

**ADVENTURES IN ANTIGUA AND BARBUDA**

A variety of land and sea activities await the adventure-seeker. In Antigua you can zip through the rainforest on high wires, swim with stingrays, hike, bike, dive, kayak, kite surf, fish and so much more. Water sports abound from sailing, boat cruising, water skiing, deep sea and reef fishing to scuba diving and snorkelling. For land lovers, the island offers popular activities such as horseback riding, hiking, island safaris, painting and cooking classes, walking tours, bird-watching adventures and helicopter tours.

Also be sure to discover Barbuda, Antigua’s less developed sister island, known for its pristine stretch of 17-miles of pink sand beach and teeming with wildlife and rare birds. Just a 15-minute flight or two-hour ferry ride away, it offers the ultimate Robinson Crusoe-style escape. The island is home to the largest colony of Frigate birds in the western hemisphere.

**Thrill-seeking adventures**

* **Kitesurf in Antigua and Barbuda:** Antigua and Barbuda has outstanding conditions for kitesurfing.  On the Northern side of Antigua, sessions can be booked at Jabberwock beach with Kitesurf Antigua. **(**[**www.kitesurfantigua.com**](http://www.kitesurfantigua.com/)**)** While on the windward side of Antigua, Nonsuch Bay resort offers outstanding conditions for kitesurfing. Sessions can be booked at the hotel with 40Knots **(**[**http://40knots.info/**](http://40knots.info/)**)**  with courses taking place on Green Island, an offshore island, a ten-minute boat ride from Nonsuch Bay.
* **The Antigua Rainforest Canopy Tour (**[**www.antiguarainforest.com**](http://www.antiguarainforest.com)**)** is a high- wire journey through the rainforests. Visitors go from tree to tree via an assortment of suspension bridges, zip lines and swings, climaxing with a daredevil 60-foot drop. For those with more energy to spare, complete the full course with the obstacle challenge.
* **The Sunfire Horse Riding Academy** offers a scenic tour on the north-western side of the island. The tour starts from Millers by the Sea on Fort James Beach, then along some of Antigua’s most famous beaches to include; Runaway Beach, Sand Haven, with a stop at the historic Fort James – est. by Britain in the 18th century. Here you will uncover the magnificent vistas of the St. John’s Harbor; which present a wonderful photo opportunity. The usual duration of the tour is 1.5 hrs, Helmets are provided, you will be safe and secured with your experienced guide, Sunfire. Depending on your level of experience a beach stop with the horses is included, take a dip in our turquoise water while also petting the horse in the process. An awesome horse riding tour with Sunfire awaits you! Telephone (268) 770-6305 Email Elijah\_3\_7@hotmail.com
* **Caribbean Helicopter Tours** offer a variety of truly amazing panoramic delights, priceless memories and photographic opportunities for everyone. Their friendly Antiguan flight attendants and highly-skilled Canadian pilots ensure your complete safety and satisfaction while onboard. Visitors can sign up for a full island tour, half island tour or a tour to neighbouring volcanic island Montserrat. **(www.caribbeanhelicopters.com)**
* For holiday-makers seeking an adrenaline rush, Antigua and Barbuda hosts the **Antigua and Barbuda** **‘Run in Paradise’ Half Marathon**, in May.  Run in Paradise will take runners along the scenic, northern coast of the island, showcasing beaches and historical sites. The highly-anticipated event which ends at the Fort James beach, also offers a 5K option and the newest addition, a 10K. **(www.runinparadise.com)**

**Family adventures**

* **Stingray City (www.stingraycityantigua.com),** a calm, crystal-clear reef where visitors swim alongside the rays in their natural environment or an eco-kayaking trip through mangroves and uninhabited islands with turtles and stingrays with Antigua Paddles (www.antiguapaddles.com).
* **Splash** **Waterpark Antigua**, is a sea water fun park located on the south west coast of the island on the popular Darkwood Beach. Visitors will be amazed with this park’s fantasy obstacle-style features.  Splash Antigua is staffed by a team of certified lifeguards ensuring all users’ safety**.(** [**www.facebook.com/Swash-Water-Park**](http://www.facebook.com/Swash-Water-Park) **)**
* **Segway Antigua Tours** are another option for a truly unique way to experience the island together as a family. These eco-friendly tours ensure visitors to Antigua move efficiently around the island in a fun, exciting and refreshing way. **(**[**www.segwayantigua.com**](http://www.segwayantigua.com)**)**
* **Let’s Paint Antigua** is a new type of social activity designed to bring out one’s hidden creativity whilst socializing with friends and family. The concept of Let’s Paint is very unique to the islands. It is also an opportunity for local artists to share their passion and for bar and restaurant owners to get the opportunity to further connect with their community, and creative-minded employees who love what they do. **(www.letspaintantigua.com)**
* **Dow’s Hill Interpretation Centre:** The Dows Hill Interpretation centre provides an educational alternative for the whole family and is the only one of its kind in the Caribbean. The audio-visual presentations at the centre are geared towards children, taking them through various phases of Antigua’s history with the parents sure to learn a thing or two also! Continue on to the only working Georgian dockyard in the world at Nelson’s Dockyard National Park with a museum, nature trails and a sight-and-sound show that presents Antigua & Barbuda’s detailed history. ([**www.nationalparksantigua.com**](http://www.nationalparksantigua.com)**)**
* **Cricket:** Antiguans and Barbudans are cricket-lovers and the country has produced four of the greatest West Indies Test cricket players. The famous Antigua Recreation Grounds, The Sir Vivian Cricket Stadium and the Coolidge Cricket Grounds are three of the finest places in the Caribbean to take in a local, regional, or international match. At the Antigua and Barbuda Museum look for the infamous cricket bat of Sir Vivian Richards, native Antiguan, former captain of the West Indies Cricket Team, and one of the greatest batsmen of all time. Cricket matches are played throughout the island during the Cricket season which runs from January – July

**Culinary adventures**

* For those hoping to whip up their own island specialties, **Nicole’s Table** offers Caribbean “twist” cooking classes, with personal Chef Nicole providing a true Antiguan experience from her own home. Small classes create a friendly atmosphere with everyone participating in the preparation of meals, then enjoying meals outdoors, overlooking the Caribbean Sea. **(**[**www.nicolestable.com**](http://www.nicolestable.com)**)**
* **A Taste of Antigua:** A unique opportunity to experience what the Caribbean is best known for, rum and savoury food in our Backyard Rum Shop. Join a knowledgeable driver on a bus to a lovely rum shack in St. John’s on Sir Vivian Richards Street. The very street where Antigua’s favourite cricketing son was raised. Sample up to 3 different Antiguan Rums complemented with a selection of delicious Antiguan and Caribbean finger foods which may include crab backs, conch fritters, salt-fish fritters and more. **(**[**www.rendesvousantigua.com**](http://www.rendesvousantigua.com) **)**
* **The Francis Nunes Jr. Memorial Sports-fishing Tournament and Seafood Festival:** Sports-fishing enthusiasts and seafood lovers will enjoy this popular fishing tournament and seafood festival.  From the opportunity to purchase catch, fresh from the fishing boats, to sampling the grilled lobster, tasty seafood chowder, conch water and the many other seafood dishes available at vendors stalls, this event held in the historic Nelson’s Dockyard, makes a perfect day out for family and friends. **(www.antiguabarbudasportsfishing.com)**
* **Antigua and Barbuda Mango Festival:** The juicy mango gets its moment to shine in July during the Antigua and Barbuda Mango Festival. The two-day event showcases a variety of mangoes that will delight passionate mango-lovers. The Mango stalls will be fully stocked, with a selection of mangoes, mango trees on sale, and the very best mango treats such as jams, pepper sauces, wines, smoothies, pastries, ice-creams, scented candles and soaps all made in Antigua and Barbuda.  **(facebook.com/AnnualMangoFest)**
* **URLINGS SEAFOOD FESTIVAL**

The Urlings Seafood Festival takes place every year in August. Held after the Carnival weekend, the Seafood Festival offers families and friends the chance to enjoy a relaxing day out while sampling an abundance of seafood, sure to please any seafood lover. If you miss this event, once you are in Antigua on a Friday, there is a weekly ‘Seafood Fridays’ in Nelson’s Dockyard.

* **‘Sunset, Sip & Savour’ -A Caribbean Fusion Culinary Experience**

The Villas at Sunset Lane's 'Sunset, Sip & Savour' experience allows for the creation of the hotel's signature dishes by combining Caribbean dishes with international techniques. Their style of cooking which is called “Caribbean-Fusion” has attracted lots of attention worldwide through Culinary Day tours to the cruise ship passengers. Guests can participate in cooking Antigua & Barbuda’s national dishes, tasting then sitting for a shared lunch over lots of conversations and laughter. This culinary tour is such an ice-breaker as one sees how perfect strangers from all over the world on arrival become bonded through the shared experience. www.villasatsunsetlane.com

**Marine adventures**

* Set in the picture-perfect, deep-blue Caribbean Sea of Antigua’s south coast, with ever present tradewinds, the prestigious **Antigua Sailing Week**, one of the world’s finest regattas.  The regatta draws thousands of serious sailors, and some of the world’s top racing boats, with five challenging days of racing in some of the best sailing conditions. Combined with nightly parties and great Antiguan hospitality, this is a regatta not to be missed. **(www.sailingweek.com)**
* **South Coast Horizons:** The activities at South Coast Horizons are carefully planned to preserve, protect and enhance the marine environment and surrounding area to include Cades Reef, Antigua’s biggest coral reef. South Coast Horizons offers the chance to kayak through the protected mangroves as well as experience the abundant marine life while snorkeling at the 2½ mile-long, endless aquarium that is Cades Reef. (**admin@southcoasthorizon.com) (www.southcoasthorizons.com)**
* **Tropical Adventures** provides a wide variety of entertaining and interesting tours offering you the opportunity to discover the unique essence of Antigua and Barbuda by land and sea! On their Kayak and snorkel adventure, enjoy a short boat ride across the crystal-clear waters to the kayak platforms in the heart of North Sound National Park. After kayaking, head to an offshore island (Great Bird Island) for lunch and snorkeling. **(**[**www.tropicalad.com**](http://www.tropicalad.com)**)**
* **Mystic Amara Fishing Charters** are based out of Jolly Harbour, and run Deep Sea & 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. 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. ([**www.fishingantigua.com**](http://www.fishingantigua.com)**)**
* **LEARN TO SAIL:** Considered the Sailing Capital of the Caribbean, Antigua is the perfect destination for persons wishing to learn to sail. Learn to sail programmes are available at hotels such as Nonsuch Bay, that offers a dedicated centre (<http://40knots.net/>) or with OnDeck Antigua (http://www.ondecksailing.com/antigua/) or National Sailing Academy in English Harbour, the only RYA (Royal Yachting Association) registered dinghy training centre in the Caribbean ([www.nationalsailingacademy.org](http://www.nationalsailingacademy.org)) .

There is even a women’s only sailing school for women who want to learn in supportive environment which isn’t over dominated by men ([www.girlsgosailing.com](http://www.girlsgosailing.com) ).

* **SNORKELLING:** Antigua offers excellent opportunities for snorkeling for those interested in life under the sea. For visitors interested in staying close to the shore Long Bay is the perfect spot, while exploring beautiful reefs such as the Cades Reef, and Paradise Reef/Andes and off-shore islands such as Green Island or the Pillar of Hercules require booking with tour providers.

**Cades Reef:** South Coast Horizons [www.southcoasthorizons.com](http://www.southcoasthorizons.com) ; Tropical Adventure [www.tropicalad.com](http://www.tropicalad.com)

**Green Island:** Adventure Antigua [www.adventureantigua.com](http://www.adventureantigua.com)

**Pillars of Hercules:** Snorkeling Antigua [**www.snorkelingantiguacom**](http://www.snorkelingantiguacom)

**Paradise Reef / The Andes:** available via private boat

**Walking adventures**

* **National Park Tours:** Visitors step into the Caribbean’s newest UNESCO World Heritage Site and Antigua and Barbuda’s first, when they visit Nelson’s Dockyard and surrounding National Parks. Explore beautiful Georgian-style buildings and a naval museum. See historic forts, walk along hiking trails and scenic landscapes. Antigua’s famous Shirley Heights Lookout provides a gorgeous view of English Harbour, one of Antigua’s most photographed vistas. **(**[**www.nationalparksantigua.com/tours**](http://www.nationalparksantigua.com/tours)**)**
* **Hiking Trails:** Hiking has become quite a popular activity in Antigua and there are many trails and tracks available for exploration by the seasoned or beginner hiker Visitors keen to stretch their legs and venture off-the-beaten track, will be rewarded with scenic views of lush hills, historical sites and Forts or amazing coastlines. Grab your sneakers and comfy clothing and hike into Antigua, There are a number of hike companies willing to guide you.
* **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 life, observing details that typically 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 life enrichment through nature. **(www.trektoursantigua.com)**
* **Hon. Priest Isaac’s Tiger Tours:** Tiger Tours provides a breathtaking and exciting hike to the top of Green Castle Hill in Antigua. You will be amazed as you witness the countless Volcanic Megaliths that align with the movement of the stars. The great rocks that litter the Hill, has earned it the same name “The Stonehenge of the Caribbean.” Tour packages include a light vegan/ital snack.  **(**[**theblackshepherd@live.com**](mailto:theblackshepherd@live.com)**)**

**5 a.m. Hikers:** For serious hikers, and not so serious hikers, the 5am Hikers is a fun- loving group of friends who got together one Saturday for a hike, and have continued hiking ever since.  They’ve attracted a following of like-minded individuals, and religiously meet every Saturday morning, to discover some of Antigua’s true hidden gems.

. ([**www.facebook.com/groups/5amhikes**](http://www.facebook.com/groups/5amhikes)**)**

**Other Hike Clubs:**

Happy Heights [www.facebook.com/Antiguahiking](http://www.facebook.com/Antiguahiking) [happyheights268@gmail.com](mailto:happyheights268@gmail.com)

Footsteps Rainforest Hiking Tours [www.hikingantigua.com](http://www.hikingantigua.com)

Hash House Harriers <https://www.facebook.com/HashHouseHarriers>

* **The Green Corridor:**

In a destination known for 365 of the bluest blues with turquoise seas and azure skies, Antigua and Barbuda is highlighting another side of its gorgeous landscape on the south-west coastline; focusing on its lush green rainforest, rolling hills, environmentally aware hotels, restaurants and activities that surround the area now known as ‘The Green Corridor’. The Green Corridor, which stretches along the south-west coast from the village of Bolans to the village of John Hughes in Antigua, where the Wallings Nature Reserve can be found.

* **Hike Caribbean:** Based out of Sugar Ridge Antigua, Hike Caribbean shows you a different side to the Caribbean islands. They offer guided hiking tours across six islands including flights, transfers, expert guides and luxury, eco-friendly accommodation. Hike Caribbean is currently providing 3 complimentary hikes per week for guests of Sugar Ridge Resort, Antigua. Let us help you discover the natural beauty of the islands and help support our natural environment. Take nothing but pictures leave nothing but footprints, kill nothing but time. [www.hikecaribbean.com](http://www.hikecaribbean.com)

**Wildlife Adventures**

* **Turtle Watching:** Journey by boat to a deserted beach for this wonderful Antigua adventure and witness the nesting and hatching of Hawksbill turtles. This activity is safely organised by the Environmental Awareness Group. **(www.eagantigua.org)**
* **Bird Watching in Barbuda:** Take the short trip over to Antigua’s sister island Barbuda. Fly-in by helicopter, plane or boat depending on your preferred mode of transport. The island is home to the largest Frigate Bird Sanctuary in the western hemisphere. Join a small boat tour to the sanctuary which contains over 170 species of birds in addition to the more than 5,000 Frigate birds that call Barbuda their home. **(**[**barbudacouncil@gmail.com**](mailto:barbudacouncil@gmail.com)**)**
* **Wildlife Watching:** In addition to bird-watching in Barbuda, the off-shore islands -Long Island and Great Bird Island also offer outstanding opportunities for birdwatchers. There is also the possibility of finding the previously endangered Antigua Racer Snake, which can only be found on Great Bird Island. **(www.eagantigua.org)**
* **Adventure Antigua:** Adventure Antigua takes guests to the most breathtaking coastal spots by boat. Each trip is carefully crafted to ensure that guests get the most educational and authentic day out on the water possible. On *‘Eli’s Eco Boat Tour,’* the numerous islands, reefs, flats and mangrove nurseries provide perfect opportunities for spotting Turtles, Frigate Birds, and so much more. During the tour, guests can also participate in a variety of activities such as snorkeling, hiking and cave exploration. **(www.adventureantigua.com)**

**Accessible Adventures**

* As the sailing capital of the Caribbean, Antigua and Barbuda is proud to be able to offer visitors the chance to sail as part of the National Sailing Academy’s *‘Sailability Programme’* where instructors who have had many years’ experience in sailing for the disabled, are happy to welcome visitors onboard.

**(Bob Bailey, Director of Sailability Antigua and Barbuda 268-783 – 8553)**

**(Elizabeth Jordan, President of the National Sailing Academy 268-464 – 4265)**

**(**[**www.nationalsailingacademy.org**](http://www.nationalsailingacademy.org)**)**

***For information on Antigua and Barbuda visit:***[***www.visitantiguabarbuda.com***](http://www.visitantiguabarbuda.com)

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