

## Special Needs Barbados Activities Guide

For your next vacation consider the tropical island of Barbados, the premier vacation destination of the Caribbean, where Special Needs Travelers will delight in the wide variety of things to see and do in Barbados.

For an expansive list of vacation ideas to fill your itinerary, please refer to the following suggestions on how to maximize your time in Barbados while experiencing true Bajan hospitality and culture to the fullest.

### **Barbados Museum and Historical Society**

**Address:** St. Ann's Garrison, St. Michael

**Tel:** +1 (246) 427 0201 / 436 1956

**E-mail:** museum at caribsurf.com / musepr at barbmuse.org.bb

**Website:** [www.barbadosmuseum.org/](http://www.barbadosmuseum.org/)

Learn about Barbados' unique history, heritage and culture at the Barbados Museum. With 7 permanent galleries surrounded by beautifully manicured lawns, the Barbados Museum will capture the interest of both old and young alike. Book a personalized tour or wander the galleries at your own pace. For gifts, books or souvenirs, visit the Museum Shop.

The Museum is open seven days a week from 9 am to 5 pm Monday to Saturday and from 9 am to 1 pm on Sundays (closed on public holidays). The Museum Shop is closed on Sundays and public holidays.

Please call or email in advance to book a personalized tour.

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### **George Washington House**

**Address:** Bush Hill, The Garrison, St Michael

**Tel:** +1 (246) 228-5461 / 228-5710

Experience the past at the George Washington House. Open from 9 m – 430 pm weekdays, this Barbados Great House was home to the young George Washington and his ailing brother Lawrence in 1751. To learn about the home, the house and the history, visit the George Washington House website today.

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### **Barbados Boardwalk**

**Address:** Christ Church

**Tel:** +1 (246) 228-5950/1

**Barbados Coastal Zone Management Unit**

This 1.6 km hard wood walkway frames the south coast between the popular [Accra Beach](#) and Camelot. It can be easily accessed by wheelchair at the KFC or Hastings Rocks entry points.

View scenic seascapes, frescos of old coral mix stone walls, fishermen throwing their nets out to sea or children playing in the sand. Jetties jutting out from the boardwalk provide an excellent place to sit and relax while enjoying the warmth of the Caribbean sunshine.

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### **Fishing off the boardwalk**

**Address:** Christ Church

For a relaxing day by the sea, consider fishing off the scenic south coast boardwalk. Bring your own travel fishing rod or purchase gear and bait from one of the local shops.

Fisherman's Corner is located at Carlisle House on Hincks St. in the capital city of Bridgetown. The shop is wheelchair accessible from the sidewalk and is serviced by friendly experienced staff.

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### **Pelican Village**

**Address:**Princess Alice Highway, Bridgetown

**Tel:** (246) 426-0765

### **Pelican Village**

Pelican Village offers the finest collection of local handicraft on the island. Watch craftsmen/women at work or shop 'till you drop with 25 retail shops or galleries conveniently located around the village.

Expect to find woven straw items, one-of-a-kind mahogany carvings, pottery, colorful batiks, glass blowing, metal art, souvenirs from the sea and much more!

The Village has public washroom facilities and is completely wheelchair accessible.

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### **Bath Beach Facilities** ([www.nccbarbados.org](http://www.nccbarbados.org))

**Address:** St John, Barbados

**Tel:** (246) 425-1200

**E-mail:** [ncc@caribsurf.com](mailto:ncc@caribsurf.com)

Spend a day at Bath Beach. For more information on the location and amenities, contact the National Conservation Commission today.

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**Kensington Oval**

**Address:** Fontabelle, St. Michael, Barbados

**Tel:** +1 (246) 274-1200 / 227-2503

Sports buffs will enjoy the Kensington Oval – one of Barbados major sporting events and events facilities. Newly renovated and expanded in 2007, the Oval was host to the World Cup of Cricket and many other regional and international events.

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**Barbados Concorde Experience**

**Address:** Grantley Adams International Airport, Christ Church

**Tel:** +1 (246) 420-7738

Experience the wonders of the Concorde G-BOAE (Alpha Echo) by taking a tour of the Barbados Concorde Experience. Learn about the Alpha Echo's history, the technology behind this state of the art aircraft and how it feels to fly one of the most renowned machines in the world.

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**Orchid World**

**Address:** Groves, St. George

**Tel:** +1 (246) 433-0306

**E-mail:** ffl@sunbeach.net

Surrounded by cane fields amongst the rolling fields of St. George, Orchid World is located on 6 acres of beautiful countryside deep in the heart of Barbados.

A visual and olfactory treat, orchid enthusiasts and nature lovers alike will delight in over 20,000 different varieties of flowers. The site includes an expansive garden complete with a waterfall and tranquil ponds.

Wheelchair accessible walkways interlace the garden. After your tour, visit the gift shop or relax to a simple meal in the on-site restaurant.

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**Flower Forest and Scotland District**

**Address:** Richmond, St. Joseph

**Tel:** +1 (246) 433-8152

Flower Forest is located on 50 acres amidst the majestic settings of the parish of St. Joseph. Stunning ocean vistas are combined with the awe-inspiring cliffs so typical of Barbados' Scotland district.

While not all paths are wheelchair accessible, the Flower Forest is a must see for anyone visiting Barbados. A gift shop and snack bar are available in the main lobby.

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### **Harrison's Cave**

**Address:** Welchman Hall, St. Thomas

**Tel:** +1 (246) 438-6640/41/43/44

**E-mail:** reservations@harrisonscave.com.

Travel deep beneath the earth's surface to uncover the magic of Harrison's Cave. Wheelchair fitted trams and experienced staff will guide your journey through the maze of stalactites and stalagmites.

This crystallized limestone cavern provides fodder for the imagination while tantalizing the senses. After your journey, visit the Harrison's souvenir shop and snack bar.

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### **Plantation – "Roots and Rhythms" ([www.plantationtheatre.com](http://www.plantationtheatre.com))**

**Address:** St. Lawrence Main Rd., Christ Church

**Tel:** +1 (246) 428-5048

**E-mail:** plantationrest@sunbeach.net

A visit to Barbados would not be complete without a trip to Oistins famous Friday night fish fry. Experience local cuisine for one of the many food stands and kiosks while soaking in the culture and ambiance of Barbados. Oistins fish fry is popular with locals and tourists alike.

The food is affordably priced and fish is caught fresh from the sea. DJs play a mix of contemporary music and golden oldies. Behind the food market are a number of craft stalls with unique souvenir and gift items. Get there early for fast and friendly service and avoid the crowds.

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### **Sunbury Plantation House**

**Address:** St. Philip

**Tel:** (246) 423-6270

Enjoy the splendor of this Barbados Great house while envisioning what it was like to live on one of the island's sugar estates.

Built around 1660 by one of the first settlers on the island, Sunbury Plantation House has survived hurricanes, uprisings and a tragic fire throughout its long history. Carefully restored, Sunbury House possesses one of the finest antique collections on the island.

View period furniture, table wear and decor in the main house or wander the grounds where you will find canons and horse-drawn carriages and farm machinery on display.

Located on site, the Courtyard Restaurant and bar serves refreshments daily.

Sunbury Plantation House is open 7 days a week from 9 am to 5 pm with the last tour held at 4:30 pm.

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### **Earthworks Pottery**

**Address:** #2, Edgehill Heights St. Thomas

**Tel:** +1 (246) 425-0223

**E-mail:** [eworks@caribsurf.com](mailto:eworks@caribsurf.com)

Earthworks Pottery is a must see for anyone interested in ceramics or looking for a whimsical and unique souvenir from Barbados. Building off a family tradition, Earthworks was first established in 1983 by the Goldie Spieler. Today, her son David runs a full production pottery venue with a staff of 24 well trained and qualified potters and service staff.

Earthworks carries a range of colorfully hand-crafted tableware, vases, lamps and accessories as well as custom-made items.

The workshop and store can be easily accessed by wheelchair through the door by the top car park.

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### **Sheraton Mall** ([www.sheratonmall.com](http://www.sheratonmall.com))

**Address:** Sargeants Village, Christ Church

**Tel:** +1 (246) 437-0970

**E-mail:** [office@sheratonmall.com](mailto:office@sheratonmall.com)

The Sheraton Mall is Barbados' premier shopping destination. With over 120 stores to choose from, shoppers will find everything from clothing and accessories, health and nutrition products, to electronics, home accessories and much more.

A food court is conveniently located on the first floor of the complex for shop-a-holics looking for a variety of quick meal options. Top off your shopping exhibition at the Olympus multiplex cinema.

Sheraton Mall is open from 9 am to 9 pm Monday to Saturday. The Mall is 2 stories high. For access to the second floor, take the elevator located to the I-mart grocery store.

2 complimentary wheelchairs are available for guest use and washrooms are wheelchair accessible and include a grab bar. Free disabled parking spots are available and can be found by the Olympus Theatre entry point.

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**Olympus Expo** ([www.olympustheatres.com](http://www.olympustheatres.com))

**Address:** Sargeants Village, Christ Church

**Tel:** +1 (246) 228-5255

EXPO Movie Hotline: +1 (246) 437-1000

**E-mail:** john at olympustheatres.com

The Olympus Expo is located at Barbados' largest and most popular shopping malls, the Sheraton Centre.

With 6 auditoriums equipped with state of the art movie screens and sound systems, movie fans will enjoy watching great films in comfort and style.

Additional facilities at Olympus EXPO include wheelchair accessible washrooms and an expansive lobby area where you can sit and relax or purchase snacks or a light meal.

#### **Other Related Articles:**

- [Special Needs Barbados Accommodation Guide](#)
- [Special Needs Barbados Food and Restaurant Guide](#)
- [Special Needs Barbados Mobility and Transportation Guide](#)
- [Special Needs Travel to Barbados](#)