



WELCOME
to
SUGADADEZE



Dear guests,

If you have stayed with us before, welcome back and if you are visiting for the first time, welcome to our “little piece of paradise” and thank you for choosing “Sugadadeze” for your stay.

During your visit, please treat the villa as if it were your own home, and please have a wonderful, relaxing and enjoyable time.

If you have any questions or require any assistance to make your stay more comfortable, please do not hesitate to ask our wonderful housekeeper, Mary, or to contact our management agents, West Coast Villas.

We always like to know how you enjoyed your stay, so please do leave feedback in our visitors' book before you leave: your feedback and comments are always most welcome. Or alternatively send me an e-mail at pnutburn@yahoo.com

Have a wonderful time, and we hope that you enjoy your stay so much that you, like us, can't wait until to come again.

In the following pages we have provided a little information and some contact details that we hope that you find useful and will help to make your stay relaxing and fulfilling.

Have a wonderful stay.

Phil & Jennifer Nutburn
Steven & Alison Ware
Jon Hill, Louise Hill
Nicky Ware



AGENTS

The Managing Agents of **Sugadadeze** are **West Coast Villas - Sotheby's International Realty**. The Managing Director is Mr. Richard Young and the Property Manager is Desiree Selby who will visit you early on in your stay. If you have any queries she will try to help wherever she can, including organizing trips to other islands, cruises, yacht hire, car hire or any other activities you may wish to book.

The address and telephone numbers of West Coast Villas are:

Desiree Selby

Property Manager

West Coast Villas- Sotheby's International Realty

St. James,

BARBADOS

+1246 432 5050 tel

+1246 432 5051 fax

+1246 234 4755 cell

+44 (0) 2079936508 UK Line

Desiree@westcoastvillas.com



www.westcoastvillas.com

Should you need to reach Desiree urgently, her mobile number is 234 4755. West Coast Villas - Sotheby's International Realty is open Monday to Friday from 8:30 a.m. - 4:30 p.m. Their office is situated on the southern end of Holetown near to the Beach House Restaurant.





VILLA HISTORY

There have been several ownership changes over the years of the land to which Sugadadeze is built. The land used to form part of the former Mullins Plantation until it was bought by developers who built this lovely development and called it Sugar Bay. Villa 3 as it is legally called was purchased because we all shared a common love for Barbados. After we took occupancy we renamed the villa "Sugadadeze" and it is now referred to by that name through advertising and postal address.

Sugar Bay Development was acquired by Royal Westmoreland in late 2007 whereby they have renovated and reopened the guest facilities on the beach, now called Royal Westmoreland Beach Club with a new restaurant which was called Wytini, now just the Beach Club - formerly Mannies and a new spa called Indulgence Spa.

The property owners of Sugar Bay have now renamed the development Mullins Bay to represent the area known to many locals and visitors as Mullins Beach.

ACCESS TO FACILITIES

Sugar Bay is a gated complex with 24-hour security. Before you arrive, West Coast Villas, as managing agent will have registered you and your guests. You will also be issued with Royal Westmoreland guest passes which you will need to keep with you at all times during your stay in order to use their facilities and gain entry to the Beach Club. The cards are beige plastic cards and will be inside the villa on your arrival, or if not, can be picked up from the Spa reception desk which is near to the Spa swimming pool – access via the Westmoreland Car Park.

All gates used to access the facilities are operated with a code. The codes vary but as of now are as follows:-

Gate to Villas and Beach at the side of the Spa area: C8071Z

Gate to member's deck at the beach: This is unlocked on the road and you just reach over to the back and turn the knob. Gate opens outwards.

For returning guests please note that since 2012 the entrance to the Spa is now through the Royal Westmoreland car park via the side gate to the right of the main security entrance. What was the Spa reception is now the Gym.



FACILITIES

Beach Club

The beach club will provide you with a complimentary beach towel, lounge bed, umbrella and luxury mattress for your use on the beach. There is a flag system in place on the beach that will summon the beach attendant to your umbrella in the likely event that you develop a thirst for a local cocktail or just something to wet your palette! The food in the restaurant is superb and makes for a splendid break from the beach.

Please note that they will require you to vacate your sun bed by 4:50, so this is a good time to take a short walk to nearly opposite the Garage and visit Wayne at Bombas for sun downers.

Indulgence Spa

The spa provides all kinds of beauty treatments and massages. There is also a waterfall and large pool for your relaxation and enjoyment. The telephone number for the spa is (246) 419-4507. Note towels are also provided for the loungers around this pool – ask at the Spa reception – you will need your card. The extensive gym is available to guests at 30\$Bds per day.

Golf

Barbados is rapidly becoming a golf destination. All of the local courses offer club hire and carts. There are a few golf courses on the island including:

Royal Westmoreland

Sandy Lane – There are two 18-hole courses plus the old nine.

Barbados Golf Club – (this is the most reasonably priced)

Ape's Hill

Sailing

Charter a catamaran for the day. Well worth it. They can come to the beach to pick you up and then will take you wherever, the turtles, isolated beaches or just to sail. All inclusive drinks and they can do lunch as well. There are many companies but we use SuperCats – call Graham on 438-3709 or for more information ask Desiree at West Coast Villas. As a guide we paid 700\$ US for 5 hours, all inclusive including lunch, drinks and pick up off the beach.



Fishing

Fishing here is great. If you want a just to go out with a local guy in an open topped boat then Shaun is a good guy to ask. His contact details are :- Cell 249 8646 or www.fishbarbados.net

Check on the state of the tides and fishing status first though at:-

http://www.tide-forecast.com/locations/Bridgetown-Barbados/forecasts/latest/six_day

or at :-

<http://www.tides4fishing.com/ci/lesser-antilles-and-virgin-islands/bridgetown-barbados>

If you are looking for a larger group to go or want a bigger boat then contact Captain Crocodile – 826 3550 or Rodney.lear@hotmail.com



THE VILLA

The telephone number for the villa is (246) 422-0020. International calls are restricted on this line, however all local calls are complimentary. For our guests use, we have provided a mobile phone to which credit can be purchased at any local convenience store or petrol station to be applied to the phone for making international calls. Tell the cashier that you would like a bMobile top-up. The mobile number is (246) 235-6527.

The villa is also outfitted with ADSL internet service. Just connect to the Linksys account – be aware it is not secured. In the event that you are asked to enter an account number the digits are as follows:

Account No. 145002090500 Telephone No. 4220020

Wireless PIN: sugadadeze

The postal address of the villa is:

“Sugadadeze”,
Mullins Bay
St. Peter
Barbados, BB26001.

Housekeeping

Mary is your housekeeper. Mary's hours of work are 8:30 am – 3:00pm Monday through Saturday. Mary travels for about 2 hours by bus from St Philip each day so her start time can vary depending on the vagaries of the bus journey. If additional hours or days are required, please contact Desiree at West Coast Villas to arrange it. You will be invoiced at the end of your stay. Or alternatively negotiate directly with Mary.

Mary will stay to meet you when you first arrive. If your flights are delayed so that you arrive after 7:00pm please give Mary 120\$Bds for her to book a Taxi home.

Mary's duties are those of a house keeper. If you require it a private chef can be arranged through West Coast Villas.

Mary takes pride in the Villa and keeps it to a high standard. Towels & Bed Linen are changed regularly but not every day. Personal washing & ironing and other duties are done at Mary's discretion. Please thank her accordingly at the end of your stay.



Private plunge pool

The private plunge pool is fully maintained. Philip will be around twice a week to ensure that the chemicals are satisfactory and the pool is well vacuumed.

Please no glass or bottles near the pool area!!

Please be very careful when walking around the pool and the terrace. This area, i.e. Marble will become very slippery when it is wet.

Garden Maintenance

The landscape is maintained by Quality Landscape Services, their Gardener, Francis, regularly visits the property to keep our garden to a high standard. A bottle of Banks beer to Francis will put a smile on his face, it is hot working in the sun.

Recently recycling has been introduced to Barbados. Francis works with Mary on sorting and taking care of recycling plastic bottles, cartons and glass bottles.

Flowers

If you wish for flowers during your stay then you could order them from a florist or through West Coast Villas. Alternatively drop Francis some cash and he does a great job in both providing flowers and arranging them.

Air conditioners

All the bedrooms at Sugadadeze are air-conditioned. We do ask you to help us to save energy by not using them during the day, when a refreshing breeze usually blows through the house and when the room is not being occupied. The AC in the Great Room is a blower only and does not chill.

Baby sitting

Baby sitters can be arranged through West Coast Villas and payment can be settled at the end of each evening. Mary also may be able to Baby sit for you. A taxi should be arranged for sitters returning home late at night after 9 o'clock PM.



Please make sure that you hire the appropriate baby equipment, ie High Chairs, cots from West Coast Villas. So that food etc does not spoil our soft furnishings or require them to be laundered every day. If damage is caused by this then there will be a deduction from your deposit to cover replacement and cleaning costs.

Pool towels

Pool towels are available from the Villa. We ask that you do not take these or bathroom towels to the beach. There is no need since we pay Royal Westmoreland to provide these towels through our Beach Club membership. Also, please wash sand from masks, fins and feet before taking a shower or entering the plunge pool. (Note we have an outside tap on the left hand corner of the villa and a hose pipe by the kitchen door)

Bills and Payments

Should you have any household or leasing bills to settle prior to your departure, such as food and beverage, please pay them to West Coast Villas by cash, credit card (Visa & MasterCard) or traveler's cheques. Please note that West Coast do not accept personal cheques.

Furnishings

Please respect the house and its contents as if it were your own. We have left specific instructions with the staff that no one should sit on the soft fabrics in wet swimwear. We do hope you will understand this and appreciate the inconvenience caused when fabrics have to be replaced due to lack of care. Sun tan oils and after-sun products play havoc with the fabrics, sheets and towels, so please be cautious. In particular P20 all day sun protection, stains the sheets and towels if not showered off before bed time. Also please do not apply spray tan whilst standing on our foot towels. Should you break any furnishings or decorations during your stay, please let the housekeeper know as the staff are held responsible for the household contents and your breakages should be paid for during your stay. Please note that breakage or damage to any item will result in a deduction from your security deposit by West Coast Villas - Sotheby's International Realty.



Laundry

At Mary's discretion and if she has time, she will take your laundry from the laundry basket in your room and it is usually returned within 2 days. If you are missing anything please let the housekeeper know as occasionally items get mixed up with those of other resident guests. Pure silk and other valuable items should be brought to the attention of the housekeeper and should be dry-cleaned rather than laundered. We accept no responsibility for damage to any items that are cleaned.

TV & Audio/Video Equipment

A 55inch TV is available for guest use in the living room as are two DVD players each for American & European programming. Accompanying the setup is a home theatre setup which provides surround sound throughout the living room. (There are some DVD's and CD's in the top draw of the TV sideboard also some books/ games for your use in the right hand cupboard) There is also an iPod connection and tuner for listening to local radio. The local cable service is called MultiChoice and their listing is provided on the laminated card.

CAUTIONS

Barbados has no dangerous snakes, animals or insects however mosquitoes and sand flies are an everyday tropical nuisance and their bites can be very itchy and unpleasant, especially if you are allergic to them. We do our best to control their numbers through regular treatments and fogging of the property. Despite our efforts, we never completely eliminate mosquitoes and therefore recommend liberal use of insect repellants on your skin, and citronella candles or electric debuggers around the villa especially in the late afternoon and early evening.

Centipedes are scarce but if you do see one, it should be avoided as the bite is painful. The discomfort of insect bites or stings is relieved by antihistamines, which are available from any pharmacy.

Some tropical plants and fruit are poisonous so please do not put anything in your mouth unless you are quite sure it is safe to eat!!

Our sun is a lot more serious than most people realize. Be careful the first few days, particularly between 12:00 noon and 2:00 p.m. and use lots of a high factor sunscreen to avoid painful sunburn.



There is a Troop of Green Monkeys that lives in Mullins. Best seen around 7:30am at the park near Battesley Mews or off of Mullins Road. They are cute but don't get too close.

Do not touch the small green Manchineel apples found on many West Coast beaches. They are poisonous and will blister the skin. NEVER shelter under a Manchineel tree when it rains, as even the drips can blister. Also when swimming, be careful of the spiky sea urchins found on the reefs. If you step on them they can be quite painful for a few days.

There are many beautiful beaches to visit and explore in Barbados and they are all public. Swimming on the east coast is dangerous due to the strong currents and powerful waves experienced. However the Crane has a wonderful beach that is relatively safe due to the offshore reef.

GENERAL INFORMATION IN BARBADOS

Consulates and Embassies

British High Commission	Tel: 430-7800
Canadian High Commission	Tel: 429-3550
Embassy of the United States of America	Tel: 436-4950

Emergency Numbers

Fire	Police	Ambulance
Tel: 311	Tel: 211	Tel: 411

Banking

Branches of First Caribbean International (Barclays and CIBC), RBTT, The Bank of Nova Scotia, Royal Bank of Canada and Barbados National Bank are located in nearby Speightstown and Holetown. Banking hours are:
Monday to Thursday, 8:00a.m- 3:00 p.m
Friday 8:00 a.m. - 5:00 p.m



Closed on Weekends

There are ATM's available at those locations also.

Car Rentals

It is not very hard to get around in this small and beautiful island. Our Property Manager can arrange a vehicle for you and make recommendations for size of vehicle or class before you arrive. Alternatively there is a list of rental agencies in the booklet 'Barbados in a Nutshell'. Please leave a copy in the Villa for future guests.

Please note that in order to drive in Barbados a visitor's license must first be obtained, available from the rental firm at a cost of \$10.00 BBD.

Currency

The Barbados Dollar is tied to the U.S. Dollar and is currently valued at ~BBD\$1.98 = US\$1.00. U.S. currency is readily accepted island-wide and accept at banks is usually 2 to 1.

Departure

Checkout time is 12:00 noon. We will extend this time to accommodate later flights if we are not expecting new arrivals immediately following your departure. However, should there be an arrival the same day, the housekeeping staff will need to keep with schedule. If later times are required then more staff will be employed to turn around the Villa at your cost.

Dress

The attire on the island is generally casual. Shorts are accepted during the day and restaurants accept a shirt and trousers in the evening (apart from special formal occasions). Swimsuits and bare feet in public places are frowned upon.



Electricity

The main supply in Barbados is 110 volts 50 Hz with U.S. plugs and sockets. It would be appreciated if lights, air conditioners, fans etc were switched off when not in use. In case of power outages please make sure you know where the torches and candles are kept. (ask Mary)

Medical

A 24-hr clinic is available at Sandy Crest Medical Centre (Tel: 419-4911) located in Sunset Crest, Holetown, St. James. They have facilities to handle most illnesses or emergencies.

Newspapers

These are available from supermarkets and convenience stores across the island. UK newspapers can be delivered to the villa if you request. They are digitally printed on A3 paper and usually delivered first thing in the morning. Please contact Newspapers Direct at (246) 422-4928 for further details. I use my Kindle.

Post Office

There is a Post Office opposite the mall in Holetown called the Public Centre. Also there is a post office behind the bank in Speightstown.

Restaurants & Entertainment

For what's on in Barbados check the following site:-
<http://whatsoninbarbados.com/eventcd.htm>

Great places to visit, in no particular order are Holders Market on a Sunday 9:00 to 2:00, Hunt's Gardens – Anthony is a real hoot, the gardens are superb and the rum even better. St Nicholas Abbey is a 400 year old plantation house with a steam driven sugar cane crusher – well worth a visit – check out the 1930s home movie. Polo at Apes Field or Holders is also well worth a trip out. It is not snobby and makes a change from the beach. The drinks and food are very reasonably priced and is good to see Bajan's at play.



We have over the years, sampled many of the restaurants on the island and recommend in no particular order some West Coast venues. We haven't tried the new ones in Limegrove, Holetown yet although we do hear that Sammy's Noodel Bar is worth a visit. Limegrove bar though is a great place for cocktails. We recommend that reservations be made for dinner to avoid disappointment. Also to RE CONFIRM is always a good idea! Use the Villa phone since the call is free.

Bombas 5 minutes walk or 10minutes if you walk Bajan style. Just past the 27/7 garage on the way to Speightstown. It's on the Beach. Normally Turtles are there daily. Great location to watch the sun go down. Wayne is a character and laid back so expect a relaxed casual service. 236 7750 or beachbarbombas@yahoo.com

Ramshackles. Been open 2 years and is already a favourite of ours. Monday is quiz night. Derek (taxi) can book it for you. Also he can organize a BBQ on the beach here if you require. This is a good way to get a BBQ on the beach with music.

The Royal Pavilion (Fairmont) St James. (246 422 5555) This is the place for that extra special occasion especially if you wish to dance. Food outstanding, location outstanding and service also.

The Tides - a superb restaurant located on the waters edge in Holetown. Popular chef Guy Beasley and his wife Tammie operate The Tides. The restaurant draws inspiration from the sea for both its decor and cuisine. Tel: 432 8356.

Cin Cin –New restaurant in 2012. Contemporary ambience. Worth a try. Tel: 424-4557.

Lone Star - First Class dining in a lovely setting on the sea. The Lone Star is a favorite with many of our guests. Tel: 419-0599. Derek our preferred Taxi driver, will book it for you as he lives next door and can get you a great table.

Mullins Beach – Just across the road. So very convenient but they don't serve food in evenings at the weekend. Don't know why. 422-2044

The Beach House (432 1163) In Holetown . Best day is Friday because they have live jazz. Food is excellent and the venue is right on the beach and it is not too expensive.

Lexy's Piano Bar & Lounge - great fun especially on Friday & Saturday night. It does not open until 9:00.



Surfside – Casual place (right on the Holetown beach) is the place to meet expats and watch Football, Cricket or Rugby.

Zaccios – Casual place well worth going to. A family restaurant – excellent food at a good price right on the beach in the centre of Holetown. Do not be put off by the sign saying Pizzas. (432-0134). Call to reserve if you want the best beach side tables.

In Speightstown there is the family run La Bouche. 422 0047 They do typical Bajan food and also have sports on the TV. This is right on the waterfront and it is good excuse to check out Speightstown where there is also a very good local museum.

Security

Barbados boasts a relatively low crime rate. We rely on our guests to take sensible precautions to discourage theft and ask that you are aware of, and adhere to the following security information. There is a safe in the villa and we urge you to keep your valuables in there. In the event of a problem, West Coast Villas has a master code to open this safe. We caution strongly against allowing any strangers and particularly the numerous beach vendors into the house or patio and urge you not to leave valuables, cameras etc. unattended in your car, or on the beaches.

When you leave, even for a short while, please lock all the doors of the Villa and pass the key to security.

Shopping

The villa is in the north-western parish of St. Peter, approximately one mile from quaint historic Speightstown, where you will find supermarkets, a fish market, a post office, dry cleaners and most facilities for shoppers. About 10 minutes south of Speightstown is Holetown where a wider selection can be found in the modern shopping centre. Shops there include the luxury Limegrove, Super Centre Supermarket, Cave Shepherd Department Store, duty free shops, boutiques, souvenir shops, gourmet shops and much more. In Bridgetown, our capital city you will find the widest range of duty free shopping, including designer clothes, jewelry, china, crystal, perfumes, cosmetics, etc. You are required to produce your passport, airline ticket and departure card when making duty free purchases. There are two very useful 24-hour Convenience Stores in nearby gas stations to the north – Texaco and Shell. One of these is the Spar Market which is 5 minutes walk from the Villa – get your milk, eggs and bacon and of course Banks Beer from here.



Water

Barbados has pure, naturally filtered water, which is safe to drink straight from the tap. However bottled water is available from any grocery or convenience store.

Tips

Unlike hotels, there is no service charge added to the accommodation costs therefore it is left to the guests discretion. We have always found the service excellent. Envelopes have been left in the stationary cupboard to assist.

Transport

Remember, we drive on the left of the road in Barbados. Also, take extra care crossing the street- out of habit you may find yourself looking where cars are going instead of coming. Speightstown is just a short 5 minutes drive north, while Holetown is about 10 minutes south. Bridgetown, our capital city, is about half an hour south depending in the time of the day. When driving try to avoid rush hours between 7:30 until 9:00 am and 4:30 until 5:30 p.m. The airport is about 45 minutes away by car. Airport transfers are 120\$Bds. Best to use Derek since he lives close to the Villa and knows us well. (see taxi section)

Buses are also available from outside the compound on the main road and there is a standard cost of \$2 BDS per trip. Great fun and very regular too. We don't bother hiring a car when we visit we just use the buses and Derek.

Stoutes Car Rental Ltd
Tel: 1-246-416-4456
Email: info@stoutescar.com
Website: www.stoutescar.com

Courtesy Rent – A – Car
Tel: 246-431-4160
Email: reservations@courtesyrentacar.com
Website: www.courtesyrentacar.com



Cars can be collected at the airport or delivered free to the villa. You will need to purchase a Barbadian Licence for a small fee (10\$Bds) which is valid for 1 year.

Taxis

Rek's Taxi Service Derek has a 7 seater \$120Bds from the airport

E mail: derekstransportbarbados@yahoo.com Tel: 246 231 3543 If he is busy he other reliable guys who he works with.

Other taxi companies are in our personal telephone book.



We sincerely hope this information has been of some assistance to you. Please let us know if there are areas you feel have not been adequately covered so that we can include or update them.