

# Barbados

January 17 Arrive at 8 am - Depart 6 pm.

My cousin Lisa and Stevenson will not be able to be in Barbados by the 17th of January. They are coming to Wisconsin for Christmas as my uncle is not well. They will still have a family member give us a tour. IF you wanted to do something else below are options. I have also listed great foods to eat.

Submarine tour of Barbados

<https://www.viator.com/tours/Barbados/Atlantis-Submarine-Expedition-Tour/d30-2134SUB>

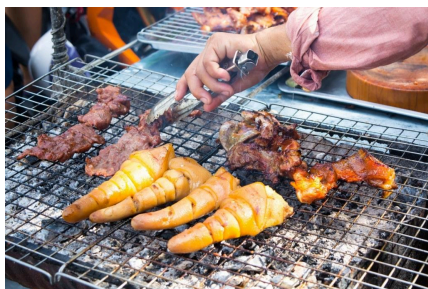
Mount Gay Rum Tour :

<https://www.viator.com/tours/Barbados/Mount-Gay-Signature-Rum-Tour-in-Barbados/d30-39983P1>

Tour of Barbados with turtle tour :

<https://www.viator.com/tours/Barbados/Barbados-Rum-and-Beach-Break/d30-3743P45>

## Pigtails



Barbequed pigtails are a well-loved street food dish in Barbados. This easy-to-grab bite is the perfect example of Caribbean cuisine enhanced with an Asian influence. The savory pork treat is tied to the festival food scene, like Holetown and Oistins Fish Festivals, however, it's readily available any time of year.

The pigtails are boiled first, bbq sauce is added, and then they hit the grill. The smell of the salted meat being cooked will lure you to streetside food vendors. Enjoy the pigtails hot off the grill as you stroll island streets or browse the markets.

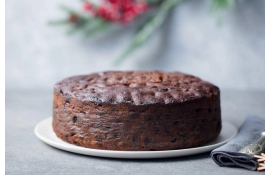
## Roti



Roti is a quintessential Barbados food item that can be found throughout the Caribbean, as well. Roti blends Caribbean fare with Indian culinary influences for a quick and well-loved meal. Designed like a burrito, this on-the-go dish is a hot, bread-like pocket (similar to pita) that is filled with a wide spectrum of items. Chicken, fish, beef, curried potatoes, and vegetables are just some of the ingredients wrapped up in this delicious delight.

Other options include curried pork, shrimp, pumpkin, spinach, and even some fruit, such as mango. The pairing choices are seemingly endless. Grab a roti at a local beach bar, street vendor, or fast food restaurant while adventuring on the island. It might just be the perfect lunch or afternoon snack to keep you going.

# Black Cake



Black Cake

For a traditional Bajan sweet treat, indulge in a slice of Black Cake. This Bajan specialty features prunes, dried cherries, and raisins soaked in rum. The end result is an usual cake.



**Cou-cou and flying fish.** A traditional recipe passed down through generations, flying fish and cou-cou is honored as the national dish of Barbados.