

2026 Grand World Voyage

ZOOM Meet and Greet

27 May 2025

Barbados, Devil's Island, Belem



- Prescription management
- Barbados
- Devil's Island
- Belem
- General Discussion



# Medications for a World Cruise

- Order 90-Day Refills Early
- Request a Vacation Override
- Use Prescription Discount Cards
- Explore Alternative Drugs or Dosages
- Continue Refills During Your Cruise

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Barbados



# Essentials

- Money
  - Barbadian Dollar (BBD) fixed at Bds\$2 = \$1
  - USD widely accepted (May get change in BBD) – No need to change money
- VISA – Not Required for USA citizens
- Safety – Normal Precautions
- Internet – Widely available
- Cell Service – All major providers
- Taxis – Price fixed by destination – USD accepted – No Rideshare
  - Taxi stand at cruise terminal – prices clearly marked
- Car Rentals available at Cruise Terminal – drive on left
  - Drive-A-Matic



# History and Politics

- Indigenous settlement, British colonization (1627).
- Sugar plantations, enslaved Africans until emancipation (1834).
- Independence (1966), UNESCO-listed Bridgetown for colonial heritage.
- Parliamentary republic (since 2021), stable, tourism-driven economy (\$4.3B GDP).
- Low corruption, modern infrastructure welcomes visitors.



# Tourist Info

- [www.visitbarbados.org](http://www.visitbarbados.org) – Events, attractions, dining.
- [www.totallybarbados.com](http://www.totallybarbados.com) – Transport, local tips.
- [barbados.org](http://barbados.org) – Culinary guides, tours.



# Top Attractions

- Bridgetown Historic District: UNESCO-listed, Georgian architecture, 10-min walk.
- Carlisle Bay: Turtle snorkeling, white sand, 10-min walk.
- Harrison's Cave: Limestone caves, tram tours, 20-min taxi.
- Bathsheba Beach: Rock formations, surfing, 30-min taxi.



# Cuzz's Fish Stand



- Highly rated fish sandwich "cutter"



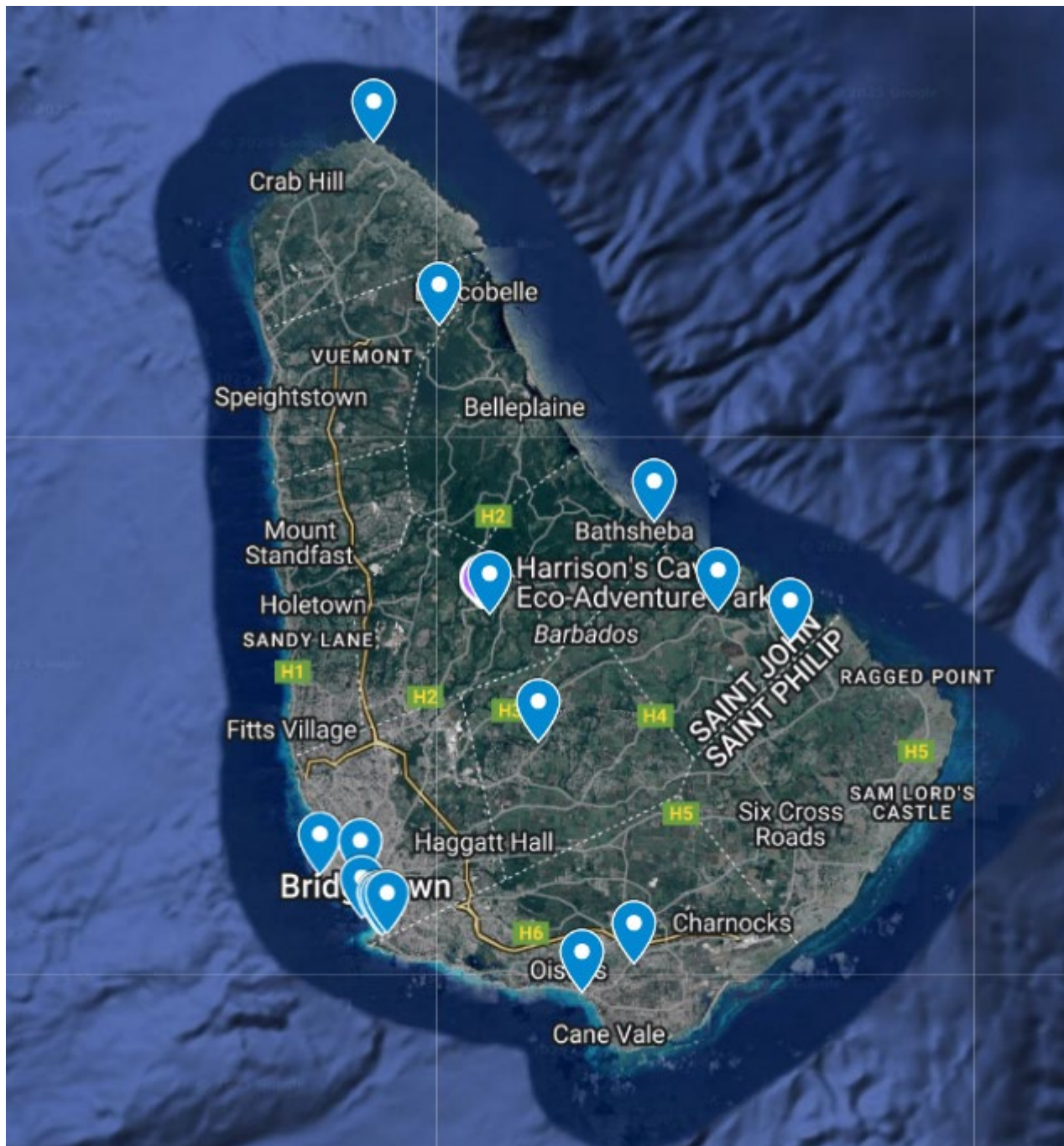




# Mustor's Restaurant

- Highly rated local Bajan food
- Fried Flying Fish Sandwich "cutters"







# Food

- Unique Food: Flying fish with cou cou, fish cakes, macaroni pie, mauby drink.
- Iconic Restaurants:
- Cuzz's Fish Stand (Needham's Point, 10-min walk): Marlin cutter (\$5–\$10 USD). Open 11 AM.
- Mustor's Restaurant (McGregor St, 15-min walk): Flying fish, stew (\$10–\$15 USD). Open till 3 PM.





# Food Tours

- Food Tours:
- Lickrish Food Tours: 3-hour Bridgetown walk, tasting fish cakes, rum (\$85). Book via [lickrishfoodtours.com](http://lickrishfoodtours.com).
- Barbados Food Tour: 3-hour market/dining tour (\$75–\$100). Book via [visitbarbados.org](http://visitbarbados.org).
- Cooking Tours:
- Traveling Spoon: Private Bajan cooking class (cou cou, fish cakes, \$60–\$100). Book via [travelingspoon.com](http://travelingspoon.com).
- Eat Like a Bajan (Holland America): 3-hour cooking class (\$99.95). Book via [hollandamerica.com](http://hollandamerica.com).



# What to Buy

- Local Rum: Mount Gay, Foursquare (since 1642), at terminal shops.
- Bajan Hot Sauce: Tangy, spicy, at markets/supermarkets.
- Earthworks Pottery: Hand-crafted ceramics
- Handmade Jewelry: Caribbean-inspired, available at Bridgetown markets.
- Bridgetown Markets:
  - Pelican Craft Village
  - Cheapside Market



# HAL Excursions Barbados

- 4x4 Safari Adventure (\$109.95 Adult/\$99.95 Child, 3 hrs):
  - Off-road journey through Joe's River Forest, Gun Hill Signal Station, Bathsheba vistas, and a swim at Brandon's Beach.
- Atlantis Odyssey Submarine (\$139.95 Adult/\$99.95 Child, 2.5 hrs):
  - Dive 150 feet to explore shipwrecks and marine life in a real submarine.
- Walkers Reserve Bee Observation Experience (\$189.95, 3 hrs):
  - Learn about bees, visit an apiary, and taste fresh honey.
- Five-Star Catamaran & Turtle Encounter (\$139.95 Adult/\$109.95 Child, 4.5 hrs):
  - Sail, snorkel with turtles, and enjoy a Bajan buffet.
- Barbados In Focus: Photographic Expedition (\$99.95, 3.75 hrs):
  - Capture Barbados' plantation villages and Bathsheba's sea stacks with expert guidance.



## HAL Excursions (cont)

- Barbados Beach Break (\$59.95 Adult/\$39.95 Child, 3.5 hrs):
  - Relax at Harbour Lights Beach with a welcome drink and beach chair.
- Barbados Coast to Coast (\$69.95 Adult/\$49.95 Child, 3.5 hrs):
  - Scenic drive with stops at St John's Church and Tropical Garden (rum punch included).
- Easy Harrison's Cave Experience (\$259.95, 4 hrs):
  - Accessible tram ride through stunning cave formations (wheelchair-friendly).
- Eat Like a Bajan (\$99.95, 3 hrs):
  - Cook fish cakes and banana bread in a hands-on class after a market tour.
- Foursquare Rum Distillery & Historic Island Drive (\$69.95 Adult/\$59.95 Child, 4 hrs):
  - Tour a UNESCO site and sample award-winning rum.



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Devil's Island



# Devil's Island

- Salvation Islands (Îles du Salut), ~7 miles off French Guiana's coast.
  - Île Royale (visited), Île Saint-Joseph, and Devil's Island (off-limits).
- Former French penal colony (1852–1946), featured in Papillon.
- Weather: Tropical, high 80s, low humidity, sunny on January 8.



# History

- Penal colony for French prisoners, including political exiles (e.g., Alfred Dreyfus).
- Harsh conditions, shark-infested waters; closed in 1946.
- Today: Île Royale has ruins, a museum, and a small hotel; Devil's Island remains closed.



# Essentials

- Tender Port – 10 AM to 6 PM
- Euros – USD accepted & credit cards



# Activities

- Walk trails (~2 hours) to see prison ruins, agoutis, and peacocks.
- Visit the museum and church; swim at the designated cove
- Observe Devil's Island from shore (no access).
- Swimming in the cove was a refreshing, bold adventure.
- No formal tours; self-guided exploration.







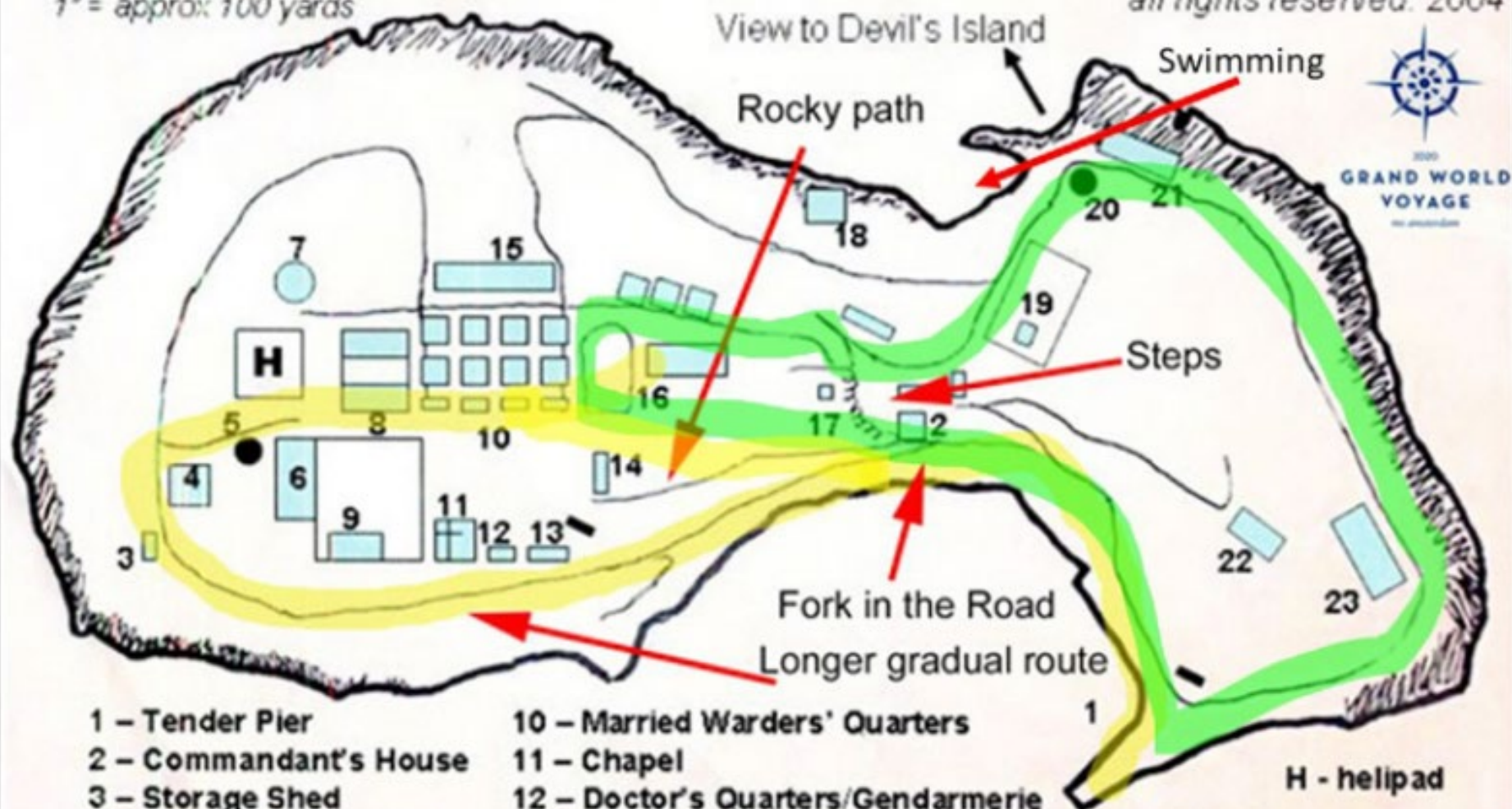


# ILE ROYALE WALKING TOUR MAP

1" = approx 100 yards

prepared by David Levesque

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- 1 - Tender Pier
- 2 - Commandant's House
- 3 - Storage Shed
- 4 - Children's Cemetery
- 5 - Lighthouse
- 6 - Hospital
- 7 - ESA Tracking Station
- 8 - Main Prisoner Quarters
- 9 - Convent/Maternity Ward

- 10 - Married Warders' Quarters
- 11 - Chapel
- 12 - Doctor's Quarters/Gendarmerie
- 13 - Teachers' Quarters
- 14 - Transient Quarters
- 15 - Solitary & Condemned Cells
- 16 - HOTEL & Reservoir
- 17 - Semaphore Station
- 18 - Warder's Swimming Pool

- 19 - Rest Rooms
- 20 - Telegraphico Pylon
- 21 - Butchery
- 22 - Insane Asylum
- 21 - Workshops
- Sign & Map Boards



Easy

Uneven Road

Steps

The Fork in the Road







- Limited Amenities:
- Small hotel with a restaurant (closed during visit).
- Beverages: Coke, (€4.50 each), Beer
- Crew provided fruit-infused water at the tender pier.
- Tips: Bring water, snacks; expect high prices for drinks.

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Belem



# Essentials

- Tender Port: 8 AM to 5 PM – Shuttle to Belem (30 minutes)
- Money
  - Brazilian Real (BRL, ~5.5 BRL = 1 USD). USD accepted; carry small BRL.
- VISA – eVisa required in advance
- Safety – Increased vigilance
- Internet – Widely available
- Cell Service – All major providers
- Taxis –
- Car Rentals available at Cruise Terminal – drive on left
  - Drive-A-Matic



# Icoaraci

## Things to do near the Tender Pier

- Stroll Orla de Icoaraci (Icoaraci Waterfront)
- Shop for Marajoara Pottery on Travessa Soledade
- Visit Paracuri Fair at Praça de São Sebastião
- Taste Amazonian Snacks at Orla Food Stalls



# Shore side Tender

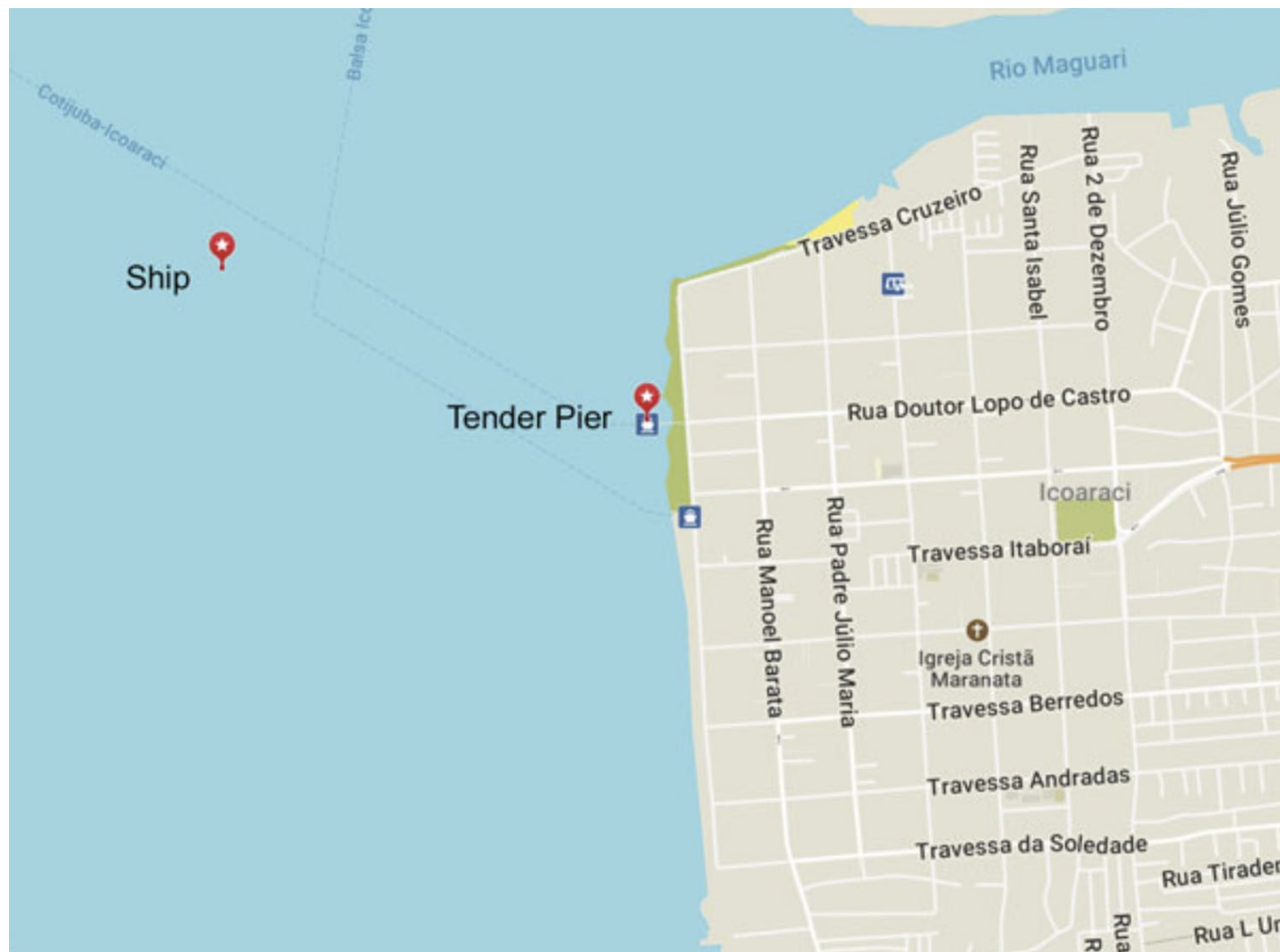








# Icoaraci







# Things to do

- Ver-o-Peso Market: Sensory overload, free, 5-min walk.
- Theatro da Paz: Cultural gem, tours \$5 USD, 10-min walk.
- Forte do Presépio: Historic fort, \$3 USD, 5-min walk.
- Mangal das Garças: Nature park, \$5 USD, 10-min taxi.
- Repeat Visitors:
- Combú Island: Chocolate tour, river cruise (\$50–\$80), 30-min boat.
- Emílio Goeldi Museum: Amazonian wildlife, \$5 USD, 15-min taxi.





# HAL Tours

- Holland America Excursions:
- Amazon River System Adventure (\$99.95, 5½ hrs): Riverboat, jungle walk, Combu Island.
- Art & Culture of Belém (\$109.95, 6 hrs): Theatro da Paz, Museum of Sacred Arts, Fortress Museum, gems market.
- Best of Belém (\$109.95, 5½ hrs): Ver-o-Peso Market, Forte do Castelo, Emilio Goeldi Park, Basilica of Nazareth.
- Easy Belém (\$84.95, 4½ hrs): Panoramic drive, Ver-o-Peso, Basilica, Theatro da Paz.



# Things to eat

- Unique Food: Tacacá (tangy shrimp soup, your favorite), açaí bowls, maniçoba (cassava stew), Brazil nut sweets.
- Restaurants:
- Box da Lúcia (Ver-o-Peso, 5-min walk): Tacacá, fish (\$5–\$10 USD).
- Casa do Saulo (Mangal das Garças, 10-min taxi): Maniçoba (\$15–\$25 USD).
- Point do Açaí (Cidade Velha, 10-min walk): Açaí bowls (\$3–\$8 USD).



# Things to Buy

- Jambu Cachaça
  - Description: A potent spirit infused with jambu, an Amazonian herb that creates a tingling, numbing sensation, akin to your love for bold, spicy flavors. It's a signature Belém liquor, often enjoyed in cocktails like caipirinha
- Marajoara Pottery
  - Description: Hand-crafted ceramics from Marajó Island, featuring intricate Indigenous designs (geometric patterns, animal motifs). Items include bowls, vases, and decorative pieces, showcasing pre-Columbian artistry.
- Açaí Products
  - Description: Pure, unsweetened açaí pulp, jams, or powders, sourced from Amazonian palm trees. Unlike sweetened versions elsewhere, Belém's açaí is earthy and tangy, complementing your flavor palate.



# Things to Buy

- Handwoven Amazonian Baskets
  - Description: Intricate baskets made by Indigenous artisans using palm fibers or straw, featuring colorful patterns. Used for storage or decor, they reflect Amazonian craftsmanship.
- Brazil Nut Products
  - Description: Whole Brazil nuts, oils, or candies, harvested from Amazonian forests. Their rich, creamy flavor pairs well with tangy dishes, appealing to your bold taste.
- Amazonian Herbal Remedies
  - Description: Traditional remedies like andiroba oil (anti-inflammatory) or copaiba balm (healing), used by Indigenous communities. Packaged for tourists, they're unique wellness gifts.





# Things to Buy

- Local Rum (Cachaça)
  - Description: Artisanal cachaça (e.g., Cachaça da Amazônia), distinct from jambu-infused versions, with smooth or fruity notes, reflecting Belém's distilling tradition.



# Where to Buy

- Ver-o-Peso Market (5-min walk from shuttle drop-off, Best of Belém excursion):
  - Largest open-air market in Brazil, vibrant but crowded. Haggle for pottery, baskets, nuts.
  - Hours: Open 6 AM–2 PM; visit 10 AM–2 PM to fit your 8 AM–5 PM schedule.
- São José Liberto Handicrafts Market (Art & Culture of Belém excursion, 10-min taxi):
  - Former jail, now a curated market for pottery, oils, jewelry. Less haggling, higher quality.
  - Hours: 9 AM–6 PM; ideal for morning visits.
- Estação das Docas (10-min taxi):
  - Secure, tourist-friendly with boutiques for baskets, cachaça. Upscale, like Barbados' terminal shops.
  - Hours: 10 AM–10 PM; visit if time allows post-excursion.