

relax, rejuvenate & ramble!

By Christine Skeete
Photos by Nicolas Sobers

There are few places in the world that can boast of offering an ambience or activity to suit every type of individual. Barbados is a prime location for satisfying your every whim and fancy, whether your aim is to relax, rejuvenate or ramble around de island...or maybe combine all three.

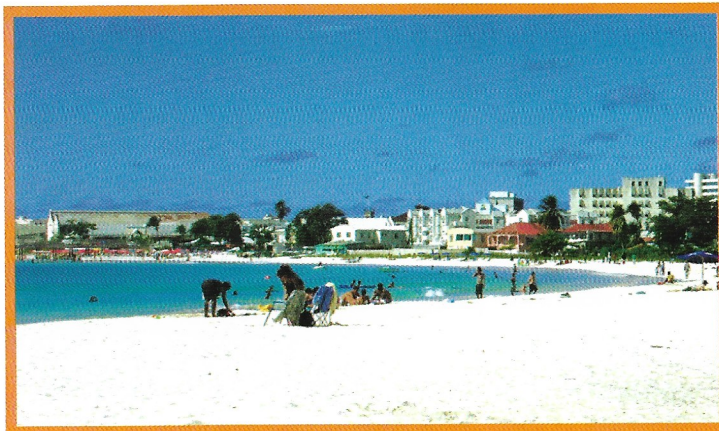
Relax

What better way to relax is there than to lie on the beach in lazy bliss, soaking up the rays of golden sunshine, or to feel the gentle, warm embrace of the Caribbean Sea lifting you off your feet?

Some well-loved beaches where you can readily have such pleasures are Rockley or Accra Beach, or Miami Beach, as the stretch of sea and sand hidden behind the Oistins Police Station is called, all on the south coast.

In the west of the island, Pebbles, Brighton, Batts Rock, Sunset Crest and Folkestone Marine Park beach areas serve up sparkling water in the day and awesome sunsets in the evening.

For those seeking only the company of the soothing sound or view of waves lapping against the shore, the Atlantic



Ocean makes the island's east and north-east coastlines the ideal places to be. Quiet spots such as Ragged Point in St. Philip, Bathsheba in St. Joseph, St. John's Parish Church in St. John or Cove Bay in St. Lucy leave you to your thoughts accompanied only by the cool breezes of the tradewinds.

The peacefulness extends inland as well. Pick a comfortable spot on Cherry Tree Hill or in Farley Hill National Park in St. Peter for calming views of the rolling clay hills of the Scotland District. Alternatively in the centre of the island, panoramic, undisturbed scenes from Gun Hill Signal Station or the Haile

Selassie the First Park at the pinnacle of the country's highest point Mount Hillaby are yours for the taking.



Weddings

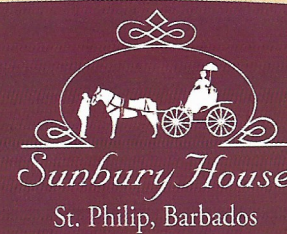
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