

# Caribbean

## Bahamas

Nassau is the capital city and commercial centre of the Commonwealth of the Bahamas. Located on New Providence island, Nassau has an attractive harbour, a colourful blend of old world and colonial architecture and a busy port. The tropical climate and natural beauty of the Bahamas has made Nassau a popular tourist destination, with a reputation for relaxing days and an exciting nightlife. There is something in Nassau for everyone.

## Barbados

This is the ideal Caribbean destination, whether you want to bake in the sun on a gorgeous beach or discover island life and culture. Elsewhere on the island, linked by almost 900 miles of good roads, are small villages, historic plantation houses, stalactite-studded caves, a wildlife preserve, and the Andromeda Gardens, one of the most attractive small tropical gardens in the world.

## Bermuda

Bermuda is a self-governing British overseas territory in the Atlantic Ocean north of the Caribbean, off the coast of North America. Bermuda is however, not what you'd expect of a Caribbean island. It has quaint shops, and manicured gardens which maintains its English character. It boasts a mild climate year-round, pink beaches, turquoise waters, coral reefs, 17th-century villages, and splendid golf courses.

## British Virgin Islands

This is one of the Caribbean's most popular destinations. Road Town, the capital city, is crammed with markets, boutiques and restaurants, and remains a favourite stop for cruise ship passengers. Popular activities include sailing around the myriad islands, diving over wrecks, snorkelling, walking empty beaches, and watching the sunset.

## Cayman Islands

The Caymans have become one of the Caribbean's hottest destinations. The island comprises Grand Cayman, the largest and most populous of the islands, and the sister islands of Little Cayman and Cayman Brac, which lie approximately 143km northeast of Grand Cayman and are separated from each other by a channel about 12km wide.

## Dominican Republic

The Dominican Republic sprawls over two-thirds of the island of Hispaniola, which it shares with Haiti. People are friendly and hospitable and it's one of the least expensive Caribbean destinations. Breathtaking scenery abounds from the mountains to the sea. The highest peak in the West Indies, Pico

Duarte (10,370 ft), lures hikers to the central mountain range. Ancient sunken galleons and coral reefs attract divers and snorkellers.

## Grenada

The most southerly of the Windward Islands; its capital, St George's, is on the southwest coast and is considered to be the perfect cruise port. There is immediate access to the city from the cruise terminal, the best beach is only minutes away, the shopping is excellent and the oceanfront is packed with shops and restaurants.

## Jamaica

The third largest island in the West Indies, south of Cuba and west of Hispaniola. Jamaica is the top of a submerged mountain range. The land is mostly plateau with the Blue Mountains, up to 7,402 feet high, rising in the south.

## San Juan

This is a major port and tourist resort of the West Indies and is the oldest city under the U.S flag. The old part of San Juan was founded in 1521 and is now officially declared a National Historic Zone. This part of the city boasts many shops, restaurants, art galleries and museums.

## St. Lucia

St Lucia is an island in the Windward chain, between Martinique and St. Vincent, and 160 km due west of Barbados. The capital city of Castries and surrounding villages in the north boast exclusive resorts and beautiful beaches, while the interior region is covered with thick jungles and vast banana plantations. To the south, there are sulphur springs as well as the Pitons, the island's unusual twin peaks that rise half a mile into the sky.

## St. Thomas

This is one of the most beautiful harbours in the world and the most visited port in the Caribbean. Charlotte Amalie, the capital of the U.S. Virgin Islands offers elegant dining, exciting nightlife, and world-class duty-free shopping. The city's reputation as the shopping mecca of the Caribbean draws visitors from all over the region and around the world.

## Cozumel

An island in the Caribbean Sea off the eastern coast of Mexico's Yucatán Peninsula. The choice of activities are boundless in Cozumel, golden beaches, turquoise waters, friendly people, festivals, scattered Maya ruins, great restaurants, duty-free stores, diving, golfing and more.

