

A guide to staying at Landfall, and in Barbados

Before you depart for Barbados

Medical

Apart from covid, there are no vaccinations required for Barbados but covid is taken very seriously. You need a negative test to enter the island and you must wear a face covering in public places indoors unless you are sitting to eat or drink.

If you are often troubled by mosquito bites, it's worth bringing some DEET – 50% is best for adults, 10-30% for children over 2 months.

Immigration

It's very helpful to download the BimSafe app to your 'phone. This will allow you to upload your PCR test and your passenger locator information and get a QR code that you can show at immigration. It speeds things up but you should also carry paper copies of everything. For passenger locator information your address in Barbados will be

Landfall, Crick Hill, St James BB24032

The House

Finding Landfall

Landfall is at <http://maps.google.com/maps?q=13.215657,-59.634458> or at Pluscode 78526988+G7. For an explanation of Pluscodes see [Navigation](#)

The entrance to the gap is at Pluscode 78526988+66M and Landfall is at the end of the gap on the right.

Ask the taxi driver for Landfall, Crick Hill, Weston, St James and NOT Landfall, Sandy Lane (which is a huge mansion).

Entering & leaving

We enter and leave via the side door from the main deck which we lock and unlock with the key. We bolt it from the inside at night. The double doors onto the deck are locked with the top and bottom bolts. (They have a mortice lock but, if you rely on that, it will not be secure). When you leave the house, bolt the front double doors, top and bottom, and leave by the side door and lock with the key.

Our staff

Sandy Gentle is our housekeeper. She will probably meet you with the key unless we've made other arrangements. She normally comes to clean and check the house on Saturday mornings. She is outstanding and we generally suggest you tip her about BBD100 for each week you've stayed but it's up to you.

Haldon (Hal) Cadogan is our pool maintenance chap. He's elderly but quite efficient. If you're not using Graham & Annie's car, he will start the engine and run it for a short time to keep the battery charged. He comes on Friday mornings and we try to remember to put a bottle of tonic water in the freezer on Thursday night for him to take away with him. He doesn't expect a tip.

Dwayne Critchlow is our gardener. He comes as required and works to Annie's direction. He doesn't expect a tip.

Friends who may visit and use the pool

Adam & Tricia and their children, Elisha & Kayla. Elisha (F) is a teenager and Kayla (also F) is nearly a teenager.

Sandy and her children, Renaut & Darielle. Sandy is our housekeeper. Renaut (M) is a teenager and Darielle (F) 11.

Dogs, monkeys & birds

We do everything we can to keep monkeys and birds out of the house. The monkeys would trash it and the birds leave their droppings everywhere. Fortunately, our neighbours, JJ & Mel, have two well-behaved rescue dogs, Tulip & Lola, who patrol the gap and seem to have deterred the monkeys to some extent but we try to remain vigilant.

Lola is very nervous, especially with men, and we suspect that she was badly mistreated before she was rescued. The dogs spend a lot of time around the gap and in our house where they rather expect the odd treat. We try to give them something small in the evening but cautiously as Lola is rather overweight.

Monkeys have entered the house on several occasions but fortunately did little damage. However, they can become very aggressive if cornered so they must be deterred as much as possible. They are a serious pest as they destroy plants and are indiscriminate about where they empty their bladders and bowels. So **DO NOT FEED THE MONKEYS** however sweet and charming they look; PLEASE shout at them and chase them away.

The best way of keeping birds out of the house is to keep them out of the kitchen. Please keep the bottom half of the back door and its magnetic curtain closed. Also keep the serving hatch and the bi-fold door between the kitchen and drawing room closed when you're not working in the kitchen. The entrance door has magnetic curtains and the double doors onto the deck have sheers. All three doors have automatic closers and we recommend that, if you are not actually on the deck, you allow these doors to close.

Lighting

The light switches are all over the place. There are security lights which come on at night. Their switches are covered with black tape to remind us not to switch them off.

To the left of the sheers (as you look out) there are two other switches. The left one controls the deck lighting over the dining table and the right one controls the lighting of the deck seating area.

To the right of the sheers and under the corner cabinet is another switch that controls extra lighting for the dining area. There's also a pull switch in the dining area, just left of the picture, which controls the picture light, which also lights the dining table.

To the left of the bifold door are three switches The left controls the lighting outside the kitchen back door, the middle controls the kitchen lighting and the right controls the kitchen fan.

In the drawing room and bedrooms there are only individually-controlled table lamps.

On the deck, just to the right of the garden steps and behind a huge *dieffenbachia* there are two switches. The left controls the pool light and the right controls the pool area lighting.

Kitchen

The hob is gas and the oven is electric. The main switch on the wall behind the hob controls the oven and the igniters for the gas hob. **THERE IS NO FLAME- FAILURE DEVICE so YOU MUST NOT LEAVE THE GAS UNATTENDED**, particularly if you are using the fan, which can blow out the gas. After using the gas hob, please check that all four knobs are in the off position (fully clockwise). Please also switch off the main switch after using the oven or the hob igniters and remember to switch off the left and right oven controls. Otherwise, when you switch on the main switch to light the gas, the oven will come on as well.

The cupboard above the toaster has picnic equipment and acrylic "glasses" for use around the pool. Please don't use normal clear glass on the pool deck as clear broken glass in the pool is very difficult to clear up. Brown beer bottles are OK as they are very tough and also visible under water.

Please don't put the acrylic "glasses" in the dishwasher as they will become cloudy and will have to be replaced. They should be washed by hand in tepid water using the soft side of the sponge.

Bedrooms

Both bedrooms have fans and hooks above the bed(s) for mossie nets, if you feel you need them. The door into the master bedroom can get stuck closed, which is un-nerving if you're inside. It can normally be opened from the inside by pushing hard against the top of the door while pulling at the catch but **WE STRONGLY RECOMMEND THAT YOU DON'T CLOSE THIS DOOR**. It's on my list to fix.

Bathrooms

Generally, there's enough hot water from the solar water heating for two people showering every day. With more than two, you may need to use the immersion heater. The switch is to the right of the entrance to the family bathroom.

Laundry room (the shed)

There's an automatic, top-loading washing machine and a tumble drier.

There's no proper manual for the washing machine but there's a "quick start" guide.

The tumble drier is heated by gas and it has a very small gas leak, which we have been unable to find. There is a gas valve behind the dryer and to the left. Please close the valve after use. It's probably best not to use the tumble drier until we've found a solution to this problem.

Internet

There are two routers located in the office. The lower one is the standard router from Flow, one of the local telephone companies. The upper one is a VPN router that allows us to watch TV programmes from the USA and the UK. There are separate logins for the standard router and for the 2.4GHz and 5GHz channels of the upper router but the passwords are all the same. There are two black socket strips behind the desk in the office. For the internet and the 'phones to work, both must have their switches ON.

Telephone

Telephone charges in Barbados are complex and potentially ruinously expensive. Local calls are free but overseas calls can be eye-watering. We use WhatsApp for all calls to cell (mobile) numbers in UK. There is an option to buy 300 minutes of calls including US and Canadian numbers and UK landlines but NOT including UK cell numbers. It costs about BBD12 and so is much cheaper than normal charges if you make more than a few calls to North America or UK. Call us if you want more information on that. To dial the UK from a cell phone, dial +44 then the number without the leading zero. To dial UK from the landline, dial 01144 then the number without the leading zero. To dial North America, dial 1 then the area code and number.

Television

We are not able to receive local broadcast TV. All our TV comes via a VPN and the internet. The router is set up so that the TV itself is connected to a server in the USA and is controlled by the larger remote control. It allows us to watch Britbox and some Netflix. There is also an Amazon Firestick on HDMI2 which is connected to a server in UK and is controlled by the smaller remote control. It allows us to watch BBC iPlayer and other streaming services from UK including some Netflix. To switch the television on, check that the strip of sockets to the left of the left-hand bookcase is on. Press the power button on the larger of the two remote controls. Then use the round navigation buttons on the smaller of the two remote controls to move the cursor across the screen to the service you want to watch and then press its middle button to select it. I'm sorry it's so complicated but there's no easy way around getting British or US television in Barbados.

Pool

THE POOL IS ONLY 4FT (1.2M) DEEP SO DON'T DIVE IN! It's regularly maintained by Haldon, who will clean it, vacuum out the bottom and deal with the filters every Friday. Unfortunately, the pool collects lots of leaves, especially if it's windy, so you may want to scoop out as much as you can with the basket on a pole that's lying about on the pool deck.

Emergencies

For any technical emergency, contact Sandy in the first instance. She has a list of plumbers, electricians and other magicians who will fix stuff.

For medical emergencies, you can dial 511 for an ambulance but we recommend you go to Sandy Crest Medical Centre, about half a mile south of Holetown (Pluscode 785259J6+QMH). They're available 24/7 and can handle most things.

For Police dial 211. For Fire service dial 311.

The Car

Its quirks

If you are using Graham & Annie's car, it has some imperfections.

1. You should find that the car is attached to a solar panel on the carport roof. Please unplug this before you attempt to drive away!!! The cable is unplugged by pulling apart the black plug assembly on the left side of the bonnet (hood). In the central drinks holder there's a little cap that goes on the "car" bit of the cable to stop it getting wet when the car is outside the carport.
2. The glove box doesn't open and close properly so we've put the insurance documents in the pouch behind the passenger seat.
3. The main key is held together by a cable tie as the screw that holds it together no longer works and they cost an arm and a leg to replace.
4. Don't even attempt to play a CD without carefully reading the radio manual – it's complicated

Insurance & licensing

The car is insured for any driver under 75 but, if you are over 70, you have to have a medical examination with a doctor on the Barbados register before you can get the Visitor's Permit that allows you to drive on the island. If you are under 70, Graham can get you a Visitor's Permit via the internet and email it to you before you depart UK. Just ask him.

Driving in Barbados

Before driving Graham & Annie's car, please ensure that

- 1 you are aged 26 or over and under 75
- 2 you have not had too much to drink
- 3 you have confirmation that you have been authorised
- 4 you have your current UK, USA or equivalent driving licence with you
- 5 you have a current Visitor's Permit (they're only valid for two months)

Otherwise the insurance is invalid

While driving

Don't select "4H locked" or "4L locked" unless you are in mud or sand and you can't otherwise get out – return to 4H immediately

Be aware that, in Barbados, you need to drive with extra care because

- the traffic is generally slower than in UK except the buses, which are driven at insane speeds
- pedestrian crossings are very poorly marked and they are often sited immediately after a roundabout. This is probably the most dangerous aspect of driving on the island.
- Barbadian drivers are generally much more courteous than in the UK or US to the extent that they will often stop unexpectedly to let a pedestrian cross or to let a vehicle out of a side road. It's a pleasant surprise when you're on the receiving end!
- the roads are very, very slippery when wet
- many Barbadians drive dangerously close to the vehicle in front. If you are "tailgated", leave plenty of space in front of you to avoid an abrupt stop
- the road edges are very difficult to identify at night and there may be storm drains at the side of the road – use the "fog" lamps (to the right of and below the steering wheel - we always leave them on) to illuminate the road edges; they don't dazzle oncoming drivers.
- black people can be very difficult to see at night and they rarely wear something white
- Barbadian drivers use the horn a lot – often to say "hello" to friends, but sometimes to allow you out or to thank you for some kindness – be sure you know what they mean before acting

- Barbadian drivers use turn signals for a variety of meanings which may not necessarily include a turn in the direction indicated – be sure you know what they mean before acting

In the event of an accident

Don't move the vehicle until the police arrive (that's a legal requirement in Barbados)

call Omniplus on +1 246 434 6000 and be ready with

policy number: ICB/PMV/0096269 – the certificate of insurance is in the pouch behind the passenger seat

vehicle details: 2006 Suzuki Grand Vitara, white

registration number: S2209

the nature of the problem

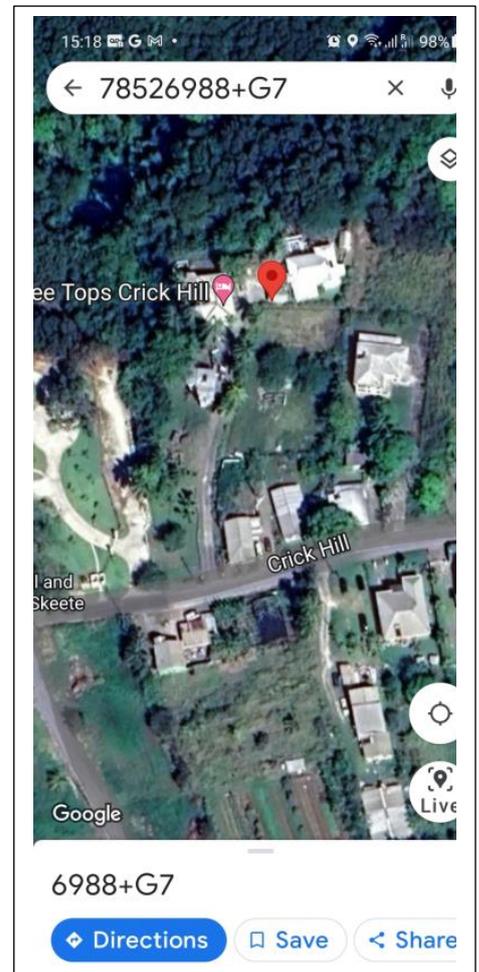
your location – if you are not sure or have difficulty with the local accent, ask a witness or passer-by to speak to the Omniplus operator or to write it down.

Navigating



We find that the easiest way to find places, restaurants, beaches etc is to use Google Maps Pluscodes on your 'phone or tablet. Pluscodes consist of 8 characters, a "+" sign and 2 or 3 more characters (depending on the level of accuracy required). For example, the Pluscode for Landfall is 78526988+G7 while the entrance to the gap is 78526988+66M. To avoid ruinous mobile roaming charges, download the Google map of Barbados as an "offline map", before you depart or while you are connected to the WiFi at Landfall. Don't wait till you're out and about and have to use mobile data roaming. You'll find lots of references to Pluscodes in this guide. Tap "Directions" and Google maps will take you directly from your present location. All Pluscodes in Barbados begin with 7852 and the first 4 characters are sometimes omitted but always

include the 7852 in the search box.



Hazards

Slippery steps

We try our best with the steps by spraying them with an anti-slip spray but they can still be a bit slippery when they're wet. Hold on to the rail as you go up and down to the pool or down the front steps.

Manchineel tree and apples



Manchineel trees & apples

Manchineel trees can be found on many beaches and inland and they have attractive looking apples on them. Beware! The apples are poisonous and, if you touch the bark or you sit under one when it's raining you are likely to get a fierce rash from the sap that leaks from the wood and is pretty corrosive, even when diluted with rainwater.

Mosquitoes

There is no malaria in Barbados but there are occasional cases of dengue fever and chikungunya but these are fortunately rare. If you're particularly troubled by mossier bites, bring some 50% DEET with you (weaker solutions for children).

Centipedes

Centipedes are not particularly common but they have an unpleasant bite. If you can remove it without touching it, do so. Otherwise, spray it with Baygon or BOP.



Centipede



Millipedes

Millipedes are much more common, smaller and don't bite. If you touch one, it will curl up into a coil. If you find one in the house, just remove it with a dustpan and brush.

Cow itch

Cow itch is a shrub that produces hairy-looking pods often around March to May. The pods dispense a dust that is mercilessly itchy. There are other pods that are similar so avoid touching anything that looks even slightly like this.



Cow itch

Barbados

Currency & cash

The Barbados dollar (BBD) is pegged at 2:1 to the US dollar, so 2 Barbados (often referred to as "2 Bajan") equals 1 US dollar (often abbreviated to "1 US"). Everywhere accepts US dollar notes (usually willingly as Barbados has exchange control and you have to have government permission to convert Barbados dollars to US dollars, pounds or euros). You can see the latest exchange rate for sterling at

<https://www.xe.com/currencycharts/?from=GBP&to=BBD&view=1M>

Shopping

There is one major supermarket chain called Massy. The nearest branch is in Holetown (Pluscode 785259P7+426). As well as local produce and products, Massy carries many products from Waitrose. Beware! Although most lines in the Waitrose Essential range are reasonable, some can be very expensive indeed. We once accidentally paid £7 for a jar of marmalade!

There is a more "local" supermarket called Jordans. There's a branch in Speightstown (Pluscode 785269X4+2G) and one in Fitts Village (Pluscode 785249W6+CPX). It's generally cheaper but there's necessarily a more limited range.

It's perfectly reasonable to buy fruit and vegetables from street sellers and there's a large market on Cheapside in Bridgetown (Pluscode 785239XJ+82Q).

If you are buying things to take home, take your passport to the shop and you will get the duty-free price.

Etiquette

Barbados was a British colony until 30 November 1966 and Her Majesty the Queen was Head of State, represented by a Governor General, until November 2022 when the country became a republic. It remains a member of the Commonwealth and there is a lot of residual affection for “the mother country”.

The culture is quite traditional and there is much more religious observance than in England and probably more than in Scotland, Wales or Ireland. Barbadians don't expect to see men without shirts or T-shirts in the street and men may be expected to wear a shirt with a collar in most upmarket restaurants. Beach bars and beach restaurants are much more relaxed.

There are no “topless” or “nudist” beaches in Barbados. The police would arrive pretty quickly. If you want that all-over tan, the pool deck at Landfall is quite private.

Barbadians are more civilised and courteous than most Brits and, quite properly, they expect it in return. You must be civil to waiters and bar staff even when they seem slow to serve you. Nothing happens quickly in hot countries but that doesn't mean that people are lazy or disinterested; it's just part of the culture.

Racism and racist banter are absolutely not tolerated. You may occasionally hear Barbadian men calling each other “nigger”. Do not for one moment imagine that a visitor could get away with it.

Places to visit

Beaches

There are superb beaches on the west, south and south-east coasts. The east coast is spectacular but it's not suitable for swimming although there is serious surfing at the Soup Bowl (Pluscode 78526F7G+V75).

Beaches, west coast		
Port St Charles	Small beach just north of Port St Charles Marina	78527974+QP
Gibbs Beach	One of the nicest beaches on the island. Park here	785269H5+77
Gibbs Beach	-Then walk through this gap, IMMEDIATELY south of Southwinds' gate	785269H5+G4
Reeds Bay aka Thunder Bay	Good beach with pop-up beach bars and limited food	785269C5+29
Reeds Bay aka Thunder Bay	-park here	78526995+QF
Weston Beach	At the bottom of our road (600m). Rocky, you need sea shoes.	78526985+59
Alleynes Bay	Perfect for JuJu's or, if you're feeling flush, the Lone Star. Park here	78526935+VV
Alleynes Bay	-Then walk down through this gap	78526936+R6
Colony Club beach	Excellent beach. We often go in the evening and watch the sunset. After 5 you can park here. J C Bamford lives here and access is often restricted before 5.	785259V5+WV
Colony Club beach	-During the day, you may have to park here	785259V6+WJ
Brandons beach car park	Very long beach handy for Rascals (see below)	7852498F+V2
Pebbles beach	Cruising Club beach. You can join the Cruising Club on a day pass. A wonderful swimming beach with a sandy bottom	785239JQ+XX
Rockley beach aka Accra	Very popular beach on the south coast. Lots of "yoof"	78523CF6+8M
Beaches, east & south east coasts		
Foul Bay	Can be rough but you can often swim. Great for picnics but a trek.	78523GXX+QP
The Soup Bowl	For surfers, not suitable for swimming.	78526F7G+VJ

Restaurants and rum shops

Bars, Restaurants etc.	Notes	Pluscode
Rascals	Reasonable beach bar	7852498F+H2
Wendy's	Refurbished, cheap food. Very friendly	78525927+GM
Marshall's Bar	Cheap restaurant a bit away from the coast	7852595F+M5
Positano	Upmarket, used to be Daphne's, now Italian	78525967+Q2
Lone Star	Fashionable, celeb-watching place, service can be amateur	78526945+3X
Atlantis	Good Sunday buffet on the east coast	78526F6P+99
Round House	East coast bar/restaurant with Atlantic views	78526F7F+WV
Marcy's Bar	Walking distance from Landfall; very friendly, can be noisy.	78526985+JR
John Moore Bar	Classic Bajan rum shop, on the beach. Close enough to walk.	78526995+38
Fisherman's Pub	Proper Bajan rum shop/restaurant in Speightstown; worth a visit.	78527924+3F
Il Tempio	Good Italian beachfront restaurant	785249W6+9M9

Champers	Very good but quite pricey	78523CC7+V6
Carib Beach Bar	Lively south coast bar	78523CC9+7P
Accra Beach Hotel	Smart but good happy hour	78523CF6+X4
Barbados Cruising Club	Serious socialising for Bajans, expats and BA & VS crew	785239JR+W5
Lobster Alive	Art Taylor flies the lobsters in from Union Island in his light aircraft.	785239VP+6W
Cave Shepherd canteen	Department store canteen overlooking Broad Street. Arrive early (just before midday) cheap, fill your plate, good people-watching	785239WM+VR
La Cabane	Upmarket but informal beachfront restaurant	785249M7+QH
Paul Owens at the Beach House	Has taken over from the Cliff as the top restaurant. Paul Owens was the chef at the Cliff	785259M6+59
Just Grillin'	Typically American	785259M6+8J
Tides	Upmarket fish restaurant	785259M6+GF
Zaccio's	Good pizza place on the beach	785259M6+XM
Mews	Quite smart and civilised bar - does food.	785259P7+Q5
Sea Cat	Informal seafood restaurant 40 minutes walk along the west coast road	785259V6+5J
Thunder Bay beach	A couple of competing beach bars. Close enough to walk.	785269C5+29
Chris's	Good rum shop, ok food	785269JF+9G
Sea Shed	Nice, civilised, overlooks the beach but a bit pricey.	785269M5+F2
Fish Pots	Good, middle of the road	785279C3+CG
Sand Dunes	Good lunch stop on the east coast	78526CWQ+HFM
Random bars inland, in the bush.		
No name	Just a hole in the wall - nice table & v. friendly	78526C67+WQ
Ackee Tree bar	Traditional rum shop	78526C9J+58
Judy's Watering Hole	Traditional rum shop - good fish	78525CWG+9C
Tropical gardens		
Hunte's Gardens	Spectacular garden planted in a gully	78525CVX+6FW
Flower Forest Gardens	Impressive range of trees and plants on a hillside. Café on site	78526C3M+887
Andromeda Botanic Gardens	6-acre botanic garden planted by Iris Bannockie in the '40s	78526F4J+WF9

Interior parishes

Once you are away from the west coast and the south coast, in the parishes of St Andrew, St John, St Joseph St Lucy and St Thomas, Barbados is very rural and is like a different island. Although not mountainous, it's hilly enough that the parish of St Andrew is also known as the Scotland District and the views can be spectacular. Visit Cherry Tree Hill (Pluscode 78527CF9+829) to see the whole of the east coast laid out before you. St Lucy, at the northern tip of the island is also quite different and rather flatter but the sea around Animal Flower Cave can be quite dramatic. St George is more of a commuter parish for Bridgetown but is still very rural in parts.

East coast

The east coast receives the Atlantic swell as there is nothing between here and Africa. There are few places where it's safe to swim but there are great beach walks up and down the coast from Barclays Park (Pluscode 78526FP4+FM2) and it's only a few minutes by car to Sand Dunes restaurant (see above).

Have a lovely time!

