



GEODYSSEY

TRINIDAD & TOBAGO and GUYANA

Travel guides

Where to stay

Tailor-made holidays

Family holidays

Wildlife and birdwatching

Active and walking

TRINIDAD & TOBAGO and GUYANA

Planning your trip

If you enjoy planning your holiday in detail, there is plenty to help you in this brochure. Browse the early pages on each country for inspiration.

Tailor-made independent holidays

Our tailor-made service for independent travel is just that. We design your trip to reflect your tastes and budget, matched against what is available in each country. The designs in this brochure can be taken off-the-peg, or you can pick and choose from them as a starting point for a unique holiday just for you. Often you can choose both how you would like to travel and the level of accommodation you prefer.

Call or email us with your choices and questions and we will discuss them with you and prepare a full written proposal. We can modify this as often as necessary to create your perfect trip. When you are happy with a proposal, send us your booking form. We then book the hotels, flights, airport transfers, hire cars etc, and, if you would like a guide, we will arrange for a trained and experienced guide appropriate to your interests. Meals can be included or left for you to decide during your holiday. For each day of the sample itineraries shown here, BLD (breakfast, lunch, dinner) indicates the meals included in the prices given in the Booking Information supplement.

Small group holidays

Visit www.geodysey.co.uk for details of our small group holidays to several of our destinations in Latin America and the Caribbean, but not for Trinidad & Tobago. In Guyana we can join you on to a small group trip that is locally coordinated.

Contents

Trinidad	5
Around Trinidad	6
Planning your trip	10
★ <i>Trinidad & Tobago Odyssey</i>	10
★ <i>Trinidad & Tobago Nature Explorer</i>	11
★ <i>Day Walks In Trinidad</i>	11
★ <i>Carnival Party Marathon</i>	11
★ <i>The Birds of Trinidad & Tobago</i>	12
Where to stay on Trinidad	13
Tobago	15
Around Tobago	16
★ <i>Tobago Selfdrive</i>	18
★ <i>Tobago Chill-out</i>	18
Where to stay on Tobago	19
Guyana	21
Around Guyana	21
★ <i>Essence of Guyana</i>	22
★ <i>Macushi Life</i>	22
★ <i>Reua</i>	23
★ <i>Birds of the Guiana Shield</i>	23

Making a booking

The **Booking Information** supplement included with this brochure covers dates, prices, and how to book. More information is provided on our website at www.geodysey.co.uk.

It's good to know that when you book your holiday with Geodysey you not only get the benefit of our in-depth knowledge of our destinations from many years of making travel arrangements to Latin America and the Caribbean, and our up-to-date knowledge of the best places, old and new. You also get our experience in designing holidays for different tastes and budgets, the confidence that your money is fully protected, and the reassurance that if anything goes wrong while you are away you have a network of helpful, knowledgeable and resourceful people locally and back in the UK to support you. We are just a phone call away when you are planning your trip, preparing to leave, or out in your destination.

When you get back we will send you a short questionnaire to make sure everything went well and to gather your comments on the places you visited.

We will also ask what you think of us. More than 95% of our customers describe their overall level of satisfaction with their holiday as "Excellent" or "Good", with over 90% rating it as "Excellent". A staggering 99% rate the service that our office provides as "Excellent".

We protect ALL our customers

The air holiday packages in this brochure are ATOL protected by the Civil Aviation Authority. Our ATOL number is 5292.



ATOL protection extends primarily to holiday arrangements that include air travel for customers who book and pay in the UK.

As a member of AITO Geodysey also provides equivalent financial protection for customers who do not buy flights from us and/or who book and pay from outside the UK.

For more information please see our website at www.geodysey.co.uk.



Sustainable travel

In each of our destinations we try to support local economies, minimise any harmful impact on the natural environment, and encourage conservation wherever we can. Your holiday will not only benefit you it will also benefit local people and their communities.

We see our relationships with local hotels, guides and organisers as long-term partnerships that benefit our customers and them. You will see from our itineraries in this brochure that we work with local guides and include smaller hotels and guest houses. By working in this way we aim to benefit local people directly.

To help hotels adopt sustainable practices, Geodysey has formed a partnership with the Rainforest Alliance, initially in Costa Rica but growing to other countries in our region, establishing local programmes to help hotels and guest houses and lodges achieve certified standards for sustainability. We are the first travel company in the UK to form such a partnership with them. The Rainforest Alliance also help promote sustainable production of timber, and sustainable farming of coffee (look for their symbol on coffee jars in your supermarket), so it is exciting to see a similarly professional approach being applied to travel.

Air travel accounts for 3-4% of global carbon emissions, but the destruction of forests has been estimated to amount to 20-30% of the total—up to ten times more. When fuel is burned, that's much the end of the story, but when a forest is cut down it also reduces the planet's ability to absorb carbon from the atmosphere, and has a major effect on biodiversity with the loss of many animal and plant species. By choosing a holiday that values the environments of the tropics you are doing a great deal to support the planet too—perhaps much more than the impact of the fuel used to take you there (which you may choose to offset directly).

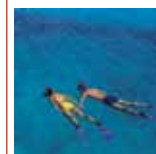
Trinidad & Tobago both have protected areas and although Tobago has the oldest rainforest reserve in the western hemisphere there is much still to do. By visiting their reserves you are supporting their conservation efforts in a very positive way.

Guyana's forests are under great threat: your visit will be especially helpful in raising awareness and supporting efforts to ensure that these wonderful natural resources are managed sustainably.



Take the family

Trinidad & Tobago makes a great destination for families. With opportunities to see wildlife on Trinidad and some nice family-style hotels and small resorts on Tobago, the two islands offer a variety of options without spending a lot of time travelling around. For teenagers there are plenty of opportunities for adventure, including SUP, surfing, snorkelling, biking, trekking and wildlife-spotting.



Honeymoons

Tobago is a classic honeymoon destination. Tucked away in a quiet corner of the Caribbean, it is easy to escape the crowds and find romantic hideaways. With some very special accommodation, beautiful secluded bays and spectacular sunsets it provides a truly wonderful honeymoon backdrop. See 'Tobago Chill-out' (p18) for an example and call us to design something just for you.



Guides

Our guides are all local people—the best person to introduce you to a country is someone who lives there. A good guide turns a successful trip into a truly memorable one with insights that foreign guides struggle to match. They are typically very experienced, usually with a ready wit and insights about life on the island. They know how to make things work locally and how to put things back on the rails if there are last minute hitches. Specialist naturalist and birdwatching guides are also available.

A note of caution

Trinidad & Tobago are some way behind the standards of leading European economies. You may be surprised by how well most things work but allowance must be made for occasional inadequacies and shortcomings: a degree of caution, flexibility, and patience will also help. The pace of life is slow and attitudes are relaxed and informal, but highly polite and saddened if disrespect is shown. To enjoy your holiday you will need to slow down too and to accept that you are a guest in a culture whose ways of doing things may be a little different from your own. Conditions in Guyana can be very basic.





Welcome

This brochure on Trinidad & Tobago and Guyana is part of our growing series of in-depth guides for selected countries in Latin America and the Caribbean. Our aim is to provide you with a wide choice of travel and holiday ideas that bring out the best in a destination so that you can pick the holiday that suits you best.

In each of the countries we offer, we focus on travel experiences rather than just staying put at the beach. We highlight the distinctive places to visit, the best opportunities to see wildlife, ways to gain insights into local cultures and communities, as well as great beaches and characterful hotels. There are different ways to get around too, depending on what works best in each location, from having a private guide or driver all to yourself, to hiring a car and setting off on your own. We offer small group holidays to some destinations, though not to Trinidad & Tobago.

Also included in the mix are special options like leg-stretching day walks, birdwatching at all levels, and adventurous treks. On Trinidad & Tobago we also offer some cycling and diving, so you can blend these in as well. Nearby Guyana is a short flight from Port of Spain and makes an adventurous side-trip from Trinidad & Tobago, or a holiday on its own.

We bring all this together for you in a well-organised trip that makes the best use of your precious time and the budget you decide on. We would like to be thought of as providing the best choices, excellent service, and excellent value.

About Geodyssey

Geodyssey is not an ordinary travel company. We started life in 1993 as a travel specialist for Venezuela, an extraordinary country for which we developed our own dedicated and personal style that many people seem to like. We have grown, and now offer almost the whole of Latin America and our selected countries in the Caribbean, but we are still a small team and we really care about each and every customer. Travel is our passion, and we want to share that with you. Each of us has travelled widely in our destinations (and beyond), so if one of us happens not to have been to a particular place we offer, the chances are that someone else on our team will have been there, probably several times.

It seems to work. For customer satisfaction we are ranked amongst the top 10 companies in the Association of Independent Tour Operators (AITO), according to their most recent survey.

When you are deciding where to go for your next holiday you'll want to turn to someone who really knows the area you'd like to visit. For Trinidad & Tobago or for Guyana, we hope you'll choose us.

Gillian Howe
Managing Director



Contact us

Geodyssey Ltd
116 Tollington Park
London N4 3RB England
www.geodyssey.co.uk

T: 020 7281 7788

F: 020 7281 7878

E: enquiries@geodyssey.co.uk

Leatherback Turtles

These huge, mysterious creatures are the largest of the sea turtles. They grow to nearly 10ft in length and over 900kg (nearly a ton), though most adults are about 6ft.

Like all sea turtles, the leatherback is endangered. They numbered about 115,000 in 1980, but by some estimates the population may now be less than 25,000. In Trinidad, and at some other locations, their numbers are increasing, but there have been massive declines elsewhere, attributed in part to harvesting of their eggs by humans for food and entanglement in fishing nets. About every 2 or 3 years the female leatherback returns to her ancestral beach to lay her eggs. Leatherbacks prefer sloping sandy beaches where

they can make a short haul to dry sand; here they excavate a metre-deep egg chamber using their back flippers. Their sheer bulk makes this a tremendous effort. While laying is in progress the turtles go into a trance-like state. In the deepest part of the chamber they lay about 80 white leathery eggs the size of snooker balls, followed by a layer of sand and 30 smaller unfertilised decoy eggs in case the nest is uncovered and raided. Once she has laid, the female covers the nest using her flippers, leaving a distinctive circular sweeping pattern in the sand. She will then haul herself to other areas of the beach to laboriously create similar patterns at different spots in an effort to hide the position of her true nest. Towards dawn she returns

exhausted to the sea. She may come back to lay again up to 10 times each season. About 65 days later, the hatchlings emerge and dash for the surf. The mortality rate is high at every stage. Only 60% of eggs mature into hatchlings: many are infertile or are dug up by dogs or poachers. Many hatchlings fall prey to dogs or birds on their way to the sea, or are then eaten by fish. On Trinidad the nesting process can be seen between March and August, and the hatchlings emerge between May and September. Turtle-laying beaches are protected areas and you need a permit to enter after dark. It is a very moving experience to witness.





Trinidad

An island bursting with life. A joy for nature lovers, filled with jewel-coloured tropical birds, butterflies and flowers. A melting pot of vibrant cultures with Carnival at its very heart.

Trinidad is for the most part outside the mainstream Caribbean tourist trade of 'sun, sea and sand'. It attracts instead a variety of visitors interested in wildlife, nature and the island's rich culture. Walking and trekking are also good options. There are some excellent local beaches along the north coast: crescent bays with quiet sandy beaches backed by palm-trees, fishing villages enlarged by a few beach houses and very few hotels, and livelier beaches near Port of Spain serving its week-enders.

Trinidad lies only 7 miles off the coast of Venezuela and the South American continent, to which Trinidad was once joined. To the north of Trinidad is the Caribbean Sea, to the south the Orinoco runs into the Atlantic. It is just 50 miles from north to south and 30 miles across the centre.

Columbus passed Trinidad on his third expedition; Sir Walter Raleigh called in and raided the main Spanish settlement on his way to the Orinoco and his search for El Dorado. Though increasingly settled by the French, Spanish rule continued until the end of the eighteenth century, when Trinidad was surrendered to Britain. The plantation economy begun by Spain continued beyond the end of slavery in 1838 with the indenture system that, until 1917, brought destitute workers from India on pittance wages. Independence came in 1962, under the brilliant radical Dr Eric Williams.

Trinidadians trace their heritage to many origins. Some have roots among the Caribs that lived here before the arrival of the Europeans, many are descended from Africans brought to the island in the barbarity of the slave trade, others have European, Indian, Chinese, or Arab backgrounds.

Mutual respect, tolerance and the celebration of different cultures are themes that run through the island's life, centred on the capital, Port of Spain. Here you'll find one of the most multicultural, vibrant and cosmopolitan societies in the whole of the Caribbean. Outside the capital and a few small towns, rural communities lead a simpler, more relaxed, rather upright way of life.

Musically, Trinidad's heyday came with the popularity of calypso. Now replaced by soca, one of the most danceable beats, Trinidad's popular music stays at home and has not found the same recognition as reggae or rap. But Trinidad's Carnival still leads the Caribbean in music, costume, dance and sheer partying. The lead-up to Carnival is almost as good as Carnival itself, with lots of practice events—as much fun, and in more manageable doses.



Music

Trinidad's music is constantly evolving in its own way, spinning off new forms all the time.

The **calypso** is unique to Trinidad. Originating in the 1940s and 50s its innocent-sounding lyrics have an edge—parodying the issues and gossip of the day or charged with a political, social or cultural message. If you find yourself in the company of a calypsonian you should certainly stomp up for a tune, and listen carefully for the little jokes about you and your companions wittily inserted into the song.

Another Trinidadian invention is the **steel pan**, which spread far and wide to lend its special lilting sound all around the Caribbean and beyond. There are commercial pan factories in Port of Spain, but for the genuine article our best guides know one of the few neighbourhood makers still bashing the living daylights out of red-hot oil-drums in their backyard to make these compelling instruments the hard way.

The most commonly-heard street music these days is **soca**, which emerged from calypso in the 70s. It speeds up the calypso beat, adds a bass line, and a touch of Indian drumming borrowed from **chutney** (another mostly Trinidadian invention). Lyrics are less important than creating that party vibe. 'Hot Hot Hot' is a classic soca tune that everyone knows.



Around Trinidad

Port of Spain

Practically all visits to Trinidad start at Port of Spain, one of the most important capitals in the Caribbean. It is the centre of influence historically, culturally, politically and economically not only for Trinidad and Tobago themselves, but for much of the eastern Caribbean.

The city lies on the Gulf of Paria, under the southwestern edge of Trinidad's Northern Range. Tucked between the hills and the sea, the centre is small—everywhere is within walking distance more-or-less.

Port of Spain's downtown area contains the main commercial streets, with the busiest shops on Independence Square. Woodford Square is the political centre, with the Red House, the seat of Trinidad & Tobago's parliament, along one side. The garden in the square is the setting for open-air political debate: the topic of the day is written on a blackboard each morning. Weekly lectures in the square by Dr Eric Williams, the father of the independence movement and the nation's first prime minister, created this public forum—the 'University of Woodford Square'.

The wide open space of the Queens Park Savannah is to the north. Just to the west, you'll want to explore the streets of Woodbrook which mostly date from 1910 or so when it first developed as a genteel residential area. Woodbrook is fashionable again, dotted with restaurants and bars, many of which are in the original small 'gingerbread' houses, fringed with fretwork and delicately painted.

Some of the finest examples of this architecture are between Woodbrook and the Queens Park Savannah, in the more upmarket streets of Newtown and St Clair,

which date from the turn of the twentieth century. The seven grandest examples of Victorian houses lie in a row along St Clair's border with the Savannah. Known as the 'Magnificent Seven', the houses are each in a different style but vie to outdo each other in form and decoration. Brian Lara's house is perched on a hill overlooking the Savannah—a gift from a sports-mad nation. Nearby are the Botanical Gardens and the impressive President's Residence. The leafy suburbs of St Ann's lie behind.

Northern Trinidad

Northern Range

The forested hills of the Northern Range stretch across the entire 80km width of the north of Trinidad, from beyond Port of Spain in the west across to the Atlantic in the east. Away from Port of Spain and the towns along the Eastern Main Road, the hills are sparsely populated and natural.

A few roads wind up into the hills serving isolated communities. The little village of Lopinot is a wonderful example: rural and peaceful, proud of its history and traditions, and very lively and creative in its outlook—a great exemplar of Trini culture.

There are trekking trails through the forests and good places for birds and other wildlife.

North Coast

Along this rugged coast the hills meet the sea in a succession of beautiful bays between craggy headlands. There is a choice of pleasant beach hotels and an absence of large scale international tourism. It's a lovely area to explore and spend time in.

Just two roads cross the hills to the north coast: from Port of Spain to Maracas Bay, and from Arima to



Trini Talk

Trinis have their own ways of speech, based on English but with words, phrases and syntax borrowed from African, East Indian, Amerindian, French, Spanish, Portuguese, Arabic and a few more besides. Let's get you started. 'Dat' is of course the Trini way of saying 'that' ('th' always being a 'd' unless you're a school teacher). So 'in trut' means 'for real'. Another example: 'Gi' me de ting when you come to meh house, pahnah.' That's easy enough, but how about 'Mi tantie givin de movay-lang'. That's about a bad-mouthing aunt—taken from French *tante* and *mauvais langue*. And you should talk s-l-o-w of course, especially on Tobago. See how long you can make 'all right' last—aaaaaaaaaalllll rite! Now add plenty of dry wit, exaggerate like mad whenever you can and, hey—you're talking Trini!



Blanchisseuse. A narrow coastal road connects the two. The only other part of the north coast reached by road is in the extreme east; to get to it you have to drive across the island to Toco.

The most accessible and popular beaches are at Maracas Bay and nearby Las Cuevas. Being close to Port of Spain they get very busy at weekends. Look for 'Richards Bake and Shark' a favourite food stall at Maracas Bay.

Blanchisseuse and beyond

Further along the coast the beaches are quieter. At the end of the road you reach Blanchisseuse, a fishing village with an assortment of weather-beaten board houses adorned by brightly flowering bougainvillea, set above a succession of pristine, wild sandy beaches. The atmosphere is relaxed and friendly. There is a church, grocers shop, bar, post office, school and a smattering of simple guest houses used by local holiday makers. Its name dates from French creole times and the laundresses who washed clothes in the village stream.

Beyond Blanchisseuse there is 30km of coast before the next stretch of tarmac in Matelot. In between there are some fabulous wild beaches and magnificent coastal views. The area can only be reached on foot, following trails which dip and climb through lush forests of old coffee, cacao and citrus estates.

Matelot and Grande Riviere

The northeast tip of Trinidad is one of the island's best kept secrets. It is a region of tiny well-kept rural communities, enticing scenery and quietude. Matelot is a small hamlet typical of the rural communities scattered among the hills of the Northern Range. At Grande Riviere there are two of Trinidad's most characterful hotels and an attractive beach. Leatherback turtles nest here and at several other beaches in this part of the island.

There are good opportunities to explore the Northern Range itself. Small roads to isolated villages wind into the hills amid the forest, passing huge stands of bamboo, dense ferns, heliconias and philodendrons growing beneath trees festooned with bromeliads, orchids and liana vines. Rivers tumble from the peaks to carve deep swimming pools, cascades and waterfalls along the way.

In the plantation era much of this region was given over to cocoa, coffee or citrus, flourishing beneath the shade of tall 'immortelle' trees. A few plantations are still active, including the private Carmel Valley Estate. Many others have reverted to forest. Long forgotten donkey paths, known as 'bench trails' crisscross the former plantation lands, providing excellent hiking routes through an otherwise inaccessible area.

The mountain rains make for lush vegetation that supports a diversity of wildlife including land crabs, fresh water shrimps, agouti, armadillo, red brocket



Limin'

It won't be long before you'll be practising the national art of 'limin', the pastime of many Trinbagonians. It means hanging out, enjoying yourself and doing nothing much else. Give yourself a few days to wind down and get into the groove and you'll be limin' like the best of them!



When to visit Trinidad & Tobago

The islands generally have a hot and sunny tropical climate with an average daily temperature of around 28°C.

■ **Dry season** The best weather usually runs from November until around May. There's always the chance of a shower or some rain, but mostly the days are beautifully clear and fine.

■ **Wet season** There are more cloud days and a moderate increase in rainfall from June to October when slightly more than half each 24hr period has some rain, often at night.

Trinidad & Tobago are reckoned to be safely outside the Caribbean's hurricane belt, although once in a decade or more they can be hit briefly by a bad storm tracking far south during the season, which usually starts in May and is usually effectively over by the end of October.

Trinidad



deer, manioc, wild pigs, bats, squirrels and an abundance of colourful hummingbirds, tanagers and honeycreepers, plus the rare Trinidad Piping-guan.

Brasso Seco

Deep within the Northern Range the villagers of Brasso Seco have grouped together to offer rooms for rent in their own homes. The amenities are humble but proudly kept and you can be sure your welcome will be warm. Its multicultural households include Amerindian, Spanish, British, African and East Indian origins. The two main events in the village's calendar are Christmas and the Harvest Festival in May.

Chaguaramas Peninsula

Lying at Trinidad's northwest corner, the peninsula's natural harbour was leased to the US Navy during World War II. Today the area is a yachting haven. Sailing boats moor in the marinas here to avoid the hurricane season in the rest of the Caribbean.

The narrow channel between Trinidad and Venezuela is notoriously rough and is known as Boca del Dragon ('dragon's mouth'). A row of rocky islands span the channel. The well-to-do have homes on the nearest islands and commute to Port of Spain by speed boat. Visitors can take an open boat 'down de islands' to nearby Gaspar Grande island and Gasperee Caves, once used by pirates, where sunlight sparkles on crystals in the rocks, and a deep pool reflects the bright colours and strange shapes of stalagmites and stalactites.

West Coast

Caroni Swamp

Just south of Port of Spain is Caroni Swamp—a RAMSAR wetland of international importance and a 'must' for anyone interested in wildlife. In the late afternoon you take a flat-bottomed boat through the mangrove to see lines of scarlet ibis, herons and egrets coming to roost. The intense red plumage of the scarlet ibis, Trinidad's national bird, is astonishingly vivid, its colour burning itself into the memory. You can also expect to see fiddler crabs, oysters, four-eyed fish, tree boa and spectacled caiman.

Waterloo

Driving south from Port of Spain, the scenery changes as you approach Waterloo through avenues of tall palms between fields of sugar cane and grazing water buffalo. The Temple-in-the-Sea at Waterloo is a white-domed Hindu temple built on tidal flats and reached by a pier. Its prayer flags and funeral pyres are a reminder of the rich cultural mix of Trinidadian society.

Point-a-Pierre

Continuing south on the west coast you reach Point-a-Pierre Wild Fowl Trust, an attractive park where you can stroll by a small lake with scarlet ibis and other waterbirds, and a great variety of trees and plants. It's a photographer's delight, particularly when the lotus and water lilies are in bloom.

San Fernando

Trinidad's second city is a maze of rough streets below San Fernando Hill, which offers great all round views.

Southern Trinidad

Ask anyone from Port of Spain if they've been south beyond San Fernando and 9 times out of 10 the answer will be 'no', although the journey is less than 60 miles. This area appears to get along quite independently, with farming and fishing, a little light industry, and oil derricks off the southwest and southeast coast. Its unstable geology yields some small-scale surprises, with several areas of 'mud volcanoes' blowing dollops of thick gloop from earthy pimples a few feet high, and the remarkable Pitch Lake—one of three asphalt lakes in the world. Its tar was used by Sir Walter Raleigh to caulk his ships and is still used on roads around the world. If you explore it with a guide you will be intrigued by the experience of walking on it, seeing how the tar is slowly moving, learning about its long history and how local wildlife has adapted to it. You may even see a fish eagle cooking its breakfast on the hot tar.

South Coast

Cedros and Icacos on Trinidad's remote South Coast are accessed by long empty palm-lined roads stretching away to the horizon. Time passes very slowly here. The waters of the Orinoco bring good fishing and the prospect of a little smuggling with Venezuela, but leave beaches and sea an unappetising shade of brown. Erin and Moruga have a similarly remote feel.

Central Trinidad

This area is mostly agricultural, dotted with small villages and townships, winding lanes and the trappings of a rural life: small churches, village schools, and fiercely contested cricket matches.

Chocolate was once a very important crop here and in parts of the Northern Range. Originally only the finest Criollo beans from Venezuela were grown, but a hardier strain was needed so the Trinitario bean was created, these days ranked only just below the Criollo by





aficionados. A revival in gourmet chocolate is bringing old estates to life, and some can be visited by special arrangement. Meanwhile look for a bar of Valrhona's 'Gran Couva' in your local delicatessen—sourced from the San Juan estate. Rum distilleries include the top-ranking 10 Cane, owned by Luis Vuitton Moët Hennessey and distilled locally to cognac standards from cane produced by small farmers, and the more affordable mass-market Angostura, which has a visitor centre in Port of Spain.

East Coast

Trinidad's East Coast has mile after mile of magnificent wild beaches where lines of Atlantic breakers roll ashore on fine yellow sand strewn with coconut husks and chip-chip shells, backed by a million tall palms that line the shore. Cocal Beach on Cocos Bay is 4km long, deserted but for the occasional family of weekenders.

At the end of Cocos Bay a sand spit across the mouth of the Nariva River has created a mostly freshwater wetland of reed-fringed marshes with mangroves edging the more brackish channels. Nariva Swamp is a RAMSAR wetland of international importance, a key habitat for many birds: waders, rails and raptors,

and for the endangered West Indian Manatee. Much local effort was required to achieve its protection. At dusk flocks of red-bellied macaws sometimes come to roost in a stand of royal palms near the shore. Almost surrounded by the swamp is Bush Bush Sanctuary, a delightful pocket of hardwood forest and silk cotton trees bordered by moriche palms. Here you can walk on forest trails with good chances to see capuchin monkey, red howler monkey, tree porcupine and perhaps white-bearded manakin at their leks performing competitive acrobatics on the forest floor. On the lane into Bush Bush, Christians, Muslims and Hindus take turns to worship at a church with each faith's religious symbol painted side by side.

In the southeast just beyond Guayaguayare lie the Trinity Hills, named by Christopher Columbus on his third voyage. Its three peaks were his first landfall, seen just as his ships were running out of drinking water; he gratefully named the land 'La Trinite' or Trinidad.



Carnival

Trinidad is a birthplace of modern Carnival—a two-day explosion of colour, music and nonstop partying in mid to late February before the start of Lent.

In 1834 freed slaves celebrated their emancipation by taking to the streets in Trinidad in mimicry of their former French slavemasters' dress at Mardi Gras. They took the idea a stage further, adding African drums and gradually Carnival has developed from there. In Trinidad Carnival is not a parade—you don't just stand on the side and watch it go by. Everyone is caught up in the party.

If you go to the actual days of Carnival you could be covering yourself and others in mud. (a symbol of new life and freedom) at J'Ouvert (dawn), before dressing in extravagant (or minimal) costume and partying in the streets around the clock.

For those with the inclination but less stamina, the preparations for Carnival give a good taste of what's to come. From early January an atmosphere of excitement and anticipation starts to build. 'Mas Camps' are set

up: masquerade headquarters where competing local organisers create fabulous colourful costumes from wire, wheels, foil, bamboo, sequins and feathers. There are traditional Carnival characters—devils called Jab Jabs, human donkeys called Burrokeets, bandits called Midnight Robbers, clowns called Pierrot Grenade and giants on stilts called Moko Jumbies. Composers write new pan music and calypso; Carnival Kings and Queens are selected. During the days of Carnival the teams compete for the title of best Mas band.

By the second week of January the 'Tents' will be opening their doors each night for performances by local Calypsonians. In the nights of the week prior to the Monday and Tuesday of Carnival the Grandstand on Queen's Park Savannah hosts the judging of the Kings and Queens of Carnival and extemporary calypso contests are held.

Trinidad is famous for steel pan music and this comes to the fore during Carnival with steel bands of up to 130 musicians pushed through the streets on trolleys.

Trinidad

Planning Your Trip

All of our tours in Trinidad & Tobago are tailor-made to suit our clients' individual tastes and budgets.

When planning your trip, your first decision should be how long to spend on each island, and how much of each island you would like to see.

The suggested itineraries shown here for Trinidad and on p18 for Tobago will give you ideas of what works well. This is just a starting point: we can design your trip exactly to your needs.

Even if you prefer to stay more or less in one place we would strongly encourage you spend at least one or two days out and about with a guide to discover more about the islands and get to places that may be hard to reach under your own steam.

If you have a special interest in birds, or want to go diving, trekking, or cycling then we can arrange a holiday that's devoted to it, or just a few days mixed in with more general sightseeing or relaxing.

Where to Stay

Where you choose to stay will depend on the style of holiday you are looking for.

Trinidad

On Trinidad the accommodation options are all in the northern part of the island. There is a good choice in and around Port of Spain, from decent quality guest houses run by enterprising families, to international standard 5* hotels. There is a scattering of small hotels around the coast and two wildlife and birding focused lodges in the Northern Range.

For examples of hotels on Trinidad see p13.

Tobago

Many of the hotel beds on Tobago are in large all-inclusive resorts. In keeping with our style of travel, we have selected smaller, low-key hotels which you can use as a base to tour around the Island or simply as a place to relax.

Some have a focus on diving and water sports, others have been selected for their position on the island or because they are just a great place to chill-out and enjoy your surroundings.

For Tobago accommodation examples see p19.

Getting Around

Private guided touring

Undoubtedly the best way to see both islands is with a local guide. You can sit back and relax while the guide shows you around and takes care of the driving. They are a font of local knowledge—the islands are small and there is not much that misses their attention. We can arrange for one of our regular guides, most (if not all) of whom we have known personally for many years, to be at your disposal for a day or two, or for your whole trip.

Private Transfers

A local driver collects you from your hotel and transfers you to your next destination. There are no travel worries, it is a private service, and you have your independence in each location. Pick-up times can be adjusted to suit you.

Selfdrive

We can arrange car hire on Tobago. Driving conditions are easy, but take it slow around the island's narrow roads. At some of Tobago's hotels we recommend you have a hire car for at least some, if not all, of your time.

For security and because local drivers can be wilder we do not recommend selfdrive on Trinidad.



TOURING AND WILDLIFE • CHOICE OF MID AND UPPER RANGE HOTELS AND LODGES • PRIVATE GUIDED TOURING

Trinidad & Tobago Odyssey

Discover the landscapes, cultures, wildlife and beaches of both islands, with a choice of hotel options. With a private guide on each island to show you around, you will see a lot at an enjoyable easy pace.

Port of Spain

Day 1 You are met on arrival at Trinidad's Piarco airport by your local guide, who will escort you on each day's trips on the island, and driven to your chosen guesthouse or hotel in Port of Spain (see p13), your base for the next 6 nights.

Day 2 **BL** Sightseeing in Port of Spain taking in all the highlights. You'll also have the chance to try local culinary favourites and fresh tropical fruit drinks, or shop for fabrics, batik swim wear, hot sauces, rum, coffee, preserves and more.

The West Coast

Day 3 **BL** Visit Point-a-Pierre Wild Fowl Trust, then the city of San Fernando—a maze of hilly winding streets with views in all directions. Continue south to one of Trinidad's most curious geological phenomena, the Pitch Lake.

Yerette's Hummingbird Garden & Caroni Swamp

Day 4 **BL** Today, by special arrangement, visit Yerette's the home of Theo and Gloria Ferguson whose garden is a haven for the hummingbirds that come in great numbers to their many feeders. Your hosts can tell you a lot about these dazzling, bold, jewelled birds as you photograph and try to spot the 14 different species they regularly see. Later take a boat into Caroni Swamp for the splendid spectacle of lines of Scarlet Ibis flying in to roost.

Asa Wright Nature Centre

Day 5 **BL** Visit the world famous Asa Wright Nature Centre in the lush rainforest of the Northern Range's Arima Valley. You will have lunch in a local home in the forest range and return in the afternoon via Blanchisseuse and Maracas Bay.

Lopinot

Day 6 **BL** Today you visit Lopinot, a village community deep in the Northern Range, which takes its name from a French count who was granted land here that he developed into a cacao estate (an example followed around the island, making Trinidad chocolate among the best in the world). His Great Plantation House and some of the historic drying sheds can be visited on a short path



beneath wonderful ancient trees. The even better part of Lopinot is its people, so stroll around, say hello, and be sure to visit their hummingbird café/chocolatier and its gardens. There are nice walks around the village too.

The East Coast

Day 7 **BL** Head for the magnificently wild east coast, driving beside long palm-backed beaches from Manzanilla to Mayaro. Visit Nariva Swamp and Bush Bush Nature Reserve. Drive north to Grande Riviere for 2 nights at Mount Plaisir Estate.

Grande Riviere

Day 8 **B** Take a 'wet' river walk through the forest along the shingle bed of the shallow, clear Shark River, or relax at the beach, perhaps before a night's turtle watching (Mar-Aug).

Tobago

Day 9 **B** You are driven to the airport for the short flight to Tobago, where you are met by your private Tobago guide who takes you to Speyside where you will stay for the next 6 nights at either Speyside Inn or Blue Waters Inn (see p19).

Charlotteville & Little Tobago island

Day 10 **BL** Visit Charlotteville—a pretty fishing village, returning for lunch at Jemma's Tree House in Speyside. Afternoon glass-bottomed boat trip to Little Tobago Island.

Speyside

Day 11 **B** A free day (without guide) to relax at Speyside. Snorkelling and novice diving can usually be arranged locally. In May and June watch for manta rays off the village jetty.

Tobago Forest Reserve

Day 12 **BL** Follow the Gilpin Trace nature trail into the Tobago Forest Reserve. You will see bright red heliconias, palms, lianas, butterflies, land crabs, and some of Tobago's 3000 species of orchids. After a picnic lunch in the forest there's a gentle walk to reach the Argyll Waterfall. It is possible to bathe in the cool waters at the foot of the falls.

The West Coast

Day 13 **BL** Explore fishing villages and dramatic scenery along Tobago's western shore, starting with Bloody Bay then continuing southwards, to Parlatuvier and Castara Bay.

Southern Tobago

Day 14 **BL** Head to the south of the island to enjoy soft white sands and calm turquoise waters at Pigeon Point. Take another glass-bottomed boat to Nylon Pool and Buccoo Reef. Rest of the day free at Pigeon Point.

Day 15 **B** Transfer from Speyside to Tobago's Crown Point airport for the short flight back to Trinidad. Call by Pax Guest House (p19) for a celebratory high tea before returning to the airport for your international flights home.



TOURING AND WILDLIFE • MID UPPER AND TOP RANGE HOTELS AND LODGES • PRIVATE TRANSFERS WITH SOME PRIVATE GUIDED TOURING



ACTIVE AND ADVENTURE

Trinidad & Tobago Nature Explorer

A holiday with a special focus on the natural side of both islands, seeing the best of their wildlife and natural scenery whilst staying in small characterful accommodation.

Port of Spain

Day 1 You are met on arrival at Trinidad's Piarco airport and driven to Pax Guest House—your base for the next 3 nights. This characterful but simple birders retreat is set on a monastic estate. Raptors and hummingbirds are the main attraction here, not all rooms have en-suite facilities, so if you prefer you could stay in a more comfortable guesthouse or hotel in Port of Spain.

Point-a-Pierre and Caroni Swamp

Day 2 **BL** Your private Trinidad guide collects you for the day. In the morning visit Point-a-Pierre Wild Fowl Trust (p8), with a picnic lunch. Late in the afternoon go by flat bottomed boat (with your guide but boats may be shared with others) to explore Caroni Swamp and watch scarlet ibis fly in to roost.

Bush Bush Reserve

Day 3 **BL** Your guide picks you up to head for the magnificently wild East Coast, driving beside long palm-backed beaches from Manzanilla to Mayaro, visiting Nariva Swamp and Bush Bush Reserve. Red-bellied macaws are seen at their roosts early and late.

Asa Wright Nature Centre

Day 4 **BLD** Private transfer by road to Asa Wright, Trinidad's premier nature lodge, for 3 nights. Settle in and take a tour of the property.

Day 5 **BLD** Free time to enjoy Asa Wright's well laid out trails. As well as many species of birds there are good possibilities of seeing agoutis, pacas, iguanas and blue morpho butterflies. The flora here is also magnificent.

Day 6 **BLD** Today you can visit the centre's own oilbird cave. To limit the disturbance to the birds this is reserved for guests staying at the lodge for 3 nights or more. Other optional excursions are available.

Grande Riviere

Day 7 **B** After a final early morning wildlife viewing at Asa Wright, private transfer by road to the quiet village of Grande Riviere on Trinidad's northeast corner, to stay 2 nights at the laid-back Mount Plaisir Estate, set right on the beach.

Day 8 **B** Free to relax on the sands or take a 'river walk' through the forest, wet-walking on a shallow river bed. In the evening in season (March to August) the lodge can arrange a permit for you to go on the beach with a warden to see leatherback turtles laying their eggs.

Cuffie River Nature Retreat

Day 9 **BD** Private transfer by road back to Piarco airport to take the short flight to Tobago. On arrival you will be collected and taken to Cuffie River, a small lodge on the edge of the western hemisphere's oldest preserved rainforest your base for 3 nights. Your host, Regina, will look after you well.

Day 10 **BLD** Today you can take a guided walk (shared with other guests) through the forest with the lodge's resident naturalist guide who has great knowledge of the flora and fauna of the area.

Day 11 **BLD** Free day to enjoy the richness and tranquillity of the natural surroundings. A host of colourful birds are attracted to the well-stocked feeding tables while hummingbirds buzz greedily between the nectar feeders and flowering plants.

Gilpin Trace, to Speyside

Day 12 **B** Transfer to Blue Waters Inn via the Gilpin Trace. A local guide will accompany you on this trail into the rainforest where you have the chance of see wild vivid red heliconia and the lovely blue-crowned motmot. Bats even fly during the daytime in dark sections of the forest. The star find here is the near endemic white-tailed sabrewing hummingbird which has a display lek near the trail.

Little Tobago

Day 13 **B** This morning you visit Little Tobago island by glass-bottomed boat. Here you can see impressive flocks of frigatebirds, boobies, terns and the elegant and delicate red-billed tropicbird. Afternoon free.

Day 14 **B** Free to relax and enjoy the beach.

Day 15 **B** Private transfer to the airport for the short flight back to Trinidad's Piarco airport in time for your international flight home.

Day Walks in Trinidad

Restore yourself with a real slice of island life, staying in small guesthouses and walking with local guides.

Port of Spain

Day 1 You are met on your arrival and driven to Port of Spain to a guesthouse in a quiet suburb.

Santa Cruz to Maracas Bay

Day 2 **BL** You are collected by your Trini hiking guide to escort you each day. Drive to Santa Cruz for the 7 mile hike across the mountains to Maracas Bay.

Paria Falls & Paria Bay

Day 3 **BL** Walk with your guide part-way along Trinidad's undeveloped north coast on a good clear forest trail.

Blanchisseuse

Day 4 **BL** Enjoy the life of a fishing village at Blanchisseuse, with walks around the village and along the sands of its long, long beach.

East Coast

Day 5 **BLD** Drive to the wild palm-fringed untouched east coast of Trinidad, visiting Bush Bush Nature Reserve. Stay at a Mayaro guesthouse.

South Central Trinidad

Day 6 **BL** Crossing south central Trinidad you visit Erin, Icacos Point and the Pitch Lake. Stay at a San Fernando guesthouse.

Point a Pierre & Caroni Swamp

Day 7 **BL** Visit Point a Pierre and Waterloo then tour Caroni Swamp (p8). Stay at your Port of Spain guesthouse for 2 nights.

El Tucuche

Day 8 **BL** An (optional) strenuous and exhilarating trek to the top of Trinidad's second highest mountain (3100ft).

Onwards

Day 9 **B** Airport transfer for flights home or onwards to Tobago for beach time—with options for more walks, bikes, snorkel, scuba, SUP, kite-surfing and more.

Carnival Party Marathon!

Party till you drop at the mother of all carnivals. Base yourself in a guesthouse or hotel in Port of Spain, pick a costume, and join in the fun.

Friday

Day 1 Arrive in Port of Spain and transfer to your chosen hotel or guesthouse, your base for the next 6 nights. If you are taking part in the parade your costume will be waiting for you in your room.

Saturday

Day 2 **B** Today you go to see the Children's Carnival. In the evening you are taken to 'Panorama' the finals of the steel pan contest.

Sunday

Day 3 **B** Free day to recover from the night before or we can arrange

an excursion. Tonight you are taken to the Dimanche Gras Show where this year's Calypso Monarch and Carnival King and Queen are chosen. Then in the early hours you have the option to go downtown to join the J'Ouvert celebrations which start at 2am and continue to dawn. Prepare to get down and dirty when the mud starts flying!

Monday

Day 4 **B** You are collected from your hotel for the Parade of Costume Bands which winds through the streets with the masqueraders 'whining' to the sound of Soca and Reggae Dancehall, if you have elected to, you will be taking part.

Shrove Tuesday

Day 5 **B** Put your costume back on for the principal day of Carnival or, if you want to just view the floats and costumes, we can arrange a seat at the grandstands at Queen's Park Savannah (the best viewing place). Calypso is a big part of Carnival and you will have lots of opportunities to hear it from the Carnival bands.

Wednesday

Day 6 **B** Today you take a 'recovery' trip, like a true Trini reveller, to the beach at Maracas Bay for some RnR and a legendary Bake 'n' Shark lunch.

Thursday

Day 7 **B** Transfer to the airport for your international flight home. "Fete ovah, back to wuk!"

Trinidad



15 DAYS / 14 NIGHTS

The Birds of Trinidad & Tobago

Expert birdwatching guides introduce you to the wonderful variety of birds on the twin islands in two weeks of easy birding in friendly Caribbean style.

Trinidad Birding

Day 1 D You are met at Piarco airport and driven to Pax Guest House (p13) on the Mount St Benedict monastic estate or a more comfortable hotel in Port of Spain if preferred, for 6 nights. Either base provides easy access to all points of the island. Private local birdwatching guides accompany you on Day 2-7 and 12-14.

Mount St Benedict

Day 2 BLD At 7am your guide collects you for an orientating day of birdwatching at Pax and the **Mount St Benedict** estate.

On their hummingbird trail 11 hummers have been recorded including Long-billed Starthroat, White-chested Emerald, Green Hermit, Tufted Coquette, Copper-rumped and Ruby-topaz Hummingbird. Up to 12 raptors can be readily seen from the Avian Terrace, including Ornate Hawk-Eagle, Common Black, Grey-headed and Double-tooth Kite, White and Short-tailed Hawk. The Alben Ride has flycatchers and seedeaters.

The forested hills produce Violaceous and White-tailed Trogon, White-flanked Antwren, Rufous-breasted Hermit, Buff-throated Woodcreeper, Golden-headed and White-bearded Manakin, Rufous-breasted Wren, Long-billed Gnatwren, Tropical Parula, Southern Beardless Tyrannulet, Rufous-browed Peppershrike, Blue Dacnis, Trinidad Euphonia and White-shouldered Tanager.

Aripo

Day 3 BLD Birdwatching at **Aripo Agricultural Research Station**: open savanna, wet pastures, hedgerows and isolated trees. Typical here are Savanna Hawk, Wattled Jacana, Green-rumped Parrotlet, Yellow-chinned Spinetail, White-headed Marsh and Pied Water Tyrants, Grey Kingbird, White-winged Swallow and Red-breasted Blackbird. In season: wintering American shorebirds.

In the heat of the day retreat to the cool of the **Heights of Aripo** TrNt's highest mountain at 3000ft, in search of White Hawk, Common Black Hawk, Violaceous and White-tailed Trogons, Purple Honeycreeper, Turquoise and Speckled Tanagers.

Point-a-Pierre, Waterloo & Caroni Swamp

Day 4 BLD Today you visit the **Point-a-Pierre Wildfowl Trust** which runs a breeding programme for Scarlet Ibis and Whistling Duck. Other species include Saffron Finch, Streak-headed Woodcreeper, Red-capped Cardinal, Black-crowned Night Heron, Grey-necked Wood Rail, Anhinga, Osprey and Ringed Kingfisher.

Then the tidal mud flats at **Waterloo** which offer Neotropical Cormorant, Brown Pelican, Yellow-crowned Night Heron, Tricoloured Striated, Little Blue and Great Blue Herons, Snowy and Great White Egrets, Semipalmated Plover, both Yellowlegs, Semipalmated, Solitary, Spotted and Western Sandpiper, Laughing Gull, and Large-billed and Yellow-billed Terns.

In the late afternoon travel by boat (shared with others) at **Caroni Swamp** for mangrove specialities: Grey Pottoo, Black-crested Antshrike, Bicoloured Conebill, Straight-billed Woodcreeper and stunning displays of Scarlet Ibis.

Valencia Stretch & Cumaca Valley mountains

Day 5 BLD Search for montane forest species such as toucans, bellbirds, woodpeckers, Zone-tailed Hawk, Blue Dacnis, White-flanked Antwren, Collard Trogon and Green Kingfisher.

East Coast

Day 6 BLD Today you go birding down the pristine east coast to **Manzanilla** and **Nariva Swamp**. Opportunity to see Red-bellied Macaw at dusk or dawn depending where they roost when you visit.

Blanchisseuse and the Lalaja Road

Day 7 BLD Bird the **Arima/Blanchisseuse Road** and the **Lalaja Road** for forest species of the Northern Range including Channel-billed Toucan, Double-toothed Kite, Black-tailed Tityra and Ornate Hawk Eagle, Golden-headed Manakin, Blue-headed Parrot, Rufous-tailed Jacamar, Slaty-capped Flycatcher, Red-legged Honeycreeper, and Speckled and Hepatic Tanagers. End the day with a transfer to Asa Wright Lodge, your base for the next 3 nights.

Asa Wright Nature Centre

Day 8 BLD A day based at **Asa Wright**. This morning one of the lodge's naturalist guides will take you on an orientating tour (shared with others). The rest of the day is free for independent birdwatching on their trails. Its birds of greatest interest include White-necked Jacobin, Collared Trogon, Blue-crowned Motmot, Chestnut Woodpecker, Great Antshrike, Bearded Bellbird and Oilbird. In addition to the birds you may come across Agouti, Tegu Lizard and Trinidad Squirrel.

Day 9 BLD Second day for independent birding in the grounds of Asa Wright. As you are staying for 3 nights you will be shown the Oilbird colony at Dunston Cave. Optional natural history field trips are available locally at extra cost with different sites visited on different days e.g. to Toco in search of the Trinidad Piping-guan and in season (Apr-Jul) evening visits to watch turtles nest.

to Tobago

Day 10 BLD Final morning's birding at Asa Wright then transfer to the airport for a short flight to Tobago where you are met and driven to Cuffie River Nature Retreat (p 19), your base for 2 nights.

Cuffie River Nature Retreat

Day 11 BLD A day based at **Cuffie River**. The resident naturalist guide is very knowledgeable about the avifauna and escorts guests on the trails (shared with others). There are also productive nectar feeders and well-stocked feeding tables for independent birding.

Southern Tobago

Day 12 BL A day to explore good birding sites in the southern part of the island from among **Grafton Bird Sanctuary, Adventure Farm, Arnos Vale Sanctuary, Wetlands**, and ponds by the sewerage facility at **Bon Accord**. The selection depends on which are likely to prove most productive at the time of your visit. Possibilities include: Red-crowned Woodpecker, Blue-crowned Motmot, Rufous-Tailed Jacamar, White-winged Becard, Rufous-Vented Chachalaca, Yellow-breasted Flycatcher, Barred Antshrike,

Green-rumped Parrotlet, White-Fringed Antwren, White-tipped Dove, Stripe-breasted Spinetail and Scrub Greenlet. Continue on to Blue Waters Inn (p19) for a 3 night stay.

North Coast and Little Tobago

Day 13 BL Bird the **North Coast** for Yellow-Crowned Night-Heron, Plain Antwren, Laughing Gull, Great Black and Short-tailed Hawk, Least and Royal Tern, Streaked and Brown-crested Flycatcher. Travel by glass-bottomed boat (45min) to **Little Tobago Island** where a trail overlooks the nesting ground for Red-billed Tropicbirds below wheeling displays of Brown and Red-footed Booby, Royal, Bridled, Sooty and Sandwich Tern and Magnificent Frigatebird.

Tobago Forest Reserve and Merchiston Road

Day 14 BL Today you visit Gilpin Trace, a trail in the **Tobago Forest Reserve**, where one of the rarest hummingbirds the near-endemic White-tailed Sabrewing is found. It is also a good location for Blue-Backed Manakin, White-throated Spadebill, Rufous-breasted Hermit and White-necked Jacobin. Then bird along **Merchiston Road** before returning for some free time at Blue Waters Inn.

Day 15 B A morning free before your transfer to the airport for a flight to Trinidad in time for onwards flights home.



A week at Asa Wright

Birdwatching day trips around Trinidad

Day 1 D Transfer from Trinidad's airport to the Asa Wright Nature Centre, (p13), for 7 nights on a full board basis.

Day 2 BLD This morning one of the lodge's naturalist guides will take you on an orientating tour of the centre (shared with others). The rest of the day is free for independent birdwatching at the well-stocked fruit tables and nectar feeders, or along the numerous trails that cross the estate.

Days 3-7 BLD Free for independent birdwatching in the grounds of Asa Wright. As you are staying for 3 nights during your stay you will be taken to see the Oilbird colony at Dunston Cave. Asa Wright offer optional guided field trips to key sites of interest in other parts of the island, including Caroni Swamp, Nariva Swamp and nesting Leatherback Turtle watching trips (April-July). Some are full day, some are half day. These can be booked locally and require a minimum of three paying participants.

Day 8 BL A final full morning's birding at Asa Wright before you are transferred back to Port of Spain airport.

Where to stay on Trinidad

Luxury accommodation is limited to 5* city hotels in Port of Spain, but there is a workable selection of smaller characterful hotels and guesthouses in Port of Spain and around the northern part of the island. The examples would usually be our first choices, depending on your tastes and preferences. Some are specifically for birdwatching. Our classification into mid, upper and top range is a broad indication of relative price levels for Trinidad.



Asa Wright TOP RANGE

Arima Valley, Northern Range

Surrounded by the forests of the Northern Range, Asa Wright is a world famous destination for birdwatchers. Over 170 bird species have been recorded at this former coffee-cocoa-citrus plantation established from early work in the area by Dr William Beebe. Many species can be seen from the verandah of the main Victorian house or along numerous trails on the estate. The Lodge has 24 en suite bedrooms, mostly in cottages in the gardens near the main house. All have private verandahs. There is an oilbird colony that can be visited by guests staying for 3 nights or more. The Lodge gets very booked up in high season so you need to reserve well in advance.



Pax Guest House MID PLUS

Tunapuna, Northern Range

High on a hill, in the grounds of a Benedictine monastery, peaceful Pax Guest House has the mountains of the Northern Range at its rear and long views over the plains to the south. Predominantly a birders lodge, Pax is well located for day trips to most sites on the island. Nature trails lead around a 600 acre estate. There are 19 guest rooms, dining and sitting rooms, balconies onto the gardens and a raptor-viewing terrace. The hospitality is genuine. Pax is famed for its high teas in late afternoon and Gerard's rum punch at sundown. Rooms are spartan, many with furniture originally made by the monks. Only some rooms have private bathrooms, others share.



Mount Plaisir Estate MID PLUS

Grande Riviere

A funky, easy-going hotel directly on the beach in the quiet village of Grande Riviere on Trinidad's out-of-the-way northeast coast. There are 7 versatile rooms suitable for couples or up to as many as 6 people. The style is colourful and rustic, decorated with local crafts. The atmosphere is very laid back with friendly staff and good food. The beach here is not for sunbathing. There are no loungers or waiter service. It is a wild beach and the main attraction are the leatherback turtles who come to lay their eggs here between March and August; the hatchlings appear May-September. For birders, the Trinidad Piping-guan, a rare endemic, can be found in forests behind the village.



Acajou UPPER RANGE

Grande Riviere

This is one of the loveliest properties on Trinidad and comes as near as you will find to a boutique hotel on the island. The 6 beautifully designed cottages take their influence from Indonesia, Polynesia and Japan. They are all stylishly furnished, and have a private terrace with views over a lagoon to the Caribbean. One of the cottages has a sleeping loft with two single beds and can accommodate 4 people, so is perfect for a family with 2 children. It is a 2min walk to the beach at Grande Riviere, where from March to September you can see the turtles. The village itself is a friendly place and has a nice Caribbean 'vibe'.



The Normandie MID PLUS

Port of Spain

The Normandie is a mid-sized hotel of 70 rooms in the quiet relatively upmarket St Ann's area of Port of Spain, near the President's residence behind the Botanic Gardens. The hotel dates from the 1960s and has been recently refurbished.

The Normandie offers 53 air conditioned rooms on two floors, mostly set around the central courtyard with swimming pool. There is a cafe, a restaurant, a selection of small shops, and a small spa.



L'Orchidee MID PLUS

Port of Spain

A small guesthouse in St Ann's close to the Prime Minister's residence, in walking distance of Queen's Park Savannah and the Botanical Garden in Port of Spain—ten minutes drive from downtown. It has 12 comfortable neatly decorated rooms all with a/c, en suite bath, ironing board, hair dryer, telephone and high-speed/wireless internet access. Breakfast can be taken in the air-conditioned dining room or outside on the patio. The guesthouse has its own small orchid garden. The staff are friendly and helpful and there is a no-smoking policy. A very practical base for sightseeing in Port of Spain.



Kapok Hotel TOP RANGE

Port of Spain

A well-liked independent business-style hotel close to Queens Park Savannah in a good location for exploring the city. Comfortable rooms (94 in total, including standard, superior and suites) with comprehensive facilities. Choice of two restaurants: the lobby-level KAVA bar for pizzas and burgers and the 10th floor Tiki Village restaurant with lovely views serving a chinese/polynesian fusion menu. There is a swimming pool with a small sun deck and a gym.

The Kapok Hotel is walking distance from the Botanical Gardens and some of the 'Magnificent Seven', and a taxi ride to the city centre.



Hyatt Regency TOP RANGE

Port of Spain

A luxury business hotel in downtown Port of Spain on the Gulf of Paria waterfront beside the highway coming in to the city.

An impressive atrium lobby, contemporary design throughout and full facilities in the total of 423 guest rooms in five room types from standard to suite. Wide views from terraces and the rooftop infinity pool, which has an exercise room and a spacious spa. There are three restaurants and two bars.

Worth a mention

Anise Resort & Spa Sans Souci UPPER RANGE

11 room boutique property close to palm-fringed beaches on Trinidad's quiet north east coast, well-regarded for its location, service and food.

Mariposa Gardens Lopinot, Northern Range BUDGET

A small guesthouse run by lovely people in the charming village of Lopinot, tucked away in a quiet valley in the Northern Range. Simple rooms, cafe, hummingbird gallery, garden, chocolate.

Chaconia Inn Port of Spain UPPER RANGE

A family-owned hotel on Saddle Road in the Maraval Valley, a 10 minute bus ride from downtown. 28 rooms with private bathrooms.

Hilton Port of Spain TOP RANGE

In an enviable location on Queen's Park Savannah, this 398 room full service business hotel has a pool, spa, gym, gift shop, 2 restaurants and 3 bars.

Monique's Guesthouse Port of Spain MID RANGE

A guesthouse with 20 air-conditioned rooms all with private bathrooms. 10 rooms are situated on a hill set apart from the main building.

Crew's Inn Chaguaramas TOP RANGE

A hotel and yachting centre with 46 rooms with a/c and private balconies with views of the swimming pool and yachts in the marina.

Hacienda Jacana nr Talparo MID PLUS

Four timber 2-bedroom cottages beside a small lake in a countryside of farms and woods. Run by a resourceful local farming family. Phone for dinner.





Tobago

Relax, relax, relax. Trinidad's little sister is the place for it. Palm-fringed beaches, sleepy fishing villages, ancient rainforest, coral reefs and pirate coves provide the backdrop.

Most visitors to the islands stay on Tobago, attracted by good beaches and a small number of resort-type hotels around its southern tip. December to March are the most popular months. A much sleepier option than its sister island, Tobago is an ideal place to flop after a cultural or wildlife tour of Trinidad—or indeed just to flop altogether.

Tobago is much smaller than Trinidad: a fish-shaped island just 26 miles long and 6 miles wide. It lies 20 miles away—a short 20 minute flight. It is mostly a verdant landscape of winding coastal roads that skirt craggy headlands and bays, unspoilt natural beaches, tiny hamlets, exuberant tropical vegetation, and dazzlingly colourful songbirds. The capital city, Scarborough, is little more than a small town.

Most families make at least a part, if not all, of their living from farming or fishing—a blast on a conch shell still calls men to pull the fishing nets ashore. The island's key celebrations remain the fishermen's fetes and the year-round harvest festivals held when the whole local community works collectively together to bring in a crop. Even the annual Easter goat and crab races at Buccoo and the traditional folkloric Heritage Festival, which tours the island from mid-July to early August, are genuine local events—not just laid on for visitors.

With coral reefs all around the island, it is a superb spot for divers and snorkellers (see panel p17). There is also plenty of scope for windsurfing, sailing, surfing and kayaking too. At Mount Irvine there is an 18-hole championship golf course, reputed to be one of the Caribbean's best. The cannon at Fort King George and place names such as Englishman's Bay, Bloody Bay, Man O'War Bay, King's Bay, and Pirates Bay hint at the island's tumultuous history of capture and recapture between the Spanish, French and British.

It's easy to explore Tobago by road. All the sights are reachable from anywhere on the island in the course of a day's drive. We can arrange a hire car for you, but for something special you really should take one of our very personable local guides. You will find everyone on Tobago knows them, calling as the car passes, exchanging a few witty words or a long-drawled greeting.



Leeward or windward?

Trade winds blow, mostly gently, from the Atlantic on to Tobago's long southeastern flank—the windward coast. The windward side of the island provides a wonderful drive past constantly stunning coastal scenery. Cliff-hugging roads take you through small villages, past empty beaches and around forested hills. Some beaches are lovely but some are subject to dangerous Atlantic currents.

Tobago's leeward coast, facing the Caribbean, has some of the most spectacular views and unspoilt beaches. Beyond the southern end of the island, this coast is the more isolated, with just a handful of small fishing villages perched above perfect Caribbean bays. Accommodation and restaurants are few and far between; most visitors who explore this part of the island do so on day trips.



Around Tobago

Crown Point and Tobago's Lowland South

The south of Tobago is the more heavily developed and populated part of the island with the majority of the hotels, car rental companies, restaurants, and craft shops. Geologically it is a flat coral and limestone plateau and the main beaches here—Store Bay and Pigeon Point—have powder-fine white sands. The island's airport at Crown Point is almost at the western tip.

Store Bay

Just two minutes from the airport, is a small beach with calm, clear, blue-green water and a sandy bottom, located between the Crown Point Hotel and the Coco Reef Resort. Behind the beach are a number of food stalls and a craft village selling a range of batik, jewellery and leather goods. Boatmen offer deep sea fishing and morning trips out to the reefs in glass-bottomed boats.

Pigeon Point

This is the most photographed place on the island with idyllic glittering sands against a backdrop of coconut palms and almond shade trees. Out at sea Buccoo Reef protects the calm, clear turquoise water of Bon Accord Lagoon. It's certainly a beautiful spot and the calm sea is perfect for children. Don't expect to have the beach to yourself: it is a popular excursion for escapees from the all-inclusives and passing cruise ships.

Buccoo Reef

Tobago's most accessible reef, stretching all the way from Pigeon Point to Buccoo Bay. It is home to 40 species of hard and soft coral, and is rich in marine life, from tiny jewel fish to reef sharks and barracuda. In the past the coral has been damaged by the dragging anchors of the glass-bottomed boats, though the boats are now supposed to anchor only on dead coral. Trips to Buccoo Reef usually include the Coral Gardens

then a stop to bathe in the Nylon Pool. Here a large sand-spit within the lagoon creates a pool of shallow water which is luxuriously heated by the sun.

Scarborough

Scarborough is the largest town, with nearly half the island's population. There is a pleasant, well-labelled Botanical Garden displaying local brightly flowering trees and flora amid broad sweeps of lawn. Nearby an orchid house displays most of Trinidad & Tobago's indigenous species. Scarborough market is an excellent place to examine Tobago's exotic fruit and vegetables and enjoy the stall holders' sales patter.

Fort King George, set high on Scarborough Hill, gives a vantage point over the whole town. Founded by the British in 1777 as a barracks and parade ground, it was later captured by the French then changed hands many times, as did the island itself.

Central Tobago

Tobago Forest Reserve

This is the oldest protected rainforest in the western hemisphere, a haven for 123 butterfly species, 210 bird species, 16 species of lizards and 17 of bats, plus armadillo and forest deer. Much of this mountainous region is difficult to access, but there are several authorised nature trails, the most notable being the Gilpin Trace. In the forest you will see vivid red heliconia and 'hot lips' plants, epiphytes, orchids, lianas, lichens and mosses, and some great birds. The star find here is the delightful, near endemic White-tailed Sabrewing hummingbird which has a display lek near the trail.

Argyll Waterfall

Near Roxborough is the start of an easy 20min walk on a pretty riverside path to the impressive Argyll Waterfall. Hire an official guide at the entrance, follow the path past the ruins of a former plantation house



Little Tobago

This little island, just a mile across, is a bird sanctuary popular with walkers and birders. It hosts one of the largest seabird colonies in the Caribbean and is reached from Speyside by pirogue or glass-bottomed boat—a 15 minute trip over coral reefs across Tyrell's Bay, passing Little Goat Island.

Local guides will lead you up first through fan palms and gumbo limbo tree forest (yes, that's right!), then a xerophytic area to the scrubby cliffside nesting grounds of the Red-billed Tropicbird.

These lovely birds can be seen all year round but are especially prevalent from October to June. From a cliff-top vantage point, where Sir David Attenborough filmed for 'The Trials of Life', there are great views of them and of other sea birds in flight: brown boobies, bridled and sooty terns, laughing gulls. Magnificent Frigatebirds and Red-footed Boobies nest on nearby St Giles Island where much of the vegetation is smoothed horizontal by stiff breezes off the sea. Birds of Paradise, once introduced to the island, are no longer present.

Little Tobago was once a cotton plantation so there are good (but very hilly) walking trails.



and large stands of bamboo, then pick your way across a series of large boulders to a vantage point near the foot of the falls. The water tumbles 54m in a series of stepped cascades into a deep pool where it is possible to take a refreshing swim, or you can clamber, with great care, up to the top.

Unspoilt beaches and coastal village life

Parlatuvier and Castara are two small fishing villages with horseshoe beaches and glittering bays enclosed by dark green cliffs. Down on the palm-fringed sands village life dawdles along, fishermen mend nets and wait for the tide to change, 'pirogue' boats bob in the water while teenage boys lime or play football. Hidden from the road between these two villages is the very quiet and secluded Englishman's Bay, a crescent of sand, backed by coconut palms for shade, and calm, deep clear water where there is some good snorkelling.

The North Coast

Speyside

Speyside is the part of the island that is mostly frequented by divers and birdwatchers, but is also suits very well people who prefer to get away from the more developed south.

The pace of life here remains deeply and attractively s-l-o-w. There is little to do in the evenings, except perhaps to walk along the road that follows the broad sweep of the bay—on a moonlit night the view across the water is magical—or lime with local fishermen at one of their rum bars. After a few days everyone in the village will recognise you, know where you are staying, and, seemingly, all there is to know about you!

You don't have to be a diver, or even a snorkeller, to enjoy the colours of the fish on the network of reefs which cross the bay. Local boatmen offer trips in glass-bottomed boats to Little Tobago Island (see

panel opposite) and the coral reefs. Even from the boat the underwater spectacle is mesmerising, including a huge brain coral, thought to be the largest in the world (3.6m high and 5m across). In August manta rays can even be seen from the jetty in the village.

Set aside time for a leisurely lunch at Gemma's Tree House restaurant. Incongruously positioned in a seafront almond tree this place is a local institution.

Charlotteville

Charlotteville lies just 4 miles beyond Speyside, over a ridge thick with foliage. Steep cliffs tumbling down to the deep blue of Pirate's Bay and Man O'War Bay make this one of the most picturesque villages on the island. Though the town has an isolated feel, cruise ships have begun to arrive so the tourist dollar is starting to have a presence in this relaxed and friendly community.

300 years ago Pirate's Bay was used by marauding buccaneers as a base for attacks on Spanish galleons laden with gold from South America. Rumours say there's still buried treasure in these 'ere parts! It has one of the island's nicest beaches—a horseshoe of calm emerald green water, fine yellow sand, with a backdrop of lush vegetation, reached by a long flight of concrete steps.

Most accommodation is self-catering, but there are only a few very basic grocery shops, plus a post office and gas station. And there are just a couple of very simple beach type restaurants. So there's little to do but relax and enjoy the sea view as frigatebirds swoop over the calm Caribbean waters. Man O'War Bay is one of the most sheltered on Tobago.

The cross-country trail between Speyside and Charlotteville makes a good day walk. Orchids and bromeliads grow everywhere they can find a hold in the humid conditions.



Active Tobago

Stand-up paddle-boarding

Easy to master and great fun to do, SUP is a great choice. You can SUP in a quiet lagoon, SUP on a river, try SUP yoga, or even SUP on nights when the water glows brightly with bioluminescence at each paddle stroke (at its best for the 5 nights before no moon).

Scuba

Tobago offers some of the most pristine and exciting dive habitats in the Caribbean, with warm plankton-rich waters giving a flourishing underwater eco-system. Clouds of tropical fish display over thick coral cover; barrel sponges, sea fans and brain corals grow to record-breaking proportions. Large pelagics are attracted from the Caribbean and the colder Atlantic waters, most notable of these is the manta ray.

Year-round average underwater visibility is 60ft (18m), and is best from December to May. Diving is possible all year but not every site is diveable on any given day. Water conditions can be rough Jul-Sep, but even then on most days your dive company will be able to select calm conditions. We offer a full range of dive trips, including 7- and 14-night packages, during which you can dive all around the island. Or we can arrange for you to dive for just one or a few days.

Surfing, Kite-surfing and Wake-boarding

Not something we ourselves have any expertise in, but Tobago has a well-regarded and enthusiastic team eager to teach you from scratch or enhance your technique and give you some thrills. Book locally.

Mountain biking

Beach trails, farm tracks and forest traces take you on guided rides into parts of Tobago that few of the locals even know about. Choose your level, from beginner, through intermediate to EXTREME! Bikes are decent working hard tails with disk brakes and flat pedals, with helmets and gloves. Bring your own bike/equipment if you wish.



Tobago



CHOOSE MOSTLY MID-RANGE, MOSTLY UPPER-RANGE, OR MOSTLY TOP-RANGE HOTELS



HONEYMOON SAND CHILL-OUTS - UPPER AND TOP RANGE HOTELS

Tobago Selfdrive

A nicely paced trip, staying at 4 different locations around the island, with the flexibility to do as you please: explore, get off the beaten track, or just unwind.

Tobago

Day 1 You are met at the airport and transferred to your hotel near Mount Irvine Bay where you stay for the next 5 nights.

Exploring southern Tobago

Day 2 B Your hire car is delivered to your hotel this morning. You might set off to explore straightaway, for example the Bon Accord road leads to shallow bays in an area that inspired the setting for Daniel Defoe's Robinson Crusoe.

Day 3 B Today we suggest you visit Pigeon Point from where you can take a boat ride to Buccoo Reef, the closest thing to a commercial tourist attraction on Tobago.

Here you can bathe in the Nylon Pool, a beautiful stretch of shallow, warm, turquoise water with deep ocean on one side and palm-fringed beaches on the other.

Lunch might be at one of the beach kiosks, with crab curries, roti and bakes on offer.

Day 4 B Perhaps take a short drive over to the windward coast to visit Tobago's largest town, Scarborough. With a lively market, botanical gardens and a British-built fort, there is plenty to see.

Day 5 B Free day to explore the southern part of the island some more, or to relax by the pool or at a beach you like.

Exploring central Tobago

Day 6 BLD Today you drive into the interior of the island to stay for the next 2 nights at Cuffie River, a delightful eco-lodge in the forests of the remote Runnemede Valley.

Day 7 BLD You might take a guided nature walk with Desmond, the lodge's award winning guide. He will treat you to fresh coconut water, cocoa from the pod, fresh sugar cane and a variety of citrus crops.

He will also share with you traditional knowledge of the healing uses to which various leaves, herbs, grasses and roots can be put, as well as the social and cultural history of this part of the island.

Exploring northern Tobago

Day 8 B Drive up to the village of Speyside on the island's northeast coast to stay for 4 nights.

Day 9 B Free day based at Speyside.

Perhaps take a glass-bottomed boat from the village jetty over Tyrell's Bay past Little Goat Island (where Ian Fleming once lived) to Little Tobago (p16), home of one of the largest sea bird colonies in the Caribbean.

Here you can see red-billed tropicbirds, brown boobies, bridled and sooty terns, laughing gulls and magnificent frigatebirds. For 'The Trials of Life' David Attenborough filmed the frigatebirds robbing tropicbirds in mid-air here.

The boat passes over a coral reef with giant brain coral and populated with brightly coloured tropical fish.

You might like to take lunch at Jemma's Tree House, a local institution.

Day 10 B Today you might explore the area around the fishing village of Charlotteville, one of the most picturesque villages on the island.

Day 11 B Free day on the north coast. Perhaps walk or make a short drive over the local headland down to relax on the nice sands at Batteaux Bay.

Exploring eastern Tobago

Day 12 B Drive back down to the south of the island to the Scarborough area, your base for the next 3 nights.

Day 13-14 B Two free days to explore parts of the island you have yet to discover, such as villages along the east coast and the lovely Argyll Waterfall.

Or you may prefer to spend the day on the lovely sandy crescent beach that's just a few minutes stroll from your hotel.

Day 15 B Drive back to the south of the island to drop off your car at the airport in time to catch your international flight home.

Tobago Chill-out

An eclectic combination of zen calm, solid old school hospitality, and uber 'metro-sophistication'. Great for a honeymoon too.

Kariwak Village

Day 1 You will be met at the airport and transferred to Kariwak Village at Crown Point, your base for the next 4 nights.

Day 2 B This is a good place to decompress and chill-out. The lodge's carefully planted small garden, thatched-roofed cabañas and general sense of peace give a real feeling of retreat (no kidding: the Dalai Lama has stayed here).

Day 3 B Spend the day at Store Bay, the nearest beach—a 10min walk away, or simply relax by the pool.

Day 4 B Relax or take the hotel's shuttle to Pigeon Point and Buccoo Reef, a short drive away—probably the most photographed places on the island.

Blue Waters Inn

Day 5 B Transfer up the windward side of the island to Blue Waters Inn at Speyside.

Day 6-9 B Relax at Blue Waters Inn, by the pool, at the small beach, swimming, snorkelling or exploring the grounds on nature trails. The hotel also has a dive centre.

There's a lovely view across Tyrell's Bay to Little Tobago Island (p16), which can be visited on a trip in a glass-bottomed boat which passes over the bay's coral reef. Speyside is a very pleasant place to explore.

Bacolet Bay

Day 10 B Transfer to Bacolet Bay on the windward side of the island for 5 nights at Half Moon Blue, a characterful quirky hotel with a décor designed to set the mood for serene and lazy days and romantic exotic nights.

Top range alternatives include Bacolet Beach Club and Blue Haven.

Day 11-14 B Free time at Half Moon Blue. Relax by the pool or on the sandy crescent beach a 2min walk away.

Day 15 B Transfer to the airport in time to catch your international flight home.



Where to stay on Tobago

Tobago has a very good range of pleasant accommodation in most parts of the island. The examples we have chosen here include small resorts, boutique hotels and guesthouses each with a special character, a great location, or especially welcoming owners. Tobago's smattering of all-inclusive resorts is concentrated in the southwest of the island around the airport and can easily be avoided.



Blue Waters Inn UPPER RANGE
Speyside

A resort style property a mile from Speyside in the semi-private and stunning Bateau Bay which is fairly isolated. It is a great base for water sports with a dive shop, free use of kayaks and wind surfers. There are 38 spacious standard rooms with rattan furniture, fans, patio windows and sea views, 2 one- and two-bedroom self-catering efficiency apartments, and 3 bungalows with full kitchens. The beach is narrow with soft yellow sand and natural shade under sea-grape trees, with glorious views across the bay. There is a small pool, floodlit tennis courts, a spacious dining room, a very pleasant bar and nature trails in the grounds.



Bacelot Beach Club UPPER RANGE
Bacelot Bay

A modern 20 room 'metro-sophisticated' boutique hotel 2km from Scarborough, set on a hillside above the ocean with direct access down 70 steps to a small sandy beach. Rooms are of different sizes but all have marble floors, contemporary furnishings, private balcony with chaise-longue and sea view, four-poster king-size bed, sofa bed, a/c, mini-bar fridge, hair dryer, cable TV, DVD player, laptop safe, and complimentary WiFi. There is an infinity-style swimming pool, wooden deck social areas, restaurant with sea views serving Cuban-Asian-Creole cuisine, and a beach bar. Across the road is a lounge bar shared with Half Moon Blue (see below), the hotel's sister property.



Cuffie River Nature Retreat TOP RANGE
Runnemed Valley

A superb locally-owned lodge for those who enjoy walking and natural history. Located on the edge of the oldest protected rainforest in the western hemisphere with well-stocked fruit tables and nectar feeders to attract the birds. There are 10 very spacious, high-ceilinged guest rooms, each with two queen-size beds, private bathrooms and balconies looking onto the lush vegetation, plus a nice swimming pool. Whatever ingredients she can't grow herself the owner, Regina, buys from surrounding villages. Desmond, their award-winning guide, can escort you on 5 trails; 3 are good birding trails, others are for admiring the scenery including a splendid 50ft waterfall.



Kariwak Village UPPER RANGE
Crown Point

In this individualistic hotel, Allan and Cynthia Clovis set out to create a holistic environment for guests' mind, body and spirit. Clearly their clients feel the benefit as many return year after year. Even the Dalai Lama stayed here. There are 24 tasteful ground level bedrooms with a/c, private bathroom, queen and single beds. Set in the compact well-tended grounds are a small swimming pool, freshwater ponds, thatched dining room, Jacuzzi and waterfall, amid tropical flowers, shrubs and trees. Set menus emphasise wholesome Caribbean cooking without additives. The nearest beach is an 8 minute walk, or a shuttle bus can take you to Pigeon Point for the day.



Blue Haven TOP RANGE
Bacelot Bay, Scarborough

Situated just outside Tobago's capital, Scarborough, on a small headland above Bacolet Bay, this historic hotel is surrounded by the sea on three sides. It has 55 superior and deluxe rooms, and 10 suites. All rooms have private bathrooms and private balconies with an ocean view. There is a swimming pool with sun deck overlooking the ocean, a fitness area, massage, children's playground and tennis court. There is a beach bar down on the small secluded public beach and an elegant colonial style restaurant. Royalty and film stars stayed here in its 1940 & 50s heyday, and it is easy to see why. It is still a very good choice today.



Mount Irvine Bay MID RANGE
Belle Garden

A well-established 4* hotel beside an 18 hole championship golf course. Recently refurbished to contemporary standards the hotel has an attractive open-air dining area, a large swimming pool, a choice of five bars and three restaurants, and a spacious garden leading down to the long and lovely Mount Irvine Bay where the hotel has its own beach bar. The hotel's 99 rooms all have a private patio or balcony, with AC, tv, wifi etc. Views are to the ocean, pool, gardens or golf course, where guests enjoy membership and favourable green fees. Spa, yoga, and scuba are available.



Coco Reef TOP RANGE
Crown Point

A luxurious, rather fancy, award-winning 138 room hotel bordering Store Bay, a few hundred metres from Pigeon Point, with its own private stretch of imported white sand behind a breakwater. The hotel is set in manicured tropical gardens, with a sweeping drive leading to a grand entrance and lobby, with sweeping stairs. Almost all rooms look to the sea and have either a patio or balcony. There is a choice of restaurants and terraced areas facing the sea and by the swimming pool. The ambience is restrained, mixing tropical and Caribbean styles. Service is attentive and thorough. There is a spa with a nice range of treatments and a well-equipped gym.



Half Moon Blue UPPER RANGE
Bacelot Bay

A characterful small hotel high above Bacolet Bay. Two sets of ten rooms are separated by a horizon swimming pool. The décor is charmingly eclectic. Rooms are spacious and furnished with four-poster king-size beds draped with netting. Jalousied windows and doors bring cool breezes, though the rooms also have a/c and overhead fans. It's a 2min walk to the beach on the sandy crescent bay. Next door is 'La Belle Creole' restaurant set in a palm garden. Owner and former fashion model Gloria Jones-Knapp has succeeded in combining Caribbean warmth with her own brand of European flair. A lovely place for a honeymoon or just to relax.

Worth a mention

Magdalena Grand Beach Resort UPPER RANGE
200 bed modern resort on the windward coast. Good facilities with 3 nice swimming pools by a narrow beach. Spacious setting, near an 18-hole golf course and upmarket residences.

The Villas at Stonehaven TOP RANGE
Stonehaven Bay
Top-end full-service luxury villas, very well appointed, in idyllic spacious settings looking out to the ocean from low hills just above the bay. Private infinity pools, excellent restaurant.

Plantation Beach Villas TOP RANGE
Stonehaven Bay
Spacious villas set in gardens across the old coast road from the beach. Lovely helpful staff. Full service.

Sea Horse Inn UPPER RANGE
Stonehaven Bay
A two storey restaurant and cocktail bar set around a courtyard garden on Stonehaven Bay with just 4 stylish guest bedrooms.

Enchanted Waters MID RANGE
New Grange
10 rooms with private balconies overlooking a pool and walled courtyard on a roadside location with a good restaurant.

Castara Retreats TOP RANGE
Castara
Small wood cabins fitted into a tiny hillside site by the main coast road high above a locals beach. Run remotely by UK hoteliers. Lively bar. 7 night minimum stay.



When to visit Guyana

The coast and central rainforested regions of Guyana are hot (avg 30C) and humid all year, with two rainier seasons from December to early February and from late April to mid August. Their driest months are generally from February to mid April and September and October.

The savannas near the borders with Brazil and Venezuela are hotter (avg 35C) with just one wet season from May to August a long dry season from October to March.





Guyana

Guyana's little-known interior attracts intrepid travellers and wildlife enthusiasts.

One of the least visited destinations in South America, Guyana is in many ways a complete contrast from Trinidad & Tobago. Just a short flight from Port of Spain it can be efficiently added on to your time on the islands, or visited on its own. Be prepared for some surprises if you break the mould, accept the challenges, and head into its untamed interior.

The same size as Britain, Guyana has a population of less than 750,000, most living in Georgetown or along the coast. The interior is largely left to nature. There is just one road, mostly unpaved, that serves the length of the country—passing through deep forests and wild savannas below the rugged mountains of the Guiana Shield. Flying in a small aircraft, driving by rugged 4WD, or remote river travel are the options for getting about. Accommodation is sparse and often gloriously rustic. Although the difficulties of travelling in such remoteness mean that costs can be high, the rewards are inspiring and memorable. Where else would you find a jaguar strolling down a country's main highway?

Georgetown

Guyana's capital lies at the muddy mouth of the Demerara River on the Atlantic.

Many of the city's buildings are wooden, with bags of faded character. The cathedral, built in 1892, with its Gothic windows and elaborate flying buttresses claims to be the largest wooden structure in the world and is well worth stopping to see. Stabroek Market, the city's 'bizarre bazaar' is another stand-out experience.

A handful of lodges on or around the Demerara are within reach of Georgetown and offer a taste of nature or a retreat for the city's elite.

Kaieteur Falls

The tallest single drop curtain falls in the world. Kaieteur flows over a sandstone ledge into a deep gorge—a drop of 822ft or 5 times the height of Niagara. It's a deafening and awe-inspiring sight that alone is worth a journey to Guyana. It stands in natural surroundings without barriers, handrails, or any of the trappings of tourism.

Central Rainforests

In the heart of Guyana, isolated and mostly undisturbed by civilisation, stand the great rainforests of the Iwokrama and Pakaraima ranges. At **Iwokrama Field Station**, on the banks of the Essequibo River, you stay alongside conservationists and biologists in thatched timber cabins with private bathrooms. There are forest trails with good chances of seeing wildlife, with jaguar a speciality. 1 in 3 visitors see these awesome jungle predators at dusk or dawn on roads around the lodge.

At **Atta Rainforest Lodge**, an hour further south, is the **Iwokrama Canopy Walkway**, a series of suspended walkways and decks giving views into the mid and upper canopy of the forest—excellent for birdwatchers. You stay in a simple lodge with private bathrooms: a project established by the Macushi community at Surama, a short drive away.

Surama itself lies in an area of natural savanna ringed by forest-covered mountains. The community has a genuine mission to share the Macushi way of life and its world of nature. A special group of wooden huts with private facilities is a base for night walks and daytime canoe floats on the river, with the chance to see giant river otter, tapir, and spider monkey.

Continuing south is **Rock View Lodge**, with an airstrip, a bus stop, and a swimming pool. Dinner is *al fresco* under a mango tree, there are good horses and a friendly tapir.

Rupununi savannas

Two ranches in the Rupununi savannas, where cattle are still worked by cowboys riding barefoot in the stirrup, have opened their doors to visitors. **Karanambu** attained worldwide recognition for its rehabilitation of injured and orphaned giant river otters, led by the gracious and inspiring Diane McTurk. Otters are frequently seen in the wild, and the gallery forests of the Rupununi River are rich in birds and wildlife. Behind them, the savanna is home to giant anteater, commonly seen by the guests. Another speciality is a late afternoon wildlife trip on the river ending on a quiet lagoon to watch the flowers of the giant Victoria Amazonica lily open as the sun is setting. Upstream is Caiman House, a field station for ecological research (especially for black caiman), and supporting local education.

Beyond Lethem is **Dadanawa**, once the world's largest ranch and home to generations of the Defreitas family. These larger than life characters are modern-day pioneers who regularly make expeditions into unknown territory and have a strong interest in conservation (including red siskin). It's a working ranch and you certainly don't come here for luxury, but it's an amazing location with plentiful wildlife, savanna and rainforest, strong connections with Amerindian communities and many possibilities for horse-riding and for adventurous overland and river trips.

Tucked away in deep rainforest, set on a river fork among the fortress-style outcroppings of the Guiana shield is the remote community of **Rewa** in a biodiversity hotspot that is home to a long list of hard-to-find species, including healthy populations of giant river otter, jaguar, golden-handed tamarin, white-faced saki, harpy eagle, king vulture, giant armadillo, tapir, anaconda and a fantastic array of fish, including arapaima - the world's largest scaled freshwater fish - which the Rewa community actively conserves.



8 DAYS / 7 NIGHTS



4 DAY / 3 NIGHT MODULE

Essence of Guyana

With such a simple range of options, the best way to see Guyana is, in practice, almost the only way.

This itinerary goes deep into the interior of the country to some fabulously remote and natural places, but the travelling is not too rugged and the accommodation is not too basic.

If you have more time you can add as extra days the 'Macushi Life' module, and 'Kaieteur Falls' day trip as a grand finale. You could also add time at Rewa for extra wildlife or at Dadanawa for ranching.

Georgetown

Day 1 You are met on your arrival at the airport and driven into Georgetown to stay at Cara Lodge.

Day 2 **BL** Your guide meets you at your hotel this morning to show you Georgetown, whose colonial architecture reflects its Dutch, French and British influences. Its former elegance is still apparent, with wide tree-lined avenues and colonial-era homes sporting their Demerara shutters.

You visit Stabroek Market, the city's 'bizarre bazaar', and St George's Cathedral. You stroll in the Botanical Gardens and if they are of interest perhaps visit the National Museum or the Walter Roth Museum of Anthropology. Lunch at the Maharaja Palace showcases the city's vibrant Indian influences that date from the time of indentured labour. Try the vegetarian 'seven' curry - a favourite at Indo-Guyanese weddings. Eye-poppingly colourful saris are on display.

Iwokrama Reserve

Day 3 **BLD** By air to Lethem in Guyana's interior where you are met and driven by 4WD across the savanna to Mauisparu near the southern edge of the Iwokrama Reserve to stay 2 nights at Atta Rainforest Lodge beside the Iwokrama Canopy Walkway with its views into and across the forest at tree canopy height.

Deer and agouti visit the lodge's clearing along with many birds including Crimson Fruitcrow and a family of Black Curassow.

Day 4 **BLD** Up early for the dawn chorus from the canopy walkway, 500m from the lodge. After breakfast walk the nearby jungle trails with good chances of seeing Red Howler and Black Spider monkeys. After lunch you might choose to visit the canopy walkway again, try the road near the lodge where jaguar are occasionally seen, or just relax.

The lodge can usually arrange a night walk to see nocturnal wildlife.

Karanambu and the North Rupununi

Day 5 **BLD** Today you travel by 4WD into the North Rupununi. On the way you stop to walk a short woodland trail for a good chance of seeing the orange Guianan Cock-of-the-Rock. Arriving at Ginep Landing you take a boat along the Rupununi River to arrive at Karanambu Ranch (p21) for a 2 night stay.

Day 6 **BLD** The North Rupununi is something of a biological hotspot with 600-700 species of fish (more than anywhere else on earth), 600 species of bird, and over 200 species of mammals. It is home to the Macushi people, whose communities are scattered across the region.

Life on the ranch has a village feel, with families who work at the ranch or the lodge living close by. Guests are taken on two guided excursions a day: in the early morning and the late afternoon. There is usually a choice of options, but we especially recommend a boat trip along the river and into lagoons to spot wildlife, to see hundreds of waterbirds coming to roost, and to pause by the Victoria Amazonica, the world's largest water lily which opens its flowers as dusk approaches.

Day 7 **B** There is time this morning for another trip into the savanna, where Giant Anteater are a strong possibility.

You then transfer to Lethem for your flight back to Georgetown across hundreds of miles of tropical rainforest, with the Demerara and Essequibo Rivers below you. You are met on arrival and transferred to your hotel.

Georgetown

Day 8 **B** After breakfast you are collected and driven to the airport for your international flight home, or on to Trinidad & Tobago for the next part of your trip.

If you have time, you could extend your trip by one extra night for a visit to Kaieteur Falls (see panel below).

Macushi Life

A side trip from 'Essence of Guyana' into the welcoming world of the Macushi community. They offer active options, such as the day walks described here, or less energetic choices to learn about their community and to relax in this lovely location.

Day 1 **BLD** From Atta Camp Lodge in Iwokrama (at the start of Day 5 of 'Essence of Guyana') you instead travel by road to stay in the Macushi village of Surama set in five square miles of natural savanna ringed by the forested Pakaraima Mountains.

On arrival in Surama you are welcomed by a member of the village council. A local guide will escort you for a short walk on trails to experience the forest and its wildlife. As the afternoon cools your guide takes you on an informal tour of the village, stopping by the local school, medical centre and church and some of the village houses. A particular joy of travelling to Guyana is that your hosts speak English so you can talk directly with them as equals.

Day 2 **BLD** If you enjoy walking, today we suggest a full day hike of up to about 10 miles with your guide from the village. As you walk and talk you can learn about the Macushi's way of life. You pass a lake where many herons roost, and can choose to hike up a small hill where there is a lek of Guianan Cock-of-the-Rock and an impressive stand of endemic Green Heart trees with mighty buttress roots. Their wood is tremendously hard and strong and was used for the boats of Antarctic explorers Amundsen and Shackleton to resist the force of the polar ice.

Day 3 **BLD** With an early start for the best nature viewing and to take advantage of the cool morning air you walk with your guide across the savanna to hike up Surama Mountain. Breakfast is served at a look out point with wide views across the savanna to the Pakaraima Mountains. You return for lunch and a siesta then walk across the savanna and through the rainforest to the banks of the Burro Burro River. After dinner by the camp fire you spend the night in a sheltered hammock camp in the jungle. Fully protected and enveloped in its folds of material, a hammock is a surprisingly comfortable and dream-inducing way to sleep, with the sounds of the night-time jungle in the background.

Day 4 **BLD** This morning your guides paddle you by boat on the Burro Burro for opportunities to see giant otters, tapir, tayra and spider monkeys, returning to Surama for lunch.

In the afternoon travel by 4WD to Ginep Landing to rejoin the 'Essence of Guyana' itinerary for the journey along the Rupununi River to Karanambu Ranch.

Guyana by 4WD

Guyana is an ultimate selfdrive adventure for experienced 4WD drivers. Good vehicles with a reasonable support network are becoming available - though prices are understandably high. The routes on this page are workable, so if you are up for the challenge then contact us for the latest information.

Kaieteur Falls

Experience Guyana's undoubted highlight

Kaieteur Falls can be reached by an early morning flight from Georgetown, landing at an air-strip a short walk from the falls. There are fantastic views of the whole of its entire width and height as the massive curtain of water plunges giddily into its gorge far below. You can approach with care right to the edge of the bare rock—no safety railings, no nothing. You return by air to Georgetown in the afternoon.





7 DAYS / 6 NIGHTS

Rewa

A rare chance to experience the wildlife of the rainforest at its most remote and intense.

Georgetown

Day 1 You are met on your arrival at the airport and driven into Georgetown to stay at Cara Lodge.

Rewa Village

Day 2 BLD This morning you are driven to the airport for your flight to Lethem in the heart of Guyana's interior. From here you travel by 4WD (2-3h) and boat on the Rupununi River (2-4h) to Rewa. The village stands by the junction of the Rewa and Rupununi rivers, a region of rainforest, mountains and oxbow lakes. Its English speaking community of just 220 people lives by subsistence farming, fishing and some hunting. Against the backdrop of the daily life of the village—grating cassava, weaving baskets, and tending kitchen gardens while children play—Rewa has become deeply involved in conservation supported by eco-tourism. A special accommodation area has been provided with indigenous benabs and thatched wooden cabins set aside from the village itself (which you are welcome to visit if with a guide). Here the wildlife of Guiana Shield forests is at its most intense, and the Rewa area attracts biologists and filmmakers (including the BBC's 'Lost Land of the Jaguar').

Day 3 BLD On your first morning you may take a boat to an oxbow lake, then walk on Awarime Mountain with chances to see Black Spider Monkey, White Bellbird, Scarlet, Blue-and-yellow and Red-and-Green Macaw. In the afternoon you could travel up the Rewa River to Seawall a beautiful location where giant river turtles lay their eggs in the low water months. You may also see Red Howler Monkey, squirrel monkeys and Brown Capuchin.

Day 4 BLD A hike through forest to savanna to see traditional farms, and by boat upriver to a short trail to Grass Pond Lake which has high densities of arapaima. You should see capybara, Brown Capuchin, Wattled Jacana and Guianan Puffbird. As dusk settles watch the flowers of the Victoria Amazonica giant water lily bloom.

Day 5 BLD A morning boat trip to the oxbow lakes and ponds around Rewa that are especially good for wildlife. In the afternoon take a boat up the Rewa River to the 20min trail to Makarapan Pond where your guide helps you count the number of arapaima as they surface to breathe. Six species of monkey including Red-handed Tamarin, Brown-backed Bearded Saki and White-faced Saki can be seen in these general areas.

Georgetown

Day 6 B Return by river and road to Lethem and onwards by air to Georgetown. You should arrive in time for a city tour of Georgetown.

Day 7 B You are collected from your hotel for your chosen international flight home, or onwards to Trinidad, etc. You could extend your trip by one night to visit Kaieteur Falls (opposite page).

Visiting Rewa

Rewa is predominantly a quiet natural setting ideal for wildlife and nature. It is also occasionally visited by sports-fishing enthusiasts eager to catch-and-release large arapaima (in March and November) and other fish. You are unlikely to clash with them and the village's other conservation efforts need your support.



12 DAYS / 11 NIGHTS

Birds of the Guiana Shield

Rich rewards await those who enjoy the challenge of birding off the beaten track. The majority of Guyana is covered by white sand rainforest with a mouth-watering list that includes Harpy Eagle, toucans, parrots, macaws, hummingbirds, trogons, jacamars, tanagers, woodpeckers, antbirds, tinamous, curassows, guans, chachalacas and trumpeters. The normally dry savannas are home to raptors, quail, finches, tanagers and flycatchers and when flooded (normally June-August) they are joined by storks, ibises, ducks and other waterfowl.

Many of the most sought-after birds of the neotropics are found in Guyana: Blood-coloured Woodpecker, Guianan Cock-of-the-Rock, Toco Toucan, Crimson Fruitcrow, Caica Parrot, Little Shearwater, Little Chachalaca, Sun Parakeet, Red-shouldered Macaw, Roraima Screech-Owl, Scissor-tailed Nightjar, Racket-tailed Coquette, Black-spotted Barbet, Guianan Piculet, Rio Branco Antbird, Guianan Streaked Antwren, Olive-green Tyrannulet, Guianan Red Cotinga, Crimson-hooded Manakin, Cayenne Jay, Finsch's Euphonia, and Rose-breasted Chat Warbler.

Georgetown

Day 1 You are met on your arrival at the airport and driven into Georgetown to stay for two nights at Cara Lodge.

Day 2 BL Your guide collects you before dawn to bird Abary Creek Trail, home to Blood-coloured Woodpecker and Rufous Crab-Hawk, White-bellied Piculet and Guianan Gnatcatcher. You take a boat trip on the Mahaica River for hoatzin and others. Continuing into the afternoon you visit the Botanical Garden for Snail Kite, Wing-barred Seedeater, Gray Hawk, Pearl Kite, Carib Grackle, Brown-throated Parakeet, Spotted Tody-Flycatcher, Great Horned Owl, Red-bellied and Red-shouldered Macaw, Yellow-chinned Spinetail, Black-crested Antshrike, Silver-beaked Tanager, Buff-breasted Wren, Golden-spangled and White-bellied Piculet, Ashy-headed Greenlet and a second opportunity for Blood-coloured Woodpecker.

Iwokrama Reserve

Day 3 BLD Today you fly over the Demerara and Essequibo Rivers and hundreds of miles of tropical rainforest to Lethem where you are met and driven by 4WD through savanna to the southern border of the half million hectare Iwokrama Rainforest Reserve where about 450 bird species have so far been recorded. This is a great location for larger fruit-eating birds: cracids, cotingas and parrots. You visit the Iwokrama Canopy Walkway a 150m walkway of 4 platforms linked by suspension bridges 33m above the ground. From this vantage point it is possible to see Guianan, White-necked and Pied Puffbird, Guianan Streaked-Antwren, Spot-tailed, Todd's and Pygmy Antwren, Painted Parakeet, Waved Woodpecker, Green Araçari, Dusky Purple-tuft and Purple-breasted Cotinga. At the base look for Red-and-black Grosbeak and Black-throated Antshrike. Stay 2 nights at Atta Rainforest Lodge, in private en-suite rooms surrounded by forest, just 500m from the walkway. Crimson Fruitcrow and Black Curassow are regularly seen in the clearing around the lodge.

Day 4 BLD Highly productive dawn birding on the canopy walkway. During the course of today perhaps see Eastern Long-tailed Hermit, Crimson Topaz, Buff-cheeked Greenlet, Pompadour Cotinga, Slate-coloured and Yellow-green Grosbeak. At ground level look for White-plumed and Spot-winged Antbird, Ash-winged and Long-billed Antwren, McConnell's Flycatcher, Gray-crowned Flycatcher, Plain Xenops and Wedge-billed Woodcreeper.

Surama

Day 5 BLD Return to the canopy for a final dawn chorus or bird around the lodge itself. Other possibilities here include Blue-cheeked and Orange-winged parrot, Flame-crested Tanager, Golden-winged Parakeet, Slender-footed Tyrannulet, Purple-breasted Cotinga, and Black-capped Becard. Then travel by 4WD to a short trail which leads to a Guianan Cock-of-the-rock lek. (A two hour hike leads to a site for Harpy Eagle; an option if the nest is active at the time of your visit.) Travel onwards to stay at Surama where a key objective is Rufous-winged Ground-cuckoo. Night birding here can

produce Lesser Nighthawk, Great and Common Potoo, White-tailed Nightjar, Northern Tawny-bellied and Tropical Screech-Owl.

Day 6 BLD A morning birding at Surama for Guianan Warbling Antbird, Pale-throated Barbthroat, Lilac-tailed Parrotlet, Red-legged Tinamou, Painted Parakeet, Dusky Parrot, Lemon-chested Greenlet, Finsch's Euphonia, White-browed Antbird, Rufous-bellied Antwren, Northern Slaty-antshrike, Great and Paradise Jacamar and Helmeted Pygmy-Tyrant.

North Rupununi Savanna

Day 7 BLD Today you are driven across the savanna to the foothills of the Pakaraima Mountains. Keep an eye out for Jabiru along the way. Then by boat on the Rupununi River to Karanambu for 2 nights. The habitat here is largely grassland and gallery forest. Look for Bearded Tachuri, Crestless Curassow, Spotted Puffbird, Striped Woodcreeper, Saffron-crested and Pale-bellied Tyrant-manakin, 8 species of nightjar, Boat-billed Heron plus the Giant River Otter for which Karanambu is world famous.

Day 8 BLD A full day birding the varied habitats around Karanambu, travelling by boat and 4WD to forest patches for Blue backed Manakin and Capuchinbird, on savanna for Double-striped Thick-knee and Blue Ground-dove and to the ponds, with their Victoria Regina waterlilies for storks, ibis and other waterbirds.

Brazilian border area - Karrasabai

Day 9 BLD Today you travel to the region between the Pakaraima Mountains and the Rupununi grasslands where you have a good chance to see the endangered Sun Parakeet. Stay for 2 nights in the Lethem area.

Day 10 BLD Set out very early for a 3h 4WD drive to a site for the endangered Red Siskin. This beautiful bird is our main quest for the day, but there are also chances for Yellow-bellied and Plain-crested Elaenia, Red-breasted Blackbird, Red-bellied Macaw, Buff-necked Ibis, Pale-tipped Inezia, Burnished Buff Tanager and Amazonian Scrub Flycatcher.

Ireng river

Day 11 BL This morning travel by 4WD to the dry scrub and grasslands bordering the Ireng and Takatu rivers (tributaries of the Rio Branco) in search of Hoary-throated Spinetail and Rio Branco Antbird. Return to Lethem to fly back to Georgetown where you spend the night.

Georgetown

Day 12 B In the morning you are collected from your hotel for your chosen international flight home, or onwards to Trinidad, etc. You could extend your trip by one night to make a visit to Kaieteur Falls (see opposite page), where you should also see White-chinned and White-tipped Swifts, Orange-breasted Falcon and Guianan Cock-of-the-rock.

It is possible to shorten this itinerary and reduce the cost by returning to Georgetown from Karanambu on Day 9, or simply skip Day 10.

This travel brochure is part of a series prepared by Geodyssey on some of our destinations in Latin America and the Caribbean.

For others in the series please call us or visit www.geodyssey.co.uk.

The copyright of all written material, maps and layouts in this brochure is held by Geodyssey Ltd. The copyright in photographs is either held by Geodyssey Ltd or retained by the photographer. No part of this brochure may be reproduced, stored, introduced to a retrieval system, or transmitted in any form without the prior written permission of the copyright holder.

Photographs: Geodyssey (John Thirtle, Gillian Howe, Tenille Moore) and others.



 **GEODYSSEY**
LATIN AMERICA AND THE CARIBBEAN



Telephone 020 7281 7788

Fax 020 7281 7878

www.geodyssey.co.uk

enquiries@geodyssey.co.uk

116 Tollington Park, London N4 3RB, England