



THE CARIBBEAN
Bible.

THE CARIBBEAN / DESTINATION GUIDE

Antigua

Your island guide.



Torrez Joseph / Unsplash

A sheltered bay.
A little sailing spirit.

BEACHES · EXPERIENCES · STAYS · LOCAL KNOW-HOW

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START HERE

An island, at your pace.

A practical companion to Antigua’s beaches, English Harbour and the green interior, with Barbuda treated as a separate, properly planned island excursion.

Start with the price key, choose a base, then build days around nearby places. The recommendations are editorial selections for different travel styles. Leave time for the island between bookings.

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KEEP A COPY OFFLINE

Price key: page 3. Emergency contacts: page 20. Check the safety notes on page 19 before exploring. Contents and numbered source references are clickable.

This guide follows the destination scope used on The Caribbean Bible website. It is researched travel guidance, not a claim of personal inspection or guaranteed availability.

01 / PRICE OVERVIEW

Price overview

Use the dollar symbols to compare expected spending within each category. They are planning estimates, not live quotations.

\$	\$	\$	\$	\$
BUDGET	MODEST	MIDRANGE	PREMIUM	LUXURY

A free-to-enter beach can still cost money for chairs, shade, parking or lunch. Ranges show different ways to visit, such as independent access versus a guided tour. The symbols do not represent fixed US-dollar bands or a quality score.

Compare like with like

Stays: an entry room or accommodation category per night. Season, occupancy, meal plan and room type can change the tier.

Food: an ordinary meal with a soft drink, excluding alcohol and tasting menus.

Beaches: basic access and a chair where relevant, excluding meals or premium cabanas.

Experiences: an adult ticket or standard outing; private guiding and transfers can change the total.

Shopping: the scale of a likely purchase; browsing is generally free.

MONEY ON THIS TRIP

The local currency is the Eastern Caribbean dollar, XCD or EC\$. Many tourism businesses also accept US dollars. Ask which currency a quote uses and what change you will receive. Carry some small EC-dollar notes for local purchases, and compare the full bill rather than relying on a dollar sign alone. [04]

Before paying: ask which currency is being quoted, and whether taxes, service charges, transport, deposits and equipment are included. Use the final total for your exact dates when comparing offers.

02 / BEFORE YOU GO

Before you go

Prepare the official paperwork and the first transfer before leaving home.

Use ArriveAntigua

For air arrival at V.C. Bird International Airport, complete the official ArriveAntigua process within 72 hours before your flight. Complete the entry and exit details requested and save the QR confirmation offline. Have passport, flight and accommodation details ready. Use the official website; no separate app download is needed.

[02] [03]

Documents for every traveller

Check passport validity, visa eligibility and any transit-country requirements for each nationality in your party. Carry your accommodation address and onward or return booking. An arrival form does not replace a visa. Follow the entry permission actually granted at the border.

[01]

Insurance and first night

Cover treatment, evacuation and the activities you intend to book. Save the insurer's assistance number offline. Send your driver the airport code, flight number and exact accommodation address. Keep arrival day light and retain a payment method for unexpected costs.

[06]

Use the official links. Recheck requirements before departure, particularly when your party uses different passports.

Plan the ANU pickup

Send your driver the exact hotel or villa address and flight number for Antigua's V.C. Bird airport, ANU. Confirm fare currency, luggage, waiting time and child seats. A Barbuda stay needs an additional transfer; it is not reached by road from the airport.

[05]

Children and consent

Check the destination's rules when a child travels alone, with one parent or with another adult. Ask the airline what originals are needed. Pack relevant consent and custody documents where required, plus copies stored separately; matching surnames alone do not establish permission.

[01]

Pack the useful essentials

Bring sun protection, suitable footwear, prescribed medicine in original packaging, a charger, adaptor and refillable bottle. Add insect repellent and a small first-aid kit. Keep essential medicine and documents in hand luggage, and leave a little spare room for local purchases.

03 / CHOOSE YOUR BASE

Choose your base

Dickenson Bay convenience, southwest sunsets or English Harbour character: choose what you want your ordinary day to look like.

AREA	A GOOD FIT FOR	PLAN AROUND
Dickenson Bay	An established beach area with several accommodation styles.	Your room’s beach access and nearby evening options.
Jolly Harbour / southwest	Beach exploring and a self-catering or resort stay.	Car access, shopping and the exact villa or hotel location.
English / Falmouth Harbour	Sailing atmosphere, heritage and independent dining.	Seasonal restaurant activity and transport to different beaches.
Old Road / south coast	A quieter resort-led holiday.	More planned transport for town and distant outings.
East / northeast coast	More secluded resorts and Atlantic-facing scenery.	Exposure to wind, access roads and fewer walkable alternatives.
Barbuda	A separate island experience with its own pace.	Flight or boat transfers, onward transport and weather contingency.

Our planning pick: one Antigua base for 5–8 nights. Add Barbuda deliberately, with its own transport and return plan, rather than as a casual extra stop.

04 / SIX BEACHES TO KNOW

Six beaches to know

Choose the bay for today's wind and surf, and check which facilities are public, rented or attached to a hotel.

FOR CONVENIENCE

Dickenson Bay

An established northwest beach setting for a day with services nearby. Choose the actual access point and confirm chairs, shade and water-sports charges. Stay clear of activity lanes and compare the atmosphere with what your group wants from the day.

\$-\$\$ · [12]

FOR SOUTHWEST SCENERY

Ffryes Beach

A southwest-coast favourite for an open beach day and a scenic meal nearby. Assess the surf on arrival and keep belongings secure while swimming. Choose a responsible parking place and leave the beach as you found it.

\$-\$\$ · [12]

FOR AN ENGLISH HARBOUR STAY

Pigeon Point

A useful beach option near English Harbour after a shorter heritage visit. Check shade and the swimming conditions rather than assuming every sheltered bay is calm. It can make a gentler afternoon without another cross-island transfer.

\$-\$\$ · [12]

Facilities vary outside the main resort bays. Bring drinking water and sun protection, keep quiet beaches for daylight visits and plan your return pickup.

FOR A BROAD SANDY BAY

Jolly Beach

A long southwest beach to enjoy at an unhurried pace. Check access, parking and the facilities available to outside visitors. It works well when staying nearby, leaving time for a relaxed lunch rather than another long drive.

\$-\$\$ · [12]

FOR A SIMPLE COAST DAY

Darkwood Beach

An easy addition to a southwest coastal route, but worth time of its own. Confirm chair and food arrangements, then choose a suitable swimming section. Keep road awareness when arriving and do not leave valuables visible in the car.

\$-\$\$ · [12]

FOR A SCENIC EASTERN OUTING

Half Moon Bay

A scenic southeast beach with a more exposed Atlantic setting. Enjoy the shape of the bay and choose whether swimming is appropriate after local advice. Do not generalise from one sheltered corner to the whole beach, especially with children.

\$-\$\$ · [12]

PRICE LEVELS: \$ budget to \$\$\$\$ luxury, within each category. See page 3.

05 / ON AND AROUND THE WATER

On and around the water

Sailing and snorkelling are natural fits here. The marine forecast and your comfort with open water should choose the final route.

SOUTHWEST REEF OUTING

Cades Reef snorkelling

Choose a guided trip with a clear departure point, group size and reef plan. Ask how much time is spent travelling and swimming, and what flotation is provided. Keep clear of coral and let the operator change the route when conditions require it.

\$\$\$ · [13]

CHOOSE THE RIGHT ROUTE

A sailing day

Compare a shorter sheltered route with a longer open-coast excursion. Ask about the boat's facilities, passenger count and opportunities to rest in shade. A full-day sail can be the holiday's main outing; leave the next morning easy.

\$\$\$-\$\$\$\$ · [14]

LEARN WITH AN INSTRUCTOR

An introductory dive

Use a qualified operator and complete the health screening before paying. Ask how instruction, equipment and site selection work for a beginner. Discuss the required interval before flying, including a short flight to Barbuda or another island.

\$\$\$ · [19]

Choose the operator, conditions and return arrangements before the photograph. Ask about lifejackets, boarding, shade, toilets, group size and the weather cancellation policy.

GUIDED NATURE ON THE WATER

A mangrove eco-paddle

A guided kayak outing offers a quieter view of the island's coastal habitat. Ask about the actual location, wind and physical demands. Bring sun protection and drinking water, and follow the guide's route without disturbing wildlife or entering closed areas.

\$\$-\$\$\$ · [13]

A SEPARATE ISLAND DAY

Barbuda by sea or air

Plan the crossing, local guide or transport and return together. A beach and frigatebird visit can require several separate arrangements. Check current access, weather and cancellation terms, and keep a buffer before your international flight from Antigua.

\$\$\$-\$\$\$\$ · [05] [13]

END THE DAY AFLOAT

A sunset cruise

A shorter sea outing can fit around a relaxed beach day. Compare departure harbour, route and whether the trip actually sails. Arrange the return drive, confirm the weather policy and keep expectations flexible if cloud changes the sunset.

\$\$\$ · [14]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

06 / BEYOND THE BEACH

Beyond the beach

Historic harbours and plantation sites need context, while the exposed coast deserves respect for the sea.

ENGLISH HARBOUR

Nelson's Dockyard

Visit the working historic harbour and museum, giving time to the people and labour behind the naval buildings. Ask about the role of enslaved Africans in the site's history. Combine the visit with a nearby meal rather than rushing straight to another bay.

\$\$ · [15]

HISTORY IN THE LANDSCAPE

Betty's Hope

A plantation-history stop to approach with attention to the enslaved people who worked there. Check current access and interpretation before visiting. Allow a guide or the displays to add context, rather than treating the mill remains only as a photograph.

\$-\$\$ · [18]

ISLAND STORIES IN TOWN

Museum and St John's

Choose a daytime visit to the Museum of Antigua and Barbuda and a short walk in the capital. Confirm opening, keep the route comfortable in the heat and include a local food or market stop if it fits.

\$-\$\$ · [18] [14]

These are suggestions for separate outings. Compare the map, opening arrangements and your group's energy before combining them into one day.

A HARBOUR PANORAMA

Shirley Heights

Go for the view over the harbour, or choose a separately planned music-and-food event. Check the current programme, ticket and transport arrangements. The viewpoint and an evening event have different atmospheres; decide which experience your group wants.

\$\$-\$\$\$ · [16] [17]

ATLANTIC-COAST SCENERY

Devil's Bridge

Visit the exposed coastal formation from a safe viewing position. Stay off the natural arch and keep away from wave-washed rock edges. Choose the visit for scenery, allowing weather and swell to decide how close the safe access permits you to go.

\$ · [13] [18]

GREEN INTERIOR AND MAKERS

Fig Tree Drive and art

Take a measured drive through the greener southwest, with a planned gallery or food stop. Roads can be narrow and winding, so keep the route in daylight. Ask about current studio opening rather than assuming every gallery welcomes drop-in visitors.

\$-\$\$ · [19] [28]

PRICE LEVELS: \$ budget to \$\$\$\$ luxury, within each category. See page 3.

07 / A TABLE FOR EVERY MOOD

A table for every mood

A shortlist for local flavour, an easy lunch and a meal worth planning around.

ST JOHN'S

Roti King

A St John's option for a casual roti meal. Check current opening and ask about fillings, spice and portion size. It can fit a daytime market or museum visit without turning lunch into another long drive across the island.

\$-\$\$ · [13]

SOUTHWEST COAST

Sheer Rocks

A southwest restaurant with a cliffside setting for a planned meal or a reserved daytime experience. Compare the exact booking: lunch, dinner, daybeds and pools may have different terms. Confirm what is included and organise the return ride.

\$\$\$\$ · [20]

A PLANNED EVENING

Shirley Heights food and music

Choose a scheduled event if you want barbecue, music and the harbour view together. Check the actual day, start time, ticket and food inclusions. Book a return ride in advance; the popularity of the event can make an improvised exit inconvenient.

\$\$-\$\$\$ · [17]

Ask about allergens, the day's availability and the full bill. Service charges and tips are not interchangeable; check the receipt before adding more. Arrange a non-drinking driver for evenings out.

NEAR ENGLISH HARBOUR

Catherine's Café

A Pigeon Point-area choice for a leisurely meal in a beach setting. Reserve when timing matters and check the current service and entertainment programme. Combine it with the harbour area, giving lunch enough space to be an outing in itself.

\$\$\$-\$\$\$\$ · [21]

ENGLISH HARBOUR

Boom

An English Harbour-area restaurant choice associated with Admiral's Inn and Gunpowder Suites. Check access and whether pool or other facilities require a separate arrangement. It can pair naturally with a dockyard day and a slower afternoon.

\$\$\$ · [25] [14]

ST JOHN'S

C&C; Wine House

A Redcliffe Quay option for a meal or a pause during a town visit. Check the current menu and opening before making a dedicated journey. If you include wine, arrange a non-drinking driver and leave time to enjoy the setting.

\$\$-\$\$\$ · [13]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

08 / STAYS WITH A SENSE OF PLACE

Stays with a sense of place

Six editorial choices for different budgets and holiday styles. Price levels are estimates for an entry room or accommodation category.

DICKENSON BAY • INDEPENDENT STAY

Antigua Village

A Dickenson Bay property with condo-style accommodation to compare for more independence. Check the actual unit, cooking facilities and cleaning arrangements rather than assuming all rooms are identical. Its beach-area location can suit a holiday with repeated local days.

\$\$-\$\$\$ · [26]

SOUTHWEST • ADULTS ONLY

Cocobay

An adults-only, all-inclusive resort with cottage accommodation on the southwest coast. Compare the view and pool features of the actual category. It can suit a quieter trip for two; confirm what extras and off-site dining are outside the package.

\$\$\$\$ · [24]

SOUTH COAST • RESORT LUXURY

Curtain Bluff

A south-coast luxury choice in a distinctive coastal setting. Read the current inclusions and seasonal operating arrangements, then match the room to your group. It is worth comparing when a resort's activities and service are part of the reason for travelling.

\$\$\$\$\$ · [23]

Compare identical dates, room categories, meal plans and cancellation terms. Photos may show premium rooms or facilities that cost extra. Confirm the route to the beach and the total payable before booking.

ENGLISH HARBOUR • BOUTIQUE

Admiral's Inn

A boutique choice in the Nelson's Dockyard area, with rooms across historic buildings and Gunpowder Suites. Choose the exact building and access arrangements carefully. It suits a harbour-led holiday where heritage and nearby food matter as much as a long resort beach.

\$\$\$-\$\$\$\$ · [25]

OLD ROAD • SPACIOUS RESORT

Carlisle Bay

A luxury south-coast resort with spacious suites and a greener backdrop. Compare family and couple-oriented room settings and the meal plan for your dates. The bay can be the centre of the holiday, with other island outings arranged selectively.

\$\$\$\$-\$\$\$\$\$ · [22]

OFFSHORE ISLAND • LUXURY

Jumby Bay Island

A private-island resort off Antigua for a high-end stay with a transfer built into the planning. Compare suites and villas carefully and confirm boat connections and inclusions. It offers a different holiday rhythm from a road-connected Antigua beach hotel.

\$\$\$\$\$ · [27]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

09 / BRING HOME A LITTLE COLOUR

Bring home a little colour

Browse for local craft, useful holiday purchases and something with a story.

ST JOHN'S

Redcliffe Quay

A St John's browsing area with small shops and places to pause. Ask about local production and the maker behind an item. Combine a short shopping visit with lunch and heritage rather than expecting every shop to represent island craft.

\$-\$\$\$ · [19]

LOCAL MARKET LIFE

St John's market

Visit in daylight for everyday island trade, produce and a different town rhythm. Ask before photographing vendors and clarify the price and currency. Bring small notes and avoid purchasing fresh food that your home country will not allow you to import.

\$-\$\$\$ · [19]

ENGLISH HARBOUR

Gunpowder House art

Include the gallery when exploring the Admiral's Inn area, subject to current access and opening. Ask which artists are represented and whether a work can be packed or shipped. An art visit can add time and context to a harbour afternoon.

\$\$-\$\$\$\$ · [28] [25]

Browsing is usually free. Price levels refer to purchases, which vary widely. Ask who made an item, keep receipts and check your home country's customs rules before buying food, alcohol or natural materials.

ST JOHN'S

Heritage Quay

Compare international brands and duty-free offers during a town visit. Check prices, guarantees and import allowances before buying anything valuable. A cruise-day sales atmosphere is a reason to take time, not a reason to decide quickly.

\$\$-\$\$\$\$\$ · [19]

ART WITH A STORY

Fig Tree Studio Art Gallery

A named stop for travellers interested in island and Caribbean creative work. Check current opening and access before building a drive around it. Ask about the artist, medium and protective packing, particularly for a fragile or larger purchase.

\$\$-\$\$\$\$\$ · [28]

A USEFUL ISLAND SOUVENIR

Local rum and food gifts

Choose sealed, clearly labelled products from an established shop. Ask about local origin, ingredients and transport in warm conditions. Check baggage and customs limits before buying alcohol, sauces or foods simply because they make easy-looking gifts.

\$-\$\$\$ · [19]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

10 / EVERYDAY ISLAND ESSENTIALS

Everyday island essentials

The small details that make a holiday run more smoothly.

CARDS AND CASH

Pay in a currency you understand

Use small Eastern Caribbean-dollar notes for everyday local purchases where practical. Confirm whether taxis, tours and menus are quoting EC\$ or US\$. Cards are useful at established businesses, but some vendors and drivers need cash. Check conversion and any surcharge before paying.

[04]

STAY CONNECTED

Mobile data and calling

Antigua and Barbuda use +1 268. Check your roaming agreement or a compatible SIM or eSIM, including whether it covers Barbuda. Save phone numbers and accommodation details offline. Boat trips and quieter coastal areas are not the place to discover that your return contact needs mobile data.

[05]

MEET THE DESTINATION

Language and local rhythm

English is the official language, with local speech and expressions part of everyday island life. Begin with a greeting, ask before photographing people and keep beachwear for the beach. Restaurant dress expectations vary, so check when reserving a special dinner.

[05]

BEFORE YOUR FIRST OUTING

Download your maps

We suggest MAPS.ME for offline maps. On Wi-Fi, download your destination, save the hotel and airport, then test a route with mobile data off. Check entrances with your host; an app's shortcut is not proof of a safe or open road.

[29]

KNOW YOUR ACCOMMODATION

Water and electricity

Ask your host which water is suitable for drinking, especially where a property uses stored water. The tourism authority lists mainly 240-volt electricity, with some hotels using 110 volts. Confirm voltage and sockets directly and check appliance labels before connecting them.

[05]

MAKE THE FIRST DAY EASY

Shopping for everyday things

Buy water and groceries near your base before a long excursion. Confirm shop and pharmacy opening hours around weekends and public holidays. Pack snacks for children and people with dietary needs. Small notes are useful when an independent vendor cannot accept your card.

11 / GETTING AROUND, YOUR WAY

Getting around, your way

Combine a beach base with selected taxis or hire a car for island exploring. A Barbuda trip has a separate transport chain.

FOR TRANSFERS AND EVENINGS

Licensed taxi

Taxis are generally unmetered with zone-based fares. Agree the amount and whether it is EC\$ or US\$ before travelling. Confirm the return pickup and any waiting fee, especially for a viewpoint event or a quiet beach.

[09]

FOR A COMFORTABLE FULL DAY

An arranged island driver

A driver can connect heritage, a beach and a local meal without the need to navigate. Agree a realistic route and finish time, and ask about walking demands. Leave out a distant stop when it would turn the day into a race.

FOR INDEPENDENT DAYS

Rental car

Useful for a measured island route and several beaches. Arrange the temporary local driving licence through the rental firm and check insurance, excess and permitted roads. Photograph the vehicle and save the police and rental contacts before leaving.

[10]

BEYOND ANTIGUA

Barbuda connections

Book sea or air transport together with onward arrangements on Barbuda. Confirm the exact terminals, baggage, identification requirements and weather policy. Leave room for a changed return; do not depend on a last-minute crossing before an international departure.

[05]

BOOK THE RETURN JOURNEY

Agree the pickup point, fare, currency, waiting time and number of passengers before setting off. Save the driver or dispatcher's contact, keep enough phone battery for the return and carry the accommodation address offline.

12 / DRIVE WITH LOCAL KNOWLEDGE

Drive with local knowledge

Drive on the left, arrange the local visitor licence and allow time for potholes, narrow roads and unfamiliar turns.

Temporary local licence

Ask your rental company to arrange the required temporary local driving licence and confirm the documents for your home licence. Do this before driving. The requirement is separate from the vehicle's insurance and hire contract.

[10]

Left-side driving

Take the first journey slowly and in daylight. Concentrate after leaving a car park or turning onto a quiet road. Ask the hire firm to explain unfamiliar signs and give yourself space at junctions.

[05]

Watch the road surface

Potholes and unmarked bumps can appear on otherwise straightforward routes. Reduce speed near villages and blind bends. Give pedestrians room and do not assume another driver will use an indicator.

[10]

Keep rural returns in daylight

Some roads are poorly lit and hazards are harder to see after dark. Use a known driver for an unfamiliar evening journey or an event with alcohol. Do not combine every distant beach into one day.

[10]

Use permitted access

Ask about the exact road to a secluded beach or villa and respect rental exclusions. Do not cross floodwater or use a track because a map calls it a road. Park without damaging beach vegetation.

Belts, seats and essentials

Use seatbelts, request appropriate child seats and carry water. Keep valuables secure before arriving at a car park. Save the rental company's assistance number and the location of your accommodation offline.

AFTER A COLLISION

Call the police and do not move the vehicle. This is the local procedure highlighted in official travel advice. For urgent police, ambulance or fire assistance, call 999 or 911. Tell the dispatcher about injuries and any immediate danger, follow instructions and notify your rental firm. [10] [07]

13 / PLAN FOR THE SEASON

Plan for the season

Plan with both the island forecast and the marine outlook. A sheltered Antigua beach and a Barbuda crossing can have very different conditions.

PERIOD	WHAT TO EXPECT	HOW TO PLAN
December-April	A popular period for beach and sailing holidays.	Reserve key stays and events early; showers remain possible.
Other travel months	Heat, rainfall and seasonal openings vary.	Confirm the facilities you want and keep an outdoor alternative.
June-November	Atlantic hurricane season.	Monitor alerts and leave flexibility around boat trips.

Check the forecast that matters

Use Antigua and Barbuda Meteorological Services for current weather and marine guidance. Check wind and swell for the actual route, not only the forecast near your hotel. Follow official warnings and operator cancellations, particularly for Barbuda connections. [11]

Have a useful alternative

Choose an operating museum, gallery or nearby meal if roads are safe. A cancelled sea trip is a chance for a slower Antigua day, not a reason to pressure an operator into sailing.

Seasonal patterns are not a forecast. Ask operators about cancellation and rescheduling terms, and follow local warnings and closure instructions.

14 / FAMILIES, HEALTH AND ACCESS

Families, health and access

A comfortable trip starts with your group's needs, rather than a full timetable.

Choose the sea for today

Choose a bay with suitable conditions, shade and nearby facilities rather than the most isolated photograph. Ask where swimming is appropriate on the day. A sheltered section of Dickenson Bay or Pigeon Point may suit, while exposed Half Moon Bay needs particular judgement.

[12]

Health needs before travel

Arrange travel insurance including evacuation and any activities you will book. Discuss personal needs with a clinician and protect against mosquito bites and heat. For Barbuda, ask specifically about available local care and transfer options rather than assuming Antigua's hospital is nearby by road.

[06]

A realistic family outing

A shorter dockyard visit with a nearby lunch and beach can make a complete day. Check paths, shade and toilets. Before booking Barbuda with young children, count every transfer and ask about appropriate lifejackets and weather alternatives.

Ask precise access questions

Ask about the route from your room to the beach, lifts, steps, bathroom layout and adapted transport. Check whether a boat is boarded by a stable gangway, ladder or beach launch. A ground-floor room or a "family friendly" label does not confirm accessibility.

A doctor or pharmacy

For urgent danger use the emergency numbers on page 20. For a non-emergency, ask your insurer or accommodation to identify a currently operating clinic and pharmacy. Call before travelling. Bring the generic medicine name and prescription; a foreign prescription may need local review.

[06]

Heat, food and hydration

Build shade and rest into the day, especially for children and older travellers. Discuss allergies directly with restaurants and carry needed medication. Ask about child-seat sizes before booking a transfer. Bring water on boat and road trips rather than relying on every stop having supplies.

For lost documents or cards, contact the relevant authority or bank through an official channel. Report theft, keep the report reference and contact your own country's consular service if a travel document needs replacing.

15 / THREE DAYS, THREE ISLAND MOODS

Three days, three island moods

Three full days on the ground. Add a light arrival and departure day; switch outdoor plans when conditions change.

Day 1 / A southwest or northwest beach day

Choose the coast near your base and give one beach time to become familiar. Compare swimming conditions and chair arrangements, enjoy a relaxed lunch and keep the afternoon light. There is no need to begin by trying several bays.

Day 2 / English Harbour with context

Visit Nelson's Dockyard and allow time for the museum or a guided explanation. Add Pigeon Point or a nearby lunch. Choose Shirley Heights only if the timing and event programme suit, with a return ride arranged before the evening.

Day 3 / The interior and a second coast

Choose a gallery stop along a green inland route or a visit to Betty's Hope. Add a safe coastal viewpoint if conditions allow. Keep the return in daylight and leave the next meal close to your accommodation.

KEEP THE ROUTE REALISTIC

For only three full days, stay on Antigua unless Barbuda is the main reason for the trip. A rushed extra island can consume the time intended for relaxing.

16 / A WELL-PACED WEEK

A well-paced week

Seven full days, with room for one flexible day. The order is adaptable; allow extra time for airport and inter-island transfers.

01

Settle into your bay

Learn the local beach, food and transport options and keep the day deliberately light.

02

English Harbour and history

Visit the dockyard and a nearby beach or restaurant. Choose an evening event only with transport planned.

03

A guided water outing

Choose reef snorkelling, an eco-paddle or a sail matched to the day's conditions.

04

St John's, slowly

Visit the museum or market, browse a few shops and try a casual local lunch.

05

A second Antigua coast

Choose southwest beaches or an eastern scenic route, keeping the return in daylight.

06

Barbuda, if the plan works

Use a properly arranged island day with local transport and a return buffer. Otherwise enjoy another Antigua outing.

07

Keep room for the unexpected

Repeat a favourite beach, choose a gallery or use the day for a weather change. Keep international departure travel separate.

Barbuda on day six is optional and depends on the forecast and your departure timing. An overnight stay may suit the island better than a tightly timed day trip.

17 / WARNINGS WORTH KNOWING

Warnings worth knowing

Practical advice for a better-informed trip. Check current local guidance and conditions, especially before unfamiliar evening journeys.

SAVE THE LOCAL PROCEDURE

After a road collision

Call police and leave the vehicle in place, following the dispatcher's instructions. Do not assume that moving it out of traffic is the standard local procedure. Keep the rental firm informed and obtain the report details for insurance.

[10]

PERSONAL SAFETY

Avoid isolated evening routes

Use a licensed taxi or known driver for poorly lit areas and quiet beaches after dark. Ask your host about the exact street and return time. Keep valuables secure and avoid carrying more cash than the outing needs.

[09]

ANOTHER ISLAND, ANOTHER PLAN

Barbuda needs a contingency

Weather can disrupt a sea crossing or small-aircraft schedule. Confirm local transport, meals and the return before leaving Antigua. Keep important medication and enough essentials with you in case the plan changes.

[05] [11]

Follow current local advice for unfamiliar roads and locations. The safest practical choice often depends on the exact access point, time and weather.

THE SEA DECIDES THE VISIT

Exposed rocks and currents

Stay off Devil's Bridge and wave-washed rock edges. Beach currents can be stronger than they look and lifeguards are not universal. Enjoy an exposed coast from a safe position and choose a more suitable bay for swimming.

[09] [18]

KNOW THE LOCAL RULES

Camouflage is prohibited

Do not pack camouflage clothing for adults or children; wearing it is illegal. Read current local rules for any restricted goods or medicines. Do not carry an unknown parcel or substance through customs for another person.

[09]

AVOID COSTLY MISUNDERSTANDINGS

Clarify the booking total

Agree EC\$ or US\$, transport, equipment, food, taxes and cancellation terms before paying. Resort day access and restaurant reservations may be different purchases. Verify unexpected payment requests through the business's known official contact.

[04]

18 / HELP WHEN YOU NEED IT.

Help when you need it.

Save these numbers offline, together with your accommodation, transport and insurance contacts.

SERVICE	NUMBER	USE
Police / fire / ambulance	999 or 911	Immediate emergency assistance.
Sir Lester Bird Medical Centre	+1 268 484 2700	Hospital contact on Antigua.
Weather and marine alerts	antiguamet.com	Official forecasts; not an emergency dispatch service.

When you call

Give the country or island, your exact location, a landmark, what happened and a callback number. Follow the dispatcher. If a short code fails on a roaming phone, ask someone nearby or your accommodation to call. Do not treat a hospital switchboard as an ambulance number. [07]

YOUR OWN ESSENTIAL CONTACTS

Accommodation / address: _____
Transport provider: _____
Insurance assistance: _____

Hospital contact: Sir Lester Bird Medical Centre, formerly Mount St John’s Medical Centre. On Barbuda, explain your island and precise location immediately; medical transport arrangements differ.

REFERENCE DESK

Sources & editorial notes

Tap a title to open its source. The numbered references beside recommendations connect to this list.

01 Antigua and Barbuda Immigration — entry requirements

02 ArriveAntigua — official entry and exit form

03 Tourism Authority — ArriveAntigua instructions

04 Tourism Authority — currency and practical questions

05 Tourism Authority — practical questions

06 UK FCDO — Antigua and Barbuda health

07 UK FCDO — emergency numbers

08 Sir Lester Bird Medical Centre — official contact

09 UK FCDO — safety and security

10 UK FCDO — driving permits and accident procedure

11 Antigua and Barbuda Meteorological Services

12 Tourism Authority — beach regions and options

13 Tourism Authority — island outing ideas

14 Tourism Authority — culture, food and nature ideas

15 National Parks — Nelson's Dockyard

16 National Parks — Shirley Heights

17 Tourism Authority — Shirley Heights Lookout

18 Tourism Authority — tours and attractions guide

19 Tourism Authority — island guide and shopping areas

20 Tourism Authority — Sheer Rocks

REFERENCE DESK

Sources & editorial notes

Tap a title to open its source. The numbered references beside recommendations connect to this list.

- 21 Tourism Authority — Catherine's Café
- 22 Carlisle Bay — official resort information
- 23 Curtain Bluff — official resort information
- 24 Cocobay — adults-only resort information
- 25 Tourism Authority — Admiral's Inn and Gunpowder Suites
- 26 Antigua Village — Dickenson Bay accommodation
- 27 Oetker Hotels — Jumby Bay Island
- 28 Tourism Authority — local artists and galleries
- 29 MAPS.ME — official downloads and offline maps
- 30 Torrez Joseph / Unsplash — original cover photograph
- 31 Unsplash — photograph licence

About this edition

Research checked on 6 October 2026. Recommendations reflect published location, facilities and trip fit; we have not personally inspected the properties. Prices, access, entry rules and opening arrangements can change. Check the linked official information before travel.

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