

Antigua

A Beach for
Every Day of the Year



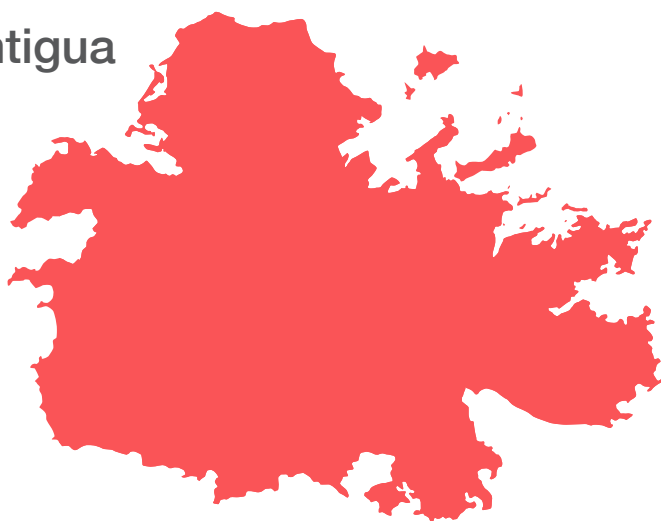
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Barbuda



Antigua

Antigua

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The image is a composite graphic. The top left features a stylized version of the Antigua flag, which consists of a black upper triangle with a yellow sunburst, a horizontal turquoise band, and a white lower triangle, all set against a red background. Below this is a solid yellow horizontal band. The bottom half of the image is a large turquoise rectangle containing white text. To the right of the turquoise band and rectangle is a vertical strip showing a photograph of a beach with turquoise water, white waves, and a sandy shore under a blue sky with clouds.

WELCOME

Welcome to Antigua - the Caribbean island with a beach for every day of the year. Take in the soft turquoise blue water, so salty that you can just float on your back and forget the world. Antigua is all about relaxing in the sun, unwinding on the water, and being wined and dined at high-end private resorts. But there is also plenty to do for adventurous travelers looking to get to know the island and its culture. Plan a few days or at least an excursion to Antigua's beautiful sister island Barbuda.



Climate & Weather



You're planning a trip to the Caribbean, so it's pretty safe to assume you already know about the climate. At least: Hot & Sunny. It is the main draw after all, especially for people arriving from the northern hemisphere. But let's get a bit more specific: Antigua has a tropical climate, which means that it's hot and humid throughout the year. Typically, there is a (relatively) cool and dry season, which runs from January to the middle of April. During this period, northeast trade winds are moderate and steady (quite usual for tropical climates). Afterward, there is a transitional period (mid-April to mid-June) with an increase in temperatures and downpours.

From mid-June to mid-November it is hotter, more humid and rainy, and winds are more irregular. Then starts the transition to the dry season, when the northeast winds begin again, and temperatures drop. However, it is important to note, when we say, "temperatures drop," it is not a dramatic decrease. During June (Antigua's hottest month) there is an average temperature of 28°C (82°F) and during the coldest month (January) the average temperature is 25°C (76°F). Either way, delightful vacation temperatures! Year round, the sea is warm enough for swimming, peaking in August with a water temperature of 29°C (84°F).

When is the best time to visit Antigua? That depends on what you are looking for. Many people prefer to visit during the dry, cooler period when there is little chance of a hurricane or cyclone (December-April). Hurricanes are most

likely to occur from August to October, which is also "low" tourist season. While many prefer not to travel during these times, if you are looking for a very quiet vacation, with beaches to yourself and lower rates on hotels, this can also be a great time to travel. Just don't expect big parties, as many establishments close down for renovations or have limited opening hours during this period.

While the chance of being caught in a hurricane is still quite low, climate change is making risks more unpredictable. Therefore, if you decide to travel during these months, stay up to date on weather predictions by following a reputable hurricane watch resource such as National Oceanic and Atmospheric Administration (NOAA). You should have good travel insurance and a plan in place to leave (possibly further south) in the case of an approaching hurricane.

Geography & Geology



Antigua & Barbuda is located in the Eastern Caribbean chain with the open Atlantic Ocean to the north and the east. It is further south than the bigger island like the Dominican Republic, Jamaica, and Puerto Rico. As its name suggests, the country is made up of two main islands: Antigua and Barbuda. Antigua, the larger and more populated of the two, lies north of Guadeloupe and northeast of Montserrat. Barbuda is directly north of Antigua and northeast of St. Kitts and Nevis. Locally, Antigua is also known as "Wadadli" and Barbuda as "Wa'omoni."

The islands are quite small with Antigua covering an area of 280 sq. km. and Barbuda spanning 160 sq. km. The capital of Antigua and Barbuda is Saint John's. It is located on the island of Antigua in the northwest. In addition to the two main islands, the state also includes the uninhabited island of Redonda, which is a tiny island quite far west of Antigua and just north of Montserrat. There were recently widespread efforts to restore ecology on Redonda and the island is now seeing species come back. Green Island, Guiana Island, Long Island, as well as some islets, are also part of the state and are located just off the coast of Antigua. They are very reachable by boat and many tour operators offer day trips.



The island of Antigua is both volcanic in origin and also consisting of sedimentary limestone rock. It has a jagged coastline, which makes up the hundreds of white sand beaches and bays that Antigua is famous for. Antigua is quite low-lying compared to other islands in the chain. Its highest elevation is Mount Obama in the southwest of the island, which has its peak at 1,319 ft. Barbuda is a limestone formation and is very flat. Its highest point only reaches 128 ft. above sea level. Barbuda has a beautiful and large natural lagoon called Codrington, which covers much of the island's western side. It is one of the world's most important nesting sites for frigate birds. Prior to the utter devastation to the island caused by hurricane Irma in 2017, there were an estimated 2,500 nesting pairs in the lagoon. The extent of loss in the colony is still largely unknown.

People & Culture

People in Antigua have that laid-back Caribbean charm. They are friendly and it's easy to strike up a conversation with anyone. The culture is mostly creole with a mix of traditions stemming from Amerindians, West Africa, Europe, and other parts of the Caribbean. The official language of instruction is English. Most people speak a dialect of Creole referred to as Antiguan Creole, which has evolved into a hybrid of British English / and West African languages. Popular music includes soca, calypso, steel drum, and zouk. You're also sure to hear a lot of reggae and dancehall. There is delicious creole and Rastafarian food cooked up at roadside shacks.

History



Today Antigua is a small state belonging to the Commonwealth. It was granted sovereignty in 1981 and became the Antigua & Barbuda of today. But don't let the beautiful scenery and calm seas fool you, Antigua has a violent history. From brutal wars between tribes to slavery on sugar plantations and horrendous working conditions at the shipyards, it wasn't always blue skies for people on Antigua. Social well-being has come far since those days. But many still struggle with the high cost of living, lack of year-round work, and diminishing natural resources.



ACCOMMODATION

Accommodation in Antigua is dominated by hotels and resorts, many of which are all-inclusive. They are commonly beachfront with beautiful views of the Caribbean Sea. It is quite upscale compared to many other Caribbean destinations, with rooms commonly starting at several hundred per night and increasing from there. Boutique resorts and villas are a great option and range from basic to luxury.





Hotels & Resorts

STARFISH JOLLY BEACH RESORT



The Starfish Jolly Beach Resort is an all-inclusive resort situated directly on the sands of one of Antigua's most beautiful powdery white sand beaches. The water is light turquoise and delightful to float around in. The resort features several different restaurants including an all-you-can-eat buffet, a by-reservation Italian restaurant and their poolside Coconut Grill. There are also several open-bars, day and night entertainment, two pools (one quiet, and one lively with music), water sports and tennis courts. You won't find a better deal, with all-inclusive packages starting at USD 110 per day in low season. Wifi is included in common areas and can be accessed in rooms for a fee. Even with everything at your fingertips, we highly recommend renting a car for a few days to explore the island or participating in an island tour. At the resort they have a stand where you can book tours directly.

+1 (268) 462 0061 • *Bolans Village, Bolans, Antigua* • \$ • *All-inclusive* • *AC* • *Beach Front* • *Restaurant on Site* • *Pool* • *Tennis*

www.starfishresorts.com

NORTHSHORE APARTHOTEL

With every room facing out onto the ocean, it's hard to go wrong with this simple and charming hotel. It is located on the very northern tip of the island on Hodges Bay. The beach is small, quiet, and perfect for relaxing. The hotel is made up of 30 apartments, all of which have their own patio or balcony. Each unit has a bedroom with a king or twin bed, a pull-out couch in the living room, and a kitchenette. It's a good option for couples,

families, or single travelers who prefer to be a little further away from busy tourist attractions and explore the island on their own terms, while still having oceanfront at an affordable price. We recommend a rental car to get around. It is only a short drive to the airport, so a solid option for transit days. Average rates for standard rooms are USD 160-200, but you can usually get a discount during low season. Alternative rates for long-term rental are also possible.

+1 (268) 562 8267 • *Northshore Residence, Hodges Bay Main Rd., Hodges Bay, St. John's, Antigua* • \$ • *Ocean View* • *Family Friendly* • *Beach Access* • *Outdoor Seating*

www.northshoreantigua.com

BUCCANEER BEACH CLUB



Buccaneer Beach Club is a quaint little boutique resort in a great location right on a small beach. There is a much larger beach just a short walk from the property, where high-end resorts like Sandals are located. It is made up of an array of pastel-colored wooden cottages and suites. Some of the rooms include kitchens as well. The property is beautifully decorated with winding paths and all kinds of tropical plants with little signs explaining what they are. Ideal for garden enthusiasts. There is a pool, gazebo area, and many amenities like laundry, maid service and more. Just outside the little wooden gate that leads to the beach, you'll find a restaurant and beach bar which is a popular spot and serves delicious food and drinks right on the ocean. We highly recommend Buccaneer Beach club for those looking for a charming boutique hotel at a reasonable price where you can unwind in a peaceful and beautiful location.

+1 (268) 562 6785 • *Dickenson Bay, Saint John's, Antigua* • *Pool* • *On Beach* • *Restaurant on Site*

www.buccaneerbeach.com

SIBONEY BEACH CLUB



Set in fabulous tropical gardens with birds and flowers all around, you will love this tranquil hideaway. Siboney Beach Club is just footsteps away from the mile-long white sand stretch of Dickenson's Bay. It is a great option for independent travelers looking for quality and comfort. They offer different suites with a lounge area, bedroom, kitchenette, and garden view balcony. There are several popular dining options nearby including the on-site Coconut Grove, which is a very popular spot to dine right beside the water. Standard rooms vary from USD 160-225 and suites from USD 240-370.

+1 (268) 462 0806 • Dickenson Bay, St. John's, Antigua • \$\$ • Family Friendly • Beach Access • Restaurant on Site

www.siboneybeachantigua.com

AYC MARINA RESORT



This is the perfect place to stay if you want to be right in the heart of Falmouth and especially if you are looking to get out on the water and do

CURTAIN BLUFF

It's not easy to find a luxury, family-friendly, all-inclusive and eco-friendly resort all in one, but we managed it: Curtain Bluff. This romantic resort sits on a rocky bluff surrounded by water and edges between two calm white sand beaches. It's made up of 72 rooms and suites, 3 restaurants, champion tennis facilities, and a tranquil sea-view spa. Down at the beach, they offer a full watersports center with options for scuba diving, sailing, windsurfing, water-skiing, and everything in between. Your kids will have a blast participating in the vacation camp program, while you kick back in a hammock swaying between palm trees. In the evening, relax with a vintage wine from the cellar or even a Cuban cigar. In 2013, the property was awarded "Caribbean's Leading Green Resort" by the World Travel Awards. During high season, all-inclusive packages vary around USD 1000-2000 and during low season between USD 750-1000. Check out the website for specials and packages.

+1 (866) 502 2855 • Carlisle bay, Old Road, Saint Mary's, Antigua • Pool • Near Beach • Eco Friendly • Family Friendly • Tennis • Spa Services • Restaurant on Site

www.curtainbluff.com

some sailing. Falmouth Harbour is quite bumping during high season so it can get loud in the area on some nights. However, you will be able to walk by foot to the nearby bars and restaurants, which is quite a rarity in Antigua as resorts tend to be centered around beaches. The hotel does not offer breakfast, but right across the street is Bar-B's restaurant, which is known for having one of the best classic breakfasts on the island. The resort consists of 30 studio residences and a



EAT & DRINK

In Antigua, you will find a wide range of dining options from home-cooked roadside stands to exquisite à la carte candlelit dinners by the sea. There is a mix of cuisine including Caribbean, French, Asian, Indian, Italian and much more. Thus, we've made sure to include options for different tastes, budgets and dietary preferences - whether you want to grab a bite on the go or take your time and soak up the atmosphere.





Local Cuisine

CLAUDIA'S CAFE



1 Walking through St. John's and looking for a casual and authentic place for a home cooked meal? Go to Claudia's! Locals stop by daily on their break for warm food made with care by Claudia herself and served on the patio of her own home. Dishes change regularly but include local specialties like baked chicken, salt fish, creole fish, and souce. Choose from sides like fried dumplings and banana pancakes. She has very reasonable prices with fresh juices and lemonade from EC 5, coffee & tea from EC 4, burgers from EC 7, lunches from EC 12. There is also a small takeout counter where you can grab small bites and drinks served with a warm welcome and a smile. Claudia's is usually open from Monday to Saturday, 7:00 am - 4:00 pm.

+1 (268) 723 3073 • Church St, St John's, Antigua
• \$ • Locally Owned • Near City Center • Outdoor Seating • Take Out • Cash Only

[Facebook: JollyHarbourMariner](#)

SWEET-T'S

If you're driving through Falmouth, you won't miss the fluorescently colored purple, pink and lime green wooden restaurant at the side of the road. It has been a favorite in the area for decades, serving up many different flavors of ice cream and milkshakes, this snack shack serves up a bunch of pub-style lunch and evening meals like burgers, wraps, and fries and plantain chips. Meals without sides go for between 10-17 EC with additional sides for a few dollars extra. They have a kid's menu and a little playground

as well. Sit and enjoy your meal on one of the patio picnic tables or take your meal to go. Also popular with the locals, Sweet T's is a good option for a casual place to go after a day at the beach with the family. Sweet T's is open Tues. - Thurs. 11:00 am - 9:00 pm / Fri. 11:00 am - 10:00 pm / Sat. 11:00 am - 11:00 pm / Closed Mon.

+1 (268) 460 1854 • Falmouth Main Road, Falmouth, Saint Paul, Antigua • \$ • Outdoor Seating

[Facebook: Sweet Ts Icecream Parlour Snackette](#)

BEACH LIMERZ



2 Located right on the beach by the historic ruins of Fort St. James, is a casual yet tastefully hip hangout known as Beach Limerz. Just like the name implies, the perfect place to "lime" (aka. relax) by the beach. In a stylishly decorated open concept restaurant and cocktail bar, taste a variety of beachy dishes including Curry Conch, Seafood Pasta, Fungee Balls, Jambalaya and more. Grab a drink and enjoy it on a hammock under a palm tree. The owner's interest in local music is made apparent by the many different musical talents, which perform several times per week in the evenings. The Sunday night steel band starts at 8:00 pm and is always a bit hit! Prices are average for Antigua standards. After 5:30 pm, keep it classy-casual as beachwear and sports attire (or sleeveless shirts for men) are not permitted. Beach Limerz is open Tues. - Wed. 9:30 am - 10:00 pm / Thurs. - Sun. 9:30 am - 11:00 pm / Closed Mon.

+1 (268) 789 8706 • Southern Tip of Fort James Beach, Fort Rd., St. John's, Antigua • \$\$ • Locally

Owned • Beach Access • Ocean View • Family Friendly • Free Wifi • Outdoor Seating
www.beachlimerz.com

FLATTIES FLAME GRILL

This rustic outdoor BBQ restaurant is a very popular casual night-time spot for grill enthusiasts. It's located in the heart of English Harbour surrounded by a couple other bars and restaurants. Chow down on a variety of smoky and marinated meats prepared with a South African and Portuguese flair. They are famous for their Peri-Peri chicken, which many choose to wash down with an ice-cold beer. Throughout the week they have different specials and events (like live music), which you can find on the Facebook page. No matter the day, prices are affordable but not super cheap. Make sure to bring cash as they do not accept cards. Flatties is open Tues. - Sat. 6:00 pm - 12:00 am / Sun. 9:00 am - 5:00 pm & 6:00 pm - 12:00 midnight / Closed Mon.

+1 (268) 726 4440 • Dockyard Drive, Heart of Falmouth, Falmouth, Saint Paul, Antigua • \$\$ • Outdoor Seating • Cash Only
[Facebook: Flatties Flame Grill](#)

International Cuisine

SCHWARMA KING



3 A very popular spot for locals to pick up lunch or a quick bite to eat. True basic food place. Takeaway. Good value for money. Great taste and service. The shop originally opened in 1997 in English Harbour and has since relocated to

FUN WITH RUM

PAPA ZOUK

4 Preferred not to be called a restaurant by the owner, this casual "Rum Shop" is a real treasure. Not scarce of good reviews, with Robert de Niro stating it's one of his favorite places to eat in Antigua and another traveler writing, "I would fly back to Antigua, just to eat at Papa Zouk again." Previously famous around the Caribbean for housing the most diverse selection of rum, in 2014 a fire burned Papa Zouk to the ground. The owner thought that would be the end until donations from guests who cherished the place started pouring in. Now, this legendary pub is once again buzzing with the sound of laughter, clashing cocktails, the beat of zouk music, and the smell of the island's most delicious seafood prepared to perfection every time. The menu is small with just a handful of seafood dishes (if you don't eat fish, they can usually prepare something else, but best to call in advance or just go for the rum). Speaking of which, while supplies last, have a taste of the signature "Fire Rum - the most unique rum blend in the world" - a blend of all the salvageable rums that survived the blaze mixed into one big barrel. Prices are not cheap, but also not high end - you can dine like a king with multiple courses and rum cocktails for around EC 150 p/p. (less if you order less). Papa Zouk is open Mon. - Sat. 7:00 pm - 12:00 am / Closed Sun.

+1 (268) 464 6044 • Hilda Davis Drive, Dickenson Bay St., Saint John's, Antigua • Near City Center • Cash Only • Reservations Recommended

[Facebook: Papa Zouk](#)



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Bonnie Lewtas

Fascinated by coastal ecology and a passion for travel, Bonnie discovered her passion for small islands with a focus on sustainable tourism. In recent years she has been exploring the ins and outs of the BVI, Barbados, Grenada, and Dominica and helps us highlight sustainable options and recommendation in our Travenius guidebooks. Bonnie now lives in Amsterdam and has her eye set on heading to the Dutch Caribbean's ABC islands for our upcoming book - we can't wait!

Matthias Eden

Born and raised in Germany traveling has always been a passion of Matthias. Introduced to the Caribbean by his wife Makeesha he has been visiting Caribbean destinations for many years always on the hunt for new hidden gems and exciting things to do. Matthias knows Trinidad and Tobago inside out as well as Saint Lucia and Barbados through numerous visits. With Travenius and in our products he is looking to highlight local businesses in our featured destinations and support local communities.

Makeesha Eden

Born and raised in Trinidad and Tobago Makeesha holds many of the Caribbean destinations close to her heart. Supported by her network of family and friends she ensures that we can put the latest and greatest into our guidebooks and keep them updated. Through our products she hopes to give our readers and visitors an essence of the true warmth and energy of the Caribbean people while showcasing each island's uniqueness.