybe they might allow you to take charge of the helm!

Telephone Number: (268) 728-5239
Facebook: @Antigua Day Charters
Instagram: @antiguadaycharters
Website: www.antiguadaycharters.com

Website: www.antiguadaycharters.com Email: team@antiguadaycharters.com





Sugar Island Tours` private boat excursions are unique because they have no set itineraries, but will design an individual one for your day, custom tailored to your needs. This is your vacation so you should do what you want to do! Their tours are four hours, along the West Coast of Antigua, out of Jolly Harbour, but can be extended or in a different location depending on how you want to customize your day.

Favorite activities include snorkeling, fishing, secluded beaches, and sightseeing. The owner's passion was to start their own boat tour, to welcome all visitors as if they are family - so they have tailored their tour for those who want a personal experience, with quality time to truly enjoy Antigua. At the end of the day, you will feel like you've been with friends that you've known all your life. So come and have a safe and enjoyable day, on a sweet boat ride, with Sugar Island Tours.



Telephone Number: (268) 785-0199 Instagram: @sugarislandtours Website: www.sugarislandtours.com Email: info@sugarislandtours.com



TREK TOURS



Get immersed in the culture and natural beauty of Antigua.

From historic ruins to rainforests, hiking with Trek Tours allows deep connections with a tropical paradise, becoming part of its everyday, observing details that typical tourists miss, and enjoying spontaneous encounters along the way.

Whether you run marathons, or enjoy strolls to the refrigerator, they cater to everyone. Their guides provide impeccable customer service and offer enrichment through nature.



Contours Antigua is an Outdoor Adventure Company that started in 2018, offering fun and adventurous tours and activities around the beautiful island of Antigua for ages as young as 4 years old! Their adventures place you in the heart of the natural beauty of Antigua's virtually safe landscape. Enjoy beautiful sceneries and catch amazing hilltop views with their variety of hiking tours!

Challenge yourself to find as many beaches on the island as possible with their self-guided beach challenge tour! Devour delicious freshly prepared foods (with Vegetarian & Vegan Options) through their Hike & Picnic adventures with their partners at Dadli Gyal Adventures! All with a friendly local guide to keep you entertained and prepared for the next level of your adventure with Contours Antigua.

Are you visiting for a longer period? Ask about their FREE Bi-Monthly Hiking Club, perfect for families and children! Or learn a new and valuable skill with their Swimming Classes for children and adults! They've got so much in store for your perfect adventurous stay in Antigua. Be sure to check out their current events as they are always adding new adventures to their list such as Plastic Upcycling through their partnership with the W.I.S.H Foundation!

Tel: +1(268) 774-TREK (8735) Website: www.trektoursantigua.com



CONTACT

Telephone Number: (268) 771- 1641 Facebook: @Contours Antigua Instagram: @contoursanu268 Website: www.contoursantiqua.com

Email address: contourskids@contoursantigua.com

bookings@contoursantiqua.com



Pigs in Paradise



Pigs in Paradise is an exclusive pig beach experience. You can paddle, pet, feed, and cuddle their friendly piglets on a secluded picturesque beach. Join them and learn all there is to know about these beautiful creatures.

To schedule a visit with the pigs, guests are advised to schedule an appointment, three weeks in advance of their desired visitation date. The Pig Family accepts visitation between Tuesdays to Fridays at 11 am or 1 pm and on Saturdays at 10 am or 12 pm. Pigs in Paradise intends to change individuals' perspectives of farm animals and to educate about pigs with interactive and fun activities. The Pig's Paradise Team prides themselves on ensuring guests' safety through Demonstrative Health and Safety Protocols. Do remember, pigs are more than just food, pigs are also friends!

The Pig Family is hand raised and fed with baby bottles with cow's milk. During your visitation at Pigs in Paradise, guests are encouraged to interact with the pigs by swimming and feeding them with baby bottles, holding the pigs, learning their names, and doing pig tricks. At the end of the tour, refreshments are distributed, and are engaged in an interactive activity, Piggy Quiz! Visit, love it, live it!

Telephone Number: (268) 720-1171 Facebook: @Pigs Paradise Instagram: @piginparadise268 TikTok: @pigsinparadise268 Email: pigsparadise@gmail.com





"The best way to tour, explore & cultivate your most memorable Antigua experience. Fat Tire Electric Bike Tours creates an intimate guided audio tour experience, utilizing comfortable, easy to ride, electric beach cruisers.

All of our tour excursions are fun and informative, they provide interesting historical and current information about Antigua, its people, and its culture.""Pedaling is Optional! So, whether you are Athletically challenged or athletically gifted. This Cultural experience is for you!"

CONTACT

Telephone Number: (268) 728-7800 Website: www.fattireelectricbiketours.com Instagram: @fattireelectricbiketours Facebook: @ Fat Tire Electric Bike Tours Email: info@fattireelectricbiketours.com



Eat n Lime Food Tours

Is there a better way to experience a culture than to taste it? Eat n Lime Food Tours gives you a chance to enjoy the tastes and flavours of Antiqua's culture on a walking food tour through the city of St. John's. Take your tastebuds on a delectable adventure as you enjoy 6-7 tastings all while learning about the background of what you are eating. But it doesn't end there! Enrich your mind while learning about the hidden cultural, architectural, and historical gems sprinkled between each food stop.

Have a chance to try a delicious twist of Antigua and Barbuda's national dish, participate in an old-fashioned rum punch class and tastings with local rum, try Rastafarian food and even a traditional Sunday morning breakfast! They also cater to pescatarians and vegetarians. Rest assured, you will get a full experience in these 3-hour tours feeding both your mind and your tummy!!

Telephone number: (268) 722-9626 Facebook: @Eat n Lime Food Tours Instagram: @eat_n_lime_food_tours TikTok: @eatnlimefoodtours Website:www.eatnlimefoodtours.com





Sit and Sip Pedal Tours is the first pedal bar to hit the streets of Antiqua. They offer sightseeing tours by day and an epic pub crawl by night. The tour includes bike buses that can accommodate 15 patrons at one time. Pedalling is not a requirement but is a fun way to work out the calories from drinking, while soaking in the beauty of the island.

At Sit and Sip, they pride themselves on creating authentic and meaningful memories through a positive, team building experience. They offer community members and tourists alike a chance to socialize with friends, partake in a light workout and tour in an exciting way while practicing safety precautions. The bikes are fully insured under their full liability insurance coverage and all passengers will be expected to sign waivers. The Bike seating capacity is sixteen persons to include a driver and fifteen guest spots. Twelve of the spots for pedalling and three spots for persons who wish not to pedal. The bikes are Engine operated which relieves the riders of the burden of pedalling to manoeuvre the bikes. Not only is their bike environmentally friendly but it travels at the perfect speed to take in everything you are passing.

FEATURES OF THE BIKE:

- Bluetooth stereo sound system
- USB port phone chargers
- Undercarriage lighting
- Canopy

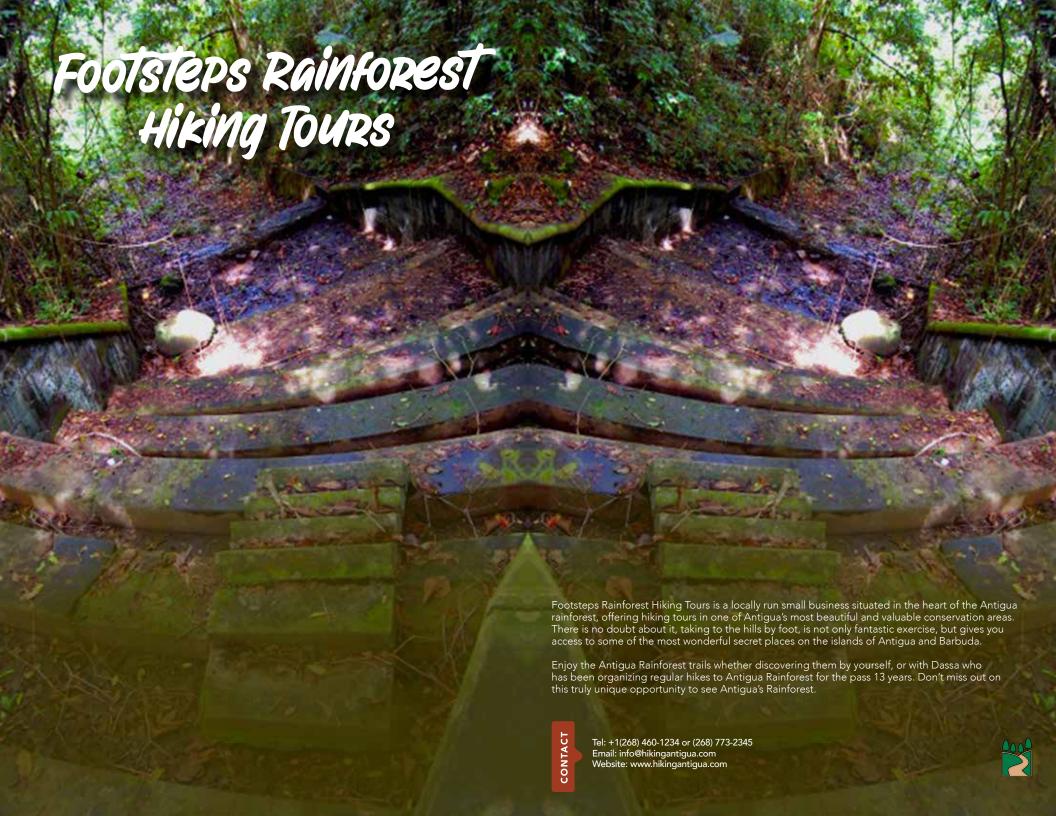
- Engine Operated
- Adjustable seats and seat backs
- Retractable seat belts

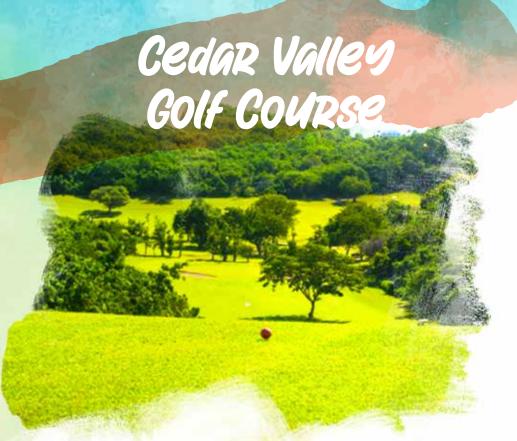
Owner: Joanna Spencer

Telephone Number: (268) 788-7433 Email address: sitsipandpedalantiqua@gmail.com Location: Friars Hill Rd (same vicinity as Jrs Spot) Website: www.sitandsipantiqua.com

Social Media Handles. Facebook: Sit and Sip Pedal Tours Antiqua Instagram: Sit and Sip Pedal Tours Antiqua Tik Tok: Sit and Sip Antiqua https://www.tiktok.com







The Cedar Valley Golf Course is a completely constructed 18-hole course with Bar & Restaurant, green practices & Driving Range. This beautiful par 70. 6157 yrds golf course lies amidst mature tropical trees, vistas on hills, and the Caribbean Sea provide an enjoyable, inspiring and very challenging Golf game.

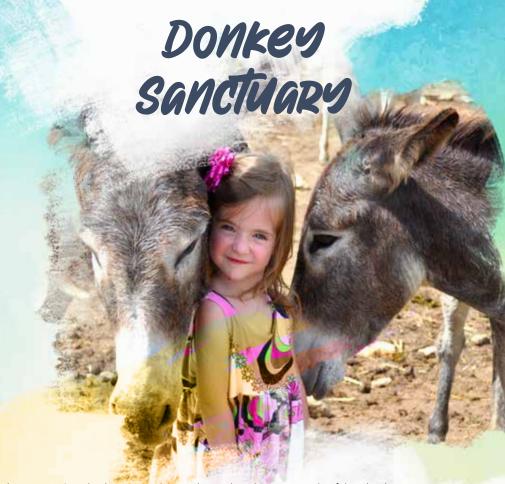
The golf club accommodates players of all skill levels; all within exciting breathtaking scenery that make it pleasant for a memorable golfing experience in Antigua, that even non-golfers can appreciate. This Magnificent Golf Course is Located on the northern end of the island minutes away from major resorts and hotels and within 3 miles from the Capital St. John's and the cruise ship port, making it easily accessible to cruise ship passengers.

- Special Discounts Apply to Cruise Ship Agents, and special crew rates available
- Golf Attire and Spike less Golf Cleats Required. Training Shoes is Acceptable.
- Pro-Shop with Cedar Valley Golf Club Branded Merchandise
- Each Player must have a bag with min. of 6 clubs.
- All Players must register in the Pro-Shop.
- Visa & Master Card Accepted
- Open to the General Public
- Gas and Pull Cart Rentals
- Club Rentals Left and Right Handed
- Advanced individual Tee times available.
- Private Tutoring.

CONTACT

Tel: +1(268) 464-0181 Email:info@cvgolfantigua.com Website: www.cvgolfantigua.com





The Antigua & Barbuda Humane Society, located on the eastern side of the island near Bethesda, offers a permanent home for donkeys at risk.

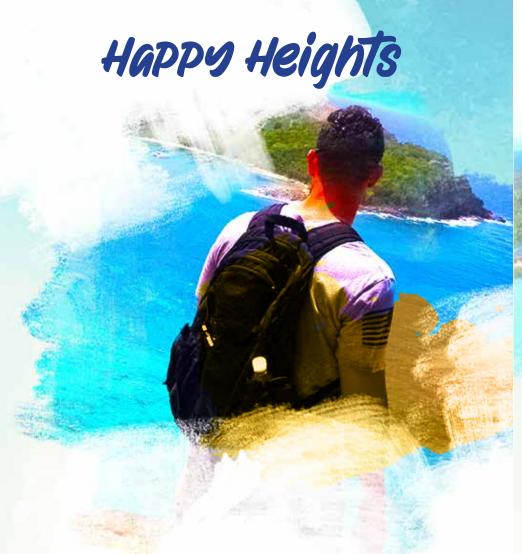
The Donkey Sanctuary welcomes visitors and is favourite stop for children and adults alike. It offers families a wonderful alternative to another day on the beach. Hotel guests often make return visits during their stay just to spend some more time with our donkeys. In addition to the foals, a favourite of visitors to the Donkey Sanctuary is Stevie, an adult donkey who was struck by a vehicle and is now totally blind. Because of the special care and attention that is given to Stevie he is able to manage quite well and loves the extra attention he receives from everyone.

To help raise funds for the care of the donkeys, the Humane Society sells T-Shirts at the sanctuary and offers an 'Adopt an Antiguan Donkey' programme. Visitors are welcome to help brush the donkeys, and take as many photos as they like.



Tel: +1(268) 562-7433 or (268) 720-2609 Fax (268) 562-7433 Email info@segwayantigua.com Website: www.segwayantigua.com





Antigua VIP Tours



Come and discover Antigua by foot with the enthusiastic tour guide Nick. Happy Heights is about getting the blood flowing through your body while adding a vivid tropical landscape of exotic flora and fauna, and a beautiful azure of sea and sky.

There are beautiful trees, wild such as birds, lizards, crabs and even the rare donkey. The landscape provides many beautiful scenic views with some areas providing a wide panorama of the island itself, from elevated positions.

Drink some of our homemade juices and freshly baked banana bread as we cool down after every hike.

Located on the beautiful island of Antigua and Barbuda with over ten years in the hospitality industry, Antigua VIP Tours pride themselves in offering highly professional and personalized luxury land-based tours in a comfortable air-conditioned environment on the beautiful Island of Antigua.

While on tour with us, you will have the opportunity to sample Antigua's national fruit, the famous Antigua Black Pineapple (once available), said to be the sweetest pineapple in the world. You will also visit one or more of our pristine beaches, have a taste of Antigua's Cavalier Rum &/or Rum Punch (one of our awardwinning local rums) and taste the local cuisine. All this you'll experience while enjoying the sites and beauty of our paradise.

We guarantee an enjoyable time with us that would have you wanting to return to Antigua soon!

Tel: +1(268) 720-6512
Email: happyheights268@gmail.com
Facebook: www.facebook.com/antiguahiking
Website: www.antiguahiking.com



CONTACT

Telephone Number: (268) 724-2129 Facebook: @Antigua V.I.P. Tours Instagram: @antiguaviptours Website: www.antiguaviptours.com





Antilles Stillhouse is a small family run craft distillery overlooking English Harbour, Antigua. They make Botanical Spirits which highlight Antiguan and Caribbean flavours. Spirits whose defining flavours come from the aromatic plant flavors that they grow, forage or source. Their portfolio currently includes their signature Big Wood Gin, Pink Gin, Fever grass Spirit, and Blue Pastis. While the business is primarily a distillery, they have a diverse skill set and make a range of other cottage products including Fermented Pepper Sauces, traditionally fermented Cane Sugar Vinegar, a range of jams and preserves, and natural Sea Salt Soap and Shampoo bars.

They now welcome small groups for private tastings, tours, and events. Set in their distillery garden, where they grow many of their ingredients, they provide the only agritourism attraction in Antigua. Visitors enjoy an immersive experience where they can see products being made, meet the team, taste samples, and purchase products. As a family-owned and run business, they work together from start to finish. From foraging botanicals, bottling hot sauce and handcrafting soap, and everything in between, each item they produce represents a labour of love and tells a story that they hope people will enjoy.

Telephone Number: (268) 764-9320 Facebook: @Antilles Stillhouse Instagram: @antillesstillhouse Website: https://antillesdistilling.com/ Email address: sonu@antillesdistilling.com







Oxy's Sip and Paint Antigua offers a relaxing environment for you to come relax and enjoy their paint sessions. Come and enjoy their tapas menu, sip some wine and paint with them. They offer different packages such as their "to-you" package where they can come to you and host a sip and paint at a location of your choice.

Reservations are required to attend any of their sessions, and they open weekly from Friday - Sunday 7pm until. Additional times can also be organized. They are in Cassada Gardens #3.



Telephone Number: (268)720-7724 Facebook: @Oxy's Sip & Paint Instagram: @oxysipnpaint

Email address: oxysipnpaint@gmail.com





nicole's Table

"West Indians work hard, play hard, and love their food. Our goal is not just to teach you about our food, but to let you experience our culture." - Nicole

SMALL CLASSES

Our Caribbean cooking classes are designed so you can learn handson, or sit, watch, talk, and eat. We typically don't have more than 10 people at a time... and prefer 4-8. This makes our classes more like close friends sitting for a meal, than a formal learning experience. The duration is 3-4 hours, depending on the class. Visitors receive a full menu with recipes, Nicole's Old Fashioned Rum Punch, soft beverages, and the food they prepare and cook. The view of the Caribbean Sea is included at no extra cost.

FRESH FOODS

Nicole likes to use fresh and in-season fruits, vegetables, and herbs. They taste better and are much healthier, but it sometimes means that the ingredients will vary from class to class... depending on the season and what the market and our gardens have to offer. So be prepared for variations in the menu and take it in stride the Caribbean way... with a smile.

The cost of our classes is US\$110/person to US\$125/person (except custom classes which can vary depending upon the menu or time of year.

CONTACT

Tel: +1(268) 764-8366 or (268) 764-8362 From Canada: 1(443) 836-0253 Email: reservations@nicolestable.com Website: www.nicolestable.com



CalvinAir Helicopters

Exploring the Caribbean's beauty from the comfort of a luxury helicopter is the perfect to see the islands from an entirely new perspective. Circumnavigate Antigua's gorgeous coastlines, day trip to Barbuda's pink sand beaches, or hover in the skies around Montserrat's infamous volcano. Whether you're looking for a guided aerial tour or a custom charter to another island, CalvinAir Helicopters' friendly, experienced staff are poised to deliver first-class service.

Boasting safety, luxury and the latest technology, our fleet of Airbus EC130s' spacious, climate-controlled cabins comfortably accommodate the pilot and up to 6 passengers. Raised, forward-facing, theatre-style seating and absence of partitions to block the view, give guests spectacular visibility from every seat. Lunch in Barbuda (By Charter) Take a trip in a luxury, climate-controlled helicopter and dine on the pristine shores of Antigua's sister island, Barbuda. This once-in-a-lifetime experience allows guests the rare opportunity to visit Barbuda's famous endless pink sand beaches and sample exquisite cuisine at one of its highly acclaimed restaurants.

ANTIGUA ISLAND TOURS

Skim the majestic shorelines of Antigua and see all it has to offer on these exhilarating aerial experiences. Exploring the island's beauty from the comfort of a state-of-the-art helicopter is the perfect way to see all that gorgeous Antigua has to offer. Island tours are available in half-island or full-island intervals. Whichever one you choose, they promise unparalleled views of Antigua's best sights, all while flying over the pristine Caribbean waters surrounding our island's famous white, powdery beaches. Ascend through the lush interior and see if you can spot some of our historic sugar mills which still dot the island. Some highlights of these tours include: • St. John's • English Harbour • Dickenson Bay • Nelson's Dockyard • Shirley Heights • Jolly Harbour • Cades Reef • Fort James

MONTSERRAT VOLCANO

Tour Fly to the island of Montserrat for an up-close look at the infamous Soufrière Hills Volcano. Experience this 45-minute, pilot-narrated, aerial adventure over the sparkling Caribbean waters to the island of Montserrat. Here, at the centre of the 'Exclusion Zone', an area where access is strictly managed, is the active and explosive Soufrière Hills Volcano. Rising to an impressive 3,000 feet and dominating the island, the volcano towers above the Tar River Gorge and Delta. Witness the smoke and steam of a live volcano up-close... all from the safety of a luxury helicopter. A once-in-a-lifetime experience!

CONTACT

Telephone Number: (268) 789-4354
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Instagram photos and videos
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CALVINAIR

TROPICAL Adventures

We provide a wide variety of entertaining and interesting tours offering you the opportunity to discover the unique essence of Antigua and Barbuda by land, sea and air!

ISLAND SAFARI 4x4 OFF-ROAD

Romp and bump your way through the most rustic sites on Antigua. A hot lunch is served at a lovely restaurant before some time on the beach!

EXCELLENCE CATAMARAN

There is no better way to explore the island's amazing coastlines or visit exotic Barbuda than on the Excellence. Top class service offered- Excellence is not only our name; it's our way of!

KAYAK & SNORKEL ADVENTURE

Island Safari takes you through the countryside to see all the unspoiled places our beautiful island has to offer. Enjoy a short boat ride across the crystal clear waters to the kayak platforms in the heart of North Sound National Park. After kayaking we head to an offshore island (Great Bird Island) for lunch and snorkelling.

MYSTIC PRIVATE CHARTERS

Enjoy 'pure sailing in an un-crowded atmosphere' aboard the Mystic catamaran. Comfortably equipped for small group charters, a day aboard the Mystic is a day without worries or stress.

ISLAND SAFARI & STINGRAY CITY

Our newest & most exhilarating combo tour! You begin with an Island Safari tour through Antigua's rugged terrains, stopping at a few scenic locations before arriving at Stingray City Antigua



CONTACT

Tel: +1(268) 480-1225 Fax (268) 462-2065 Email reservations@tropadantigua.com Website: www.troipcalad.com



Adventure Antigua has been taking guests to the most breathtaking coastal spots by boat. This company is unique in that each trip was carefully crafted to ensure that quests get the most educational and authentic day out on the water possible. They offer three tours sure to suit anyone's tastes...

"Eli's Eco Tour", this tour uses the open 52 foot powercat designed to get into shallow waters and tight reefy spots. The numerous islands, reefs, flats and mangrove nurseries provide perfect opportunities for spotting some of the local residents, which include Turtles, Frigate Birds, and so much more. During the tour quests also have the opportunity to participate in a variety of activities such as a snorkelling lesson, hike and cave exploration.

XTREME CIRCUMNAY TOUR

This tour uses a 45 ft offshore speed boat. This Xtreme tour takes adventurers right around Antiqua's rugged, 365 beach coastline. Highlights of this Xtreme adventure are the high speed Miami Vice style run through the amazing islands of the north sound, the exclusive Stingray City Adventure Park swim where you can have your picture taken actually holding a beautiful stingray and so much more!

ANTIGUA CLASSIC YACHT TOUR

Like the Eco Tour and the Xtreme Circumnav, The Antigua Classic Yacht has themes of history, ecology and adventure. However, this one takes you deeper into the historical experience by imparting firsthand knowledge of what goes into building one of these magnificent vessels.

Tel: +1(268) 726-6355 Email: info@adventureantigua.com Website: www.antiguaadventure.com





The Antiqua Rainforest Canopy Tour is a unique eco-tour through Antiqua's lush rainforest.

THE TOUR

There is a series of zip lines and suspension bridges connecting to typical challenge elements which give you a wonderful opportunity to have a bird's eye view of the backdrop of flora, fauna and numerous bird species in the rainforest. Midway, you can enjoy a refreshing drink of water in our split level tree house, hidden from the rest of the world! There are 12 zip lines, 4 suspension bridges, 2 unique, absolutely safe 26- feet & 45-feet controlled descents 'Leap of Faith' and a nine element challenge course.

After walking the 'Stairway to Heaven' stairway out of the gorge, the tour will finally bring you to all the facilities of our gorgeous 2,000 square feet bar/café, where you can relax on the viewing veranda with a refreshing drink. Our gift shop and viewing platform overlook the Antigua Rainforest and the Antigua Rainforest Zipline Tour.

OUR SAFETY

All our staff guides have attended and passed the most stringent training programme conducted by the ACCT, world leaders for Challenge Course standards in installation, operation and inspection. Furthermore, the entire course has been personally designed and built by a certified ACCT Professional Vendor Level 3. See Antigua from a different perspective with the Antigua Rainforest Zipline Tour.

Tel: +1(268) 562-6363 Email: inquiries@antiguarainforest.com Website: www.antiquarainforest.com





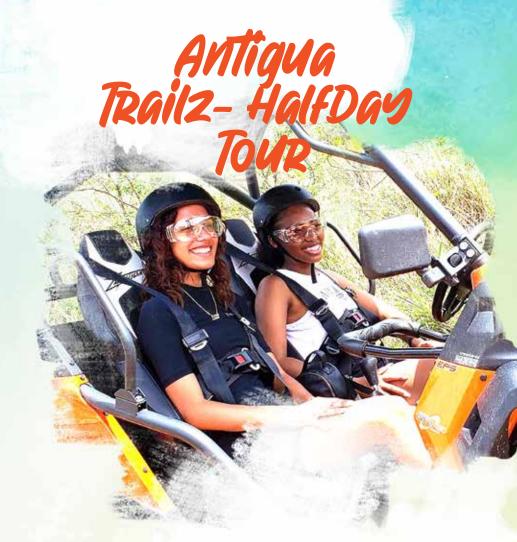
Satty Dogs Adventures

Salty Dogs is the most Adrenaline packed adventures yet. These excursions leave their location in Jennings after a short briefing and the paperwork is complete. They then pass through both natural and man-made waterways, back road villages, open pastures, and farmlands into Body Pond located on the outskirts of Antigua's rain forest.

They then re-hydrate and take some well-deserved selfies at various stops along the way before heading for a 30-minute swim in one of Antigua's most secluded white beaches. This experience is both on road and off-road experience.

Telephone Number: (268) 725-2669
Facebook: @Salty Dogs Adventures https
Instagram: @saltydogsadventure
Website: www.saltydogsadventures.com
Email address: info@saltydogsadventures.com





Explore the real Antigua while driving your own UTV buggy. Antigua Trailz's friendly and experience local guides will provide you with interesting knowledge throughout the tour visiting picturesque historic scenery and National Parks such as Potworks Damn, Betty's Hope, Devils Bridge, Dow's Hill Interpretation Centre, Shirley's Height Lookout. Then enjoy refreshment and lunch at a local restaurant and swim at one of Antigua's most pristine beaches after lunch. While heading back to base you will enjoy the scenic view of Fig Tree Drive. If you ever want to see parts of Antigua that you wouldn't normally have access to while having an unbelievable adventure. This is for you!

- Difficulty- Medium
- Duration- 5 hrs approximately
- Cost- \$200 USD per person (adult)

CONTACT

Telephone Number: (268) 725-2669 Facebook: @Antigua Trailz https Instagram: @antiguatrailz https Tik Tok: @Antigua Trailz Website: www.antiguatrailz.com Email address: bookings@antiguatrailz.com







Devil's Bridge, located outside the village of Willikies, offers a stunning glimpse into Antigua's natural formation. Composed of limestone rock, the rugged terrain of Devil's Bridge is the result of millions of years of ancient reef formation. For hundreds of thousands of years, the Atlantic's waves have crashed into the east coast of Antigua creating a natural arch, or bridge. Numerous geysers and blowholes surround the arch as waves continually break against the coastal rocks.

In addition to being a natural phenomenon, Devil's Bridge also holds cultural importance in Antiguan history. A prehistoric, Amerindian site is located within its vicinity and suggests that prehistoric peoples may have used the area for fishing and settlement. Though popular belief suggests slaves leapt to their death off of the natural arch during the period of slavery in Antigua, these stories have no historical evidence to support them. Still, Devil's Bridge gets its name from these myths as the stories contend the devil claimed those who leapt off the bridge.

Devil's Bridge is a natural rock arch in eastern Antigua. It is located on the Atlantic coast near Indian Town Point to the east of Willikies. The area around the arch features several natural blowholes and is a popular local swimming spot, as an offshore reef acts as a natural breakwater.

Green Castle Hill peaks at 565 feet above sea level, making it one of the tallest hills on the island. Located near the village of Jennings, approximately 3 miles south of St. John's, Green Castle Hill is accessible only by hiking and it is recommended only experienced hikers trek up the hillsides.

Green Castle Hill is the remnant of an isolated volcano and, at the beginning of the Oligocene geologic period, the volcano would have been exposed to the ocean and waves would have affected the formation of rocks. As the volcanic substance cooled, the rocks would have formed into columnlike shapes within the volcano. Thousands of years of erosion have exposed these volcanic rock faces resulting in a variety of boulders of different shapes and sizes.

Thus, it is widely believed that the rocks atop Green Castle Hill are natural rock formations. However, evidence of Amerindian activity at Green Castle Hill has been discovered in archaeological research.

Therefore, prehistoric peoples may have viewed the hilltop as ritually important and used the natural rock formations in their own cultural practices.



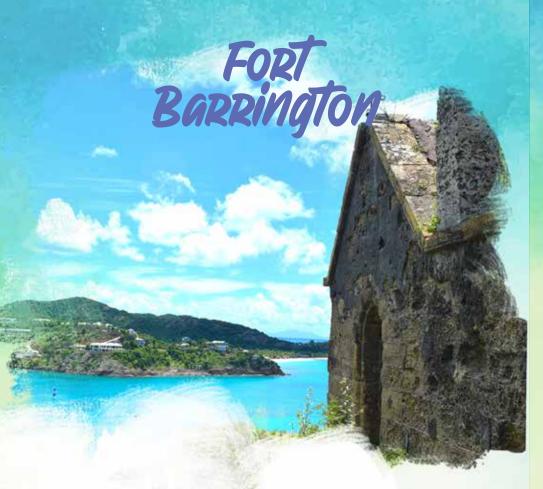
National Parks Authority

Website: www.nationalparksantigua.com

Tel: +1(268) 481-5028







Fort Barrington, named for the Admiral who fortified the fort in 1779, safeguarded St. John's Harbour during the eighteenth and nineteenth centuries. Not only did the fort guard St. John's Harbour, but it also served as an important signal station to alert forces throughout the island of impending attacks. Fort Barrington is the only fort that saw military action in Antiqua.

Fort Barrington served as a military defence post beginning in the seventeenth century. In 1652 Prince Rupert, the first member of the Royal Family to visit the West Indies captured the fort in an attempt to claim Antigua for the Royalists.

In 1666, the French invaded Deep Bay and captured Fort Barrington so quickly the English soldiers fled the fort with the Royal flag still flying. In 1790, the fort was reinforced to forestall additional attacks by French forces.

Today the remains of Fort Barrington include a powder magazine and a gun platform that held eight quns. The fort provides magnificent views of St. John's Harbour and Deep Bay.

National Parks Authority Tel: +1(268) 481-5028 Website: www.nationalparksantigua.com



Nelson's Dockyard Museum



Right in the middle of the dockyard, you will find the delightful Dockyard Museum. Housed in the Naval Officer's House, the Museum was officially opened in 1997.

It showcases the history of the only continuously-working Georgian Dockyard in the world. It also serves as the centre of archaeological, environmental, and historical research in Antigua.

There are also educational programmes hosted by the museum to promote higher learning standards and increased scientific understanding.

LIBRARY AND GIFT SHOP

A research library is available for anyone to come and explore. There are books on the navy, Horatio Nelson and even some old accounts of Antigua kept there. The Museum Restoration Gift Shop is also well-stocked with the most interesting and attractive items.

RESEARCH

There is an archaeological laboratory available to fellow researchers. Please book an appointment if you wish to visit the lab.

UNESCO World Heritage Site



National Parks Authority Tel: +1(268) 481-5028 Website: www.nationalparksantigua.com





This high ground was fortified in the late eighteenth century and the remains of old gun emplacements and military structures can be seen around the area. The heights were named after General Shirley who was the Governor of the Caribbean Leeward Islands at the time of construction of the fortifications.

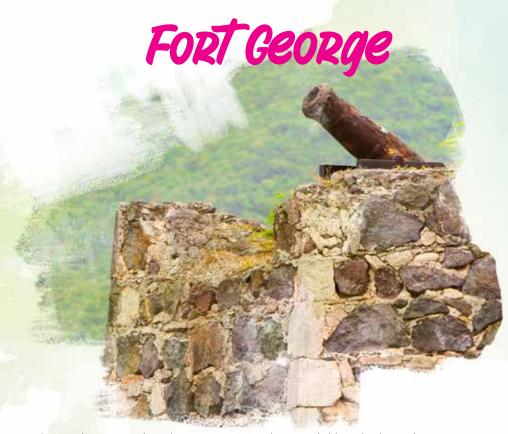
The Heights military complex stands guard at the most southerly point of Antigua, some 490 feet above sea level with a battery of guns protecting the narrow entrance to Nelsons Dockyard in English Harbour. Together with the guns at Fort Berkeley on the other side of the harbour, the dockyard remained secure from attack.

Just below Shirley Heights lies the area of Blockhouse Hill where there is a large gunpowder store (well away from any other buildings).

Blockhouse Hill affords fantastic views over the south coast of Antigua as far as Hudson Point to the south east and on a clear day, fine distant views of the Soufriere Hills Volcano on nearby Montserrat Island, which erupted in the mid nineties causing widespread damage to the island.

National Parks Authority Tel: +1(268) 728-0636 or (268) 481-5028 Website: www.shirleyheightslookout.com www.nationalparksantiqua.com





Fort George, known as Falmouth's Protector, is another remarkable sight that makes up Antigua's varied landscape. This 699-foot table hill was first used back in the 1680's when it was chosen as the perfect place to protect Falmouth from potential attacks from the French. Taking no less than 16 years to build, the Fort is named after the patron saint of England. It is built on Monk's Hill, which in turn was named after the original land owner Nathanial Monk.

Fort George is easily accessible through the villages of Liberta or Table Hill Gordon, or even through the back of Falmouth. From the top, it is quite an incredible view and one that is not to be missed. You can scan the entire National Park area from the peak

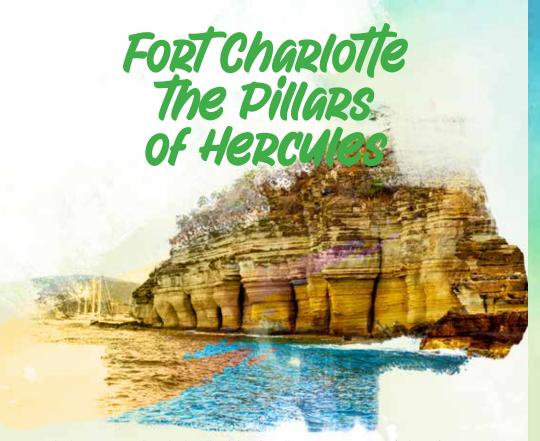
The park provides an excellent habitat for some natural wonders. Singing birds, plants, fruit and flowers of many species can be found around the park and provide an excellent photo opportunity as long as the wild is not disturbed.

The National Park Authority has gained a mandate from the Antiguan government that no development can go forth in the area without their consent, in order to protect the natural beauty of the park.

CONTACT

National Parks Authority Tel: +1(268) 481-5021 Website: www.nationalparksantigua.com





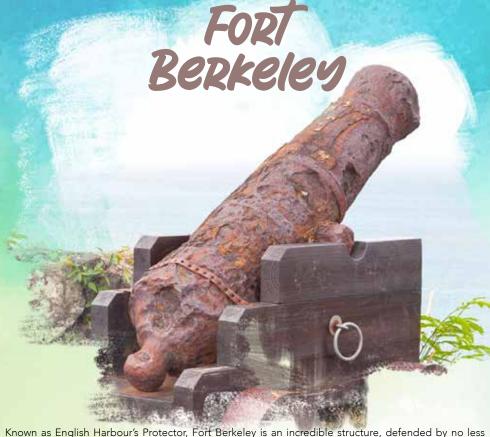
Fort Charlotte is situated on the headland that the pillars support as part of what is known as the Charlotte Peninsula. Gorgeous beaches surround the headland; Galleon Beach being one, with its golden sand, lapping waves, beach bar and plenty of space for beach barbecues, this is the perfect mix with a historical and cultural visit to Fort Charlotte. The Charlotte Reef, home of Carpenter Rock with its tantalisingly turquoise ocean and fabulous formations of rocks and rock pools.

The Pillars of Hercules are a much recommended spot for snorkelling and scuba diving. Standing at 50 metres (165 feet), this is a great spot for both novices and experts. For novices it isn't too deep (45 metres / 145 feet) and the visibility is clear (30 metres / 100 feet). For experts there is plenty of rare marine to spot. Alongside the beautiful coral and sponge growth you will find loads of coral encrusted boulders that create fantastic swim passages.

It is known to contain rare fish such as the Tritons Horn, Sergeant Majors, Blue Tang and Snappers. There is never anything but praise for the Pillars of Hercules as a diving site and if you are into diving, it is strongly recommended you give Fort Charlotte a go to gain a real taste of what the island has to offer.







than 25 large cannons to protect English Harbour and the lands of Antigua. Designed in 1704, this Fort was designed to be a crucial part of the defence mechanism, supported by many smaller forts nearby.

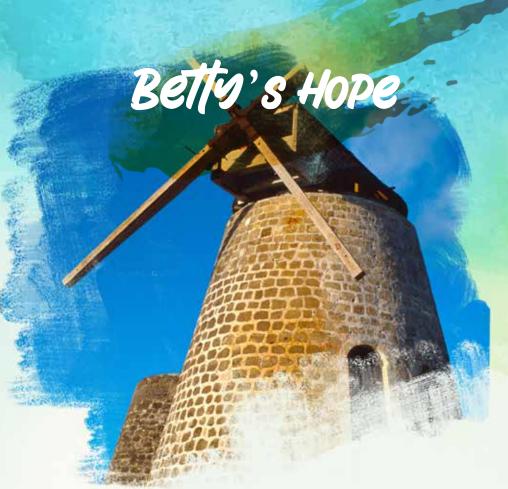
The area was so well defended, these forts were never actually attacked. Before arriving at the battlements you may spot a stone quarry on the right which is where the fort's stone came from to build the defence mechanism for the harbour. Other features to be seen at Fort Berkeley are the huge chain and timber boom that was used to seal the entrance to the harbour to stop intruders from entering. For those into history and culture, this will be a site of high interest.

There is an excellent chance for some snaps along the trail to Fort Berkeley. The trail starts by the dinghy dock, behind the Copper and Lumber Store hotel in Nelson's Dockyard. Along the way there are some real picture postcard opportunities. From the trail and Fort you can see many of Antigua's most iconic and beautiful sights.

The Charlotte Peninsula and the Pillars of Hercules can easily be photographed are just two of these among a whole list of others that include Clarence House, Antiqua Slipway, Freeman's Bay, Dow's Hill, Galleon Beach and of course Shirley Heights.

National Parks Authority Website: www.nationalparksantiqua.com





Betty's Hope in Antigua and Barbuda was a sugar plantation which provided livelihood for many generations of Antiguans from the time it was established in 1650 during the British Colonial rule. It flourished as a successful agricultural industrial enterprise, the first large-scale sugar plantation to operate in Antigua, starting with the Codrington family's ownership in 1674, which lasted till 1944. Sir Christopher Codrington, Governor of the Leeward Islands in 1674, named the estate 'Betty's Hope,' after his daughter.

Betty's Hope is not operational now as a plantation. However, the structures at the time of restoration works initiated by the Government of Antigua in 1990, under the OEC/ESDU Eco-Tourism Enhancement project, consisted of the twin wind mills, the Cistern Complex in serviceable condition, the Great House (Buff or Estate House) in ruins, the Boiling House where 16 copper hoppers were used to boil cane juice to produce crystalline sugar and the Still House (distillery) used for manufacturing rum (also seen in ruins without roof but with elegant arches). Since 1995, it has been developed as an open air museum with a visitor centre under the jurisdiction of the Museum of Antigua and Barbuda.

Museum of Antigua and Barbuda Tel: +1(268) 462-4930 E-mail: museum@candw.ag Website: www.antiguamuseums.net





The Interpretation Centre at Dow's Hill offers a well-crafted and informational production on the history, culture and heritage of Antigua and Barbuda. The 15-minute long presentation, gives a look back into the six ages of time that have shaped what the twin-island nation is today. It offers a fascinating insight into the Antiguan way of and this relaxed, yet informative start to a visit on the island is highly recommended. You can also chill out in the café with the cool southern breezes and shop in the gift shop to remember your visit for years to come.

WEDDINGS

With the cool breeze, distant music from Shirley Heights and unforgettable setting, this is a very popular and superb venue for weddings. Overlooking the dockyard, with the sun setting to the west over the glistening Caribbean Sea, what better way to tie the knot and begin the next path of than on the steps of Dow's Hill overlooking Antiqua's gorgeous national park.

SIGHTSEEING / PHOTOGRAPHY

The Belvedere offers a panoramic view of the National Park, giving you the chance to take some scenic photos of the superb surroundings. There is a 360 degree view of Nelson's Dockyard which acts as an excellent photography opportunity.

CONTACT

Tel: +1(268) 728-0636 or (268) 481-5028 Website: www.shirleyheightslookout.com www.nationalparksantigua.com



Nelson's Dockyard

A visit to the island would be incomplete without seeing Nelson's Dockyard, the restored Georgian Naval Dockyard that forms part of Antigua and Barbuda's UNESCO World Heritage Site,

The yard was originally named, after famous English Admiral Horatio Nelson, the dockyard was originally called "His Majesty's Antigua Naval Yard", it only became known as Nelson's Dockyard after a major restoration project. This was completed. The National Parks Authority continues to use traditional means and methods in the stabilizing and historical preservation of the site.

Nelson's Dockyard in English Harbour is today one of the most prominent visitor attractions for Antigua and Barbuda. It incorporates a splendid yacht marina, home of the prestigious Antigua Sailing Week, and is the only remaining working Georgian Dockyard in the world. Many of the interesting historical buildings, housing restaurants, a bakery, gift shops and offices are open to the public.

There is a 15-minute tour of the Dockyard offered that gives an insightful and entertaining account of the Dockyard's history.





Life in Barbuda

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Barbuda





Frigate Bird Sanctuary

NATIONAL PARK, BARBUDA

Barbuda's Frigate Bird Sanctuary is located in the island's north-western lagoon and is accessible only by boat. The sanctuary contains over 170 species of birds and is home to over 5,000 frigate birds. Fregata magnificens, the most aerial of water-birds, possesses the largest wingspan (four to five feet) in proportion toits body size of any bird in the world.

It is also known as the man o' war bird, and the comparison to warships is a particularly apt one--with its superior size and flight capabilities, the frigate bird harasses less agile flyers like pelicans, egrets, and cormorants until they drop their catch. The male frigate is marked by its red throat pouch, which it can inflates as part of its courtship behaviour and as a defensive display. Courting takes place in the fall, and chicks hatch late in the year.



Martello Tower

This tower, 32 feet high, and fort of 3 guns was used as a look-out along the south coast and for sighting in-coming or wrecked ships. This information was then signalled onward to the village of Codrington, several miles north.

The fort, once with 3 guns, is situated by a small river which only appears in times of wet weather. This small stream is caused by the drainage of swamps that lie inland behind the beach. The fort guarded the main anchorage on the south-western side of Barbuda. The name 'Martello' is derived from a tower at Cape Mortella in Corsica that the British, had difficulty in taking in 1794. The south coast of England was defended by Martello Towers against Napoleon's intended invasion of England in 1803.



Spanish Point, studded with coral reefs, is the most south-easterly point of Barbuda and is perhaps named after the wreck of a Spanish merchantman by the name of "Santiago de Cullerin." She was lost here in 1695, and indeed, shortly afterwards maps began to appear with the name of Spanish Point. She was carrying 13,000 pesos to pay Spanish garrisons at Maracaibo, on the Spanish Main, but all this and some of her other cargo was salvaged by divers at the time.

In 1988, the dive ship "Riptide" of H & E Marine, began mapping the site and recovered a few artefacts from under a thick coral concretion in heavy surf on the windward side. No coins were found, but large jars and a wooden comb are some of the many artefacts recovered. The Point's history had begun much earlier, for maritime Amerindians from South America had settled in the vicinity about 500 years after the birth of Christ.

Then later, European colonists built a small lookout tower, probably as a precaution against marauding Amerindians from Dominica who at the time were jealous of the European incursion.



Antigua and Barbuda Tourism Authority Tel: +1(268) 562-7600 Email info@visitaandb.com



Antigua and Barbuda Tourism Authority Tel: +1(268) 562-7600 Email info@visitaandb.com







MARINE

UnderSea Odyssey Tours UnderSeaOdysseyTours.com

Stingray City Snorkel Adventure www.stingraycityantigua.com

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Wadadli Cats www.wadadlicats.com

Mystic Amara 3 www.fishingantigua.com

Reef Riderswww.antiguareefriders.com

CocoVibes Tours

www.cocovibestours.com

National Sailing Academy www.nationalsailingacademy.org

Antigua Day Charters www.antiguadaycharters.com

Sugar Island Tours www.sugarislandtours.com

Antigua Vibes Boat Tour Ltd. www.antiguavibes.com



HISTORIC SITES

National Parks: Devil's Bridge www.nationalparksantigua.com

National Parks: Green Castle Hill www.nationalparksantiqua.com

National Parks: Fort Barrington www.nationalparksantigua.com

ND: Dockyard Museum nationalparksantigua.com/visiting.dockyardmuseum .org

ND: Shirley Heights Lookout and Blockhouse www. nationalparksantigua.com

Nelson's Dockyard: Fort Charlotte www. nationalparksantigua.com

Nelson's Dockyard: Fort George www.nationalparksantigua.com

Nelson's Dockyard: Fort Berkeley www.nationalparksantiqua.com

Betty's Hope

www.antiguamuseums.net

Nelson's Dockyard: Dow's Hill www.nationalparksantiqua.com

National Parks: Nelson's Dockyard www.nationalparksantigua.com



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www.antiguaanimals.com/donkey

Happy Heights

www.antiguahiking.com

Antilles Stillhouse

www.antillesdistilling.com

Oxy's Sip And Paint Antigua

Instagram: @oxysipnpaint

Sunfire Horse Riding

Elijah_3_7@hotmail.com

Nicole's Table

www.nicolestable.com



BARBUDA

Barbuda National Parks, Codrington Lagoon

visitantiguabarbuda.com

Frigate Bird Sanctuary

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Barbuda Caves

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MARINE



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ADVENTURE



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