

Contents

INTRODUCTION

What to Expect From Your Cruise	1
Staterooms	1
Special Rates	3
Life Aboard Ship	3
Authors' Note	5

THE CARIBBEAN ISLANDS

The Land	6
Poisonous Plants	8
Marine Life	8
Beaches	9
History	9
Indians	10
European Invasion	10
Language	12
Holidays	12
What You'll Find in Each Chapter	13

PUERTO RICO

Island Description	29
Island People	30
Holidays	31
Useful Websites	31
The Pier	32
In Town	32
Historical Walking Tour	33
Shopping	39
Old San Juan	39
Transportation & Excursions	41
Self-Guided Tours	44
Bacardí Rum Factory	44
Organized Tours & Activities	45
Beaches	46
Island Activities	47
On Land	47
In The Ocean	48
One-Day Itineraries	49
Río Camuy Caves	49
Arecibo Observatory	51
El Yunque Rain Forest	51

ST. THOMAS

Island Description	55
About Nearby St. John	56

Island People	58
Holidays	59
Useful Websites	59
The Pier	60
In Town	62
Historical Walking Tour	63
Shopping	67
Charlotte Amalie	67
Outside Charlotte Amalie	71
St. John	72
Transportation & Excursions	73
Self-Guided Tours	76
Coral World	76
Day-Trip to St. John	78
Island Tours by Taxi	81
Blackbeard's Hill	81
Organized Tours & Activities	81
Submarine Adventures	81
Day Sails	82
Beaches	83
Island Activities	84
On Land	84
In The Ocean	85
One-Day Itinerary	87
An Island Tour	88
SINT MAARTEN/SAINT MARTIN	
Island Description	89
Island People	90
Holidays	91
Useful Websites	91
The Pier	92
In Town	93
Museums & Historical Sites	94
Shopping	96
Best Buys in Philipsburg	96
Best Buys in Marigot	98
Specialty Stores In Marigot	100
Transportation & Excursions	100
Self-Guided Tours	103
Marigot	103
Island Tour by Taxi	104
Anguilla Day-Trip	104
Organized Tours & Activities	104
Serious Sailing	104
Guided Wave Runner Tours	105
Off-Shore Islands	105
Mountain Biking	105

Beaches	106
Island Activities	107
On Land	107
In The Ocean	108
One-Day Itinerary	111
An Island Tour	112
ANTIGUA	
Island Description	115
Island People	116
Holidays	117
Useful Websites	118
The Pier	118
In Town	120
Museums & Historical Sites	120
Shopping	121
Heritage Quay	121
Redcliffe Quay	122
Around The Island	123
Transportation & Excursions	124
Self-Guided Tours	125
Nelson's Dockyard	125
Organized Tours & Activities	126
Party Boat	126
Island Tour	126
Cruises	126
Island Biking Tour	127
Beaches	127
Island Activities	129
On Land	129
In The Ocean	130
One-Day Itinerary	133
An Island Tour	133
ST. KITTS & NEVIS	
Island Description	137
About The Nearby Island of Nevis	139
Island People	140
Holidays	141
Useful Websites, Internet Access	141
The Pier	142
In Town	142
Museums & Historical Sites	144
Shopping	147
Around The Circus	147
Pelican Mall	148
Around St. Kitts	149
Transportation & Excursions	150
Self-Guided Tours	151

Rawlins Plantation	151
Nevis Day-Trip	152
Caribelle Batik Factory	155
Organized Tours & Activities	155
Island Tour Groups	155
Island Tours by Taxi	156
Guided Hikes	156
Beaches	157
Island Activities	158
On Land	158
In The Ocean	159
One-Day Itinerary	162
An Island Tour	163
DOMINICA	
Island Description	167
Island People	168
Holidays	170
Useful Websites	170
The Pier	170
In Town	171
Museums & Historical Sites	172
Shopping	175
Roseau	175
Outside Roseau	176
Transportation & Excursions	177
Organized Tours & Activities	178
Recommended Tour Company	178
Island Tours by Taxi	180
Beaches	182
Island Activities	182
In The Ocean	182
One-Day Itinerary	183
An Island Hike	184
THE FRENCH WEST INDIES	
Guadeloupe & Martinique	187
Island People	188
GUADELOUPE	
Island Description	190
Holidays	190
Useful Websites	191
The Pier	191
In Town	192
Shopping	192
Transportation & Excursions	194
Self-Guided Tours	196
Tour of Basse-Terre	196

Beaches	199
Island Activities	200
On Land	200
In The Ocean	200
One-Day Itinerary	201
An Island Tour	202
MARTINIQUE	
Island Description	204
Holidays	204
Useful Websites	205
The Pier	206
In Town	206
Shopping	208
Transportation & Excursions	209
Self-Guided Tours	211
Botanical Gardens	211
Pointe du Bout	211
Organized Tours & Activities	212
Beaches	213
Island Activities	214
On Land	214
In The Ocean	215
One-Day Itinerary	217
An Island Tour	217
ST. LUCIA	
Island Description	221
The Island People	223
Holidays	224
Useful Websites	225
The Pier	225
In Town	226
Museums & Historical Sites	226
Shopping	228
Pointe Seraphine Mall	228
Out On The Island	229
Transportation & Excursions	231
Self-Guided Tours	232
Pigeon Island	232
Marigot Bay	233
Organized Tours & Activities	233
Helicopter Rides	235
Beaches	235
Island Activities	237
On Land	237
In The Ocean	238
One-Day Itinerary	241
An Island Tour	242

BARBADOS

Island Description	245
Island People	246
Holidays	248
Useful Websites	248
The Pier	249
In Town	250
Museums & Historical Sites	250
Shopping	253
Bridgetown	253
Out On The Island	254
Transportation & Excursions	255
Self-Guided Tours	258
Barbados Wildlife Reserve	258
Harrison's Cave	260
Richmond Plantation	260
Gun Hill	260
Orchid World	261
Sunbury Plantation	261
Organized Tours & Activities	261
Specialty Tours	261
Helicopter Rides	262
Sailing & Snorkeling	262
Submarine Adventure	263
Cruises	264
Beaches	265
Island Activities	266
On Land	266
In The Ocean	268
One-Day Itinerary	271
An Island Tour	272

GRENADA

Island Description	275
Island People	276
Holidays	277
Useful Websites	278
The Pier	278
In Town	280
Historical Walking Tour	280
Shopping	284
On The Carenage	284
St. George's	284
Transportation & Excursions	285
Self-Guided Tours	286
La Sagesse Nature Center	286
Bay Gardens	288
Organized Tours & Activities	289

Day Tours	289
Jeep Tours	290
Hikes	290
Mountain Biking	291
Beaches	291
Island Activities	292
On Land	292
In The Ocean	292
One-Day Itinerary	295
An Island Tour	296
APPENDIX	
Tourism Offices	297
Useful Websites	298
INDEX	301

Maps

The Caribbean Islands	7
Old San Juan	35
Puerto Rico	43
Charlotte Amalie	65
St. Thomas	75
Philipsburg	95
Marigot	99
St. Martin/Sint Maarten	101
St. John's	119
Antigua	135
Basseterre	145
Charlestown	146
Nevis	153
St. Kitts	163
Roseau	173
Dominica	181
Pointe-à-Pitre	193
Basse-Terre	197
Grande-Terre	200
Fort-de-France	208
Martinique	219
Castries	227
St. Lucia	243
Bridgetown	251
Barbados	259
St. George's	283
Grenada	287