

## Beaches

Barbados has an abundance of beautiful white, gold and pink sand beaches lapped by crystalline aquamarine water that is unrivalled by any of its neighbours.

The West and South coasts are filled with long stretches of sandy beaches often with overhanging trees for shelter. The West Coast beaches, however, are usually calm with fine sandy beaches as they are lapped by the usually tranquil Caribbean Sea.

The South Coast beaches vary as they feel the effects of the wild Atlantic Ocean. You should keep an eye on the lifeguard's flags.

The North and Southeast coasts are rocky with cliffs rising straight out of the ocean. Between these cliffs in the Southeast you will often find jewel-like bays with unblemished white-sand beaches, perfect for a romantic picnic for two.

However, in the North, the rocks tell the tale of the force of the ocean which have left its mark in places like the Animal Flower Cave and in the numerous blow-holes through which the waves make a spectacular scene.

The East Coast is where the surfers love to play, with the world-famous Soup Bowl as an incentive. It is not uncommon to see this section of Barbados' coast populated with surfers from around the world.

The East Coast is on the Atlantic side of the island and it is fascinating to watch the mighty waves crash unchallenged on the shore. However, the beaches here are rough with strong currents and are unsafe for casual swimming.

You will find the sand more golden and coarser than on the Caribbean side of the island but the view is spectacular. This is also one of the most scenic parts of Barbados and no tour should miss this beautiful sight.

There are no private beaches in Barbados - everyone is entitled to visit and relax on any beach up to the high water mark.

Being somewhat conservative, nude or topless sunbathing is frowned upon in public places in Barbados. However, what you do in the privacy of your room or villa is up to you.  
Beach vendors

On many of the popular beaches you will find beach vendors plying their goods often from stalls set up along the strip. Generally, they will wait for you to approach them but sometimes, some of them will hail you while you are relaxing on the beach. If you find this annoying, just tell them and they will move away.