

LIFESTYLE | TRAVEL

Barbados travel guide: what to eat, drink and do on the Caribbean island

From the beaches and rum bars to the island's famous fish fry — Vicky Jessop on how to get the best out of Barbados



SEA BREEZE BEACH HOUSE

Tourists looking to soak up some winter sun can't go far wrong with Barbados. The island is rightly famed for its spun-sugar beaches, gorgeous blue seas and laid-back way of life (as well as being the birthplace of singer Rihanna), but head a little off the beaten track and you'll also discover a thriving surf community, a rugged coastline and some truly world-class food.

It's also becoming rightly popular as a holiday destination for Brits. With the island coming fifth in British Airways' most searched travel destinations for 2026, now is the perfect time to start planning your own visit.

For families, turn your gaze southward to Sea Breeze Beach House. Run by a local businessman (as well as its two sister hotels, The O2 Beach Club and Spa, and The Rockley), Sea Breeze is located on the edge of Bridgetown and boasts a pristine stretch of white-sand waterfront that is pretty much exclusive to the guests. Thanks to its location, it also gives excellent views of both the sunset and sunrise (we checked), which can be enjoyed with a cocktail in hand. This place is also all-inclusive, but there are dedicated family pools and areas for children to play in, as well as four restaurants and its own tiny rum shack (rooms start from £415 per night; sea-breeze.com).