

Understanding the Port

Barbados is the easy all-rounder: a UNESCO capital, calm-water beaches minutes from the ship, sea turtles in the bay, and the world's oldest rum. It is one of the friendliest do-it-yourself ports in the Caribbean. Pick a lane and enjoy it.

KNOW BEFORE YOU GO

The Port Area

Ships dock at the Deep Water Harbour, about a mile from downtown Bridgetown. Shuttles cover the pier area; downtown is a 20–25 minute walk or a short taxi.

Cash & Currency

The Barbadian dollar is pegged 2-to-1 to the USD, and US dollars are accepted everywhere. Confirm which dollar a quoted price is in before you pay.

Getting Around

Taxis run posted, regulated fares from the port; confirm the price first. Carlisle Bay is 5–10 min away and Harrison's Cave about 30. Easy island to do on your own.

GOOD

Bridgetown & a Rum Stop

Best for: Short stops, easy days, minimal logistics

- ✓ UNESCO Bridgetown: Parliament and the harbor
- ✓ Mount Gay tasting minutes from the pier
- ✓ Back at the ship whenever you want

Low effort, high reward.

BETTER

Carlisle Bay Beach Day

Best for: Couples, families, beach lovers

- ✓ Pebbles and Brownes: calm, clear, and close
- ✓ Shipwrecks to snorkel right off the beach
- ✓ Beach clubs with chairs, food, and drinks

Arrange your return taxi before you settle in.

BEST

Turtles, Caves, or the Coast

Best for: First timers, snorkelers, explorers

- ✓ Swim near wild sea turtles by catamaran
- ✓ Harrison's Cave: a tram through crystal chambers
- ✓ Island tour to the wild east coast

Timing management required. Plan around all aboard.

Top Experiences to Consider

GOOD

Historic Bridgetown

Walk the UNESCO old town: Parliament, the Chamberlain Bridge, and National Heroes Square, then toast the day at the Mount Gay Visitor Centre near the port.

BETTER

Carlisle Bay

One of the easiest great beach days in cruising: calm turquoise water minutes from the ship, wreck snorkeling just offshore, and beach clubs when you want lunch.

BEST

Turtle Sail or Harrison's Cave

Catamarans anchor over the bay's turtle grounds and wrecks; keep your distance and let them glide by. Or head inland to ride the tram through Harrison's Cave.

Where Staff & Travelers Recommend

Carlisle Bay Turtle & Wreck Snorkel

The consensus pick: turtles, shipwrecks, and postcard water, all a few minutes from the pier. Book ahead — it sells out — and mornings are calmest.

Harrison's Cave

The favorite non-beach outing: an underground world of streams and formations, comfortable for all ages.



Carlisle Bay, Barbados



The Parliament Buildings, Bridgetown

Key Considerations

This is one of the simplest ports to do independently: the star beach sits minutes away, taxis run set fares, and English is the language. Just watch the two dollars — a \$30 lunch in Barbadian dollars is \$15 US, and a \$30 US quote is not the same thing.

With the turtles, look but never touch or chase; give them room to surface. And if your ship stays late on a Friday, the Oistins Fish Fry is the island's big weekly party — worth asking us whether your schedule allows it.



A hawksbill turtle in clear Caribbean water



Inside Harrison's Cave, Barbados



Bottom Bay, on the wild southeast coast

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Port Orientation

FROM THE PORT (BRIDGETOWN)

● Cruise terminal shops	At the pier
● Downtown Bridgetown	~ 20–25 min walk or short taxi
~ 5–10 min by taxi	
● Carlisle Bay / Pebbles Beach	Turtles and wrecks
● Mount Gay Visitor Centre	Tastings; closed Sundays
~ 15–20 min by taxi	
● Accra / Rockley Beach	South-coast favorite
~ 25–35 min by taxi	
● Harrison's Cave	Central highlands
~ 20–30 min by taxi	
● Oistins	Friday-night fish fry

DON'T FORGET

Confirm your all aboard time before you leave the ship.
Set a phone alarm. The ship will not wait for you.

Key Takeaway

Barbados makes it easy to have a great day: the best beach and the oldest rum are both minutes from the gangway.

Do it yourself with confidence, or let one catamaran sail handle the turtles, the wrecks, and lunch in one go.

ETA will help you choose the right experience based on your travel style.

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Did You Know?

The World's Oldest Rum. Mount Gay's deed dates to 1703, making it widely regarded as the world's oldest running rum distillery.

Washington Was Here. George Washington's only trip outside what became the United States was to Barbados in 1751. He caught smallpox here, and the immunity later protected him through the Revolution.

A Young Republic. Barbados became a republic in November 2021, replacing the Queen with a Barbadian president — and named Rihanna a National Hero the same night.

Birthplace of the Grapefruit. The grapefruit is believed to have originated in Barbados as a natural citrus hybrid.

Land of the Flying Fish. The flying fish is the national symbol, and cou-cou with flying fish is the national dish. Yes, they really do fly.