



ANTIGUA

Port Guide



ANTIGUA at a glance

Founded: Formed by volcanoes, the island's first settlement dates back to 2400 B.C.

Region: Antigua and Barbuda are located in the center of the Leeward Islands in the Eastern Caribbean. Antigua, the largest of all the English-speaking Leeward Islands, is 108 square miles, 14 miles long and 11 miles wide. Barbuda lies 30 miles due north and is 68 square miles.

Population: 85,000 (est. 2011)

Climate: Average temperatures range from 75°F to 85°F year round with annual rainfall at only 45 inches. Northeast trade winds keep the air comfortable with low humidity.

Language: English

Currency: Eastern Caribbean Dollar (XCD). The U.S. Dollar (USD) is accepted everywhere.



Enjoy the view from Shirley Heights, overlooking English Harbour

THE BEST OF ANTIGUA

Don't miss out on the top Points of Interest in this port — Book a Princess Excursion and experience them for yourself!

1 Nelson's Dockyard

Explore the finest example of a British naval yard in the Caribbean. Visit the museum, boutiques and restored buildings that are part of the area's designated national park.

2 Shirley Heights

Commanding views of English Harbour and Nelson's Dockyard can be found at this breathtaking photo stop and historical site, originally built as a signal station to alert troops of approaching ships.

3 Dow's Hill Interpretation Centre

A multimedia presentation celebrates Antigua's colorful history from prehistoric days to the present. The grounds also contain historic ruins and a display of 18th-century artifacts collected from the island.

4 Fig Tree Drive

This picturesque road winds through lush vegetation, rainforest foliage and fruit groves. You'll see sugar mills and quaint churches, but don't expect to see figs; in Antigua, the word means "bananas."

5 Stingray City

Swim with the "Brightest Rays in the Caribbean" in a safe, aquatic adventure that is fun for the whole family. Calm, clear waters, knowledgeable instructors, and a pristine coral reef enhance your experience.

6 Beaches

With 365 pristine white-sand beaches, Antigua boasts a beach for every day of the year. Tranquil turquoise waters beckon you to swim and snorkel while the sparkling shores invite you to relax in the sunshine.

7 Bird Island

This islet three kilometers northeast of Antigua is smaller than most city parks. Early sailors were amazed by the number of birds nesting there.

8 Canopy Zipline Adventure

The thrill of a zipline tour gives visitors a unique perspective of the amazing Antiguan rainforest as they climb across bridges and soar high above the rich flora that grow within.

Explore Antigua with a Princess Shore Excursion. Visit the Tour Office for more information.

ANTIGUA

The heart of the Caribbean

With 365 beaches, one for every day in the year, miles of colorful fruit groves and a deep maritime history reflected in its magnificent azure waters, Antigua offers the quintessential Caribbean experience as sweet and refreshing as the trade winds that blow off its shores.

History abounds

Where to begin, other than Christopher Columbus, who landed on Antigua in 1493, naming the island after the Church of Santa Maria de la Antigua in Seville. In 1632, the British colonized the island and Sir Christopher Codrington's arrival in 1684 heralded the development of its large-scale sugar cultivation. Many plantations still beautify the island.

In the 18th century, the British Royal Navy chose Antigua as its base, making a deep and lasting mark on the island's maritime development. The influence of legendary Admiral Horatio Nelson can be seen in the dramatic architecture of the forts that dominate the landscape.

Antigua's quest for independence came to fruition in 1981. The full scope of this effort is explored at the Dow's Hill Interpretation Center, where a multimedia show traces the Antiguan heritage and the grounds contain the remains of a 1780's house, gun platform, and observation area overlooking Nelson's Dockyard National Park.



Nelson's Dockyard

Maritime legacy

When Admiral Horatio Nelson sailed into Antigua in 1784, he had little reason to believe that the port would develop into one of Great Britain's most important military bases in the Caribbean, but it did. Located in the English Harbour, the 19th-century dockyard that once served as the headquarters of the British naval fleet of the Leeward Islands has been converted into a museum and national park.

The same trade winds that escorted British ships into the English Harbour now set the course for the island's most celebrated event epitomizing Antigua's maritime legacy. Sailing Week, considered among the top five most prestigious sailing regattas in the world, is comprised of five challenging days that culminate with the festive Lord Nelson Ball held at Nelson's Dockyard.

The colors of Carnival

Celebration is a way of life in Antigua, and often mark important historic events. Carnival, which dominates the summer months, is a cornucopia of outlandish costumes, festive foods and lively music and reenacts the fateful day in August 1834, when slavery was abolished on the island and people took to the streets to express their happiness.

Although Carnival happens but once a year, the exuberance and vitality it projects is reflected everyday in the island's natural scenery, awash in color and light.

A drive down Fig Tree Drive takes you through lush tropical foliage blooming with flowers and bright yellow bananas, which are called figs on the island.

A tiny inlet just a few miles northeast of Antigua amazed sailors when they first arrived on its shores and found a profusion of brightly colored feathered friends. Naming it Great Bird Island, today it is home to a variety of endangered creatures and the Antiguan racer, a type of harmless snake only found on these shores.

For the ultimate expression of joy experience the sensation of flying above a canopy of trees on a thrilling zipline through the Antiguan rainforest. This heart-pounding adventure reveals panoramic views of the emerald rainforest.

Bevy of beaches

With 365 pristine white-sand beaches to choose from, everything from the secluded to family-friendly is available. No need to worry about taxis when you participate in the beach break tour at one of the island's beach resorts.

When the thirst for adventure strikes, take a tour to Stingray City, where you can touch, feed and play with these graceful and sweet creatures of the sea, touted as the "Brightest Rays in the Caribbean." The warm waters and beautiful coral reefs make for a splashing good time for everyone and one of the island's top eco-experiences.

Lucky are those blown by the legendary trade winds onto the shores of Antigua. With perfect weather, incredible beaches and a host of cultural events to spice up the day, Antigua may be the heart of the Caribbean...but it will steal yours.

DID YOU KNOW?

Local cuisine

In Antigua, local foods reflect the bounty of the island. Sweet black pineapple, green figs (bananas), roast pig, barbequed chicken and abundant seafood make for sweet, spicy and flavorful meals. The roadside fare is wonderfully fresh and a great way to sample Antigua's flavors. Try a roti, a pancake filled with curried meats or potatoes, or a ducana, sweet potato mixed with sugar, spices and coconut and served in a banana leaf. Or, sit down and enjoy a hearty meal. Callaloo, a spinach soup with cloves and crab, and bull-foot soup are popular starters. Add an entrée of pepperpot stew – an aromatic blend of salted meat with vegetables, eggplant, pumpkin and cornmeal dumplings – often served with fungi, a cornmeal and okra pudding. Wash all these down with fruit juices, coconut milk and even goat water!

Cheers!

Rum is one of the most popular drinks on the island and is used as the base for many fruity cocktails. English Harbour and Cavalier are two of the top names in rum on Antigua and carry a 200-year distilling tradition.

Cricket

Antiguans are devoted to the sport of cricket, and matches are held throughout the island any day and any time. The island is home to some of the best cricket players in the world, including: Richie Richardson, Viv Richards, Curtly Ambrose and Andy Roberts.

Slow and steady

Sit back and relax and watch the show – the sport of crab racing is unique to Antigua, with races held every week.

Famous resident

Vere Cornwall Bird was a famous leader during the labor movement in Antigua and Barbuda during the 1940s. Bird later became the first prime minister of Antigua and Barbuda.

Island beat

Every year in July/August, Carnival is held in Antigua. This wild celebration is punctuated by a unique brand of soca (soul calypso), which was made internationally famous by an Antiguan band called Burning Flames.

Color change

On Antigua, a sweet potato is actually white with a firmer flesh than the bright orange ones that Americans eat at Thanksgiving.

Presidential heights

The highest point on Antigua was called Boggy Peak until August 4, 2009. On this day and in honor of his birthday, it was named for President Barack Obama. Mount Obama is situated in the Shekerley Mountains and is 1,319 feet high.

Rosy glow

Pink Beach got its unofficial name in honor of the crushed coral that gives the sand a rosy hue in the sun.

Handle with care

Antiguan folk pottery dates back at least to the early 18th century and plays an important part in the local handicraft trade. The center of this cottage industry is Sea View Farm Village, but buyers should be aware that a cold environment often causes these delicate pieces to crack.

Iconic landmark

Dominating the landscape of Antigua's capital city, St. John's, is the magnificent St. John's Cathedral. Originally built in 1845, the towers are the first sight many see when they approach the island by boat.

PRACTICAL INFORMATION

Shore Excursions: Passengers will meet at a specific location for each shore excursion departure. Please refer to your tour ticket and the Princess Patter for the correct place and time. Your Shore Excursion staff or our Tour Operator will be at that location to assist you. It's recommended that you drink bottled water while in port.

Docking: Your Princess ship docks in the heart of the capital city of St. John's.

Proper Attire: The dress code is casual, some places do not accept sandals, tank tops or shorts, but generally anything goes, as long as you are wearing shoes!

Transportation: No taxi is required to get to town. All points of interest in St. John's are within walking distance. However, taxis are available at the pier. Taxis are not metered and rates are determined by the government. Confirm fare before departing.

Beaches: Dickenson Bay is easy to reach and close by taxi. The sand is white and the beers

are cold. Chairs can be rented and the waters are calm. Tours ANU-280 and ANU-285 bring you to a local beach resort. There are water sports, concessions and beachfront restaurants. Another popular beach is Deep Bay, which is ideal for swimming and snorkeling.

Shopping: St. John's has two distinct shopping areas for visitors - Heritage Quay and the restored Georgian buildings of Redcliffe Quay, both located near the pier. Enjoy an excellent selection of jewelry, watches, crystal & china at duty-free prices. Most stores are generally open 9:30am to 5:00pm, Monday through Saturday. Recommended stores are open on Sunday if a ship is in port.

Tipping: Suggested tipping is 10 to 15 percent for good service.

Banks: Hours vary by institution. First Caribbean Bank is Hours are generally open 8:00am to 2:00pm Monday through

Thursday. Friday hours are generally 8:00am to 4:00pm.

Post Office: The main branch is at Long and High Streets. generally from 8:15am to 12:00pm and 1:00pm to 4:00pm, Monday through Thursday. On Friday, the post office is generally open until 5:00pm and Saturday hours are generally from 9:00am to 12:00pm.

Emergency Numbers: Emergency services - 999 or 911

Tourist Information Office: ACB Financial Centre High Street St. John's, Antigua, West Indies Tel: (268) 562-7600

Princess Cruises Port Agent: In case of an emergency while you are ashore, please contact:

Geo. W. Bennett, Bryson & Co., Ltd. Tel: (268) 480-1240 Tel: (268) 464-8499 (after hours)