

Grenada & Barbados Guided Walking Holiday

Tour Style: Worldwide Multi-Centre

Destinations: Grenada, Barbados & Caribbean

Trip code: GNWHW

Trip Walking Grade: 2



HOLIDAY OVERVIEW

Explore the tropical paradise of the Caribbean across two stunning islands. The 'Spice Island' of Grenada will intoxicate you with the scents of chocolate, rum and spices and its lush forests, hiding cool and refreshing waterfalls. Its capital – St George's – is a delight to explore with colonial architecture, a lively market in the main square and the history of Fort George. On Barbados, you'll explore the island's heritage on old trails and with visits to historic sites and discover its vibrant flora and fauna along the rugged coast and in national parks. There's the chance to sample some of the Caribbean's finest rum and time to relax on white sand beaches lapped by the warm waters of the Caribbean Sea.

WHAT'S INCLUDED

- A full programme of guided walks and sightseeing with an experienced Local Guide
- 'With flight' holidays include return flights from the UK and hotel transfers
- Full Board with en-suite accommodation - 10 breakfasts, 7 lunches, 10 evening meals
- All entrance fees

- All transport, internal flight and tips

HOLIDAYS HIGHLIGHTS

- Discover Grenada's historic capital St George's and its colourful colonial heritage
- Explore the Barbados' coastline and visit one of the Caribbean's largest caves
- Walk through tropical forests, along historic trails and visit waterfalls
- Free afternoons to relax and enjoy your beautiful surroundings



ITINERARY

Day 1: Arrival In Grenada

We arrive at the airport located on the south of the island. A short transfer takes us to our hotel. The remainder of the day is at your leisure before dinner this evening.

Day 2: St. George's – 'City On A Hill'

Today we'll visit Grenada's capital, St George's. Absorb the historic architecture, rich in Georgian and Victorian influence, and which combine to make St George's unique as we explore the city on foot.

We'll visit the Chocolate Museum and lively market square, where we can browse the stalls, rich with the scent of spices, selling colourful fruit and vegetables. Onwards and upwards to the historic Fort George, where some of Grenada's revolutionary leaders were executed in 1983. Hear the fascinating history of the fort, with personal insights from our local guide of some of the events. Enjoy spectacular views of the town and out to sea from the vantage point of the fort.

We continue our visit with short walks to the hilly areas surrounding the city – Woolwich Road, Lucas Street, Old Fort Road and Cemetery Hill – which are ideal locations to take photographs. Distance: approx. 3 miles (5km) with 350 feet (110m) of ascent.

Day 3: Fort Frederick And Fort Jeudy

After a short journey, we start this morning's walk with an ascent from the summit of Springs Hill to Fort Frederick. Perhaps the best-preserved fort in Grenada, its beautifully strategic position will reward you with exceptional panoramic views of the island. Your knowledgeable local guide will provide a fascinating insight into the history of the fort and surrounding area.

We continue and walk to the Laura Herb & Spice Garden. Planted as a community project, the garden is laid out with many species including cacao, nutmeg and cinnamon. You'll be guided through the garden, with explanations about the uses of each herb and spice, and there'll be an opportunity to sample and buy some spices.

On to Fort Jeudy and Westerhall Point, where our walk begins alongside mangrove swamps. As we head towards Fort Judy Point, we pass opulent houses and enjoy impressive coastal scenery before we're greeted with even more dramatic coastal views of low volcanic rock cliffs on reaching the point.

Distance: approx. 6 miles (10km) with 700 feet (210m) of ascent.

Day 4: Chocolate And Rum

This morning we drive to the Diamond Chocolate Factory, housed in a former rum distillery, and enjoy a guided tour. We'll have the opportunity to see the chocolate making process as well as enjoy a tasting of a variety of flavours.

We follow our visit to the chocolate factory with a scenic walk from La Fortune Junction to Levera Bay and Bathway Beach. We walk through the diverse environment of Levera Archipelago National Park. Among the most scenic coastal areas in the Caribbean, our route enjoys striking views of the Grenadine Islands, a truly idyllic tropical scene, as we walk to Levera Bay. The beautiful long stretch of white sand provides the perfect nesting ground for the endangered leatherback sea turtle, which can be observed between the months of March and July.

We continue, following a marked trail through the Levera mangrove and swamp, where we can enjoy magnificent views over to Levera Pond as we continue to the distillery. The pond is known for attracting a wide variety of bird species including the rare scarlet ibis.

We'll enjoy lunch at the historic River Antoine Rum Distillery then take a tour before we drive to start a short walk to the Royal Mount Carmel waterfall. A woodland trail brings us to the cascading falls and their heart shaped pools. Take a refreshing dip in the cool waters before we return to the hotel. Distance: approx. 6 miles (10km) with 200 feet (60m) of ascent.

Day 5: Spice Plantations Of The Spice Island

We begin our walk this morning from Concord Junction, where we walk to a beautiful waterfall before we return and drive to Grand Roy Junction and the Dougalston Spice Plantation and the Gouyave Nutmeg Processing Factory. Among Grenada's oldest working estates, you'll get an insight into the traditional methods of harvesting and producing spices.

After lunch we'll return to the hotel, taking a beautiful and scenic drive. Distance: 4 miles (6½km) with 400 feet (120m) of ascent.

Day 6: To Barbados

This morning is at leisure before we say farewell to our Grenadian local guide and transfer to the airport for our afternoon flight to Barbados. We'll transfer to our hotel. Enjoy some free time to relax or explore the hotel a little, before meeting this evening with your Barbadian local guide for a welcome drink and dinner.

Day 7: Bridgetown

Today we visit Barbados' capital, Bridgetown, where we'll walk and learn more about its fascinating history. Our walk begins at Independence Square, and visits many historical statues, political buildings and churches.

See the Nidhe Isreal Synagogue, originally built in 1654, and the Parliament Buildings – we'll have the opportunity to learn about the country's development, politics, controversies, battles and religions before we enjoy lunch at the Synagogue. Later, we go on to explore the Garrison site, where the fort dates to 1702, and is home to a Cromwellian cannon. Distance: approx. 4 miles (6½km) with negligible ascent.

Day 8: Speightstown

We begin our exploration of the island with a tour of historic Speightstown, including part of the Arbib Trail. The trail is a path developed by the Barbados National Trust that showcases Speightstown's historical, cultural and natural sites.

Speightstown is a settlement which has remained virtually unchanged over the last century. Formerly a whaling town until the 20th century, it now remains frozen in time. We walk through the town and see where Cromwell's Admiral landed to subdue the country and pass a house that was the prototype for early dwellings in South Carolina as well as a fort that was part of a massive fortification system to protect Barbados.

Transferring to Barbados' west coast and Heron Bay, we enjoy a walk along the coast to Folkestone Marine Park and on to Holetown, where the first European settlers landed. Our walk takes in the very spot where the island was claimed for the English crown. After lunch at a seaside restaurant, we'll return to the hotel. Distance: approx. 4 miles (6½km) with up to 100 feet (30m) of ascent.

Day 9: Hackleton's Cliff Forest & Andromeda Botanic Gardens

Our route begins at the Cotton Tower Signal Station, one of the remaining signal stations on the island. The stations were used for cross-island communication and served as lookout towers. From here we may our way through the landscapes of the east coast to the deconsecrated St. Joseph Parish Church.

We continue off road through the Hackleton's Cliff Forest along a shaded forest trail. We'll learn more about the history of the area, the flora and fauna of Barbados and spot the island's national tree. Continuing downhill from the Andromeda Botanic Gardens, we walk to the coastal community of Bathsheba and along the coast to our lunch venue at the historic Round House, overlooking the ocean. Distance: approx. 4 miles (6½km) with negligible ascent.

Day 10: Welchmann Hall Gully, Harrison's Cave And St. Nicholas' Abbey

We start our day at Welchman Hall Gully, an area developed as a national park and home to a wide host of exotic plants and fruits. We'll follow a shaded path through the park and see Barbados as it perhaps appeared to the first settlers.

Our second stop of the day is Harrison's Cave, one of the largest caves in the Caribbean, where a solar-powered train takes us through the cave. We'll enjoy lunch here then continue on to St. Nicholas' Abbey, an outstanding heritage site. Explore the grounds of this 355-year-old Jacobean-styled plantation house and enjoy a sample of the abbey site's legendary rum before we return to the hotel and our final dinner together, where we can reminisce over the wonderful sights and amazing experiences we have enjoyed in the Caribbean. Distance: approx. 3 miles (5km) with negligible ascent.

Day 11: Departure Day

After breakfast, transfer to the airport for the return flight to the UK.

ACCOMMODATION

Coconut Court Hotel, Barbados

The Coconut Court Hotel enjoys direct access to a large white sand beach, in the heart of Barbados' south coast and the Garrison Historic Area, a UNESCO World Heritage Site. Family-owned and run with warm Bajan hospitality, the hotel is a short walk from the South Coast boardwalk and a number of historic sites, restaurants and shops. A nearby sheltered lagoon offers swimming and snorkelling opportunities. The hotel's 112 ensuite rooms face onto the ocean and feature air-conditioning, Wi-Fi, cable TV among other amenities. Your stay is sure to be both enjoyable and memorable

Blue Horizons Garden Resort - Grenada

On Grenada we stay at the Blue Horizons Garden Resort. Set in lush, tropical gardens and only a stone's throw from the stunning Grand Anse Beach, this family-owned and run eco-friendly hotel is Grenada's first Green Globe Gold certified resort. Spacious ensuite guest rooms feature kitchenettes, air-conditioning or ceiling fans, in-room safe, toiletries, hairdryer and beach and bath towels. Relax in your beautiful surroundings and enjoy a wonderful Grenadian welcome.

USEFUL HOLIDAY INFORMATION

Weather & Seasonality

Grenada and Barbados enjoy a tropical climate with average daytime temperatures ranging from around 25°C in January and February (the coolest months) to 31°C in July and August. The rainy season is between July and December, with hurricane season between July and November. Visitors should always anticipate showers and any excursions/walks in the interior will occasionally be wet, and almost always be humid. Higher altitudes and windward facing coastlines usually have a cooling breeze, making the tropical climate more comfortable.

Joining Instructions (With Flights)

For those travelling on our HF Holidays' group flight, please proceed to the arrivals hall once you have passed through passport control, customs and baggage reclaim, when you arrive at your destination. Your leader or local leader will assemble the group in the arrivals hall. Look out for the HF Holidays' sign.

Joining Instructions (Without Flights)

If you are arriving ahead of the group, and are meeting them at the first hotel, please leave a message at the hotel reception for the HF Holidays' leader or local leader, detailing your room number, and a mobile telephone number if possible. The leader will contact you once the group arrives. If you are arriving after the group, a message will be left for you at the hotel reception, welcoming you and giving details of the time and place to meet the group. If your flight arrives before the group flight and you would like to join the transfer to the first hotel, please contact our Abroad Administration team on (0)20 8732 1261. They will have a list of the relevant transfer costs.

What To Bring

As you'll be carrying your own luggage at airports and between your transport and hotels, we recommend you try to keep your luggage to a minimum.

These items are a general suggestion of what to pack for an active outdoor and walking holiday; depending on your destination, you may need more of some things and less – or none! – of others. We advise being prepared for all weather conditions, but you'll know best what you prefer to wear when out walking or while

taking part in other outdoor activities.

- Walking boots (worn in), with good ankle support and non-slip soles and spare bootlaces
- Walking socks
- Lightweight fleece, waterproof trousers and jacket – even in the Caribbean, it may rain!
- Shorts and short-sleeved t-shirts
- Long trousers and long-sleeved light-coloured shirts for the possibility of winter-weather days
- Walking poles

We recommend wearing walking boots on all our walks, as these provide the best ankle support and grip. Modern 'approach shoes' offer appropriate levels of grip and may be worn on some low-level walks, but users should be aware that they offer less ankle support. Lightweight trainers are not recommended for any walks.

Your clothing should ideally be pre-treated with insect repellent and in-built sun protection (available from specialist clothing stores such as Rohan, Cotswold Outdoor).

- Comfortable clothes and shoes for evenings and sightseeing
- Sun protection – sun hat, sunglasses, high factor sunscreen and lip protection
- Water bottle – at least 2-litre capacity
- Lightweight survival bag
- Small/medium rucksack (30 litre) and a liner or cover to keep contents dry
- Insect repellent
- Personal first aid kit including: personal medication, tissues, plasters, blister kit, painkillers, antiseptic wipes, Imodium, rehydration sachets; hand sanitiser

Essential Equipment

- Passport (and copies)
- booking confirmation
- insurance cover note
- HF Holidays' registration form.

Please ensure you have access to emergency funds should you need them; carrying a credit card is probably the most convenient method.

Optional Equipment

- Trekking poles (especially if you find these useful for descents)
- camera
- umbrella
- binoculars; high energy food bars.

Please note that the HF Holidays' leader reserves the right to refuse to take any guest on a walk should they consider that a lack of suitable clothing/footwear may affect safety

Safety On Your Holiday

Insurance is a condition of booking. Therefore, if you have not already arranged insurance, it is imperative that you do so, and advise us of the insurance company and policy number.

We have negotiated special holiday insurance and full details of this cover can be found in our brochure or at www.hfholidays.co.uk.

If you would like to purchase insurance from us, please call us on 020 8732 1220 or email holidayservices@hfholidays.co.uk.

For more information about healthcare abroad and its costs, please visit: www.dh.gov.uk/travellers.

If you are arranging your own travel insurance, please ensure it is adequate for your specific itinerary.

Generally, this should include cover for walking at altitudes over 2,000m - the highest point on the harder walks may go up to 2,700m.

Once you have made your booking, you will receive a pre-holiday questionnaire where we ask for details of next of kin and insurance details. You must complete and return this to us - we need to have this from you at least 10 weeks before travel.

Please also inform us of any medical situation which may affect your enjoyment of the holiday. This is important because our leaders have to consider both group and individual safety at all times.

Whilst out with the group, we respectfully request that you:

- Please listen to any safety instructions from the leader
- Keep group members in view, especially if weather or visibility is poor
- Please stay where you are if you become separated from the group. The leader will retrace their steps to find you.

Each leader carries a first aid kit but is not allowed to supply any medication including aspirin, paracetamol, antihistamines and antiseptic cream. You may wish to bring these items with you in your own kit (see Suggested Kit List).

In the unlikely event that your leader is incapacitated, please use any emergency kit in their rucksack and call emergency services on 911. Please then call our emergency number (see page 8) and let us know there is a problem.

Dietary Requirements

Please contact us as far in advance as possible if you have any specific dietary requirements and we will do our best to meet your needs.

If you require a specific meal on the flight, please let us know as soon as possible, and no later than 96 hours before travel.

Vaccinations & Health

This information is subject to change. In all cases, we **highly recommend** you consult your GP both for up to date details and for more information on what is appropriate to your situation.

As a rule, travellers should be up to date with their routine vaccinations and boosters as recommended in the UK - including, for example, the MMR and diphtheria, tetanus, polio vaccines.

Requirements can change, and we recommend you check in good time ahead of your holiday.

It is recommended for most travellers to have:

- Hepatitis A
- Tetanus

Zika virus, Dengue Fever and Chikungunya are all present on Grenada, so it is important that you take steps to avoid being bitten by mosquitoes.

Medical treatment can be expensive in Grenada: it is therefore important that you have travel insurance. Tap water is safe to drink in Grenada, but if you are susceptible to traveller's tummy, it's best to buy bottled water.

Please note: the use or possession of some common prescription or over-the-counter medicines is banned in some countries.

If you will be carrying medication, please check with the country's embassy/consulate prior to travel. As an

extra precaution, it is recommended to:

- Keep medication in its original packet
- Take a copy of your prescription
- If possible, ask your chemist to write the name of your medication in the language of the country you're visiting

Passports & Visas

Passport

A full passport valid for the duration of your stay is required to enter Barbados. For Grenada, your passport should be valid for a minimum period of 6 months from your date of entry into the country. We generally recommend that your passport is valid for at least six months after your planned departure date for all our holidays.

Visas

British citizens with full right of residence in the UK do not require a visa for either Grenada or Barbados. Other nationalities should consult their nearest Grenada and Barbados consulate or embassy.

Useful Information

The roads in Grenada, whilst offering tremendous scenery, are quite windy and twisty, something to bear in mind if you are prone to motion sickness

Luggage

If your bag or its contents are damaged or lost while in the airline's care, this should be reported to the baggage service agents at the airport on arrival. They will assess the damage; in some cases, the airline may decide to settle your claim immediately.

You will be given a reference to quote to your insurance company if an immediate settlement is not possible - in many cases, baggage claims can only be accepted in writing. A baggage claim form must be obtained from the airport.

Local Currency

Grenada's currency is the East Caribbean Dollar (EC\$ or XCD); Barbados' currency is the Barbadian Dollar (BD\$ or BBD). Both currencies are fixed to the US\$: you may be able to pay with US\$, and many prices are quoted in both, but you may find that your money goes further if you pay in the local currency.

Local Time

GMT/UTC -4 hours (-5 hours during BST)

Electricity

Grenada

The electrical current in Grenada is 220V. UK-style three-pin plugs are most common, but you'll sometimes see US-style two-pin plugs.

Barbados

In Barbados, electricity is 110V; plugs are as shown below but you may see UK-style plugs.

ATM Availability

ATMS are widely available and most major credit cards are accepted.

You will need money for any additional tips you may wish to give, incidental items such as drinks with meals and any souvenirs you may wish to purchase. How much you bring depends on your spending habits, but US \$50 per person per day should be enough.

Suggested Reading & Maps

Bradt Guide, *Grenada, Carriacou & Petite Martinique* (Oct 2017)

Footprint Handbook, *Grenada, St Vincent and the Grenadines* (Sept 2016)

Lonely Planet, *Caribbean Islands* (7th edition, November 2017)

Although you won't need them, if you'd like any maps of the destination, you can obtain some in advance from The Map Shop:

www.themapshop.co.uk

Tipping

Tips have been included in your holiday price for key services such as local guides/driver and restaurants where your meals are included in the holiday price.

Any additional tips – including for any drinks at the bar and meals not included – are at your own discretion.

HOW TO BOOK

When you're ready to book, you can choose to **book online** or book **over the phone**. Our website offers secure online booking for our holidays, is available 24/7, and offers more in-depth information about all our holidays. If you prefer to call us, our experienced and knowledgeable team are available to answer any specific questions you have and can offer guidance as to which holiday is best suited to your needs.

Our office is open: Monday to Friday: 9am – 7pm Saturday & Sunday: 9am – 1pm Bank Holiday Monday: 9am – 1pm

PAYING YOUR DEPOSIT

To secure the holiday of your choice, you will need to pay a deposit: UK & European Holidays: £150 per person and Worldwide Holidays: £250 per person. You can pay your deposit by debit or credit card with no additional card fees charged or make an online BACS payment directly into HF's bank account, please see details under BACS payments. You can also pay your deposit by cheque within seven days of booking. Cheques should be made payable to 'HF Holidays Ltd' with your booking reference / Order ID on the back.

ASSOCIATE'S FEE

Non-members can join our holidays by paying an Associate's fee of £10 per person per holiday. Alternatively, full life membership is available from £100 – visit hfholidays.co.uk/membership for details.

BACS PAYMENTS

Please quote your booking reference / Order ID when you make your payment online: Bank Name: Svenska Handelsbanken AB (publ) Account Name: HF Holidays Ltd Account Number: 35923304 Sort Code: 40-51-62 IBAN: GB92HAND40516235923304 Swift / Bic Code: HANDGB22

Once we have received your booking and deposit, we will send a confirmation invoice to the lead name. Please check this carefully. For bookings 'with flights' it is essential that the names on your booking confirmation invoice match those on your passport for bookings overseas. Please advise us immediately of any errors. Any name changes after the balance of your holiday has been paid will be subject to a fee levied by the airline.

MANAGE MY BOOKINGS

Payments can also be made through the Manage My Booking function on our website. Click on the link at the top of our homepage. This is available to all customers who provide an email address at the time of booking.

YOUR FINAL BALANCE

The balance is due 10 weeks before departure. As with paying your deposit, you can pay your final balance by debit or credit card, make an online BACS payment directly into HF's bank account or pay by cheque.

TRAVEL INSURANCE

Travel insurance is an important part of any booking and essential for one of our holidays. HF Holidays works with specialist. Insurance Brokers Campbell Irvine Direct. For more information or to obtain a quote call them on 01702 427 236 or visit hfholidays.co.uk/insurance

PEACE OF MIND

ATOL:

The air holidays and flights in this brochure are ATOL-protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 710. In the unlikely event of our insolvency, the CAA will ensure that you are not stranded abroad and will arrange to refund any money you have paid us for advance bookings. For further information visit the ATOL website atol.org.uk

MEMBER OF ABTOT:

HF Holidays is a member of ABTOT (The Association of Bonded Travel Organisers Trust Limited) which provides financial protection under the Package Travel, Package Holidays and Package Tours Regulations 1992 for HF Holidays Ltd and in the event of their insolvency, protection is provided for the following: 1. non-flight packages commencing in and returning to the UK; 2. non-flight packages commencing and returning to a country other than the UK; 3. flight inclusive packages that commence outside of the UK and Republic of Ireland, which are sold to customers outside of the UK and Republic of Ireland. 1, 2 and 3 provides for a refund in the event you have not yet travelled. 1 and 3 provides for repatriation. Please note that bookings made outside the UK and Republic of Ireland are only protected by ABTOT when purchased directly with HF Holidays Ltd.

TRIP NOTE VALIDITY

These Trip Notes are valid based on the date printed at the bottom of the page. They will occasionally be updated post booking and pre-departure. We will send you the latest trip notes prior to departure through a link in your pre departure documents or we can send you a copy in the post if preferred.

In booking this trip you should be confident in your ability to participate in all activities described in these Trip Notes. If you have any doubt about your suitability you should call HF Holidays and ask to speak to one of the team about this itinerary.

The information in these Trip Notes is given in good faith. Where differences exist between the Trip Notes and our current brochure, the Trip Notes supersede the brochure. All holidays can be subject to unexpected changes; so please be prepared to be flexible where necessary. At times, it may not be possible to follow the itinerary as planned due to weather conditions, political, physical or other factors. In these circumstances we will make the best possible alternative arrangements to maintain the integrity of the original itinerary.

PRICE GUARANTEE

We promise that our earliest published prices will always be the best and if we reduce our holiday price after your booking has been confirmed, we will pass this reduction on to you. Our price promise applies if any subsequent offer price is for an identical holiday, duration, location and date and does not cover any optional extras, flights or additional services.

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