

Sample Caribbean Connections Schedule

Rotation Duration: 1 week

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<u>8:00-9:00</u> Breakfast	<u>8:00-9:00</u> Breakfast	<u>8:00-9:00</u> Breakfast	<u>8:00-9:00</u> Breakfast	<u>8:00-9:00</u> Breakfast	<u>8:30-10 am</u> Brighton's Market
	<u>9:30-12:00</u> Intro to Barbados Meet the Locals Panel	<u>9:30-12:00</u> Bajan Food, Samples & Health/Nutrition	<u>9:30-12:00</u> Caribbean History From Slavery to Tourism	<u>9:30-12:00</u> Andromeda Garden Tour	<u>9:30-11:30</u> Project Presentations	
	<u>12:30-2:00</u> Lunch @ Harrison's Cave	<u>12:30-2:00</u> Local Cuisine Lunch	<u>12:30-2:00</u> Hayman's Market Lunch	<u>12:00-1:30</u> Andromeda Cafe Lunch	<u>12:00-3:00</u> Animal Flower Cave Lunch/Tour	
<i>Arrival</i>	<u>3:00-4:00</u> Harrison's Cave Tram Tour	<u>2:00-3:00</u> Open Market and Souvenir Shops Bridgetown Tour	<u>3:00-7:00</u> Catamaran: Swim with Turtles/ Dinner Tour	<u>2:00-4:00</u> Flower Forest Coco Hill Hike	<u>3:00-5:00</u> East Coast Drive/Beach	Departure Home
<u>6:00-7:30</u> Welcome Dinner		<u>3:00-5:00</u> West Coast Beaches	Or Horseback Riding and Zemi's Cafe			
	<u>6:00-7:30</u> Supper	<u>6:00-7:30</u> Supper	<u>6:00-7:30</u> Supper	<u>6:00-7:30</u> Supper	<u>6:00-9:00</u> *Oisten's Fish Fry	

Links for Some of the Tours

HARRISON'S CAVE	Harrison's Cave Eco-Adventure Park Chukka Caribbean Adventures	FLOWER FOREST	Flower Forest Botanical Gardens, Barbados
WALKER'S RESERVE	WIRRED - Walkers Institute For Regenerative Research Education and Design	COCO HILL	Explore Coco Hill Forest - Visit Barbados
CATAMARAN TOUR	Cool Runnings Catamaran Cruises - Sailing Barbados	ANIMAL FLOWER CAVE	Home Animal Flower Cave
ANDROMEDA	Andromeda Botanic Gardens – Celebrating 70 years of Andromeda	HORSE BACK RIDING	Barbados Horse Riding Ocean Echo Stables

***Tours or tour companies may be different from the ones given above.**

