



Trinidad & Tobago

Destination Handbook 2004



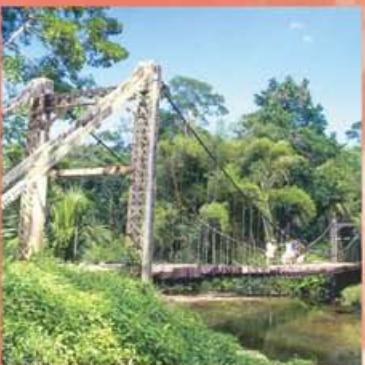
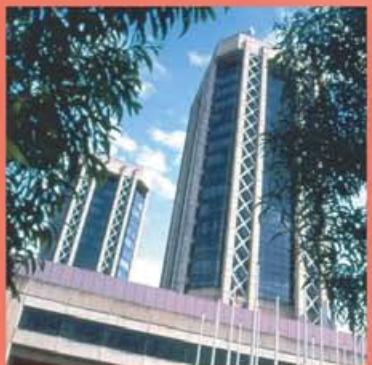
TRINIDAD & TOBAGO



Welcome	3
Towns & Cities	23
Carnival	29
Festivals & Culture	37
Tobago Heritage Festival	45
Cuisine	49
Eco-Adventure	53
Nightlife	61
Surf, Sea & Sand	63
Weddings &	67
Honeymoons	
Island Sports	69
Cruising	75
Ground Tour	77
Operators	
Car Rentals	



TRINIDAD & TOBAGO



*Welcome
to Our
Islands !*

*The Tantalizing
Twins !*



TRINIDAD & TOBAGO



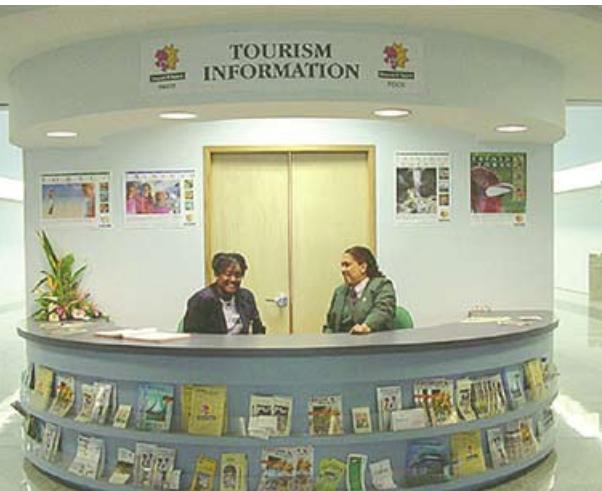
Our twin islands are really like siblings – we possess a fierce love and awestruck admiration for each other – yet we are as different as night and day...

TRINIDAD

Do you have a sister or brother that's really lively?
That's Trinidad!

When first-time visitors come to the Caribbean, they may expect to find a laid-back paradise of pina coladas and pool sides. Trinidad challenges the status quo; breaks the mold. You can chart your own adventure with our help of course, and discover the unexpected with a vast choice of festivals, fun events and a host of other adrenaline-generating activities.

Port of Spain, our bustling capital city, is filled with an enchanting myriad of art galleries and restaurants. At the National Museum you can delve into the culture of our country and its diverse people.



If you prefer to be more laid back and take your time discovering our treasures, we also have our share of quiet quality. Once part of the South American mainland, Trinidad, with its boot-like shape measuring 37 miles (80km) by 50 miles (60 km), boasts an ecological and geographical diversity unmatched in the region.

The gorgeous, sandy beaches along our North Coast provide the perfect atmosphere for seclusion, rest and recreation. Dominated by densely forested peaks, the northern interior offers excellent hiking trails framed by canopies of lush, indigenous rain forest, while the low, predominantly agricultural plains of Central Trinidad strike a fascinating contrast.

Our East Coast is home to protected wetlands and miles of beach frontage lined by groves of coconut palms, known to locals as the 'Cocal'. The island's 'Industrial Capital' is a hilly, friendly base from which to explore the island's modern oil towns, picturesque fishing villages and calm, deserted beaches.



TRINIDAD

LEGEND

- Main Roads
- Other Roads
- Highways
- Rivers & Streams
- Bathing Beaches
- Airport
- Leatherback Nesting Site
- NP Gas Stations
- 1 Scotland Bay
- 2 Gasparee Caves
- 3 Chaguanas Golf course & Edith Falls
- 4 Chaguanas Bay
- 5 Paramin
- 6 St. Andrew's Golf course
- 7 El Tucuche
- 8 Maracas Water Fall
- 9 Fort Abercromby
- 10 Mt. St. Benedict Church & Monastery
- 11 Caura Valley
- 12 Cleaver Woods
- 13 Asa Wright Nature Centre
- 14 Paria Waterfall
- 15 Heights of Guanapo
- 16 Aripo Caves
- 17 Caroni Bird Sanctuary
- 18 Divali Nagar Site
- 19 Chaguanas Potteries
- 20 Waterloo Temple
- 21 Ajoupa Pottery
- 22 La Vega Garden Centre
- 23 Point-A-Pierre Wild Fowl Trust
- 24 Devil's Woodyard
- 25 Oropouche Lagoon

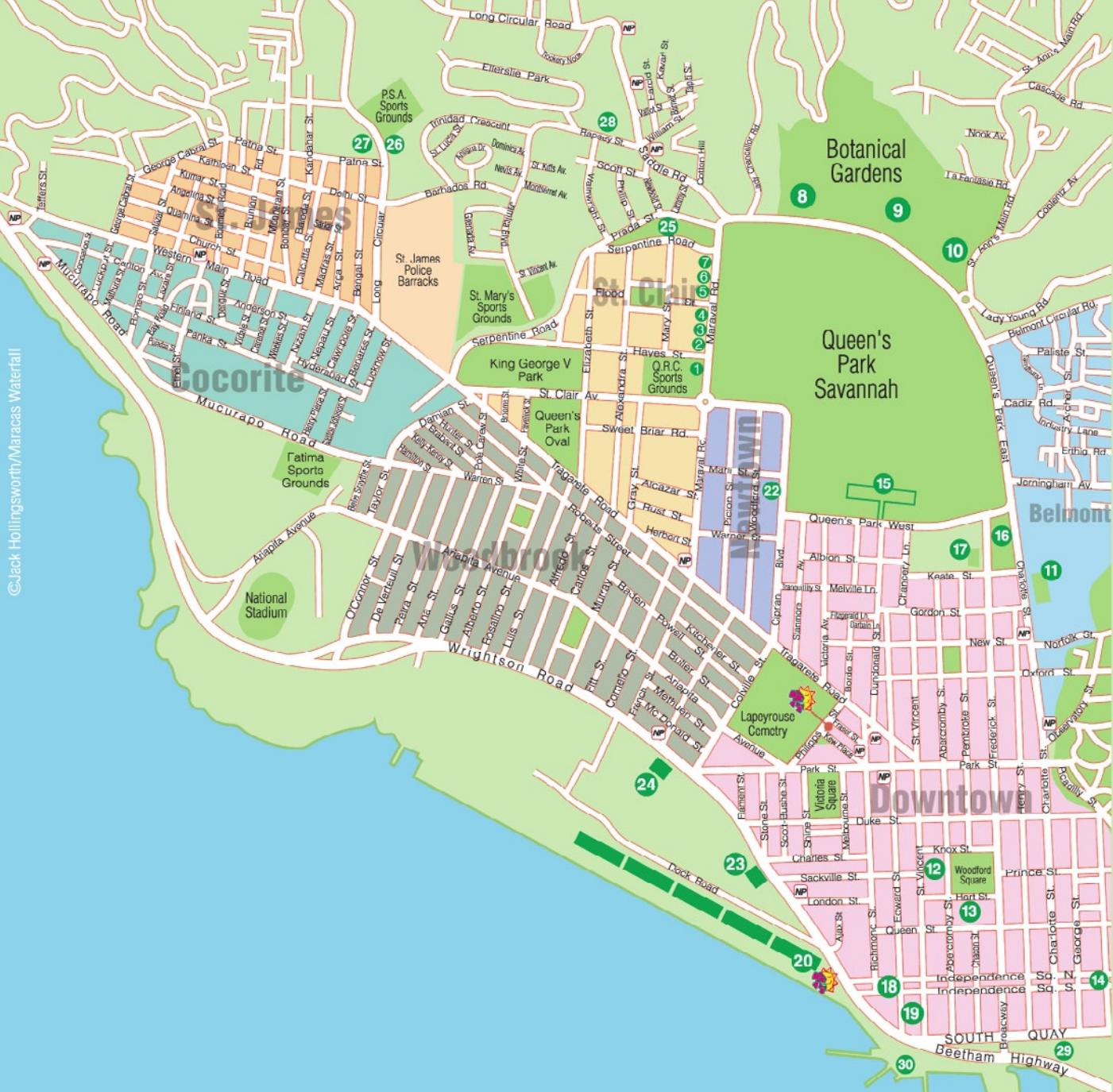


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Port of Spain

Tourist Information

-  Tidco Offices
-  Gas Stations
-  Queen's Royal College
-  Hayes Court
-  Millefleur
-  Rumor
-  The Archbishop's Residence
-  White Hall (The Prime Minister's Office)
-  Stollmeyer's Castle
-  Emperor Valley Zoo
-  President's Residence
-  Queen's Hall
-  General Hospital
-  The Red House
-  Cathedral of The Holy Trinity
-  Cathedral of The Immaculate Conception
-  Grand Stand
-  Memorial Park
-  National Museum & Art Gallery
-  Brian Lara Promenade
-  Twin Towers
-  The Cruise Ship Complex
-  Shopping District
-  All Saints Church
-  Fire Services
-  Licensing Office
-  Wild Flower Park
-  Forestry Division
-  Long Circular Mall
-  Ellerslie Plaza
- City Gate Terminal
- Tobago Ferry Terminal



San Fernando





TOBAGO

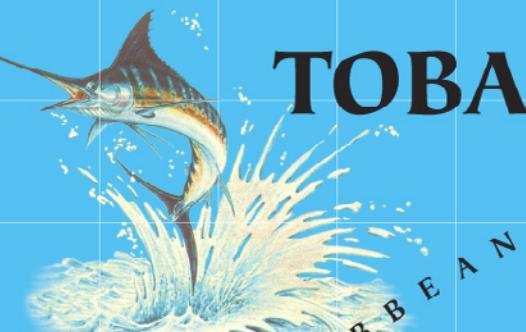
The more serene of the siblings, Tobago is home to the oldest protected rainforest in the Western Hemisphere. It really is the last of the unspoilt Caribbean. Once you behold her beauty, you will understand why Tobago was Robinson Crusoe's isle – and why our European settlers fought over her ownership more than any other Caribbean island. This strip of elongated land, just 41 by 14 kilometres, abounds with natural allure - palm-lined beaches, lush rain forests and pristine coral reefs teeming with rich marine life.

Contrasts of rolling hills against wave-beaten shores create a stunning backdrop for the island's unequalled beauty. The South (*Windward*) Coast is washed by the dark green, wave-whipped Atlantic and is lined with vibrant fishing villages, while the North (*Leeward*) Coast provides Tobago with some of its finest beaches. In the main, the eastern landscape of the interior rises steeply into tall peaks and rolling hillocks, providing shelter for the oldest protected forest reserve in the Western Hemisphere.

A perfect complement to bustling Trinidad, Tobago is a true jewel of the Caribbean Sea, whose sparkle will live in your memory long after you have left her shores.



TOBAGO



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Map of Tobago

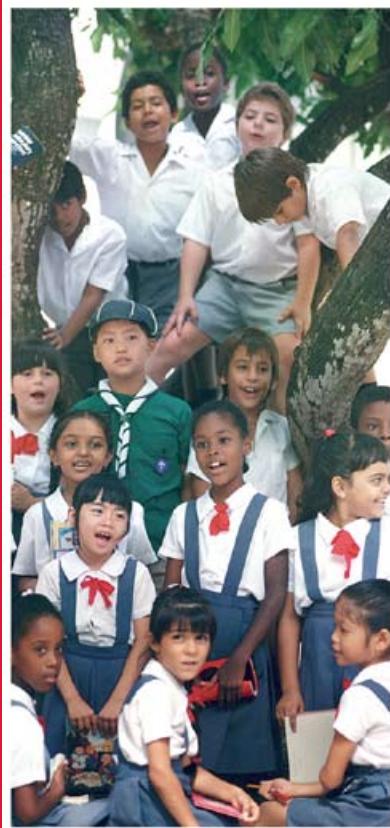
LEGEND

-  Bathing beaches
-  Airport
-  Gas Stations
-  Tourist Info. Office
-  12 Scarborough Mall
-  13 Court House
-  14 Tobago Museum
-  15 Botanic Gardens
-  16 Fort King George
-  17 Ferry Terminal Cruise Port



SCARBOROUGH

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TRINIDAD AND TOBAGO AT A GLANCE!

OUR LANGUAGE

The official language of Trinidad and Tobago is English, although we do have segments of the population, which, mostly through culture and heritage, speak other languages, including "patois," a slang version of French that provides a window to our island's former French colonial days. Since Trinidad is located just about 7 miles away from Venezuela, there is also a growing Spanish-speaking contingent in Trinidad. Many young "Venezolanos" are sent by their parents to Trinidad to learn to speak English. Some families whose ancestors were brought here as indentured labourers (from India or China) have elders who still speak their mother language and pass down the skill to their children.

Nevertheless, every Trinbagonian speaks English and you will find our charming accent one of the easiest to understand – it's singsong like and full of flavour – just like our people!

OUR PEOPLE AND ETHNICITY

Trinidad and Tobago's population figures now stand at about 1.3 million. Most Trinbagonians are of African or Indian descent, comprising 40% of the population each, while the rest of the ethnic mix trace their history back to European, Chinese or Middle Eastern ancestry. This diversity is reflected in the religious mix as well – Christianity is the largest faith, followed by Hinduism, Islam and the traditional African faiths.

OUR HISTORY

Trinidad and Tobago was "discovered" in 1498, when the Spanish explorer, Christopher Columbus, landed on our shores. In reality, we were already "found" and occupied by the indigenous Amerindian tribes of the Arawaks and Caribs.

Trinidad remained in the hands of the Spanish from the 15th Century until the British captured it in 1797 – we then became a British colony in 1802.

Tobago, by contrast, was ruled at one time or other by a myriad of European powers, including the Spanish, Dutch, French and British. Tobago, too, was decreed a British colony in 1814, and the Crown enjoined us administratively in 1889. Trinidad and Tobago achieved independence from England in 1962 to become the Republic of Trinidad and Tobago.

OUR GEOGRAPHY

Trinidad and Tobago are the most southerly isles of the Caribbean archipelago.

Trinidad, still possesses vast tracts of rich rain forests, with our highest peak *El Cerro del Aripo*, located in our Northern Range, ascending to a height of 940 metres above sea level. In contrast,



you will find flat lands, mostly agricultural, in the Central Plains, while Southern Trinidad is full of gently undulating hillsides.

Tobago's Eastern Interior rises steeply into tall peaks with lower lying lands that include a protected reserve area. Tobago's topography consists mainly of volcanic rock, which is in stark contrast to its Caribbean blue waters. Together, our twin islands measure 2000 square miles.

OUR CLIMATE

Our islands have two main seasons – the Dry Season, from January to May and the Wet or Rainy Season, from June to December.

In the Rainy Season, mornings are usually sunny, followed by rainy afternoons and fair nights. During this time, our general rainfall pattern is interrupted by days of brilliant sunshine; a climatic phenomenon we fondly call *Petit Carême*. *Petit Carême* is similar to what temperate climates know as *Indian Summer* and offers a warm, invigorating change from dull weather. This mini-break normally happens between mid September to mid October.

The Dry Season is mostly sunny, with occasional light showers. This is the weather that makes Trinidad and Tobago the perfect vacation spot. Our islands share an average daytime temperature of 28 degrees Celsius that is warm but not unpleasantly humid and nights that are pleasantly cool.





TRANSPORTATION HOW TO GET AROUND!

AIR

Our national airline, BWIA, operates return flights between Piarco Airport (in Trinidad) and Crown Point Airport (in Tobago). We also have other major airlines, like Aeropostal, American Airlines, Air Canada, Air France, Caribbean Star, Dutch Airways, Liat and other charters. For further information, please refer to page 91, for a Trinidad and Tobago Tourist office near you.

LAND

Leading and reputable car rental companies are listed in the yellow pages of the Trinidad and Tobago telephone directory. To drive in our beautiful islands, you will need a valid international driver's permit or a permit that is issued in either:

The Bahamas, Canada, England, France, Germany or The United States of America

This permit can be used for 90 days. Gas (Petrol) stations are easily found in the towns and main thoroughfares but are a little more difficult to find in the rural areas. National Petroleum or 'NP' is the most common brand of gas station you will find here. Don't forget – we drive on the left!

If driving is not your speed, you can always hop a bus or a taxi. In Trinidad, the main bus terminal is at 'City Gate', located at South Quay in Port of Spain. Commuter services run between the Capital City and areas like Arima, Chaguanas, Chaguaramas, San Fernando and Sangre Grande. Schedules may change, so you should call to confirm the day's agenda at (868) 623-7872. In Tobago, buses do not cover all the areas of the island. It would be in your best interest to rent a car if you wish to do some serious exploring.

Private taxi companies are also listed in the phone book and many of them use left-hand drive cars, which may make you more comfortable if you are not accustomed to driving on the 'wrong' side of the road! Most of these companies have fixed fares for specific distances. If you want to feel like a Trinbagonian then try public transportation. You will find both cars and minibuses, or as we call them 'maxi-taxis' working certain routes. The 'maxis' all have a different coloured stripe along the vehicle's body that is representative of the route they are covering:

YELLOW	Diego Martin and the Port of Spain area
RED	Arima and other eastern towns
BLACK	Princes Town
GREEN	South Trinidad
BROWN	South into South West Trinidad towns like Penal and Point Fortin
BLUE	Tobago

How do you find the main 'Maxi Taxi' congregation points for different routes?

- For those heading west along Wrightson Road – you will find a terminus at the corner of South Quay and the start of the Beetham Highway
- For those heading west into St. James and Carenage – go to 'Green Corner' (the corner of Park and St. Vincent Streets in downtown Port of Spain)

- For those heading east and south – go to the 'City Gate' terminus along South Quay
- For those heading into Maraval – go to Oxford Street, east of Charlotte Street, in downtown Port of Spain

You will recognize any taxi by its number plate, which always starts with the letter 'H', meaning, 'hired'. There are no set stop-off or pick-up points, so don't worry – you can be picked up anywhere along their route. On the other hand, rental cars are labelled 'R'.

SEA

The Tobago Ferry shuttles passengers between Port of Spain and Scarborough in Tobago every day except Saturdays. The trip takes about 5 hours and there is cargo space to carry cars, so that is also an option if you have rented a car in Trinidad and would like to drive it in Tobago.

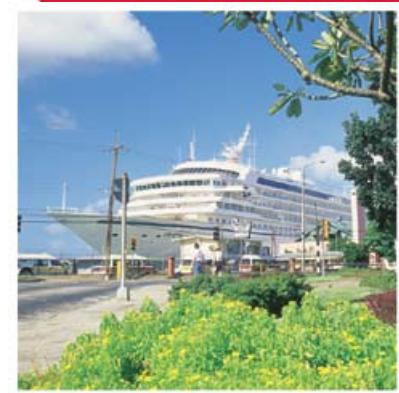
Prices are as follows:

- TT\$50.00 economy, TT\$60.00 tourist class.
These are return fares.
- Double Cabin (when available) – TT\$160.00
- Kids under 12 pay half price
- Kids under 3 are FREE

Sailing times from Trinidad are as follows:

- Weekdays – 2:00 p.m.
- Sundays – 11:00 a.m.

Sailing time from Tobago is 11:00 p.m. from Sunday to Friday





POSTAL SERVICES

A great way to stay in touch while visiting our islands!

Trinidad and Tobago's Postal Service provider is *TT Post*, who will do everything possible to help you keep in touch with friends, family – even business contacts – while you are here.

TT Post offers an array of services suited to your every need. The conveniently-located, bright red mailboxes make it easy for you to dash off a "wish you were here" postcard, while an array of express courier services will get your correspondence or package to its destination (locally and internationally) quickly, leaving you with tremendous peace of mind.

All *TT Post*'s customer service representatives are friendly and eager to help, so if you would like to find out more about their services, delivery times, call them at 800-POST.

ENTRY REQUIREMENTS

Trinidad and Tobago is a destination definitely worth the visit – once you have the right papers to be admitted to our beautiful islands!

U.S. CITIZENS/EUROPEAN UNION RESIDENTS

TOURIST OR BUSINESS TRAVEL

- Passport must be valid for 3 months longer than you intend to stay in the country
- You must have tickets and documents for return or onward travel

- No Visa is required for *US Citizens* or *European Union residents* to stay up to 3 months
- If, however, you wish to travel to Trinidad and Tobago for any other reason – e.g.: employment, adoption, study, immigration – or you stay longer than the 3-month time period, please contact your embassy
- You will need a vaccination certificate for Yellow Fever if you are arriving from an infected area within a 5 day time period

NON-U.S. CITIZENS/EUROPEAN UNION RESIDENTS

TOURIST TRAVEL

- Passport must have 6 months validity remaining
- 2 Visa Application Forms, completed and signed
- 2 Passport-size photographs, taken within the last 3 months
- Copy of airline tickets denoting round trip airfare
- If a permanent resident of the U.S.A., a photocopy of your Green Card

BUSINESS TRAVEL

- Same as above
- In addition, a letter of financial responsibility is required, typewritten on the company letterhead and signed by a company officer other than the applicant, explaining:
 - The purpose of the trip
 - The company reference to be visited

GENERAL GUIDELINES

- Because of historical ties and/or bilateral agreements between Trinidad and Tobago and several other countries, citizens of certain countries do not need visas once they are travelling to our twin islands *on vacation*, as follows:
 - The USA and European Union Countries (as mentioned above).
 - Commonwealth countries with the exception of Australia, India, New Zealand, Nigeria, Papua New Guinea, Sri Lanka, Tanzania, Uganda, South Africa.
 - Citizens of Countries that have visa agreements with Trinidad and Tobago, i.e.: Turkey, Norway, Switzerland, Liechtenstein, Israel, Brazil, Colombia, South Korea – once citizens are visiting as tourists for no longer than 3 months
 - Citizens of Venezuela *arriving directly from Venezuela* on vacation for 2 weeks or less
 - Citizens of Suriname, Martinique, Guadeloupe, French Guyana, and The Netherlands
 - All holders of OAS passports
 - Seamen and airline crew regardless of nationality, who are arriving in the country to join their ships, or are in transit to meet their airline for a return trip
 - Holders of UN passports do require visas.
 - Holders of Diplomatic Passports are not automatically exempted from visas, so to be sure, contact your nearest Trinidad and Tobago Consulate or Diplomatic Mission.

PUBLIC HOLIDAYS

Trinidad and Tobago is reputed to have more public holidays than any other country – but it's just because we have so much to honour and celebrate! Take a look at the list below – you might want to schedule your next trip around some of these special times of year!

2004

New Years Day	January 01
Spiritual Baptist Liberation	
Shouter Day	March 30
Good Friday	April 09
Easter Monday	April 12
Indian Arrival Day	May 30
Corpus Christi	June 19
Labour Day	June 19
Emancipation Day	August 01
Independence Day	August 31
Republic Day	September 24
Eid-Ul-Fitr	November 11
Divali	November 11
Christmas Day	December 25
Boxing Day	December 26
Carnival Monday	February 23
Carnival Tuesday	February 24





DIPLOMATIC MISSIONS & HONORARY CONSULATES

Here's a list of the accredited Missions, Consulates, etc. that are resident in Trinidad and Tobago. For addresses and telephone contacts, you can check the Blue Pages at the front of the Trinidad and Tobago Telephone Directory.

HONORARY CONSULATES

Austria
Barbados
Bangladesh
Belgium
Chile
The Czech Republic
Denmark
The Dominican Republic
El Salvador
Finland
Ghana
Guyana
Indonesia
Italy
Korea
Lebanon
Mexico
Norway
Pakistan
Panama
Portugal
Senegal

DIPLOMATIC MISSIONS

Argentina
Brazil
Canada
China
Colombia
Costa Rica
Cuba
France
Great Britain
Head of Delegation,
European Union
Germany
India
Jamaica
Japan
Mexico
The Netherlands
Nigeria
Panama
The Holy See (Vatican City)
Suriname
The United States of America
Venezuela
Spain
Suriname
Sweden
Switzerland
Syrian-Arab Republic
Turkey
Uruguay



MONEY MATTERS

For you to truly enjoy your time here, you need to keep track of your money and how you're spending it – so we've come up with some handy tips to help you keep track of dollars and 'sense'!

In our twin island republic, our currency is called the Trinidad and Tobago, or TT, Dollar. It floats against the US Dollar at an average of TT\$6.00 to US\$1.00 – but you can check any bank or the daily newspapers for the current rate, which may fluctuate slightly. Both travellers' cheques and international credit cards are readily accepted now, in addition to US cash. Most Automatic Teller Machines (ATMs) will accept your cards as well.

Banking hours are generally from 8:00 a.m. – 2:00 p.m., Monday to Thursday. On Fridays, banks open from 8:00 a.m. until noon, then resume at 3:00 p.m. until 5:00 p.m. Banks located in the malls and shopping plazas are the exception to this rule – they open from 10:00 a.m. until 6:00 p.m. with no closing time in between.

You can also have money exchanged at the cambios or bureaus de change – Western Union Money Transfer is a good option and also offers the "FX Trader" service, where customers seem happy with the rate of exchange and the level of service.

If you're doing business in our islands, office hours are usually from 8:00 a.m. – 4:30 p.m. for the private sector. Many government offices close certain services (especially those that require cash payment) by 3:00 p.m. The corporate sector and privately owned businesses, however, will conduct business as early or as late as meetings need to be held in order to get the job done.





TAXES

The only two things you can be sure of while in Trinidad and Tobago are having a great time and... that's right...taxes!

DEPARTURE TAX

A Departure Tax of TT\$100.00 must be paid by everyone under 60 years of age when leaving the country. This tax goes into the government's consolidated fund, which is used to meet the development costs of the country.

HOTEL TAX

A government tax of 10% is standard to all hotels and guesthouses across our islands. Again, this is used to help meet the development expenses of our country. Each hotel may additionally charge you its own rates for service and utility charges or for security deposits, but this varies depending on where you choose to stay. The best way to find out your total expected charge is to call the hotel or guesthouse directly.

VALUE ADDED TAX

The Value Added Tax, or VAT, as it is commonly called, is a 15% tax added to goods and services. The prices displayed in stores are deemed to include the VAT-able amount unless otherwise



stated. If a store or company is registered to charge VAT, their Certificate of Registration needs to be prominently displayed at their place of business. If you are interested in finding out more, information booklets are available at the VAT Administration Centre, 20 St. Vincent Street, Port of Spain, or at any VAT Regional Office. Call 623-4735 or 4737 for more information.

COMMUNICATIONS

KEEPING IN TOUCH!

Even while you're trying to leave the world behind, sometimes you still like to feel connected – especially to the ones you love. We make it easy for you to stay in touch with family and friends back home.

Telecommunications Services of Trinidad and Tobago (TSTT) provides the country with a modern, cutting-edge telecommunications infrastructure that features state-of-the-art digital technology and fibre optic systems capable of efficiently supporting a wide range of services. For everything from landlines to mobile phones, we've got your number...

LANDLINE TELEPHONES

You don't have to waste time worrying about international connections – all calls are quick, accurate and clear! You can access the International Direct Distance Dialing option throughout both islands, either by using your hotel phone or one of a network of hundreds of pay telephones nationwide. We've thought of everything you could need to make talking with your friends and family easy and hassle-free!

MOBILE/CELLULAR TELEPHONES

TSTT's mobile service is easy, fast and most of all, reliable. The service is run on the Time Division Multiple Access (TDMA) network – most cellular phones that are TDMA compatible should work in Trinidad and Tobago. Dual mode, AMPS/Digital AMPS, IS-136 ERF phones are also compatible with the network.

CELLULAR RENTALS

If your mobile phone is not compatible with our wireless system, you can opt to rent a unit from TSTT's corporate rentals unit – just call 800-CELL to find out more!

ROAMING

You can roam free and easy in Trinidad and Tobago with our reliable international cellular roaming service available to both North America and the Caribbean. If you have installed a roaming application in your home country, just turn on your set and make your calls – it's that easy because we want to make you feel right at home.

PREPAID PHONE CARDS

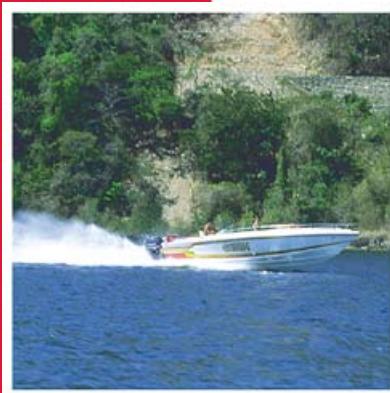
If you prefer to control your telephone costs, prepaid phone cards in a number of denominations for landline (Companion Cards) and mobile phones (Liberty Cards) are available for sale at all TSTT Customer Service Centres, Courts Furniture Stores, Hi Lo Food Stores and many other small vendors throughout the islands. These prepaid cards offer you the benefits of no unexpected bills, simplified access and flexibility.

INTERNET CAFES

It's the communication superhighway of the future, so you'd better be on it! Send and receive e-mail, chat online or surf the World Wide Web – all these services are available at a range of Internet cafes throughout our islands. Some of the more sophisticated cafes will also offer you the option of actually seeing the person you're chatting with via Web-Cam as well as to send photographs online – that way, you can make everyone jealous of the great time you're having!

To find out more about any TSTT service that you may be interested in receiving, check out the Trinidad and Tobago Telephone Directory and give them a call! You can find a copy in your hotel room or access them on-line at www.tstt.co.tt





SAFETY TIPS

Our islands are beautiful – and relatively safe – but just like anywhere else in the world, you've got to be aware! Just use your good judgement!

GENERAL SAFETY

- Always lock your doors, whether you are in your hotel room, in a car or taxi.
- Never leave your valuables unattended, especially in cars or on beaches – and flaunt them in such a way as to make yourself an easy target.
- Do not travel alone at night, especially along poorly lit areas, deserted beaches or scenic lookouts.
- If you are in doubt about an area in which you are staying or travelling, ask – get advice from the hotel staff or call your embassy.
- When travelling, especially from the airport to your destination, use an accredited taxi. You can ask for details on accreditation at the information booth at the airport.
- Trust your instincts – if something doesn't feel right, it probably isn't.
- The Emergency Number 999 will reach the Police Rapid Response Unit.

MEDICAL SAFETY

- There are free health care facilities throughout Trinidad and Tobago; or you can choose a private facility for your convenience. There are also many private ambulance services that can rush to your assistance – look under "Ambulance" in the Yellow Pages or call 990.
- The 990 number is also used to reach the Fire Services.

ROAD SAFETY

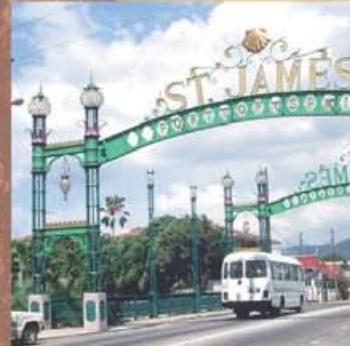
- Be aware of the difference in driving conditions when using our roads.
- Wear your seatbelt – it's the law and it saves lives.
- Many of our drivers still use hand signals to communicate when turning or stopping – be alert!
- Be especially mindful of taxi drivers – since there are no designated pick-up or drop-off points, they usually pull aside anywhere for passengers – drive a safe distance behind them.
- Trinbagonian drivers are generally courteous, but be attentive and drive defensively.



FOOD SAFETY

- When buying food, ensure that it is a reputable establishment and that the vendor has a valid Food Badge.
- If you are in doubt, walk out – Trinidad and Tobago is so full of good restaurants and roadside cafes that you do not need to settle for a poor or unhealthy standard of food.
- Err on the side of caution – if your stomach is unaccustomed to spicy or tangy foods, take it easy until you get more used to our local culinary fare.





Towns & Cities...

*Places to Go,
Things to See !*



TRINIDAD & TOBAGO

Want to get a true sense of what it's like to live here?
Visit some our towns and cities...explore the wonders they have to offer!

ARIMA

Many of the names of towns and villages that you see on a map of Trinidad and Tobago can be attributed to the Amerindians that were indigenous to our isles. Arima, meaning 'water', is one such example. Founded by Capuchin monks in 1757, it is one of the earliest settlements on the island. Situated in the idyllic foothills of the Northern Range, it served as a meeting point for neighbouring estates and for the most part, led a quiet, sleepy life.

Its calm reverie was broken in the 1780s, when the Mission of Arima as it was known, was used by Governor Jose Maria Chacon as a transfer point for all the Amerindians from the neighbouring districts, allowing distribution of the arable land to newly arrived French planters under the Cedula.

This continued until 1828 when Arima was no longer preserved as a Mission. By the 1870s, a radical transformation took place with the rapid spread of the cocoa industry. Planters began to clamour for a more efficient system of transportation into Port of Spain. Arima, historically the hub for the outlying districts saw the inauguration of the first railway line in Trinidad for both passengers and freight.

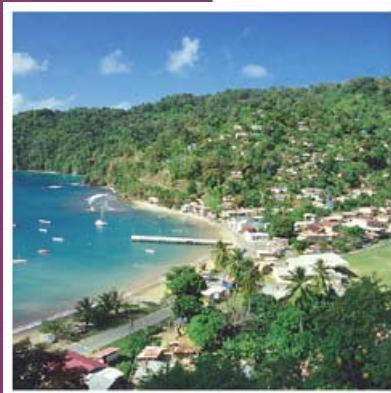
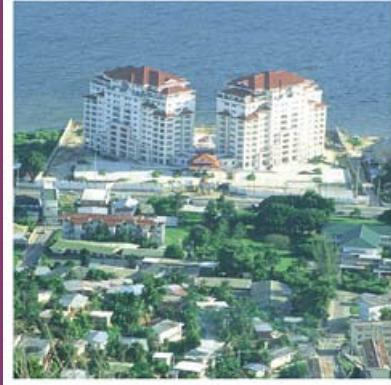
Today, the town of Arima has retained some of its original flavour as the hub via which people from the North and East coasts traverse in order to do their shopping or travel into the capital. Arima's economy has changed from an agricultural base to an industrial one, with the establishment of factories and housing estates along the outskirts of town. The area still remains home to much of the Amerindian population, though you would be hard pressed to find anyone of pure blood today. The feast of Santa Rosa, in which descendants of the Carib tribe parade in full regalia is still celebrated on the streets of the town, and on this special occasion a new Carib 'Queen' is selected.

CHAGUANAS

The Borough of Chaguanas, located in Central Trinidad is one of our oldest known settlements, pre-dating the Spanish colonists. The story goes that it was named after the indigenous tribe that lived in the area at the time, the Chaguanes.

Historically, Chaguanas was ignored by the Spanish and only came into prominent use after the island became a British colony. The area was considered to be excellent for the cultivation of sugar cane and as a result, several large estates,





including 'Felicite' and 'Woodford Lodge' came into being. At this time, Chaguanas was known for being an agricultural centre specifically relating to the cultivation and production of sugar cane. Records indicate that it was one of the first places to receive indentured East Indian labourers, starting from 1845. These workers were brought in to work on estates after the abolition of slavery and to this day there remains a large population of East Indian descendants in Chaguanas.

Today, the town remains a central meeting place. Not only is it noted for its produce market, it is also home to several malls for fine bargain shopping. Situated just off the Sir Solomon Hochoy Highway, it still a hub for the surrounding districts. Another interesting feature of Chaguanas is 'Hanuman House', a building of great significance to the literary world, having been the inspiration for several works by Nobel Laureate Sir. V.S. Naipaul, most notably 'A House for Mr. Biswas'.

CHARLOTTEVILLE

For visitors to Tobago, Charlotteville remains one of the more picturesque villages to visit on the island. Lying on the north-eastern tip of Tobago in the one of the more historic bays called "Man of War" Bay, it is bordered by the lush greenery of high mountains on one side and the sparkling blue waters of the bay on the other. Though seemingly remote, this area has always attracted European settlers and was responsible for the start of the

long, bloody battle for possession of Tobago, mainly because of the area's deep-water harbour, which facilitated the anchoring of large ships.

In 1633, Jan de Moor, Burgomaster of the Town of Flushing in Holland, financed an expedition which happened to settle on this shore. The members of the expedition managed an accommodation with the indigenous Caribs who allowed them to settle there, but this arrangement was short lived. Despite this, more settlers arrived in 1639 and the place took on the persona of a village, which was soon opened up to agriculture.

By the 19th Century, the two principal sugar estates in the North part of Tobago, 'Pirate's Bay Estate' and 'Charlotteville Estate', were acquired by the Turpin family and consolidated into one holding. This is what forms the basis of the Charlotteville we know today. Again, the village's deep-water harbour played a significant role in the area's development, since accessibility by land was difficult. Charlotteville has developed into an important fishing centre, while agriculture still remains a part of the economic mainstay of the village.

While off the beaten tourist track, improvements in the road system have made it a lovely place to visit. It retains an Old World, unspoiled charm, with relatively pristine scenery and of course, the beautiful "Man of War" Bay.

There are other places of interest in the Charlotteville area, which include dive sites at Pirate's Bay. Visits to Flagstaff Hill and Fort Campbellton are recommended.

POINT FORTIN

Back in Trinidad, the 1783 Cedula of Population was ultimately responsible for the naming of Point Fortin, since the area took the name of a Frenchman, Fortin, who settled there under that law. When the British arrived in 1797, they did not disturb the functioning of Fortin's sugar-cane estate. With the abolition of slavery, the agriculture industry went into decline and so did the whole region, until the late 1800s when crops like cocoa and coconuts revived the industry and the Point Fortin area.

More changes were to come, however – in 1906, a geologist, Arthur Beeby-Thompson, found oil at Guayaguayare and the rest, as they say, is history. Point Fortin grew into an oil town. It rode the wave of opulence during the 1990's oil boom and withstood the economic ravages of the subsequent recession. The area still shines brightly today as an oil and natural gas hub, home to the Atlantic LNG plant as well as other oil and gas company headquarters.

PORT OF SPAIN

The capital city of our twin island Republic, Port of Spain, enjoys the reputation of being one of the most cosmopolitan cities in the entire Caribbean. Here, modern high rise buildings rub shoulders with more traditional Caribbean architecture.

The year was 1757 and Port of Spain was a mere little seaside port. The capital of this then-Spanish colony was at the time located in the Northern Range at San "Jose de Oruna" or St. Joseph as we call it today. It was the arrival of Governor Pedro de La Moneda that precipitated the move – he was appalled at the dilapidated state of St. Joseph and preferred to run the affairs of the colony from "Puerto d'Espana." He had little support for this move, since, at the time, Port of Spain was little more than two streets and a swamp.

Things have changed tremendously since those early days; the landscape of the city has undergone sweeping changes due to land reclamation and several fires, which have caused parts of the town to be re-built. Because the city is laid out on a grid with streets running North-South and East-West, it is easy to learn your way around and incredibly difficult to get lost.

Port of Spain is now a sprawling city that has grown to encompass its former suburbs of Woodbrook, St. Clair and Belmont. Ringed by the hills of the Northern Range and fronted by the Gulf of Paria, it is a buzzing city where you can find some of the best shopping in the Caribbean, several historic buildings worth visiting and lots of great food. But perhaps what is most interesting about Port of Spain is the diversity of our people – a true representation of Trinidad and Tobago.





ROXBOROUGH

Roxborough takes its unique name from the former estate from which it sprung forth. It is located on the winding road on the Windward side of the island that runs from Scarborough to Speyside. From Roxborough, you can access the island's wonderfully inspiring nature reserves, one of which is Speyside with its offshore island of Little Tobago, protected roosting site of many seabirds.

SAN FERNANDO

The city of San Fernando first came into recorded history in 1595 when Sir Walter Raleigh, sailing in the Gulf of Paria on his search for El Dorado, was drawn to a steep hill that seemed to rise effortlessly out of the landscape. He had seen what we call 'San Fernando Hill' and continued to sail so close to the shore that he soon discovered a treasure that he hadn't bargained for – the Pitch Lake at La Brea. He reported that after leaving the Pitch Lake, they came upon a mountain foot called 'Anaparima' by the native Amerindians. It has come to be called 'Naparima', which means 'single hill' in one of the Amerindian dialects.

In 1687, Capuchin monks landed in the area and tried to convert the Amerindians to Christianity – they erected a mission called 'Purissima Conception de Naparima' in the shadow of the great hill. Again, the area remained quiet until the arrival of Governor Jose Maria Chacon and his Cedula of Population in 1784, which granted land

to settlers and encouraged development. In 1792, he declared the settlement a town and christened it 'San Fernando' after the son of Carlos III, the Spanish King at the time. In living up to its Spanish name, the town developed much like a Spanish Colonial town – with a central square at the waterfront, and other key buildings such as a 'Casa Real' (government house), a jail, and of course, a church.

The population of San Fernando was second only to that of Port of Spain and in 1818, the two towns were linked by the introduction of a coastal steamer service between them. This key transportation connection, as well as the prosperity of the area's growing sugar industry, contributed to the expansion of San Fernando.

Development proceeded at a quick pace after that, gaining advancements like a railway passenger system and improved infrastructure so that by the end of the 19th Century it was well on its way to being one of the key towns in Trinidad. It soon got other railway connections and electricity and buses as the decades went by. Development was in full throttle with road works and the like, making San Fernando more accessible and able to thrive.

San Fernando was designated a city on November 18th, 1998 and it still stands proud – made even richer by the fact that it is a key oil and energy centre for our islands.

SANGRE GRANDE

If you ask any Trinbagonian what 'Sangre Grande' means, they will tell you it is Spanish for 'Big Blood' – though you would never discern that from the Trinbagonian pronunciation. In the late 1770s, Spanish surveyors who were charting the island for the purposes of creating a map, found that the waters of two of the tributaries of the nearby Oropuche River were red as blood, hence the name.

About a century later, cocoa farmers began to move into the area, attracted by the nearby water supply. Transport was a challenge then, as they were 30 miles away from the capital, Port of Spain, and linked to the nearest town, Arima, by a dirt road. But they persisted, and cocoa and the POS-Arima railway service that became a reality in 1876 were both integral in creating the beginnings of what we know today as 'Grande'. Ironically, although the signs at the station said 'Sangre Grande Railway Station', the train actually stopped at Cunapo. From that day, Cunapo officially ceased to exist – because if the sign said 'Sangre Grande Railway Station', then the area was 'Sangre Grande'.

During the 1930s, the area continued to prosper despite a cocoa recession – and the popular refrain of the time, "Arima tonight, Sangre Grande tomorrow night," was testament to its popularity and the laissez-faire attitude of those who lived there. The 1940s brought with it a time of

economic prosperity and, some would say, moral decay, as a direct result of the US Forces who opened an air-base at Cumuto during the war.

Still, the area survived that era and went on to expand population-wise, despite the fact that the days of cocoa were behind them. Today, it is a bustling, thriving town, full of activity and commercial/retail vibrancy.

SCARBOROUGH

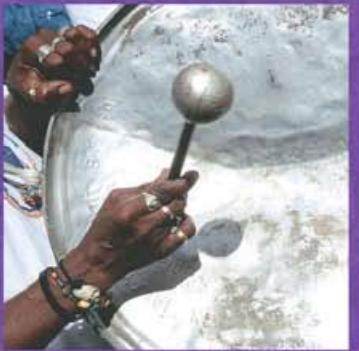
While Tobago has been the most fought-over territory in the entire Caribbean, Scarborough has been the most fought-over settlement. After the Europeans first settled the village in 1654, the area and its environs was known as Lampsinsburgh – and it took many battles among the English, the Dutch and the French to have it emerge as the "Scarborough" we know today. In 1769, the House of Assembly was transferred from Georgetown to Scarborough, making it the capital of the island.

Today, Scarborough is still the chief port and administrative centre of Tobago – you can get a wonderful bird's eye view of the town from the British-built Fort King George which guards her from an impressive height. It is a town rich with history and still resplendent with the charm and natural beauty for which Tobago is famous.

Article source:

"Towns and Villages of Trinidad and Tobago"
by Michael Anthony





Carnival...

The Greatest Show on Earth !



Trinidad & Tobago





There are many places that boast of having spectacular Carnival celebrations – from Rio and New Orleans to Notting Hill. But nothing compares to the excitement, the fun, the drama and the veritable art of ‘making mas’ in Trinidad and Tobago...

The two days of Carnival in Trinidad and Tobago are not official public holidays – but they might as well be – almost everyone is out on the streets, dancing, ‘jumping up’, ‘wining down’ and basically having a ball. Although Carnival, in the strictest sense, really comprises the Monday and Tuesday preceding Ash Wednesday, the celebrations begin right after Christmas – because nothing about Carnival is strict. Almost as soon as the holy observation of Christmas Day is over, radio stations begin to blast the newest hits of the upcoming season – the season of the flesh. As a matter of fact, this is where the term Carnival actually came from – the Latin *Carne Vale* or ‘farewell to the flesh’.

Believe it or not, these heated celebrations were actually religious in origin – revelers were allowed to enjoy themselves one last time before facing the stringent deprivation of the Lenten season. This was how the ‘bacchanal’ started – in homage to the god *Bacchus*, Lord of Wine and Revelry.

In its early days, what is now a national festival was really a wild frenzy reserved for the masses – the upper classes chose not to participate, but rather to watch. These were the days where creativity sparkled, giving rise to many of our traditional Carnival characters such as *Dame Lorraine* (a well-endowed woman), *Jab Jab* (a devil-like creation that would threaten you jovially with horns and three-pronged fork), *Pierrot Grenade* (like a Greek chorus, commenting on topical issues in rhyme) and *Midnight Robber*, all of which are still popular portrayals to this day.

At this time, the steelpan was coming to the forefront as a viable musical instrument – the only ‘acoustic’ instrument invented in the 20th Century – and the musicians and artisans of Trinidad and Tobago were its loving creators. Today, pan is not only recognized worldwide, it is mainstream locally, with thousands of us flocking to the annual Panorama competition to see if our favourite steelband will reign supreme.





Modern-day Carnival celebrations here are a lot more inclusive – beginning with *J'ouvert*, (taken from the French *Jour Ouvert*, literally meaning Open Day), heralding the start of the revelry. If you play *J'ouvert*, make sure to grab a few hours of sleep before hitting the road again, because you've got a long two days of partying ahead! There are all types of music and all types of ways to “play mas.” From traditional calypso and extempo (songs made up on the spur of the moment) to popular soca beats, the rhythm of Carnival is pulsating and sweet, gently supporting you as you “chip” (dance) down the road on Carnival day. Many popular soca bands also integrate the styles of Jamaican reggae, dancehall and dub into their compositions, and sampling of pop and hip hop hits has also been on the rise in order to bring the groove into the modern era. Even the Latin vibes find a place here and everyone feels at home!

As for actually participating or “playing mas,” you can book a costume in any one of a number of bands. There are the pared-down bands like *Burrokeets* where looking pretty is not the objective – having fun is; the “party” bands like *Young Harts*, *Poison*, *Barbarossa* and *Legends*, which attract both the fun-lovers and the hard bodies; the “play yuh mas” bands that focus on the art of costume-making, such as *Kallicharan's* and *Wayne Berekley*, and bands like *Minshall and his Calaloo Company*, where both the fun and the theatrical elements of Carnival combine to make your experience one-of-a-kind – truly the greatest show on earth!

PAN RAMAJAY

To “Ramajay” in local parlance, is to “show-off” or “to get carried away in a spirit of free expression.” And that’s exactly what our talented “pan men” (steelpan players) do at the annual Pan Ramajay festival!

In this music festival full of spontaneous creativity of movement, pan men (and women!) abandon all form of poise and posture usually adopted when playing an instrument. In rhythmic agility, they test their ability to produce scintillating sounds amidst performances that include juggling their pan sticks, jumping and spinning their bodies in the air – maybe even doing a little jig. In fact, some of these feats are so breathtaking that they often leave the audience on the edge of their seats, perhaps wondering if the pan man who just made that spin in the air would come down in time to hit his note for the next musical bar!

This popular annual festival a celebration of the versatility of the locally-invented steelpan, the only musical instrument invented in the 20th century, and the adroitness of the local pan men at manipulating the instrument to render harmonious sounds – sounds that have now become recognized in the international arena.

“Pan Ramajay” includes the display of pan as a bona fide instrument alongside a range of other traditional instruments and features orchestras comprised of local and foreign pannists, saxophonists, drummers, guitarists, pianists and vocalists

THE STEELPAN... GETTING TO KNOW OUR INSTRUMENT

So you've heard steelpan music and you're completely enthralled by the rhythmic sounds of this magnificent instrument. Here are some facts that will not only leave you nodding your head more appreciatively the next time you hear pan music, but which will help you impress your family and friends about your knowledge of the only musical instrument invented in the 20th century!

DEFINITION

So you know what it does, you love the sound it makes – but what *is* it, exactly? The Trinidad and Tobago Bureau of Standards describes the steelpan as

"... A definite pitch percussion instrument in the idiophone class, traditionally made from a steel drum or steel container. The metallic playing surface is concave with a skirt attached.

The playing surface is divided into convex sections by channel, groves and or bores. Each convex sections are played by striking the pan with sticks to produce musical notes." That should help you describe it to your friends!

FORM

In order to emit that orchestral sound, every group of pans needs to have a certain range – just like the instruments in a traditional orchestra. The difference is that instead of having different instruments contribute to the range of sounds, the pan is flexible enough to do it all...

High Tenor D4 – G6

Lower Tenor C4 – E6

Double Tenor F3 – Bb5

Double Second F#3 – C#6

Double Guitar C#3 – G#4

Triple Cello B2 – Bb4

Four Cello Bb2 – C#5

Quadraphonic B2 – Bb-5

Tenor Bass F2 – C4

Six Bass A1 – D3

Nine Bass G1 – C4

The sound and form of steelpan continues to be experimented with and new variations and ranges are being explored on an ongoing basis.

*DEFINITION and FORM taken from Dissertation
"Industry Mapping: The Case of Trinidad and Tobago
Steelband Music Industry" (page 15) - Feroza
Mohammed, MBA Brunel University, London, 1996.*





OUR POPULAR STELBANDS THE 'WHO'S WHO' OF PAN!

Every Trinbagonian has their favourite pan "side." Get to know a few of the more popular bands and figure out which of them is playing your song...

TRINIDAD ALL STARS

'Hell Yard Boys' was the name they gave themselves back in 1935, when they started playing. The name of the steelband would change many times over the years – 'Second Fiddle', 'Cross Lorraine' and then, finally, 'All Stars'. The word Trinidad was added in the mid-1940's. Trinidad All Stars has won the National Panorama Competition in 1973, 1980, 1981 and 1986, and has also been successful in the Music Festival, taking the winner's title on six occasions.

EXODUS

In 1981, several members of 'Flamingoes Steelband' decided to leave and form their own ensemble. These pioneers called themselves 'Exodus'. 'Exodus Steel Orchestra' was destined for great things, and had their first taste of success in their debut year, making it to the final round of the national Panorama Championships. 'Exodus' has been the East Zonal champions ten times and joint winners with the Defense Force of the 1998 Music Festival. Throughout the years, the band has shown consistency in performing at the Panorama Championships, taking the stage in their hallmark black and white attire each time.

DESPERADOES

Considered to be the heart and soul of the Laventille hills, 'Desperados' was formed in the early 1940s by a group of young men known as the 'Dead End Kids'. The name was changed to 'Desperadoes' in the 1950s. This awesome steelband ensemble is a nine-time Panorama champion as well as the 1996 Triple Crown winner. 'Desperadoes' is serious about their pan playing and their pan yard is reputed to be one of the most modern in the country.

PHASE II PAN GROOVE

'Phase II Pan Groove' was formed in 1972 by a small group of dedicated pannists who were formerly with the band 'Starlift'. This band, although unsponsored, won the National Panorama Competition in both 1987 and 1988. Always inventive and very inclusive in its approach, 'Phase II' is a delight to listen to.

RENEGADES

This band was formed as 'Dodge City' in 1945, and changed its name to 'Renegades' in 1948. 'Renegades' has won the National Panorama Competition on nine occasions in the years 1982, 1984, 1985, 1989, 1990, 1993, 1995, 1996 and 1997. In 1992, the band's pan yard was graced by a visit by England's Prince Charles, who was no doubt impressed by the level of musicianship on eager display.

STARLIFT

This Woodbrook-based band won Panorama in 1968, 1971 and 1978 and has also performed twice at the finals of the Music Festival. The band was founded in 1956 by members from the bands "Aargon" and "Green Eyes" along with some players from "Invaders." The band's pan playing is definitely an "uplifting" experience!

HATTERS

This South-based band emerged under the name "Broadway Syncopators" for the first post-war carnival in 1946. They later changed their name to "Broadway Hatters" in 1950. The band disappeared from the competitive scene in the early 1960s, but was revived in 1967. "Hatters" placed first in South Panorama in 1969, 1971, 1972 and 1975 and won the National Competition in 1975 with their wonderful rendition of "Tribute to Spree Simon."

HARMONITES

"Harmonites Steel Orchestra" was started in 1961 by a group of teenagers from the Barataria district. The band was first called "Wonderland," changing its name to "Harmonites" in 1963. The Steelband went on to win the Panorama Championship in 1968, 1971, 1972 and 1974, and is credited as having the largest number of players ever to cross the Panorama stage.

WORLD STEELBAND

MUSIC FESTIVAL

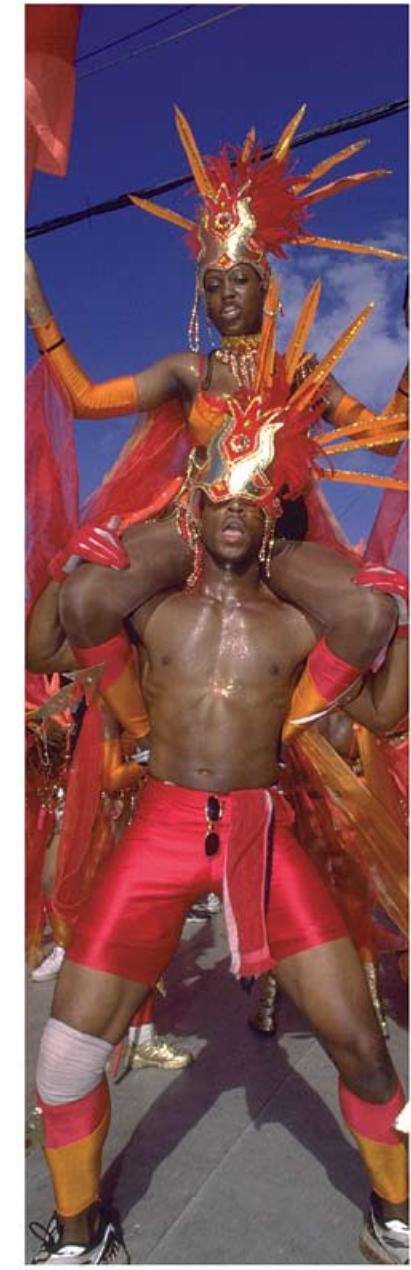
Trinidad and Tobago is the land in which the steel pan was born – and now we're bringing our own distinctive brand of music to the world!

Experience the rhapsody of the 'pan as steelbands from around the world join their counterparts in Trinidad and Tobago to participate in the World Steelband Music Festival. The aim of this festival is to celebrate the excellence of the instrument and to select the steelband that shows the most skill and versatility in playing all genres of music on the steelpans – from calypso to classical.

The festival, held biennially, usually in the month of October over a two-week period, is divided into several categories, including:
Soloists, Duets, Quartets, Ensembles and
Orchestras

The World Steelband Music Festival was introduced in 2000 by the Government of Trinidad and Tobago, in an effort to recognize the worldwide scope of steelpans and to sharpen the thrust of marketing the instrument to the world as *distinctively Trinbagonian in origin*.

Steelbands from Finland, France, Switzerland, the UK, the USA and several other Caribbean countries joined their counterparts from Trinidad and Tobago for the first event, which was a real coming together of cultures bound by the love of perhaps the most unique instrument in the world – *our steel pan!*





PANORAMA AH! THE DRAMA!

Picture thousands of steelpans, energetic pan players, enthusiastic crowds and everywhere a sharp atmosphere of life, rhythm and sound! Welcome to the one-of-a-kind 'Panorama' festival in Trinidad and Tobago.

Each year, come Carnival time, the country's steelbands participate in this glorious festival of our national instrument, born and bred on our soil - and now celebrated as a bona fide instrument throughout the world – the steel pan.

Bands from all over the country compete in a championship that spans several days – and nights, and early mornings – and the champions carry their title with pride for one year, the toast of the cultural crowd for that time.

Of course, every red-blooded Trinbagonian with music coursing through his or her veins has a favourite steelband, which we will support until the very last note is played, regardless of the opinion of the judges. Once the band of our choice has completed their song, we release all our emotion in a loud and resounding cheer, accompanied by the sound of hands clapping and bottles tapping – after all, the 'lime' and togetherness of 'Panorama' is just as important as the music. In fact, spectators and supporters in the North Stand of the Queen's Park Savannah venue are often loud enough to provide a whole other percussion section – but most everyone listens

when the music starts to play. It's a glorious event to be part of – there is a tangible Trinbagonian energy that is captured no place else. It's a *vibe* more than anything, really – a candid revelation of what it's like to be a Trinbagonian, sharing this gift of a unique instrument and the melodic sounds it makes with the rest of the world.

'Panorama' had its beginnings in 1963, when the festival was commissioned by the government of Trinidad and Tobago through the Carnival Development Committee (CDC) with intentions to develop and run a competition for steelpans during the annual Carnival celebrations. In essence, 'Panorama' is a celebration of the development of the steelpans, and embraces the determination of the inventors of the instrument and the pride of those now charged with carrying out its heritage. The festival has undergone many transitions over the years, but it generally works like this:

- Competing bands participate in Zonal Finals (usually defined by geographical area, e.g.: South, North, etc.)
- Qualifying bands from each zone, by virtue of a points system, move on to the National Semi-Finals and Finals
- The National Finals, the crème de la crème, takes place, and the overall winner is declared

If the excitement wasn't palpable before (impossible!) it certainly is by the time Finals rolls around in the Queen's Park Savannah,



affectionately called 'The Big Yard', where most of the major Carnival celebrations take place. For '*Panorama*' purposes, 'The Big Yard' is separated into three distinct sections – the Grand Stand, the North Stand and the 'Drag'. Depending on the musical experience you are seeking, you should carefully select the point from which you will witness this wonderful festival.

The Grand Stand houses the more reserved types, who take the musical aspect of the event seriously and are not at all interested in the party-type atmosphere of the North Strand revelers – perhaps one reason why the two locations are on opposite sides of the stage! The North Stand cradles the Movers and the Shakers – and we use the term literally – the stand can actually begin to sway from the movement of the avid pan fans waving flags, dancing on coolers, and having a grand old time! In the middle are those who prefer a more close-up perspective of the goings-on. The 'Drag' is our term for the paved pathway that leads to

the stage, so you can actually see the instruments close-up, help the musicians push the pans along the track as they wait for their turn to appear, and basically get up close and personal with the behind-the-scenes action. It's a very intimate way to experience '*Panorama*' and everyone should go on the 'Drag' at least once.

No matter which vantage point you choose, however, you will always find that feeling of camaraderie which is what makes '*Panorama*' so special. The bands are energized and ready, having practiced for a month or more to reach this point. Composers and arrangers have done their best, it's all up to the players – their skill and their adrenaline. Established bands that have proven their mettle like '*Renegades*', '*Desperadoes*' and '*Phase II Pan Groove*' may have to face a challenge from relative unknowns – and that makes it even more exciting.

Because in the end, no matter who walks away with the '*Panorama Champion*' title, just the sound of a full pan side backed up by the chugging of the '*Engine Room*' (the percussion section) and the sight of happy Trinbagonians as far as the eye can stretch, and the smell of dust rising and settling like the crescendo and release of that perfect note, is an experience never to be forgotten. In between the calm joy of the Grand Stand and the excited frenzy of the North, there is a perfect moment – it is the moment on stage when sweet pan music fills the warm tropical air and you feel the energy resonating within you and are thankful that you are here to be part of it. *Play, Mr. Panman, play!*





Festivals...

*Caribbean Culture
Like no other !*



Trinidad & Tobago

Though Trinidad and Tobago is a secular state, we respect all creeds and races, which has led to the observance of many religious occasions.

HOSAY

Hosay is an Islamic festival observed by Shi'a Muslims throughout the world – and the celebration was brought to Trinidad as early as 1845. Although referred to as a festival, Hosay really isn't – at least, not in the strictest sense of the word. In many Islamic countries, this tradition takes a more solemn religious tone as it is considered a time of mourning for the martyred. Generally, Hosay runs for four days either in April, May or June in accordance with the Islamic lunar calendar.

Hosay is the commemoration of the martyrdom of the Prophet Mohammed's grandsons Hassan and Hussein at the Battle of Kerbala in Persia. The observances start on Flag Night when the first procession takes place. Hundreds of devotees walk through the streets carrying multi-coloured flags to symbolize the beginning of the Battle of Kerbala in which the brothers lost their lives.

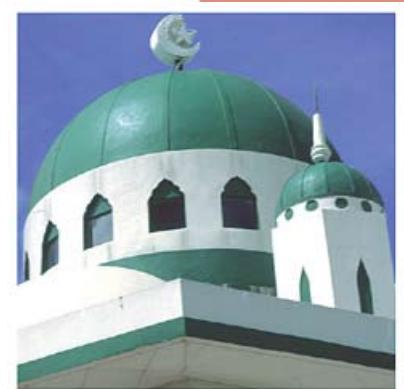
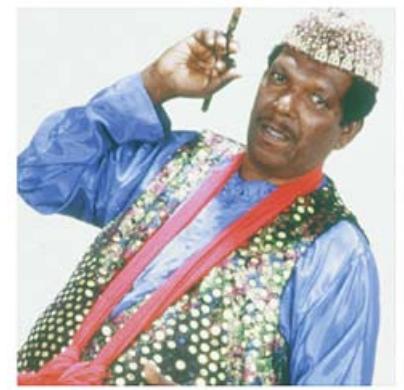
On the second night, small *Tadjahs* (elaborately decorated models of mosques that are made in 'yards' by volunteers who first go through purification rituals of fasting, abstinence from sex, and prayers) are carried slowly through the streets to the sound of throbbing Tassa drums – symbolic of war drums, played in set rhythms that are

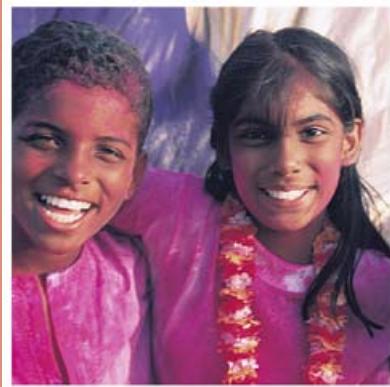
common throughout the world. You cannot help but be drawn in by the pulsating sound of these drums whose cadence can be heard for miles.

Large *Tadjahs*, also accompanied by Tassa drums, make their appearance on the third night and are quite spectacular – usually being more than two metres high and more elaborate versions of their smaller counterparts. Eager participants parade them through the streets while dancers carry two large crescent-shaped moons representing the two brothers.

On the fourth day, there is a daylight procession where the moons are led through the streets to an open field, where, in simulation of the battle they 'dance' with each other. A special prayer is offered for the dead as this part of the proceedings represent the entombment of the brothers. This is the last time you will see the *Tadjahs*, because the celebrations end on this day – usually by about 7:00 p.m.

In the early beginnings of the festival, the *Tadjahs* would be thrown into the sea to ensure that all prayers would be answered. Today, however, the celebrants are much more environmentally aware and choose to dismantle and properly dispose of its parts.





In Trinidad, the observances have evolved to include participants from all races, religions and walks of life. The largest observance is held in St. James, a suburb of Port of Spain, but you can also find Hosay processions in Curepe, Tunapuna, Couva and Cedros. No matter where you choose to view this festival, please remember that because of its religious significance, alcohol is not encouraged.

PHAGWA OR HOLI

The observance of Phagwa or Holi as we also call it, was introduced to Trinidad by the indentured East Indian labourers around 1845. This is a spring festival corresponding to the springtime months of March and April. It is primarily a Hindu festival, but as with all observances in our multi-ethnic, multi-religious country, the wider community always gets involved – even if it is to just watch and admire.

The root of Holi is derived from the Sanskrit word *Holika*, meaning, "parched grains." This festival has deep religious significance as a rite of purification to promote good health.

There are many Hindu texts you can read that explain significance of Phagwa. One story tells of Prahalad, son of the evil King Hiranyakashipu. The King wanted desperately to destroy the young boy and enlisted the aid of his equally evil sister Holika. Holika had powers that rendered her immune to destruction by fire. The King ordered her to take the boy into a large fire to end his life

but the child's faith was so great that not only was he unharmed, but Holika's powers were reduced and she burned in the fire. Today's observance of Phagwa incorporates aspects of this story and an effigy of Holika is burnt as a symbol of purification.

Other aspects of the festival include lots of joyful singing and dancing. A Carnival-like atmosphere pervades as willing participants are sprayed with a variety of coloured dyes. You can hear the strains of special folk songs called *Chowtal* being sung, accompanied by two instruments – the *Dholak*, a small hand drum and *Majeera*, percussive instruments. The music is fast paced and extremely infectious, making you want to take part in the joy-filled revelry. Phagwa celebrations are easy to find throughout Trinidad and the happy participants will be sure to invite you to join them!



Public Holidays DIVALI

East Indians also brought the Hindu festival of Divali, which we affectionately call the Festival of Lights, to our shores before the turn of the 20th Century. This is the largest Hindu festival in our islands, taking place in the month of *Karthik* – October-November on the Hindu calendar. This national holiday is celebrated on what is said to be the darkest night of the year.

Divali pays homage to the Goddess Lakshmi, the Goddess of Light, Wealth and Prosperity. Followers believe that on this day, Mother Lakshmi emerged from the Ocean of Milk called the *Ksheer Sagar* to endow mankind with wealth and prosperity. In recognition of her blessings, *Poojas* or prayers are performed in her honour on this special day.

The other popular Divali story is the return of Lord Rama from exile in the forest. Since Divali is celebrated on the darkest night of the year, inhabitants of the holy city of Ayoda filled the

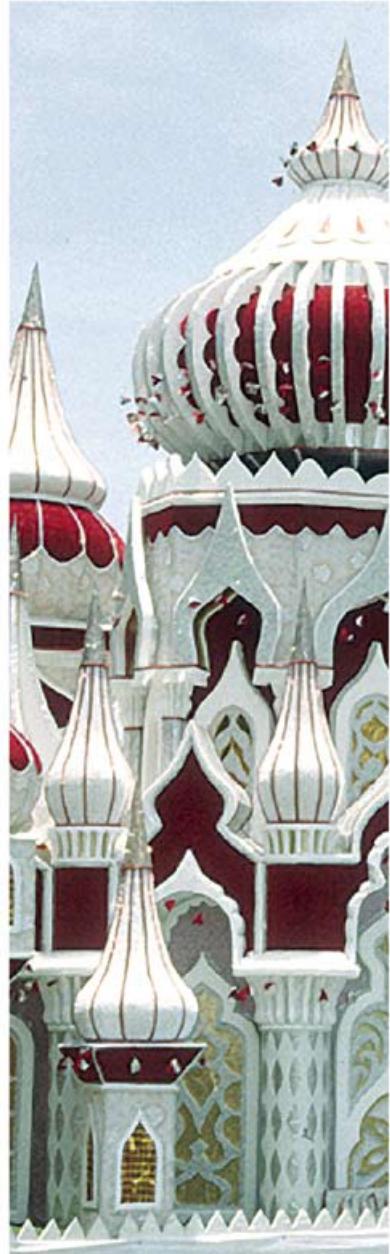


city with lit *Deyas* so that Lord Rama could find his way home. *Deyas* (small clay pots with cotton wicks filled with *Ghee* or clarified butter) are still lit to this day in celebration of his homecoming.

Hindus always celebrate Divali day on a grand scale and in grand style – first by conducting a *Lakshmi Pooja*. Celebrants often invite family and friends to share a sumptuous vegetarian meal and at dusk, everyone (even the children!) joins in lighting and placing the *Deyas* around the home and yard. The hundreds of gaily-flickering lights placed in different positions and patterns are indeed a sight to behold!

You can view public Divali celebrations in the weeks just before the actual day, since many Hindu Temples and community groups throughout our island host their own celebrations. This is a festival that will touch your heart since, at its deepest level, it is really the story of good triumphing over evil, of light conquering the darkness.





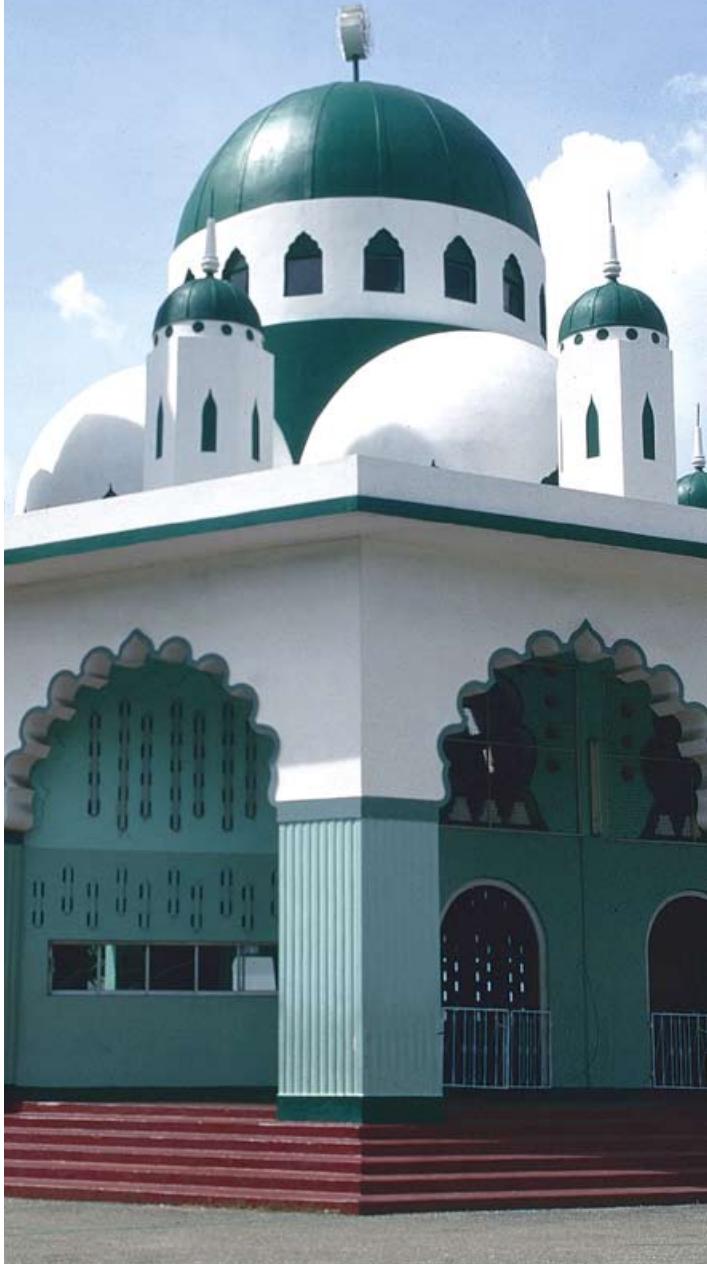
EID-UL-FITR

Eid-Ul-Fitr, or Eid, for short, is another of our East Indian-based religious – this one, however, is Muslim in origin. It is the holiday that follows the holy fasting month of Ramadan, celebrated by devout Muslims the world over.

The Islamic year is based upon a 13-month lunar calendar. Ramadan starts on the first day of the tenth month, *Shawwal*, heralded by the sighting of the New Moon.

Local observations of this holy occasion are much the same as in other parts of the world – prayers are said five times a day, and it is a strict period of fasting – dedicated Muslims do not allow themselves food or water during this sacred time, which lasts for about 28 to 30 days or until the new Moon is once again seen. Eid is marked by visits to local mosques, offerings of charity to the less fortunate and of course the gathering of friends and family.

The day itself revolves around the renewal of family ties – “family” being rather extensive – encompassing Aunts, Uncles, distant cousins and often neighbours and friends. This is very unique to our islands – everyone we like is automatically “family”! Preparing and eating delicious dishes, like all other Trinbagonian observances, is an integral part of the proceedings, with everyone laughing and talking as they mill around the kitchen. And if you manage to get through the delectable meal without feeling completely full, dessert tops everything off with the traditional sweets, *Halwa* and *Sawine*, being served.



CORPUS CHRISTI THE FEAST OF THE BODY OF CHRIST

Corpus Christi is a long-standing tradition in our islands, going back to our pre-British occupation by the Catholic Spaniards. Though mainly observed by Roman Catholics, it is a designated public holiday. This special Feast Day is celebrated on the Thursday after Trinity Sunday, in commemoration of the institution of the Holy Eucharist. The impressive processions that take place (the biggest is in front of the Cathedral on Independence Square in Port of Spain) give you just a glimpse into the sacredness and significance of the occasion.

Followers of the Roman Catholic faith will attend church on Corpus Christi before going to their choice of processions taking place throughout the country. Many people regard this day as an auspicious time to tend to their garden as it is said that anything planted on this day will thrive.

EASTER

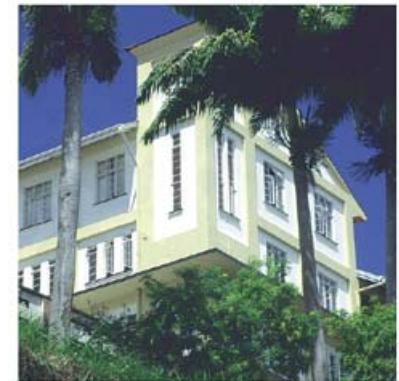
While Easter is recognized as a religious holiday worldwide, it is traditionally marked in Trinidad and Tobago with two public holidays – Good Friday and Easter Monday.

The faithful attend church services, visit relatives and share large family meals. Our Good Friday menu is legendary – it doesn't matter if you are Christian – most of us *must* have a Hot Cross Bun

either before or at the end of our meal! But nothing compares to the mealtime offering on Easter Sunday – the day Christ was resurrected. The menu is elaborate – usually baked ham or roast chicken with all the trimmings. Be sure to leave room because you *will* want to go back for seconds! Fortunately, Easter Monday is also a holiday so you can rest up, go to the beach, or just stay home and savour the leftovers!

If you're lucky, you may also see the traditional beating of the Good Friday *Bobolee*, an effigy symbolic of Judas Iscariot, the disciple who betrayed Christ. As in most other parts of the world, chocolate eggs, bunnies and chicks make their appearance in stores and Easter Egg hunts are quite popular.

Easter bonnet parades, a long-standing tradition that grew from the ladies' habit of getting a new hat for Easter Sunday Mass, are held in the weeks preceding Easter – many competitions are held throughout the islands and young girls have a tremendous amount of fun modeling their unique creations for all to see and admire. As with all things Trinbagonian, you are always welcome to join in!



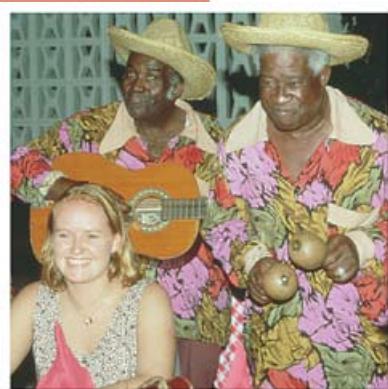


CULTURAL AND ARTISTIC PERSONALITIES FOR THE LOVE OF TRINIDAD AND TOBAGO...

Any local will tell you – Trinbagonians have a unique way of not only looking at life, but of communicating that perspective to the world – whether it is through music or dance. Our cultural personalities are the flag-bearers of everything uniquely Trinbagonian...



Carnival, Calypso, Steelpan, Chutney Music, East Indian Classical and Limbo Dancing are all products of a dynamic heritage and a vibrant people. The list of pulsating artistic and cultural expressions is almost endless in Trinidad and Tobago and we value all the people who make that expression come alive!



The Mighty Sparrow (Slinger Francisco) - Calypso King of the World, master of lyric, melody and metre. Sparrow has a repertoire of more than 600 songs, including the world-renowned *Jean and Dinah*, which succinctly captures what life was like on our islands during WWII, when Americans occupied a naval base on the north-west coast of Trinidad. On July 22nd, 2001 a life-sized statue of Sparrow was unveiled in Port of Spain, Trinidad's capital, in tribute to this cultural icon.

Julia Edwards - This awe-inspiring dancer extraordinaire and creative force behind the emergence of the islands' captivating "flaming limbo," holds a national award – the Humming Bird Medal (Gold) - for her sterling contribution to the development of the performing arts in Trinidad and Tobago.

Mungal Patasar – This incredibly talented musician is the leading Sitarist in Trinidad and Tobago and founder of the musical group *Pantar*. This unusual word is derived from *Pan* – (the national instrument of Trinidad and Tobago and the only new instrument to be developed in the 20th Century) – and *Tar*, the Hindi word for string. *Pantar* blends the traditionally Eastern instruments of the Sitar and Tabla with the sound of steelpans, keyboard, drums and guitar. The music of Mungal Patasar and *Pantar* has extended the reach of Trinbagonian music into a whole new dimension.



Andre Tanker – This multi-talented musical guru plays the guitar, flute, vibraphone and blues harp, putting his musical signature on countless films, theatre productions, live concerts, studio recordings, and steel orchestra performances. Commonly described as a genius of lyric and rhythm, Andre has wowed international audiences with his scintillating brand of world music - a combination of Afro-Caribbean, Latin, East Indian, Jazz, Reggae, Blues, Soca, Calypso and Steelband rhythms.

Len 'Boogsie' Sharpe – A self-taught virtuoso of the Steelpan, 'Boogsie', as he is affectionately known, is also an accomplished pianist, composer, arranger and founder of *Phase II Pan Groove Steel Orchestra*. Dubbed the 'Mozart of the Steelpan' for his unmatched prowess on the instrument, he has demonstrated that skill and dexterity on an instrument that you are passionate about can bridge generations, culture and distance and amaze music lovers the world over.

These are just a few of the people who help us celebrate life with rhythm and sound! As you get to know Trinidad and Tobago, you will discover many more talented and loveable personalities that will imprint themselves on your heart.





Tobago Heritage Festival...

*A Heritage to
Treasure ?*



TRINIDAD & TOBAGO



The Tobago Heritage Festival is a major event on the national calendar, especially for the island of Tobago, which is the home of this rather unique cultural festival. The festival, spanning a two-week period from mid July to early August, is an annual celebration of the heritage by way of dance, song, music and cuisine. During this time Tobagonians embark on a pilgrimage to the cultural heart of their ancestors – their mecca of rebirth and revival. Participants can look forward to an exciting extravaganza that not only expresses the soul of its people, but also intrigues and fascinates the thousands who witness the spectacle. The Tobago Heritage Festival was first staged in 1987. The festival is fast becoming the main event on the Tobago calendar and it has become accepted as its signature event, becoming for Tobago what Carnival is for Trinidad.

The productions are based in the very quaint and picturesque villages of Tobago, which brings a certain measure of authenticity to the productions and also allows visitors an opportunity to explore the island as they move from one venue to another. Many events will be held at night under the canopy of star lit skies and balmy moonlight nights, to the delight and enchantment of guests.





The gala opening held sets the tone for the entire festival. Events such as the Ole Time Tobago Wedding, the Goat and Crab Races at Buccoo along with the Belmanna Riots and Salaka Feast all feature significantly on the festival calendar.

Throughout the entire Heritage period visitors and residents are able to visit the many quaint and friendly communities that dot this island paradise as they explore the various aspects of its past. Every day or night one is treated to the indigenous cultural art forms which are the heart of this island.

Patrons may savour the traditional culinary delights and thrill to the pulsating rhythms and dances and the varied oral traditions.

So we invite you to join with us as we once again stake claim to our heritage in an experience of renewal and remembrance.



TOBAGO FEST – LIVE IT UP!

Enjoyed Carnival in Trinidad and Tobago so much that you can't wait to come again next year?

Well, here's some good news – you don't have to wait until then! The beautiful island of Tobago celebrates a mini-Carnival in September.

'Tobago Fest', as this mini-Carnival is known, with its new-style 'mas,' is just what the name suggests – a smaller version of Trinidad Carnival. While Trinidad's 'Greatest Show on Earth' takes place

religiously every year on the Monday and Tuesday prior to Ash Wednesday, 'Tobago Fest' offers masqueraders the opportunity to enjoy the revelry for yet another time of the year – with a distinctly Tobagonian flavour the second time around.

Popular masquerade bands from Trinidad travel across to the sister-isle to participate in both the main event as well as the host of other activities on the agenda – including 'night mas' (which gives you a chance to 'jump up' in the cool evening breeze under the starlit sky), a queen and talent show, steelband competitions, calypso shows and street parties.

But the 'new' has not completely replaced the 'old'. The 'Tobago Fest' celebrations borrows strongly from the traditional celebration of Carnival – it is not uncommon to see some of these charming attractions:

- Speech Bands (roving, singing bands that carry greetings, news of the day or jokes from house to house, in local dialect mixed with exaggerated Scottish or English accents)
- Tobago Bands (masquerade bands dressed in gaudy, extravagant regalia depicting royalty and genteel folk)

These quaint and quirky elements have long been an integral, fun part of our cultural landscape – and have now become popular features at this mid-September celebration of life!





Mmm...
*Island
Cuisine !*



Trinidad & Tobago



The cuisine of a country gives an intimate insight into its lifestyle, its culture, its people – and we'll bet you've never met anyone who loves a good meal as much as a Trinbagonian!

The food fare of Trinidad and Tobago is as multifaceted as the folks who live here – how could it not be with the wide variety of influences and extensive range of tastes? All good Trinis are ‘foodies’ – we love to socialize, we love to eat and we pride ourselves on our ‘sweet hand’ – meaning the tastiness with which we can prepare a meal so that those who partake of it keep coming back – and begging – for more.



Trinidad and Tobago's unique gastronomy is, of course, directly related to its multi-ethnic society. Starting with the original Amerindian inhabitants of our islands and continuing to the present day, successive waves of immigrants lent their own unique touches to the rich landscape of Trinidadian cuisine.

The Spanish influence can be seen (and tasted!) in many Creole dishes, including *Pelau*, a rice, peas and meat dish that bears some similarity to *Paella* – but better – at least we think so! The African slaves left their own indelible mark with the addition of root vegetables such as *Yams* and *Dasheen* to the staple diet. The East Indians brought their spices and the Chinese, well...they brought *Chinese Food*, which can be found in practically every corner of the island.

Trinbagonians continue to embrace all good things edible. While traditional fare is ever-present (you know – eggs, bacon and toast) the more adventurous may want to start the morning with a *Bake and Buljol* at a charming little joint called ‘The Breakfast Shed’, conveniently located on the waterfront in Port of Spain. You can also try a good *Doubles* from the man with the mysterious and wonderful-smelling box on the corner – but remember, ordering a *Doubles* does not mean you’re getting two! Lunch might be a *Roti* at any of the many shops – everybody has their favourite. You can try a *Creole* lunch – rice, stewed peas, macaroni pie, stewed meat – adding new meaning to the term ‘finger licking good’!





When dinnertime rolls around, the world is at your feet, for we have perhaps the largest array of restaurants in the entire Caribbean and *all* of them are good! The most difficult task will be deciding which one to patronize. You can choose from Chinese, Lebanese, French, Italian, Indian, Thai, the list is endless and limited only by the confines of your palate. Eateries abound and the choices range from fine dining establishments to small family restaurants or that other wonderful Trinbagonian tradition – roadside vendors.

Whatever you choose, know that you have eaten well and that tomorrow is another day and another mouth-watering choice!

Food Profile – Doubles Double Your Pleasure!

Street-side food vending is common worldwide – every city has its specialty, from famous New York Hot Dogs to Bratwurst in many a German city to Nonya cooking in Malaysia – the list is endless. One of the best things about ‘road food’ is that it’s filling and tasty, and at the same time, inexpensive. Trinidad and Tobago is no different – some of our most common delectables can be found in unassuming carts on corners or tucked away in doorways. And if roadside food in Trinidad and Tobago could have a poster child, *Doubles* would be it.





If you've never had *Doubles*, you're in for a bit of a surprise! To the uninitiated, it may sound a trifle *much*, but just venture to try one and in no time at all you may find that you're hooked! Many a departing visitor has been known to make a bee-line for the doubles vendors located within the airport's boundaries. So – what is this magical food and what makes it so compelling?

The simple explanation is that *Doubles* are a kind of vegetarian sandwich. But our explanations are nothing compared to the sensation of actually trying one! The faces of the 'sandwich' are really two rounds of fried dough, (stop worrying about the cholesterol, a little won't hurt) then there's the filling...curried chickpeas (or *Channa*) with a host of traditional condiments and there you have it!

For many locals this is the ideal way to start the day, though *Doubles* can be eaten at any time of the day or night. They're quick, extremely economical, quite filling and good before going to work or for satisfying the hunger pangs after a night of intensive partying! If you choose to have them, pick the place with the longest lines – this is usually a sure sign that they're tasty! To be sure that you're in good hands, look for the food badges from the Ministry of Health that all food vendors must display.





Eco-Adventure

*Start your Journey
of Discovery !*



TRINIDAD & TOBAGO

BIRD WATCHING

Avid bird watchers from all over the globe are choosing Trinidad and Tobago as their destination of choice when it comes to finding their feathered friends. That's because we have some of the most diverse bird species to be found in one location – 430 to be exact! This variety in species can perhaps be attributed to the fact that our islands lie so close to South America so migration is easier, resulting in unusually diverse fauna. Trinidad and Tobago can boast of approximately 108 types of mammals, 55 reptiles, 25 amphibians and 617 different types of butterflies! Isn't that incredible?

You can start your journey of discovery at the Caroni Bird Sanctuary, located at the Caroni Swamp, the protected roosting site of our national bird, the Scarlet Ibis. You will be spellbound as you witness the flock's arrival back home at dusk – the sky turns bright scarlet from the fluttering of hundreds of wings.

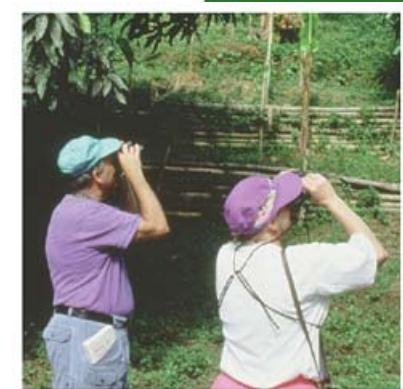
Another wonderful bird watching site is the Pax Guest House at Mount St. Benedict. The guesthouse sits majestically on the grounds of the monastery, which only contributes to its sense of peace and calm – no wonder so many birds are attracted to its gardens! Raptors frequent the area, and you can see them dancing about in the foliage as you look out from Pax's grand open porches – on a clear day, the view extends all the way down to the Caroni Plains. You can also go walking along several trails that lead into the surrounding

hills, or if you don't fancy exerting yourself, why not have a spot of tea and have the birds come to you – they will always invite themselves over to your table for a cube of sugar! The owners of the guesthouse are avid bird watchers as well and you can take a stroll through the halls and admire their beautiful artwork full of – you guessed it – birds and butterflies!

Perhaps the two main bird-watching sites in Trinidad are Asa Wright Nature Centre, located along the Arima-Blanchisseuse Main Road, and the Pointe-a-Pierre Wild Fowl Trust, which can be found in the Southland. Asa Wright is a 270-acre conservatory, reputed for its respect for nature and wildlife, the accessibility of its trails, and the vast scope of the bird species found there.

Asa Wright has guest cabanas so that bird watchers and nature lovers can spend as long as they want in this lush, eco-friendly environment. Their food is as tasty as it comes, so it is not unusual to find many locals making the trek out there on weekends to bask in the simplicity and serenity of nature – and enjoy some good home cooking! The guides are knowledgeable and friendly, and you will certainly see a part of Trinidad that you will find nowhere else.

The Wild Fowl Trust, brought about by the loving work of environmentalist Molly Gaskin, is a nature conservatory dedicated to the breeding and reintroduction of various bird and waterfowl





species to the wild. It is a charming place to visit – you will find birds of every type – from ducks to the protected Scarlet Ibis – co-existing and getting stronger every day until they can be released again into their natural environment. The staff here has had tremendous success with this project and the wonder of it all is that you will find the Wild Fowl Trust in the middle of Petrotrin's compound. Petrotrin is one of the main oil and energy companies in Trinidad and Tobago and it is still heartwarming to come upon this oasis of natural splendour in the midst of an estate that houses petroleum storage tanks and pipelines.

If you are in Tobago and would like to bird watch, Tobago's beautiful but elusive Mot Mot can be sometimes spotted at the Grafton Caledonia Sanctuary, which was once part of the original Grafton estate, and has now been given to the people of Tobago as a nature conservatory. Tobago's protected rain forest area in Main Ridge and the Little Tobago Island reserve are also home to many rare and beautiful bird species.

HIKING

Another favourite pastime of visitors to our shores is hiking – the lure of the untouched rain forest is quite compelling – you feel like you are in another world! Here is a quick look at some of the more popular trails in both islands:

TRINIDAD

Paria

The Paria River runs from the mountains of the Northern Range out to the sparkling Caribbean Sea. Hikers frequent the river's mouth because of its lovely waterfall – just about an hour and a half's walk from the coastal village of Blanchisseuse, which you can get to by driving along the scenic North Coast Road. Once you get to Paria Beach, you will see Church Rock – so called because of its resemblance to the high arches in a church. At this point, you will know you have arrived and can enjoy the beauty and serenity of the river and surrounding forest.

Salybia and Rio Seco

This trail takes you through winding pathways full of Mora trees that stand tall and stately like sentries guarding your path. It is an enchanting, relaxing walk that takes you to the North Eastern coast of the island.

Your reward for trudging through the forest?

A wonderful waterfall and pool called Rio Seco, (which ironically means "Dry River" in Spanish) with deep, emerald green waters that are perfect for swimming and splashing around. You can even venture to dive off the rocks behind the waterfall – the pool is usually deep enough to cushion you.

To get to the start of the trail, you need to drive to Valencia, to a bridge that passes over the Salybia River – make the first left after this bridge and you will soon find a small track to your right – your walk begins! Of course, unless you are used to these trails, it is always a good idea to make your initial hike with a guide because some of the routes can be tricky!

TOBAGO

Tobago has a few lovely hiking trails – you just have to know where to look! There is a trail along the island's North Coast that starts at Castara and takes you all the way through to Englishman's Bay (about a day's worth of walking) and then on to the sleepy village of Charlotteville. Along the way, you will find wonderfully large bird populations that will be worth the walk!

Argyle Waterfall is also an easy trek that rewards you with a beautiful waterfall to swim in – it is an especially popular hiking location for locals and visitors alike.

In various parts of Tobago, you will find Mother Nature at her finest! The Main Forest Ridge is the oldest reserve in the Western Hemisphere, protected since 1765. Here you'll find flora and fauna in all their splendour and a seemingly endless number of hiking trails to explore...

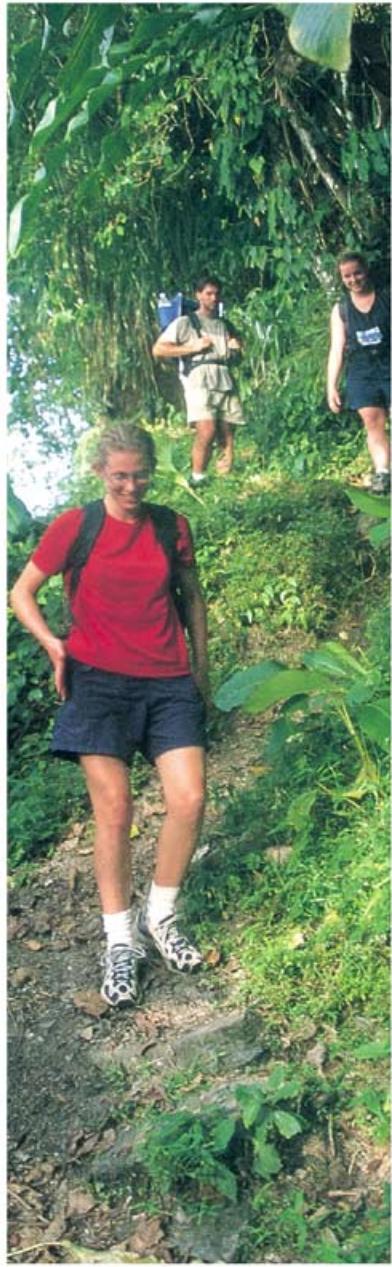
KAYAKING

Kayaking is becoming such a popular sport in our islands that the government has now removed the import duty from kayaks coming into the country. This was done to encourage even more people to embrace the sport after two kayakers succeeded in circumnavigating the islands of Trinidad and Tobago in an attempt to raise money for a charitable cause. It was the first time the feat had been accomplished locally.

Popular areas for kayaking include the Nariva Swamp on the East Coast of Trinidad, Chaguaramas on the West Coast, Paria Bay on the North and of course, Tobago. Depending on where you choose to kayak, you can see the many species of birds for which our islands are famous – the swamp locations are also teeming with wildlife like the endangered Manatee, the Caiman and the Howler Monkey.

The great thing about kayaking in Trinidad and Tobago is that there is a different location to suit your every whim and fancy – from crashing ocean waves to serene sheltered swampland, the options are endless! For instance, you can rent a kayak at the Kayak Centre in Chaguaramas and paddle all the way 'down de islands' if you wanted to – 'down de islands' refers to a small cluster of islands off Trinidad's North West Coast. You may even catch a glimpse of the diverse marine life of the area.





If open sea is not your thing, try a gentle paddle through our wetlands – the flora and fauna of the Nariva Swamp is perfect for naturalists and you don't have to be an expert kayaker to manage – it's a fairly easy trek through calm waters. You can take the time to enjoy the beauty of nature – from the chirping of the birds to the water lilies sailing tranquilly on the water's surface.

For a more challenging trek, kayakers tend to go along the North Coast – areas like Paria or Blanchisseuse offer a good workout and then reward you with beautiful beaches and waterfall pools to ease your sore muscles.

In Tobago, you can paddle for about an hour across to Little Tobago Island, which is the breeding ground for many protected birds. Once there, you can spend the day hiking, bird watching and enjoying the unique ambience. Another kayaking route is along the island's West Coast – depending on ocean conditions, this can be calm or challenging – but you can always stop along the way to recuperate on a beautiful deserted beach or two!

BIKING

We've all seen them happily exerting themselves in the wee hours of the morning going God-knows-where decked off in spandex shorts and colourfully designed helmets. We may wonder how they could be so bright and chirpy so early in the morning – we, of course, are still struggling to wipe away the sleep from our eyes as we make our way to that early meeting or try to catch that

flight. These creatures are none other than cyclists. Cycling enthusiasts. Two-wheeled adventure seekers. And if they're that happy, they must be on to something...

In Trinidad and Tobago, it's easy to get hooked on cycling, whether for sport or pure pleasure. Whether on or off-road, cycling is one of those rare activities that takes you back to your childhood and represents, on a basic level, just having a lot of fun! It's the path to freedom – the wind on your face, speeding along, or trying to negotiate your way along dirt roads and the wonderful obstacles they can sometimes put in your path.

Both our islands have trails that can lure you back to the simple pleasure of cycling. In Trinidad, 'on-roaders' often ride in groups along highways, everywhere from Diego Martin in the West all the way to the East and South of the island. Macqueripe, in the Chaguaramas area, is also quite popular for cycling, and the area is surrounded by rolling hills that offer unknown mysteries to the off-road enthusiast. Almost everywhere in Trinidad you will find that your route is graced by verdant tropical scenery – lush bamboo, pristine rain forest – a real treat for the nature lover. There are also trails that can be a challenge for those who enjoy pushing themselves and their bikes to the limit – the track leading to Cerro del Aripo, for instance, is not an easy one – even for experienced riders.

Tobago is a more laid-back island and this also holds true for cycling. The vistas you will experience here are stunning – crashing ocean views on the Atlantic side, calmer bays on the more sheltered side of the island. On Tobago's meandering trails you can breathe in the salty, fresh air, stop a moment to catch a glimpse of the teeming wildlife – and then set off again, paying attention to the undulating trail before you.

But you can take it to the limit in Tobago as well – there are trails whose names only hint at the journey before you – Indian Walk, Gru-Gru Boeuf and Chocolate Cake sound pleasant enough until you see the sheer drops and steep mountain paths. Despite the sweat, the views alone are worth it. And so is the satisfaction that you have experienced a part of Trinidad and Tobago that few people know about.

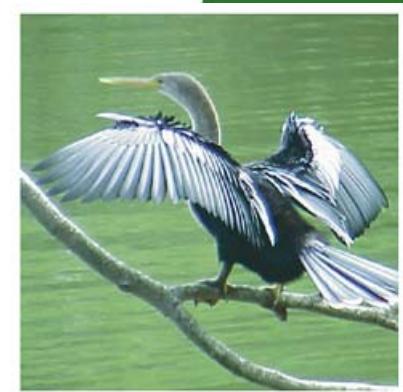
CAMPING

In our islands, you can chose to camp on our beautiful beaches or in the depths of our lush, green rain forest. In Trinidad, for every Cardinal Point you can find a beach worth camping on – from Chagville on Trinidad's western end, Maracas on its north, Manzanilla and Mayaro on the east coast and Columbus Bay to the south, we are fully equipped to give you a truly Caribbean camping experience! Most of our beaches have facilities that include picnic tables and benches, a secure car park, changing rooms with showers, toilet facilities, lockers, beach bars and cafeterias. Some beaches, like Vessigny,

even have its own dedicated camping grounds. Beaches in both islands usually have lifeguards on duty, but it is best to check each particular location for on-duty times. Tobago especially has many wonderful, pristine beaches on which to 'pitch your tent' – just be mindful to leave the beach in the perfect condition in which you found it. Canoe Bay is one beach in Tobago that comes equipped with camping facilities. If you need information about camping sites and permission for beach camping, contact the Forestry Division of the Ministry of Agriculture at (868) 622- 4521 or (868) 622-7476.

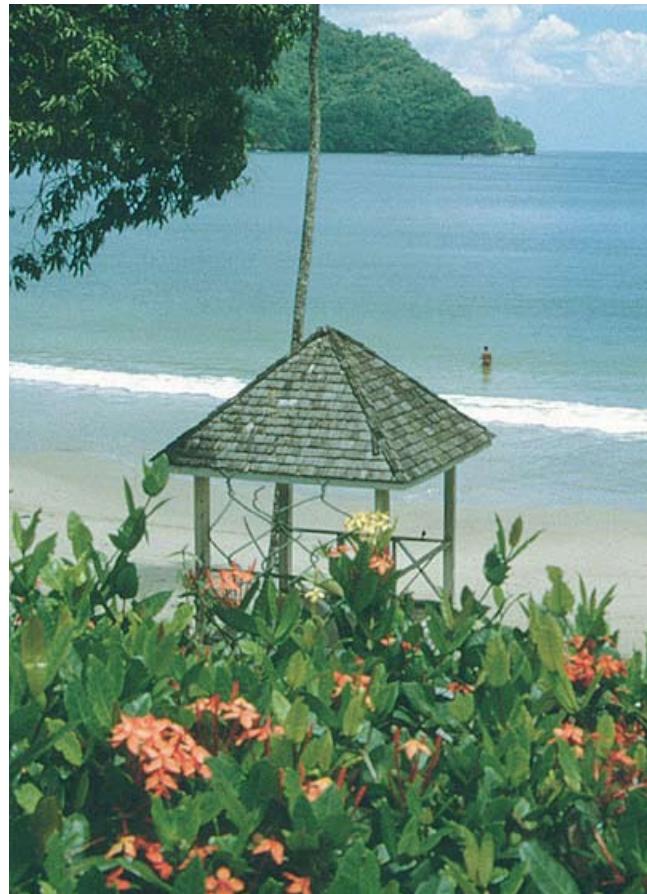
Should you prefer to camp under the canopy of our islands' dense rain forest, it is always a good idea to bring an experienced guide – some of our hiking trails can be tricky and it's better to attempt the trip with someone who is familiar with the area. Make sure that their experience includes dealing with snakes and other wild animals – after all, the forest is their home and we need to be both mindful and respectful of them.

You can choose the hiking experience you want to have – from lingering nature walks to moderate hikes, all the way to challenging treks on rugged trails and overnight camping trips into the depths of the forest. It is always best to be aware of your fitness level before attempting the more grueling hikes – you don't want to cause unnecessary injury to yourself or others in your group. If necessary, get your doctor's permission.





Because hiking in Trinidad and Tobago can lead you to discover many hidden treasures, bring along a change of clothes and a bathing suit – you never know when you'll come across an inviting waterfall or cool river to splash about in, and you wouldn't want to miss the treat because you forgot to pack for the occasion! Most of all, though, enjoy the beauty of the outdoors in a location that is breathtaking in its natural splendour!



WILDLIFE PHOTOGRAPHY

Because Trinidad and Tobago are such jewels of nature, our region attracts many wildlife photographers, both local and foreign. One of our island's premier nature shutterbugs is Roger Neckles, whose work can be seen extensively throughout T&T in newspapers, billboards, advertisements and the like. He has also garnered some international recognition with his photos being published in magazines such as *National Geographic*, *Audubon*, and *Caribbean Beat*.

Wildlife jaunts in our islands, particularly in terms of birds, are relatively easy going in terms of accessibility, so bird enthusiasts flock to our islands, cameras in hand, for photographic tours. Popular locations for such treks in Trinidad include:

The El Tucuche Reserve – As Trinidad's second highest mountain peak, this area is rich in exotic flora and fauna

The Valencia Wildlife Sanctuary – This location offers photo ops for about 50 bird species as well as deer, wild pigs, iguanas and other local wildlife, including agouti and tattoo

The Asa Wright Nature Centre – Asa Wright is a great photography location with the most easily accessible colony of rare oilbirds – you can also find an array of tropical foliage and other wildlife – everything from snakes to hummingbirds

The Caroni Bird Sanctuary – This is a lovely tour for photography – in addition to abundant fish and flora in the mangrove swamp, this is the

best opportunity to capture on film the flocks of stunning Scarlet Ibis, our protected National Bird

The Bush Bush Wildlife Reserve

– Located in the Nariva Swamp, this area offers the rare opportunity to photograph the red Howler Monkeys – one of over 57 species of mammals found here

The Wild Fowl Trust – This is a charming place to visit and take lots of pictures – here you will find everything from Wild Muscovy Ducks to Macaws and Parrots

In Tobago, you can visit:

Little Tobago – About 58 species of birds thrive on this island

Plymouth and Black Rock – A sight to behold, the nesting of the leatherback turtle on these beaches along Tobago's northwest coast - this nesting ritual can also be witnessed in Trinidad along several North and East Coast beaches – nesting season is from April to July

Don't forget to bring film – or if you've gone digital, your battery charger!

CAVE EXPLORATION

Our islands are also a great place to go exploring – cave exploration, that is! Most of Trinidad's Northern Range, for instance, comprises of limestone caves.

An easy access point to see this phenomenon is the Sea Caves at Las Cuevas Beach. Because the heavily forested mountains rise to just over 3,000ft, cave exploration is more difficult the higher you go. If you want to go cave exploring, however, the Aripo Caves are a wonderful place to start – but it's always a good idea to go with a trained, experienced guide. This way, you won't get lost and will be able to enjoy the experience of the oilbirds much more. This nocturnal, fruit-eating bird is found only in certain South American countries and Trinidad. They are fairly large creatures and find their way around mainly by echolocation.

Dunstans Cave, located on the Asa Wright Nature Reserve property, also houses an oilbird colony, but visitor access is restricted to just twice a week with a guide from the centre. The cave itself is made of igneous rock and is quite an interesting trek.

Of course, no cave exploration would be complete without visiting Gasparee Caves, which lie below ground on the island of Gaspar Grande, off Trinidad's northwest coast. The caves were once used by pirates and smugglers to secure their stolen treasures. These limestone caves boast a grotto-like tavern of stalactites and stalagmites, forming columns where both have fused, and a crystal clear pool that adds to the mystery of the caves.





Nightlife...

It's Party Time !

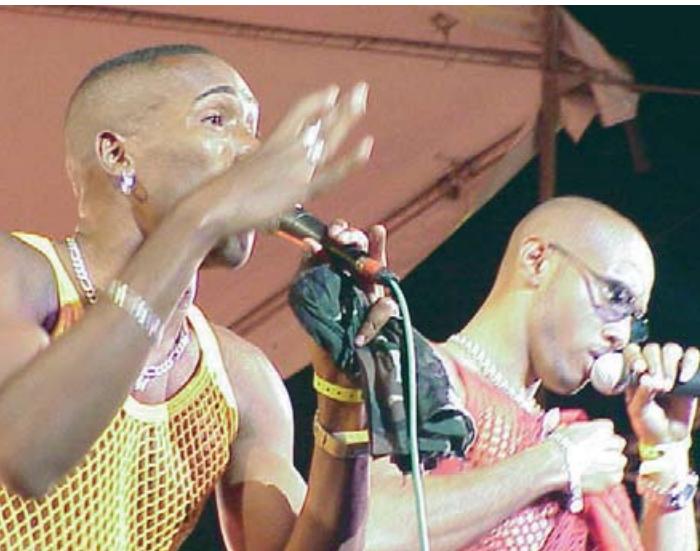


Trinidad & Tobago

If you think your days are chock-full of activity in Trinidad and Tobago, you ain't seen nothing yet...

Complete your days in Trinidad and Tobago with a nightcap of scintillating entertainment. The party atmosphere here is always charged come sundown, and in true island fashion, most of us leave our homes and head for our favourite nightspots, which you will soon learn there is no shortage of! Come join us for at least one night of nocturnal adventures you're not likely to soon forget!

Our nightclubs, discos, casinos, bars, restaurants, sports cafes and pubs offer an up-tempo itinerary that will get your adrenaline going if partying hearty is your style. Otherwise, you have a range of movie houses, theatre productions and local calypso and comedy shows that will relax you in preparation for another fun day.

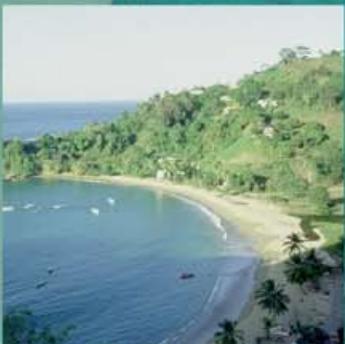


Popular haunts like *The Pelican* in the Port of Spain suburbs, *Screamers* in Central Trinidad and *Celebs* in the South are fun locations for a Friday "after-work lime" – the Trinbagonian way of welcoming the weekend and saying "Thank God It's Friday!" Speaking of which, *TGIF* Restaurant around the Savannah is a fun family and friends location where you can laugh, eat and drink to your heart's content. Cruise along Ariapita Avenue in Port of Spain, fondly called "The Strip" and you can have your pick of bars, sidewalk cafes, casinos and restaurants. This area is fast becoming where it's at!

If you want to venture a little farther to party the night away, go to Chaguaramas – a huge area on the North West coast of our island, formerly the American Naval Base during World War II. There are some great gathering places and nightclubs here, including *Pier One*, which hosts a fiery Latin Night dance party, *The Base*, a hot rave club that is frequented by the young and the restless, *MOBS 2*, home to great outdoor concerts, and *The Anchorage*, a great place for a tropical fete! Because Trinidad has such a large yachting fraternity, you can also find wonderful marinas with great restaurants and bars – from *Crew's Inn* to *The Bight*.

One thing is for sure - no matter where you go or what you do in Trinidad and Tobago, you'll have the time of your life!





*Surf, Sea
& Sand*

We have it all !



TRINIDAD & TOBAGO



Beaches

The beautiful and varied beaches of Trinidad and Tobago are wonders to behold – from turtle watching to surfing, this is the best beach bonanza around!

One of the Caribbean's most special allure has to be its beautiful beaches and in Trinidad and Tobago beaches abound for every possible water-baby activity under the hot tropical sun!

Swimming? Dive into the serene, tranquil waters of Pigeon Point. **Snorkeling?** Hop aboard one of Tobago's famous glass-bottomed boats and explore the fascinating underwater treasures of Buccoo Reef. **Surfing?** Trinidad's North East Coast has some challenging breaks that can even rival the waves at Tobago's Mount Irvine. **Turtle Watching?** Some carefully patrolled beaches allow you to witness the nesting rituals of the endangered Leatherback Turtle. **Soaking up the rays?** Well, you can do that on *any* of our beaches!

So if *you* want to explore the wonders of the underwater world, come discover the many moods of our Trinbagonian waters - from the surf-washed beaches of Trinidad's North Coast to the smooth, balmy waters that cradle Tobago, we have it all!

Treat yourself to a magnificent beach getaway – Trinbagonians love a beach ‘lime’ – it’s our way of kicking back and having some fun – and join us for the best time of your life in the sun, sand and sea! Our magical twin islands are awash,

coast to coast, with good vibrations and surprising variations – each individual beach varies in shoreline composition, water depth and visibility, which offers you an extensive choice in picking the right beach for your favourite activity – from water skiing to scuba diving. Speaking of which, the avid diver will find his home away from home in Tobago, which offers the chance to see diverse marine life whose scope is rivaled only by Australia's Great Barrier Reef. Our delightful variety of aquatic flora and fauna is sure to excite both the newcomer and the seasoned marine-life enthusiast.

Here's a quick look at some of our more popular beaches...

TRINIDAD

North West Coast – Carenage Bay, Macqueripe Beach and Scotland Bay

North Coast – Maracas Bay, Las Cuevas, Blanchisseuse, Grande Riviere, Toco Bay, North East Coast – Balandra Bay, Salybia Manzanilla, Mayaro (South East Coast).

TOBAGO

Crown Point – Store Bay, Pigeon Point, Sandy Point

Buccoo to Plymouth – Buccoo Reef, Mount Irvine Bay, Nylon Pool, Stonehaven Bay

Leeward Coast – Castara Bay, Englishman's Bay, Parlatuvier

Windward Coast – King's Bay, Speyside, Batteaux Bay, Man o' War Bay



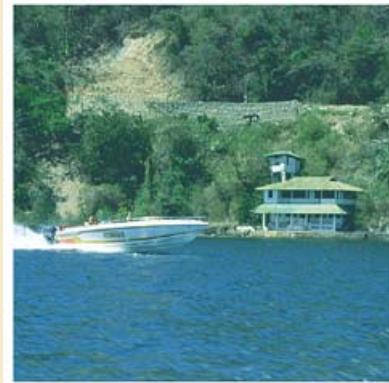


Scuba Diving

The best way to journey to another world is not by space shuttle, but by scuba diving – and we've got some of the best dive locations you've ever seen...

Whatever the shape or size of your underwater fantasy, Tobago's waters are teeming with a wide range of marine treasures for an unforgettable dive experience. Come satisfy your desire for crystal clear waters filled with a lush array of underwater flora and fauna. Meander with pleasure among steadfast sea rods and hard and soft coral – including rare species of cup coral, red-polyp octo-coral and the world's largest known brain coral, measuring 12 feet high and 16 feet across. This is a great underwater wonder that has to be seen to be believed! You'll feel dwarfed by its sheer scope and magnificence.

When you've had your fill of these, explore and uncover the mysteries of an abundance of rocky canyons and deep and shallow caves populated with breathtaking varieties of barracudas, dolphins, whale sharks, turtles, stingrays, orange ball anemones and porpoises. Oh – and for the dance of your life, take a swirl through our waters with an ever-gentle Manta Ray.



Snorkeling

A variety of shallow sites, ranging from coral gardens in sheltered bays to mini-walls close to the shore line, harbour an abundance of sponges, coral formations and reef fish all awaiting your eager eyes and pleasurable gasps. The waters off these areas are calm, providing perfect conditions for dive beginners - or for those who wish to explore less challenging delights.

Popular snorkeling sites in Tobago include Goat Island, Arnos Vale Bay and Great Courland Bay. Trinidad's choice snorkeling sites are around the Chacachacare and Saut d'Eau Islands.



Sport Fishing

Cast your lines! Sport fishing in Trinidad and Tobago is a sure catch.

Great opportunities abound for game fishing enthusiasts visiting our shores from mid-November to May as this is the time that White Marlin, Sailfish, Wahoo, Yellow-Fin Tuna, Swordfish and Dolphin are in abundance. Between October and December, Wahoo especially is profuse along Trinidad's East Coast, in an area measuring over 1800 square miles.

The waters around Tobago teem with life in April. An endless variety of fish are present during this period, so look out for the White Marlins that dominate the waters between a three-rock formation called "The Sisters" (located on the leeward side of island) as well as two small, uninhabited islands called "The Giles."

A major event on the sporting calendar, the Carib-sponsored Game Fishing Tournament takes place in Tobago over the Easter weekend, attracting anglers from around the Caribbean and beyond who engage in fierce but friendly fishing rivalry over the three fun-filled days of the tournament.

Windsurfing

Get out there and feel the wind in your sails!

There is no doubt – windsurfing must be the coolest sport in the Caribbean! What better way is there to be one with nature – the sun, sea and sky – while testing the strength and agility of the body and the power of the mind?

If this sport intrigues you, Trinidad and Tobago will beguile you with a range of special beaches that boast perfect windsurfing conditions – some with the right wind and others with just the right ocean swells.

Can you just taste the salt air hitting your face as you slice through the emerald water? It's the experience of a lifetime! To find out more about windsurfing – from the best beach locations to where you can rent equipment or get lessons, ask your hotel staff, or contact the Trinidad and Tobago Surfing & Windsurfing Association.





Weddings & Honeymoons

*The Best Way
to say "I Do!"*



TRINIDAD & TOBAGO

Trinidad and Tobago are the perfect couple of islands to start your life as a couple...

Come start your life together on a pair of islands that are as natural as your love!

Tobago is a tropical paradise of tropical forests, long stretches of sandy beaches, exotic foliage and wildlife – and people with smiles as bright

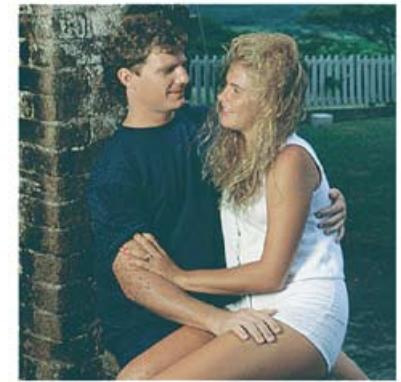
as the sun. Maybe you'd like to have your dream wedding on the beach, saying your vows just as the sun sets with lapping waves gently cradling the shore. Or perhaps your style lends itself more to the rolling hillsides of an 18th Century Fort overlooking a breathtaking bay. Either way, your honeymoon nights will be sure to heat up the cool tropical sky! Whatever your fancy, enchanting Tobago with its rustic beauty and laid-back charm, has all the right, romantic ingredients for sealing your love.

Trinidad's rich and lively cultural fabric would also be a lovely backdrop for your vows – choose one of our stately cathedrals, mosques or temples around the island for your special occasion and get creative with your day. Honeymooners will be thrilled to find a range of quiet daytime activities and some hot, hot, hot nightlife on this flamboyant island.

An additional perk, of course, is that the amended Marriage Act of 1996 makes it possible for non-resident couples to get married on our lovely shores in as little as three days' time!

On both islands, accommodation for your stay in paradise ranges from small apartments and villas to large world-class hotels – we've got every kind of honeymoon suite to suit a range of different personalities and budgets!

So come to Trinidad and Tobago and make your memorable wedding, honeymoon or anniversary even more special!





Island Sports

*Experience
the Games !*



TRINIDAD & TOBAGO



CRICKET

Trinbagonians and indeed West Indians in general, have an expression to describe what is perhaps our favourite sport – ‘*Cricket, Glorious Cricket!*’ To us, the sport is something transcendental – a glory of the coming of the gods of fair play, great sportsmanship and brilliant form. Our West Indian cricket team, comprising players from the entire region, is close to our hearts, even when the brilliant form that they possess seems somewhat out of their reach – but then, everybody has off days. Loyal cricket fans will always flock to the Queens’ Park Oval and wildly cheer for our team, no matter what. Of course, we will also acknowledge skillful plays by the opposing team – whether it be India, Pakistan, England, Australia, New Zealand – we’ve competed against them all.

This is a serious sport that is also seriously good fun. If a match is being played at our Queen’s Park Oval, one of the finest grounds in the region, you have tons of choices as to how you can take in the action. Members of the Queen’s Park Cricket Club usually watch from the Pavilion, arguably the best seat in the house. Otherwise, there are covered stands, most of which require paid membership, unsheltered stands for those who want to catch some rays while they catch some sixes, the ‘Track’, which is actually the cycle track surrounding the turf and a lot closer to the action, and of course the ever-popular ‘Trini Posse’ stand, which is the ultimate “lime” when you want to mix fun and cricket.

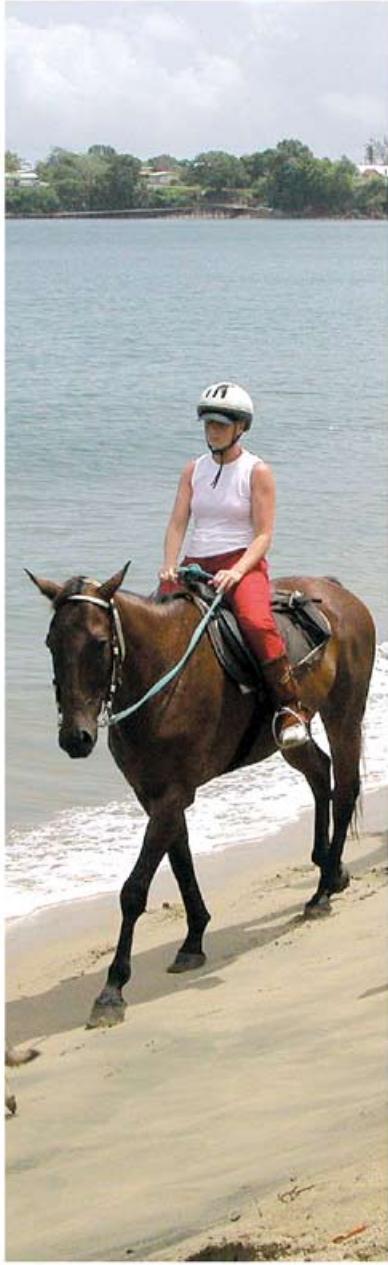
Our love of cricket is cultivated early, with youngsters playing ‘friendly’ games on dirt roads, playgrounds and beaches – balls are of course windballs as opposed to the professional cork, bats may be crude pieces of wood – but the enthusiasm for the game and the adrenaline it provides are all the same. Without a doubt, cricket is the sport that unites us as a country and as a region. No matter what our individual differences, everybody loves cricket – it’s as essential to our makeup as is the air we breathe. Even international cricket fans that travel worldwide to follow their teams on tour will tell you – you haven’t experienced cricket until you’ve experienced it in Trinidad and Tobago.

FOOTBALL

When we say ‘Are you ready for some football?’ We don’t mean the American kind. We mean *football* – the kind played with your feet – the kind North Americans call *soccer*. Either way, this too is a beloved sport in our twin isles.

Like cricket, love of the game usually springs from childhood exposure to ‘kicking ball’. It is also a sport that is synonymous with national unity. On November 19th 1989, when Trinidad and Tobago played their final qualifying match against the USA for entry into the 1990 World Cup Series, the Holy Grail of Football Tournaments, our National Stadium was overflowing with Trinbagonians bedecked in red to demonstrate our unwavering support. We may have left the stadium defeated, but the palpable joy of knowing





that our team – our country – meant that much to us could never be measured and therein lies the magic of the sport.

In 2001, football fever again surged over the nation, as we were the first ever Caribbean nation to host the FIFA Under-17 World Football Championships. The games were a tremendous success, and triggered the construction of four new first-class football stadia, which just goes to prove our dedication to and investment in the sport.

Our islands have produced international-grade football players such as Dwight Yorke and we continue to encourage up and coming youngsters with an array of competitive outlets for them to gain experience and develop their skill, including The President's Cup, the Secondary Schools League and Exhibition Matches – there is even a Women's League! So whether you want to cheer from the sidelines or jump into the fray, football is a sport that's here to stay!

RUGBY

Rugby may be perceived as a rough and tumble sport, but it's one that is certainly popular here in Trinidad and Tobago. There's something to the spirit of this game that captivates people – players and spectators alike. Rugby is a challenging sport – one that places heavy emphasis on improving conditioning, working hard and yet having fun at the same time. Running and handling skills are key and are often taught to children from as early as twelve or thirteen. Many of these youngsters go on to have a lifelong love and appreciation for the sport.

Our top rugby teams not only compete locally and abroad quite often – they also are committed to attending international training camps on a regular basis in order to improve the quality of their game. But after all is said and done and the final scores have been announced after a match, it is not uncommon to see players and supporters of both teams head to their favourite "liming spot" to congratulate each other on a game well played – and to challenge each other for the next time.

VOLLEYBALL

The sport of Volleyball was introduced to Trinidad and Tobago by Canadian Missionaries as early as the 1930s and now it is as popular as ever. Our country hosted the Caribbean Volleyball Championships in 1993, which certainly raised the profile of the sport – in addition to it being played in competitive environments, beach volleyball is also a favourite pastime. There is also a huge interest in volleyball at the school level – both primary and secondary. Interest in the sport also seems to be fairly well divided between boys and girls.

Major competitions and events include Secondary School Championships, Primary Schools Mini Volleyball, the Grand Champions Cup, Beach Volleyball, an Invitational Tournament at Easter and the National League.

TRIATHLON

This is an event that requires nothing less than sheer determination and incredible physical condition. It is a sport of the mind as much as it is a challenge of the body. Triathlon requires proficiency in swimming, running and cycling in order to compete effectively – if you are only strong in one discipline, you will surely fall behind at some point in the race.

Triathlon competitors Jason Gooding and Ryan Mendes will tell you that discipline and consistent training are key. The two, while competitors, are also friends, showing that Trinbagonians have a very real sense of camaraderie and good sportsmanship. Gooding holds the ranking as Trinidad and Tobago's overall triathlon champion, and is at present in Canada improving his training in the hope of representing our country at the 2004 Olympics. Mendes has taken his training as a past National Swimmer, Cross Harbour Champion and Triathlete to the next level, and has introduced a new sport to Trinidad – Adventure Racing. He undergoes continuous training in the United States, and is a member of one of that country's top adventure racing teams, having qualified for the US Nationals.

For serious triathletes like these, this sport often presents greater challenges than the actual course. Lack of sponsorship is a serious hurdle, since it is an expensive sport, especially with regard to the cycling equipment, and because many of the events are based abroad. But the love of the sport keeps them going – and swimming and running and cycling – in the hope that Trinidad and Tobago can be real triathlon contenders on the world sport level.





ROAD RUNNING/MARATHON

If you pass around the Queen's Park Savannah on any given morning or afternoon, you will see them – the runners. We are a nation that loves to run. We do well at Track and Field, as proven by our Olympic Gold Medal Winner, Hasley Crawford, and Olympic Medallist Ato Boldon.

The CLICO-sponsored Marathon is a huge event, drawing athletes from all over the region and internationally as well – people line the streets from beginning to end of the course to cheer on their favourites and shout words of encouragement to the participants as they tackle the grueling 26-mile course. It is a huge spectator sport.

Races are becoming more and more popular – there are 5 and 10K runs staged by other corporate sponsors throughout the year, from which the proceeds go to charitable causes like the fight against Breast Cancer. The response has been overwhelming, partly because of the many worthy causes and charity drives, but surely in part because running is such an easy sport to get into – it's enjoyable, you see results fast, and there are great cardiovascular benefits. Best of all, everybody can do it and in Trinidad and Tobago, they usually do – so lace up those sneakers and let's run a lap or two!

HOCKEY

Both Field and Indoor Hockey are popular sports in Trinidad and Tobago – for both men and women. We are so serious about the game of hockey that Trinidad even has an artificial-grass playing field, located in Tacarigua, which meets international specifications. In addition to this, our islands have hosted several major tournaments and our top teams tour the region quite often for competitive events.

GOLF

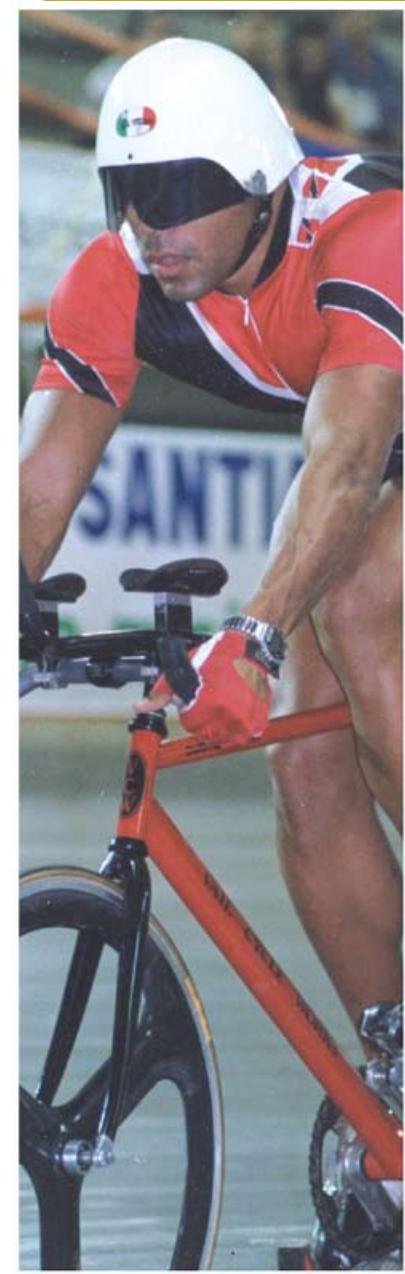
If you enjoy teeing off, you've come to the right place – you may be surprised to find out just how many Trinbagonians play golf. Perhaps our most high-profile player has been Stephen Ames, who resides in North America and has played on many acclaimed tours, alongside the likes of Tiger Woods.

The Chaguaramas Public Golf Course – Located at the base of Edith Falls in Chaguaramas on Trinidad's North West Coast, this 9-hole course was built since WW2 by American servicemen stationed at what was then a base for the Allies. This recently upgraded, scenic course still boasts carefully manicured fairways where the average play can last about an hour and forty-five minutes.



St Andrew's Golf Course – This jewel can be found in the elegant, upscale neighbourhood of Moka – its 18-hole course is the best in Trinidad. And the best part is what avid golfers call the 19th Hole – the bar, pool, restaurant and additional amenities that can turn one game into an all-day ‘lime’!

Mount Irvine Golf Course – This beauty of a course is located at Mount Irvine Bay Hotel in Tobago and players are always stunned by the breathtaking ocean views that are part of the beautiful vista of the course. Even if you’re a rookie, this course will inspire you to play better – and there are always pros on hand to offer advice and a few tips on improving your technique.





Cruising...

*Get a little
MOOR in T&T !*



TRINIDAD & TOBAGO



GET MOORED FOR LESS!

If you're looking for a yachtsman-friendly location, Trinidad and Tobago is the place. Located south of the hurricane belt, Trinidad boasts high quality workmanship, a ready availability of super grade teak, a relatively low cost of labour and excellent support services, making it a yachtsman's paradise. With marinas, boatyards, support services and contractors all conveniently in one location - Chaguaramas Bay - you can be sure you will find somewhere to anchor or haul and whatever service you may need.

Six haul-out yards cater to both small and large boats (from 15-ton to 200-ton travel lifts are available) and 5 marinas cater to those who prefer not to be separated from the water. Moorings are also available from the Yacht Services Association of Trinidad and Tobago (YSATT). Contractors provide a wide range of repair and installation services - airconditioning, refrigeration, pressure blasting, engine work, electrical, electronics, woodworking, yacht maintenance, sail and canvas work, welding, fabrication, painting, varnishing, life raft repair and upholstery services. Specialised services are also available – the Catana Service Centre for the Caribbean is located at Aikane Trinidad Ltd.

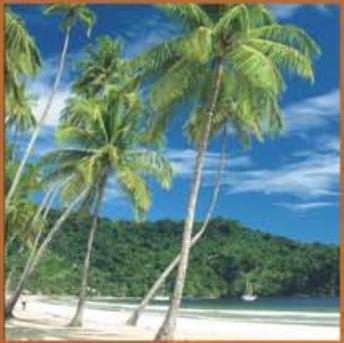
Immigration and Customs procedures are geared towards your needs –yachtsmen are granted a stay of up to 6 months and can apply for an extension while marine-related goods can be imported duty-free to in-transit yachts.

Support services abound in Chaguaramas – banks, groceries, a post office, travel agents, souvenir shops, chandleries, tour companies, restaurants and internet cafes are all located within walking distance. And Trinidad living is easy – a low cost of living makes everything affordable and the quantity and quality of available goods is excellent.

Trinidad and Tobago is a Cruise destination fit for the traveller that's up for some fun, excitement, culture and adventure. Don't you just love it when we're cruisin' together?

Your cruise around the world is not complete without a stopover at Trinidad and Tobago. Our beautiful twin islands, lying just seven miles off the coast of Venezuela are a bewitching mix of natural beauty and cultural intrigue. The ports on both islands are up to international standards, ready to welcome you comfortably and quickly. You will be delighted to find that you can explore our wide and varied offering within a relatively short space of time.





Ground Tour Operators Car Rentals



TRINIDAD & TOBAGO

TTTIC CERTIFIED TOUR OPERATORS TRINIDAD

Baxter's Limited

LP 135 La Cuesa Road, Freeport

673-6166/673-0600/673-5372

E-mail: baxter@wow.net

Website: www.caribbeansportstours.com

Classic Tours and Travel Limited

36B Maraval Road, Newtown, Port of Spain

622-4288/628-5714

E-mail: classictours@tstt.net.tt

Website: www.classictoursltd.com

Environmental Control Management Limited

12 Eastern Main Road, Tunapuna

662-8682/771-1176/756-1976

E-mail: saira.g@tstt.net.tt

Trinidad and Tobago Sightseeing Tours

12 Western Main Road, St. James

628-1051

E-mail: carvalho@tstt.net.tt

Website: www.trintours.com

Wildways Caribbean Adventure Travel

Cascadia Hotel Complex, Ariapita Road, St. Ann's

623-7332/623-4208 ext. 528

E-mail: info@wildways.org

Website: www.wildways.org

TTTIC CERTIFIED TOUR OPERATORS TOBAGO

Yes Tourism Limited

Lot 1 Pigeon Point Road, Crown Point

631-0286/683-0038/685-4646

E-mail: info@yestourism.com

Website: www.yes-tourism.com



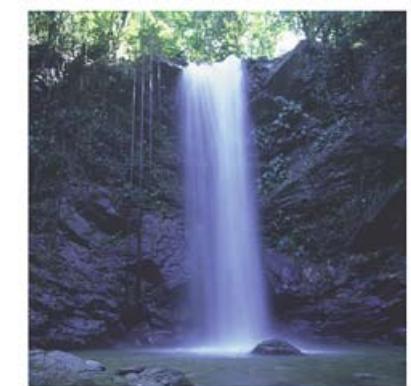
TTTIC CERTIFIED SHORT-TERM VEHICLE RENTAL OPERATORS LISTING

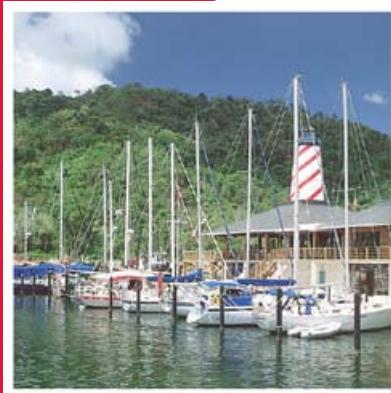
Auto Rentals

Lady Young Road, Morvant

675-1128/657-2277

E-mail: mail@autorentals.co.tt





LOCAL TOURISM ASSOCIATIONS OF TRINIDAD AND TOBAGO

Association of Tobago Dive Operators

P.O. Box 402, Scarborough, Tobago

Tel: (868) 639-8729/4416

Fax: (868) 639-4416

E-mail: amdtobago@trinidad.net

Website: www.tobagoscubadiving.com

Trinidad and Tobago Hospitality and Tourism Institute/Trinidad Campus

Corner Hilltop Lane & Airways Road, Chaguaramas

P.O. Box 41, Carenage, Trinidad

Tel: (868) 634-4250/4456

Fax: (868) 634-1314/2145

E-mail: tthti@hospitalitytt.com

Website: www.hospitalitytt.com

Trinidad and Tobago Hospitality and Tourism Institute/Tobago Campus

Blenheim, Mt. St. George,

P.O. Box 131, Scarborough, Tobago

Tel: (868) 660-2196/2352

Fax: (868) 660-2197

E-mail: tthtgo@tstt.net.tt

Trinidad Hotels, Restaurants and Tourism Association

C/o TTHTI, Airway Road, Chaguaramas,

P.O. Box 243, Port of Spain, Trinidad

Tel: (868) 634-1174/1175

Fax: (868) 634-1176

E-mail: info@tnthotels.com

Website: www.tnhotels.com

Trinidad and Tobago Incoming Tour Operators' Association

C/o 2 Himorne Court, Hibiscus Drive, Petit Valley,
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