



THE CARIBBEAN
Bible.

THE CARIBBEAN / DESTINATION GUIDE

Aruba

Your island guide.



Steve Phillips / Unsplash

Open skies.
A little more island time.

BEACHES · EXPERIENCES · STAYS · LOCAL KNOW-HOW

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START HERE

An island, at your pace.

A practical companion to Aruba: long beaches, a rugged interior and evenings shaped around your own pace.

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 Aruban florin, shown as AWG or Afl. US dollars are widely accepted, but retail conversion rates and the currency returned as change vary. Keep small notes for casual stops and inspect any card-terminal conversion before agreeing to it. [03]

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.

Complete the official ED Card

Use the official Aruba ED Card linked by the tourism authority within the seven days before travel. Complete the details for every traveller, including children, and save the approval offline. Have passport, flight, accommodation and contact information ready.

[01]

Budget for the sustainability fee

Aruba charges a US\$20 sustainability fee through its official online ED Card process for eligible air arrivals. Exemptions apply; let the official system determine your position. Use the tourism authority's link and avoid paying an unrelated intermediary merely to reach the form.

[02]

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]

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]

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]

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.

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

03 / CHOOSE YOUR BASE

Choose your base

Palm Beach convenience, Eagle Beach space or a quieter local base: choose what you want nearby before comparing rooms.

AREA	A GOOD FIT FOR	PLAN AROUND
Palm Beach	Restaurants, water sports and the high-rise hotel area.	Busier evenings, beach activity and the precise room location.
Eagle / Manchebo	Wide beach days and a slower resort rhythm.	Some rooms sit across the road from the sand.
Oranjestad	Town walks, shopping and a useful urban base.	Confirm the actual beach arrangement rather than assuming it.
Noord / inland	Apartments, extra space and self-catering.	Allow for a car or booked rides to the places you will use.
Savaneta	Local dining and a quieter south-coast setting.	Fewer walkable evening options; plan transport.
San Nicolas area	Street art and access to the island’s southeast.	Choose the exact address carefully and ask about routes after dark.

Our planning pick: one base for a 5–8-night visit. An island drive can be enjoyable, but changing hotels is rarely needed merely to visit another beach.

04 / SIX BEACHES TO KNOW

Six beaches to know

Choose a shore that suits the day's conditions. Public access does not make every chair, palapa or beach service free.

FOR OPEN BEACH SPACE

Eagle Beach

A broad sweep of pale sand for a deliberately slow day. Choose your shade and public access point before settling in, then leave space for a sunset walk. Keep clear of marked turtle-nesting areas and confirm any chair rental directly with its operator.

\$ · [12]

FOR A NORTHERN BEACH DAY

Arashi Beach

A northwest-coast stop with a more open beach setting than the resort strip. Bring sun protection and judge the surf before entering. It can pair with a scenic northern drive, but the beach itself is reason enough to stop.

\$ · [13]

FOR A SHORTER STOP

Boca Catalina

A small beach option on the northwest coast for a brief shore visit or conditions-appropriate snorkelling. Keep expectations modest for space and facilities. If you are inexperienced, book a guide rather than choosing an entry point only because other people are using it.

\$ · [12]

Protect dune vegetation and wildlife. Leave shells and coral where they belong, keep music considerate and take all rubbish back with you.

FOR CONVENIENCE

Palm Beach

The busy beach choice beside the high-rise hotel district, with food and water-sports options close by. It works well if convenience matters more than seclusion. Keep swimmers away from boat lanes and check what your hotel or beach package actually includes.

\$\$ · [13]

FOR A SOUTHEAST OUTING

Baby Beach

A lagoon-shaped beach in the southeast, useful to combine with a San Nicolas visit. Stay in the designated swimming area and keep children close. The appearance of sheltered water does not make the outer opening or surrounding sea suitable for everyone.

\$-\$\$\$ · [12]

FOR MANGROVES AND SEA

Mangel Halto

Mangroves and clear shallows create a different setting from the long western beaches. Enjoy the shore or choose a guided water outing that fits your skills. Reefs, channels and current need local judgement; attractive colours do not establish a safe route.

\$-\$\$\$ · [13]

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

05 / ON AND AROUND THE WATER

On and around the water

Keep one main water activity for the day, then leave time to dry off, eat and enjoy the coast.

GUIDED WATER TIME

A northwest snorkel cruise

Compare routes that include the Antilla wreck or nearby reefs. Ask about time actually spent in the water, group size and the standard of flotation equipment. Choose a shorter coastal option if you are unsure about motion sickness or swimming in open water.

\$\$\$ · [13]

A RUGGED COAST OUTING

Natural Pool / Conchi

This rocky coastal pool is inside Arikok and needs a suitable route, transport and sea state. Book a park-appropriate guided outing if you are unsure. UTVs do not enter Arikok; confirm how any mixed tour transfers you to the park section.

\$\$\$-\$\$\$\$ · [15] [16]

FOR AN ORGANISED DAY

De Palm Island

An organised island attraction to compare when your group wants several activities in one place. Read the package carefully: activities, premium areas and transport may have different inclusions. Check height, age and swimming requirements before promising a particular activity to a child.

\$\$\$\$ · [14]

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

FOR A QUIETER RHYTHM

Mangel Halto by kayak

A guided paddle offers a different view of the mangrove coast. Ask which route is planned, how much experience is expected and whether wind could change the outing. Pack a hat, drinking water and a secure bag for essentials.

\$\$-\$\$\$ · [13]

LEARN WITH AN INSTRUCTOR

An introductory dive

Choose a qualified dive operator, complete its health screening and be clear that you are a beginner. Ask about instructor ratios, entry conditions and the equipment included. Allow the required interval before flying, as advised by the operator for your actual dive plan.

\$\$\$ · [14]

END THE DAY ON THE WATER

A sunset sailing trip

A gentle way to change the view of the western coast after a beach day. Compare sailing time with motor cruising, the atmosphere on board and what food or drink is included. Arrange the return ride before leaving and keep an eye on the marine forecast.

\$\$\$ · [13]

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

06 / BEYOND THE BEACH

Beyond the beach

Give the landscape and the island's communities a place alongside the beach.

DESERT AND PROTECTED COAST

Arikok National Park

Make a park visit a morning in its own right. Choose a permitted trail or guided route, carry more water than you expect to need and ask rangers about access. Leave exposed north-coast beaches for scenery when conditions are unsafe for swimming.

\$\$-\$\$\$ · [15] [13]

A GENTLER MORNING

The Butterfly Farm

A smaller-scale nature stop near the main hotel area. Allow time to observe rather than rushing through with a camera. Ask about the next guided introduction, re-entry terms and the most comfortable time to visit with young children.

\$\$ · [17]

MEET THE ISLAND'S PAST

Archaeological Museum

Use a visit in Oranjestad to learn about the island beyond its resort coastline. Confirm opening arrangements before setting out, then pair the museum with a short town walk. Give the displays time rather than fitting them between too many shopping stops.

\$ · [14]

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

COLOUR WITH LOCAL CONTEXT

San Nicolas street art

Walk the art district in daylight or book a local mural tour for the stories behind the work. Add a café stop and buy directly from artists where possible. Respect homes, traffic and doorways when taking photographs.

\$-\$\$ · [13]

ANIMALS WITH CARE

Donkey Sanctuary

A useful alternative to another beach afternoon, with care for rescued donkeys at the centre of the visit. Follow staff instructions around feeding and interaction. Bring water and closed shoes, and ask how donations best support the animals.

\$ · [17]

A LOCAL PRODUCT STORY

Aruba Aloe

Compare a factory or museum visit with a simple shop stop, depending on your interest. It is a useful introduction to a recognisable local product. Ask about tour availability and skin sensitivities before testing or buying products.

\$-\$\$\$ · [14] [26]

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.

FOR A CASUAL FISH LUNCH

Zeerovers

A casual seafood choice in Savaneta. Ask what has been landed, how portions are priced and which sides are extra before ordering. It pairs naturally with a southern island outing; go for the waterside setting and straightforward meal.

\$\$ · [19]

FOR A PLANNED EVENING

Papiamento Restaurant

Put this on the shortlist for a dinner that is the evening's main event. Reserve for your preferred setting and ask about the current menu. A relaxed meal works better with transport already arranged, especially if your base is elsewhere on the island.

\$\$\$\$ · [19]

FOR A SMALL LOCAL BITE

The Pastechi House

A convenient way to make a snack or informal lunch part of a town walk. Ask about fillings, whether items are freshly available and portion sizes. Pastechi is useful to try without turning every meal into a restaurant booking.

\$ · [18]

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.

FOR AN EASY WATERFRONT MEAL

The West Deck

A useful stop for Caribbean-inspired food near Oranjestad's waterfront. Consider it when a town visit turns into lunch or an early dinner. Check seating, the day's menu and the final currency rather than assuming a beach setting means budget prices.

\$\$-\$\$\$ · [19]

FOR A DINNER RESERVATION

Yemanja Woodfired Grill

An Oranjestad option for a deliberate dinner after a day of independent exploring. Discuss dietary needs when reserving and compare the menu with your budget. Leave time for the meal rather than combining it with a distant sunset stop.

\$\$\$-\$\$\$\$ · [19]

FOR TRADITIONAL FLAVOURS

The Old Cunucu House

Consider this for a meal with an Aruban setting and traditional-food interest. Ask what local dishes are available and how the menu suits your group. Confirm current service days and the route from your accommodation before making it an evening plan.

\$\$-\$\$\$ · [19]

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.

EAGLE BEACH · ADULTS ONLY

Bucuti & Tara

An adults-only beachfront choice at Eagle Beach, suited to a quieter trip for two. Compare the room location and meal arrangements for your dates. This is a purposeful choice for couples or adult travellers, and does not suit a holiday with children.

\$\$\$\$\$ · [20]

EAGLE BEACH · BOUTIQUE CHOICE

Amsterdam Manor

A smaller resort by Eagle Beach with a useful range of room options. Compare the space and cooking facilities of the category you intend to book. Ask about the route across to the beach, meals and any extras before comparing its price with a larger resort.

\$\$\$-\$\$\$\$ · [22]

EAGLE BEACH · SIMPLER STAY

MVC Eagle Beach

A smaller hotel to compare when the beach location matters more than a long facilities list. Check the route to the sand, room size and what is included. It can leave more of your budget for dining and an organised nature outing.

\$\$-\$\$\$ · [24]

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.

PALM BEACH AREA · ADULTS ONLY

Boardwalk Boutique Hotel

Adults-only casitas in a garden setting near Palm Beach. Consider it if you prefer a smaller property and more independence. Distinguish access to a beach area from a room on the beachfront; ask about the walk, facilities and your particular casita.

\$\$\$\$ · [21]

LOW-RISE COAST · BEACH TIME

Manchebo Beach Resort & Spa

A beach-focused property in the low-rise area, worth comparing for a slower stay. Look closely at room position and whether your chosen plan includes meals or wellness activities. A resort's list of facilities is not a statement that every service is included.

\$\$\$\$ · [23]

ORANJESTAD · CHOOSE THE WING

Renaissance Wind Creek Aruba

An Oranjestad resort option when town convenience is a priority. It has different accommodation environments and age policies; choose the exact building and room category carefully. Confirm the island-access arrangements, transport, inclusions and conditions that apply to your booking.

\$\$\$\$ · [25]

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.

FOR LOCAL MAKERS

Cosecha

A starting point for locally made art and craft, including work carrying Aruba's SEYO craft certification. Ask which maker created a piece and how to pack it for travel. Confirm the operating location before building an afternoon around a particular shop.

\$\$\$-\$\$\$\$ · [26]

PALM BEACH · EVENING BROWSING

Paseo Herencia

A Palm Beach shopping and dining stop that fits an evening in the hotel area. Browse for holiday clothing or combine a short visit with a meal. Check the programme if entertainment is the reason for going; listings and schedules can change.

\$-\$\$\$\$ · [27]

BROWSE AT YOUR OWN PACE

Oranjestad specialty shops

Use the central streets to look for independent gifts as well as familiar brands. Ask where an item was made: "Caribbean style" and "made in Aruba" are different claims. Break the shopping into a short walk with a drink and shade.

\$-\$\$\$\$ · [26]

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.

FOR A USEFUL ISLAND GIFT

Aruba Aloe stores

Useful for locally associated body-care gifts and practical holiday purchases. Try only what suits your skin and check ingredient lists. Compare product sizes with hand-luggage liquid limits so a small gift does not become an airport problem.

\$\$ · [26]

ORANJESTAD · TOWN SHOPPING

Royal Plaza Mall

A colourful Oranjestad landmark for browsing a mix of shops during a town walk. Compare prices and warranties rather than assuming an island purchase is automatically cheaper. Keep receipts for valuable items and avoid making expensive decisions under sales pressure.

\$\$\$-\$\$\$\$ · [28]

BUY A STORY FROM ITS MAKER

San Nicolas art purchases

A mural outing can also be an opportunity to find small works by island artists. Ask about studio access or available pieces rather than expecting every doorway to be a shop. Allow for careful wrapping if your purchase is fragile.

\$\$\$-\$\$\$\$ · [13] [26]

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

Carry some florins or small US-dollar notes for casual purchases. Ask whether a menu or taxi quote is in USD or Afl. A card's automatic currency conversion can differ from your bank's conversion; compare the displayed terms before accepting.

[03]

STAY CONNECTED

Mobile data and calling

Check roaming charges before using mobile data; European roaming rules do not automatically apply. Compare an eSIM or local SIM with your actual phone compatibility and calling needs. A data-only package may not include ordinary voice calls. Aruba's country code is +297.

[04]

MEET THE DESTINATION

Language and local rhythm

Papiamentu and Dutch are official languages, and English is widely used in tourism. A friendly "Bon dia" is a useful start. Keep beachwear for the beach, ask before photographing people and let a local greeting come before a request.

[04]

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.

[30]

KNOW YOUR ACCOMMODATION

Water and electricity

The tourism authority describes tap water as safe to drink. Ask your host about any property-specific issue. Bring a travel adaptor and check both plug shape and voltage labels before connecting appliances; a plug adaptor alone does not change voltage.

[05] [04]

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

Choose a car for scattered island outings, or combine a beach base with buses, taxis and a few organised trips.

FOR INDEPENDENT DAYS

Rental car

Useful for Arikok access points, Savaneta and beaches beyond your base. Match the vehicle and contract to the permitted roads; an SUV badge does not establish off-road permission. Photograph existing damage and keep the rental contact available.

[09]

FOR SELECTED ROUTES

Arubus and local buses

Public transport can suit some trips along the main hotel and town corridor. Check the actual route and return service before leaving. A bus plan works best when you can walk safely from the stop and do not need several remote beaches in one day.

[04]

FOR EVENINGS AND TRANSFERS

Registered taxi

Use a recognised taxi or ask your accommodation to book one. Agree the fare, passenger count and any luggage or evening supplement first. Ask for the exact return pickup point when going to a quieter beach.

[04]

FOR ONE MAIN EXPERIENCE

An organised outing

A guided trip can be a sensible alternative to renting a specialist vehicle for one day. Compare pickup coverage, walking demands and the actual itinerary. Check whether a park visit or a boat excursion has separate admission or transport charges.

[16]

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 right, learn the local signs and use the rental agreement to decide which routes are permitted.

Right side, measured pace

Stay on the right and approach junctions slowly. Read posted signs rather than assuming every roundabout or crossing follows the same pattern. Ask the rental company to explain unfamiliar signs before leaving its lot.

[09]

The right documents

Carry your licence and rental documentation. Confirm age, driving-experience and international-permit requirements directly with the rental firm for your licence. Ask about the excess, excluded surfaces and who is authorised to drive.

[09]

Park roads and Conchi

A regular rental is not a default choice for the route to the Natural Pool. Check park access and hire conditions, or use a guided transfer. UTVs do not enter Arikok, even when an operator sells a combined adventure.

[15] [16]

Protect beaches and dunes

Do not drive or park on beaches or dunes. Use designated parking and keep valuables out of sight before arriving. Respect barriers and closures even if a map or another driver suggests a shortcut.

[10]

Water, fuel and daylight

Refuel before a longer rural outing and carry drinking water. Allow daylight for unfamiliar routes and avoid rushing back for a dinner reservation. Pass pedestrians and cyclists with care, particularly where the road has limited shoulder space.

Seatbelts and a sober driver

Arrange an appropriate child seat in advance and check that it is installed correctly. Keep everyone belted, put the phone away and choose a designated driver. Photograph damage at collection and return while still at the rental location.

AFTER A COLLISION

Stop, check for injuries and call 911 for an ambulance or 100 for police as needed. For traffic-incident registration, call ForenSys on 165; it operates around the clock. Contact your rental firm. Ask the dispatcher how to handle the vehicle's position before moving it, and keep the report reference. [29] [09] [07]

13 / PLAN FOR THE SEASON

Plan for the season

Aruba is comparatively dry and often breezy, but an island holiday still needs a weather and sea-state plan.

PERIOD	WHAT TO EXPECT	HOW TO PLAN
February-September	Generally the lower-rainfall part of the year.	Plan outdoor days early; wind and sun still require attention.
October-January	Rain is more likely, often in showers.	Keep a beach day and an indoor visit interchangeable.
June-November	The wider Atlantic hurricane season overlaps the local climate.	Check regional warnings and airline or boat changes.

Check the forecast that matters

Aruba’s southern position is not a guarantee against disruption. Look at wind, swell and operator decisions for water trips rather than only the sunshine icon. The tourism authority’s climate guide is useful for planning; use the local meteorological service for current conditions. [\[11\]](#)

Have a useful alternative

Choose a museum, a short Oranjestad shop visit or a planned lunch. Move the remote-coast drive or sailing trip to a better day instead of trying to recover every booking on one crowded afternoon.

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

Baby Beach and sections of the west coast may suit family beach days when conditions permit. Check the specific swimming area on arrival. Shade, a toilet and a short walk from transport can matter more than choosing the beach with the most famous photograph.

[12]

Health needs before travel

Aruba has a general hospital and local clinics, but treatment may require payment before an insurer reimburses you. Arrange cover and any ongoing care before travel. Ask a clinician about personal travel-health needs; carry prescriptions and enough essential medicine for delays.

[06]

A realistic family outing

Pair a short Butterfly Farm visit with a relaxed afternoon near your accommodation. Keep a sanctuary or museum as another option rather than adding all three to the same day. Ask about the child ticket and the amount of shade before reserving.

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 / Eagle Beach and a slow start

Spend the morning near Eagle Beach, choosing shade and a conditions-appropriate swim. Keep lunch close by and return to your base in the hottest part of the day. Later, make a short Oranjestad visit or reserve a nearby dinner. You do not need a northern island drive to make the first day feel complete.

Day 2 / Town, art and the southeast

Choose an Oranjestad museum or shops first, then continue towards San Nicolas with a planned route. Leave time for the murals and a local stop. If the day still feels comfortable, visit Baby Beach without venturing outside its swimming area. Keep the return journey in daylight rather than racing a sunset.

Day 3 / Choose your main adventure

Make this either an Arikok outing with appropriate transport or a guided coastal snorkel trip. Confirm conditions the day before, carry water and allow recovery time afterwards. End with a simple meal near your base. A demanding park route and a long boat excursion are better on separate days.

KEEP THE ROUTE REALISTIC

Use the plan from one western beach base. Swap day two for a closer outing when travelling with young children or when the return drive would be tiring.

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 the west coast

Choose Eagle or Palm Beach and learn the easiest route between your accommodation, groceries and dinner.

02

Oranjestad, with time to browse

Visit a museum, explore a few central streets and choose a local lunch. Keep the afternoon light.

03

Arikok, on a suitable route

Book the park day around your transport and fitness. Let the ranger and sea conditions determine any Conchi visit.

04

Your open beach day

Repeat a favourite beach rather than automatically adding more driving. Leave room for a sunset walk.

05

San Nicolas and the southeast

Enjoy the murals, a local meal and a measured Baby Beach stop if conditions suit.

06

One day on the water

Choose a guided snorkel cruise, paddle or introductory dive. Check the return and any flying-after-diving advice.

07

Keep this one flexible

Use it for missed plans, a sanctuary, gifts or another slow beach day. Avoid a distant outing before a flight.

These are seven full days, not seven nights including travel. Keep flight days separate and follow the airport or airline's check-in advice, especially for US-bound departures.

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.

PERSONAL SAFETY

Quiet places after dark

Avoid isolated beaches and poorly lit walking routes after dark. Ask your host about the exact return from dinner and use a recognised driver when unsure. Keep valuables and travel documents out of an unattended car.

[08]

PROTECT YOUR ENERGY

Heat and trade winds

A breeze can make strong sun feel less noticeable. Carry water, wear sun protection and pause in shade. Start an exposed walk early and change the plan if anyone feels unwell rather than pushing on to the next viewpoint.

AVOID COSTLY SURPRISES

Menus, tours and payment

Confirm the full amount, currency, inclusions and cancellation terms before paying a deposit. Use the official ED Card route and verify payment requests through a known contact. A recommendation or displayed badge is not a substitute for reading the booking terms.

[02]

Check local advice before remote outings and the weather before water activities. Leave your plan with someone you trust and keep a charged phone available.

WATER CHANGES QUICKLY

The exposed coastline

The north and east coasts are not a substitute for sheltered western swimming areas. Respect barriers and closures near rough water. If waves are breaking into a pool or over a rock platform, enjoy the view from a safe place.

[15]

LEAVE A LIGHT FOOTPRINT

Wildlife and habitat

Keep away from turtle nests, stay on permitted paths and leave coral, shells and animals alone. Do not let a close-up photograph become a reason to touch or chase wildlife. Follow the sanctuary or guide's instructions during animal visits.

[17] [10]

PLAN THE RETURN JOURNEY

Check the exact route

Ask your host about the particular street, parking and time of day when exploring an unfamiliar area. Keep a quieter outing in daylight and arrange a known driver if the return walk is poorly lit or isolated. Downloading a route does not establish that it is suitable.

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
Ambulance / fire	911	Immediate medical or fire emergency.
Police	100	Police assistance; explain urgency and location.
ForenSys	165	24-hour traffic-incident registration.
Dr. Horacio Oduber Hospital	+297 527 4000	Hospital contact. Ambulance: 911.
Medical centre, San Nicolas	+297 524 8833	Call to confirm the service needed.

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: _____

ForenSys: source forensysaruba.com. For a pharmacy outside normal hours, ask for the current duty pharmacy. Save your rental company’s accident and breakdown contacts.

REFERENCE DESK

Sources & editorial notes

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

- 01 Aruba Tourism Authority — official ED Card
- 02 Aruba Tourism Authority — sustainability fee
- 03 Aruba Tourism Authority — currency and payments
- 04 Aruba Tourism Authority — visitor tips
- 05 Aruba Tourism Authority — drinking water
- 06 Aruba Tourism Authority — medical facilities and pharmacies
- 07 Aruba Tourism Authority — emergency contacts
- 08 UK FCDO — Aruba safety and security
- 09 Aruba Tourism Authority — driving in Aruba
- 10 Aruba Tourism Authority — code of conduct
- 11 Aruba Tourism Authority — weather and climate
- 12 Aruba Tourism Authority — beaches and coves
- 13 Aruba Tourism Authority — island experience map
- 14 Aruba Tourism Authority — family activities
- 15 Aruba Tourism Authority — Natural Pool / Conchi
- 16 Aruba Tourism Authority — park access on guided tours
- 17 Aruba Tourism Authority — wildlife and sanctuaries
- 18 Aruba Tourism Authority — dining directory
- 19 Aruba Tourism Authority — local dining ideas
- 20 Bucuti & Tara — official resort information

REFERENCE DESK

Sources & editorial notes

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

- 21 Boardwalk — adults-only casitas near Palm Beach
- 22 Amsterdam Manor — Eagle Beach boutique resort
- 23 Manchebo — beach resort and spa
- 24 MVC Eagle Beach — hotel information
- 25 Renaissance Wind Creek Aruba — property information
- 26 Aruba Tourism Authority — specialty shops and Cosecha
- 27 Aruba Tourism Authority — Paseo Herencia
- 28 Aruba Tourism Authority — Royal Plaza Mall
- 29 ForenSys Aruba — 24-hour incident registration
- 30 MAPS.ME — official downloads and offline maps
- 31 Steve Phillips / Unsplash — original cover photograph
- 32 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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