

**Caroni Swamp Bird Sanctuary** Sir David Attenborough, the world-renowned birder and naturalist, chose Trinidad as the location for some of his most famous documentaries because of its immense environmental bounty and biodiversity.

Visit the Caroni Bird Sanctuary on evenings as the spectacular flaming Scarlet Ibis (our national bird) comes to rest. The Sanctuary, spanning approximately twenty (20) square miles, is one of the most fascinating mangrove wetlands in the Western Hemisphere as it teems with diverse wildlife.

This natural site is a protected wetland of global importance, which has three (3) varieties of mangrove - red, black, and white mangrove. See the Fiddler crabs on the mudflats, the occasional Caiman on the embankment, the silky Anteater and the more than 190 avian species that inhabit the swamp.

The most beautiful sight occurs at evenings when hundreds of Scarlet Ibis, come home to roost. The flaming "red" scarlet birds against the evenings blue sky are a spectacular sight.

**Foodie Heaven** Influenced by our African, Indian, European, Chinese and Syrian Lebanese heritage, the unique cuisine of Trinidad ranges from tantalising street food to fine dining restaurants.

Trinidad is a Foodie's ultimate dream and the perfect haven for anyone with Caribbean roots looking for a taste of home.



Trinidad is a place where business meets pleasure, where hard work and relaxation find a creative compromise and where passion for both are never scarce. Our festivals, our cuisine, our rhythms are the envy of the world. With influences from the indigenous populations, the Amerindians as well as the Spanish, French, African, Indian, Chinese, Syrian and many more, we have given birth to a cuisine, which is unique, multi-dimensional, and very sophisticated.

*Always in season*

TOURISM  
**trinidad**

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# Bucket List Experiences in Trinidad

Experience a different Caribbean paradise....  
In Trinidad, culture, history, adventure, and nature  
abound and beg to be enjoyed.  
There is always something to do ...  
365 days of the year!





Cultural Diversity

Trinidad is a captivating and immersive experience. Visit the Temple in the Sea built with the hands of a Hindu devotee, Siewclass Sadhu. Behold one of the tallest murtis in the western world - the Hanuman Murti – in the village of Carapichaima.

Be mesmerised by the peace and tranquility of the Abbey of Our Lady of Exile at Mount Saint Benedict. Or make a pilgrimage to La Divina Pastora in Siparia which contains a Black Virgin Mary statue surrounded by votive offerings. This statue of the Virgin Mary is revered by both Roman Catholics and Hindus, who see her as a manifestation of the Goddess Kali and call the statue Siparee Mai (Mother of Siparia).

Journey with the procession to the Lidj Yasu Omowale Emancipation Village on August 1, clad in your finest regal African garb clapping chanting and dancing to the drums as you commemorate the abolition of slavery and declare a better future. Ring the bell to celebrate religious freedom and the repeal of prohibition of the Spiritual (Shouter) Baptist faith.

Our Festivals

Trinidad, the Land of Festivals, offers a diverse and vibrant culture second to none and is the Home of the Biggest Street Party in the World. Our major national festival, Carnival, which traditionally spans January and February, attracts visitors from all corners of the globe.

We are a warm, friendly fun-loving people always ready to socialise or “lime” and the country's event calendar is consistently packed with music festivals, sporting events, community festivities, and religious observances.

In the middle of the year, it is Hosay with booming tassa drums and huge Taj Mahals can be seen parading through the streets. In December, the sweet sounds of the cuatro and mandolin herald a true Trini Christmas as parang (Spanish styled carols) reverberates in the Paramin hills and Lopinot valley. And the list of festivals goes on and on. . .

Carnival

Picture an entire nation of masqueraders – from every creed and race – donned in beautiful colourful array of ornate costume designs, parading their elaborate costumes and traditional mas through the streets of Port of Spain and other communities.

Immerse yourself in the sweet sounds of the steelpan, the only acoustic musical instrument ever invented in the 20th century.

Maracas Beach

After a winding drive through the Northern Range's rainforest – with beautiful views of many picturesque bays and the lookout where food vendors, serenading guitarists or pannists await - you will find our flagship beach Maracas.

The refreshing sea breeze, rhythmic percussion of waves on the sand, and renowned sandwich of bake and fish can cure almost any ailment and erase all stress

Turtle Watching

Witness the giant endangered Leatherback turtles, ranging in sizes from 600 to 2000 pounds come to our shores during the months of March to September to lay their eggs carefully disguising and covering the nests before heading back to sea.

Visitors can tag a turtle and contribute to the preservation of life. Two (2) months later, you can witness baby turtles scramble to the sea, another reminder of the miracle of life, right here on the beaches of Trinidad such as on Matura and Grand Riviere.

La Brea Pitch Lake

Often referred to as the 8th Wonder of the World, the La Brea Pitch Lake is situated in the village of La Brea in southwest Trinidad and is the world's largest natural asphalt reservoir. Natural springs, said to have healing properties, sometimes appear at its centre during the rainy season.

Take a walk on top of the Pitch Lake with our certified tour guides or you can even take a dip in the sulfur waters of the lake. Bird watchers can enjoy glimpses of Herons, Hummingbirds, Kingfishers, and Sandpipers.

