



THE SPIRIT OF
Trinidad and Tobago



Manzanilla
Photo: Afzal Abdul





'Tufted Coquette' - Hummingbird
Photo: Wendell SJ Reyes

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Government of the Republic of Trinidad and Tobago
Ministry of Trade, Investment and Tourism



T H E S P I R I T O F
Trinidad and Tobago

#visitTrinidad



Tobago
beyond
unspoilt • untouched • undiscovered



THE REPUBLIC OF TRINIDAD AND TOBAGO

CONTENTS

BEACHES
6



18
HISTORIC



26
ADVENTURE



CULTURE
42

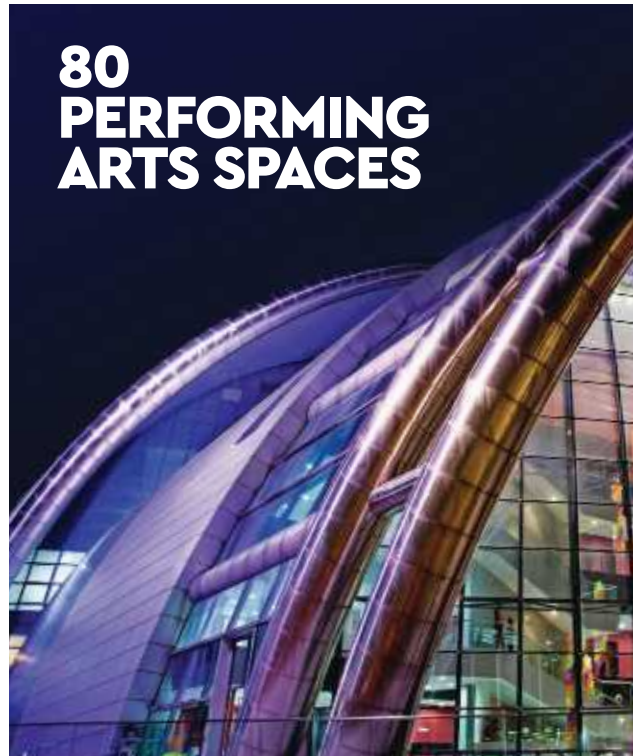




54
RELIGIOUS SITES



74
FOOD



80
PERFORMING
ARTS SPACES



PERFORMING ARTS
62



Photo: Richard Lyder

TRINIDAD & TOBAGO TWO OF THE WORLD'S BEST-KEPT SECRETS

Step into a visual journey where colour dances, culture breathes, and the charisma of Trinidad and Tobago unfolds image by image.

Located off South America's northeastern shoulder, our twin-island republic sits gracefully outside the hurricane belt, covering 5,128 square kilometres. Small in size, mighty in spirit—our strength lies in diversity.

Our people descend from many waves: Indigenous inhabitants, then Spanish, French, Dutch, British, and Courlander (Latvian) colonisers. Tobago changed hands an estimated 33 times before finally falling under British control in 1803; Trinidad, after nearly 300 years of Spanish rule, had already been taken by the British in 1797. These shifts brought varied migrations—Africans through the transatlantic slave trade and after emancipation, and East Indian indentured labourers arriving between 1845 and 1917 to work on the sugar plantations. Chinese, Portuguese, Syrian, and Lebanese settlers followed, each adding flavour to our food, faiths, and festivals.

Here, cultures don't just coexist—they celebrate one another. Churches share carparks with mosques; Christians light deyas at Divali; weddings end with tassa drums and doubles. As Carnival season nears, steelpan fills the night air. Unity in diversity is the rhythm of our lives.

Trinidad and Tobago gained independence in 1962 and became a republic in 1976. Today, we balance Caribbean charm with democratic ideals. Our economy thrives on oil and gas but pulses equally with tourism, agriculture, manufacturing, and the creative industries. Ambitious yet grounded, we work hard—and celebrate harder.

Whether it's the roar of a T20 cricket crowd or a leatherback turtle nesting in moonlight, our country embraces contrasts: urban and wild, fast and spiritual, modern yet rooted. Every village tells a story, every meal a memory.

What doesn't surprise you will take your breath away. This book captures our contagious energy—a keepsake of Trinidad and Tobago's heart and soul.

Welcome to T&T. We're more than a destination—we're a whole vibe.

ONE JOURNEY TWO ISLANDS

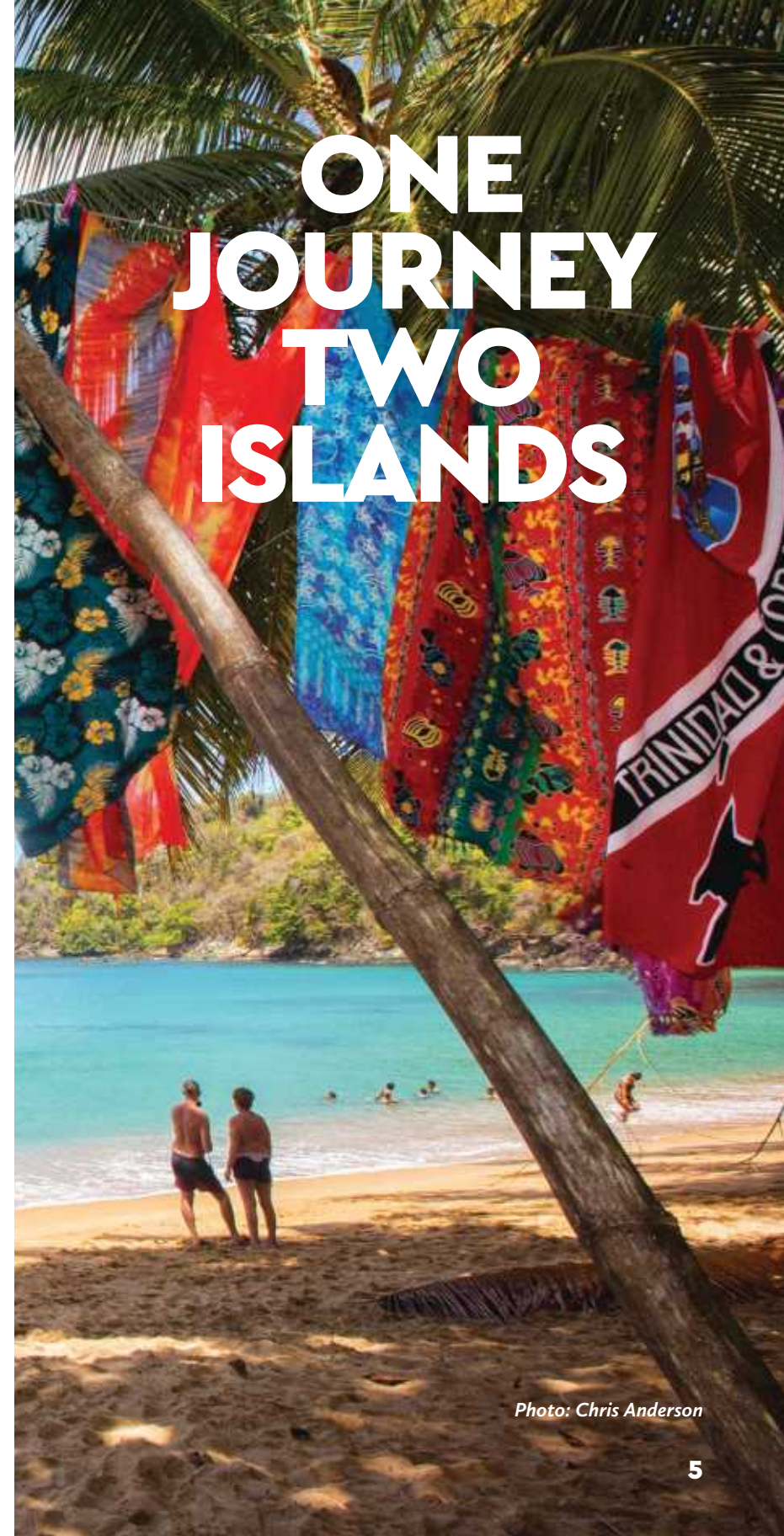


Photo: Chris Anderson

BEACHES



A Magnetic Connection

There's a strong magnetic force which anchors our beaches to our people. A love that revitalizes, seeing us through the best and worst of times. You'll find that no two beaches are exactly the same, even the ones along the same coastline.

What they do share are magnificent waters for soaking and swimming. Lukewarm, salty and therapeutic, our beaches are the perfect temperature; warmed by the sun but still refreshingly cool. Our sands a natural exfoliant, yet still soft to the touch. Together, they form a harmonious, healing remedy, restoring energies and equilibrium.



BEACHES TRINIDAD



Blanchisseuse

Midway along Trinidad's north coast lies this frequented fishing village dotted with upscale holiday beach villas. 'Blanchi' is also home to tropical rainforests guarding three of Trinidad's prized waterfalls: Three Pools, Avocat and Paria, along with Paria Bay, popular for camping. Waterfall hikes are a reverent spectacle for all nature and wildlife lovers.
Photo: Marcus Gomez

Below (left-right)

Columbus Bay

Named after Christopher Columbus, this bay is believed to be where the famous Spaniard first caught sight of the island he named Trinidad. On July 31st, 1498, he would learn that Trinidad was already discovered and inhabited by Amerindian tribes. Today, Columbus Bay is as majestic as we imagined it would have been in 1498, spanning over 4km.
Photo: Chris Anderson



Las Cuevas Bay

Fifteen minutes past Maracas Bay you'll descend onto a green jewel that resembles a crystal lake. Las Cuevas greets you with an ever-present calm that others cannot. Perfect for swimming laps, its sheltered bay enhances the feeling of it being safely tucked away from rest the of the world.
Photo: Chris Anderson

BEACHES TRINIDAD

Macqueripe Bay

Imagine cycling or driving through 5km of tropical trees and hiking trails to end up at a secluded, natural deep-water pool, perfect for diving, open water swimming or even hiding a submarine. This is Macqueripe, the prized jewel of Trinidad's northwestern peninsula. Once a restricted lookout for German submarines during WW2, today you can look at this stunning landscape from the zipline that runs over.

Photo: Nicholas Bhajan

Below (left-right)

Matura Bay

Did you know that leatherback turtles return to the beach they were born when it's time for them to nest? Rarely touched by humans, Matura Bay reports to one boss, the leatherback turtle. Its gritty, unspoilt shoreline contains the perfect combination of elements for laying eggs at night, the most important ingredient being little human presence.

Photo: Chris Anderson

Maracas Bay

'Maracas' has evolved from a beach to a beach state of mind. It's when the salty sea water merges with good company, bake and shark, a little pineapple chow, a beastly cold drink, sunglasses and a touch of sunburn. Going to Maracas Beach is more than a beach day. It is a social pilgrimage and renewal.

Photo: Ziad Joseph





Above

Manzanilla Beach

If you love road trips, there is no road in Trinidad more enjoyable to drive than the 'Manzanilla stretch'. Two bays fringed by fifteen miles of coconut palms. A former WW2 military base, this stunning coastline guards rich history and biodiversity. Manzanilla's sandy shore is a prime destination for leatherback turtles during nesting season.

Photo: Chris Anderson

Facing page

Balandra Bay

On Trinidad's northeastern coastline is a family weekender favourite. 'Balandra', as it's fondly called by locals, is a haven for surfers, with its impressive waves and warm waters making it a base for surfing camps year-round. If large waves release your spirit of adventure, you know where the surf's up.

Photo: Richard Lyder



BEACHES TRINIDAD

Top (left-right)

Mayaro Beach

Spending time at a beach house in Mayaro is a local rite of passage. Today, this tiny fishing village has grown into a bustling staycation destination. Mayaro has the complete reset package, from pulling in the daily catch with the village's fisherman to a great night's sleep lulled by crashing waves.

Photo: Chris Anderson

Salybia Bay

Salybia's fringing reefs are the only reefs that exist on the island of Trinidad. With just 90 meters' walk from its picturesque shore to sea in low tide, you'll encounter reef flats teeming with hermit crabs and marine mollusks. If you choose to visit for this reason alone, it will be worth it.

Photo: Richard Lyder

Below (left-right)

Sans Souci Beach

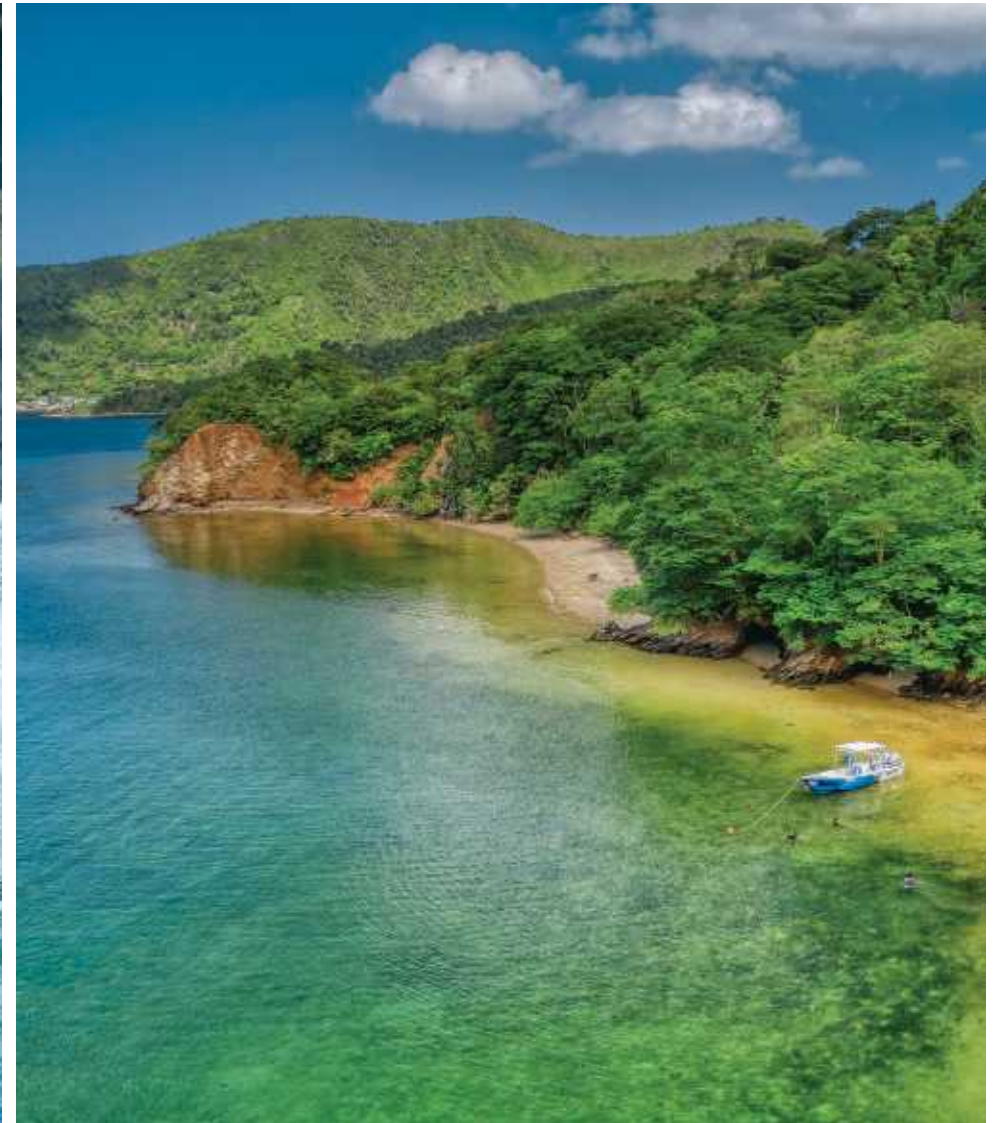
There's a particular phenomenon you'll find popping up between Sans Souci to Toco - Its leaning palm trees from the powerful sea breezes. Sans Souci's coast holds its own uniquely irresistible force. Its pounding waves and deserted golden beaches are a magnet for surfers. Here, swimming is optional. Surfing is mandatory.

Photo: Richard Lyder

Scotland Bay

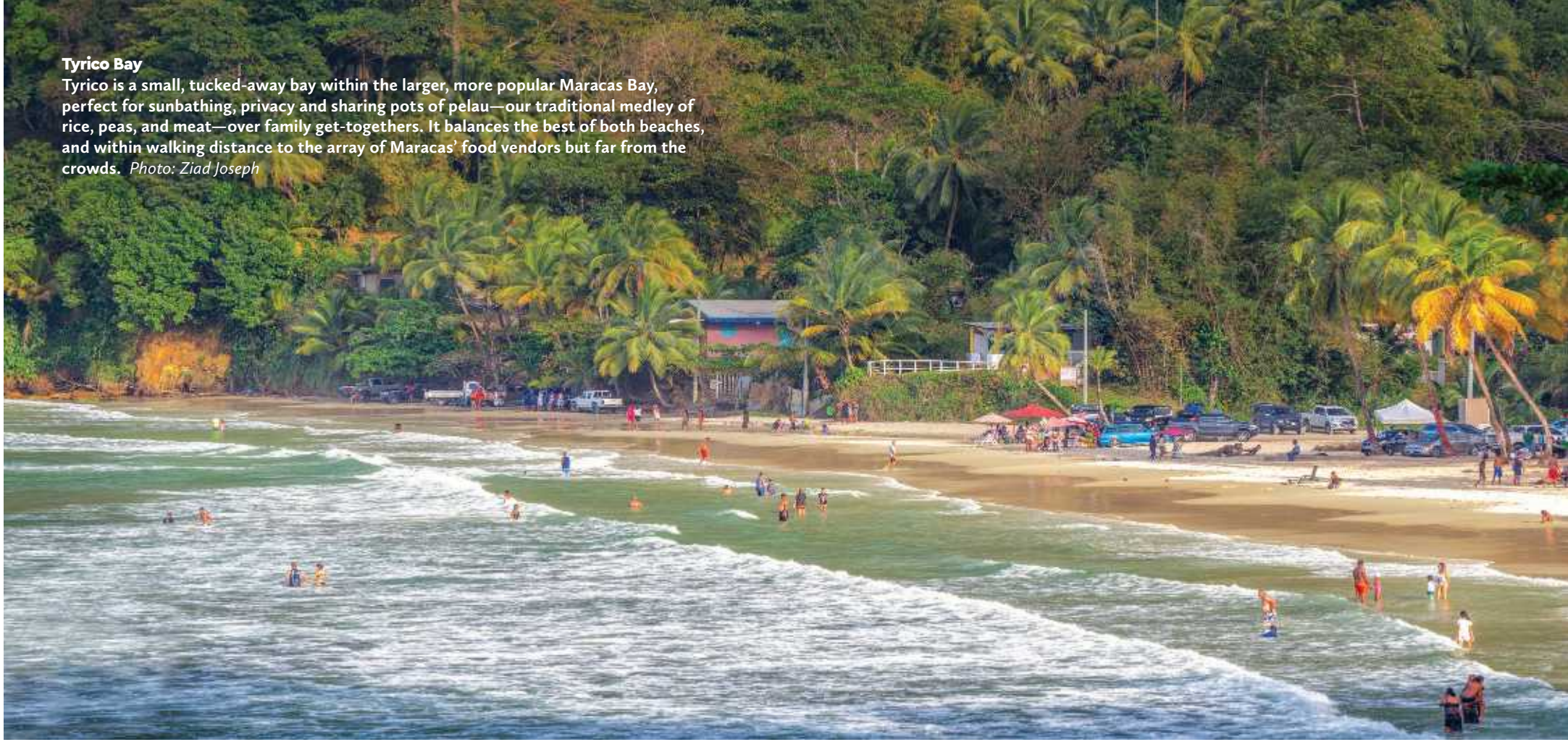
A calm, captivating bay on the northwestern coast of Trinidad, Scotland Bay is quite unique in that it's only accessible by boat. Because of this, it's one of the areas off this coast fondly known as DDI or "Down the Islands", associated with all-day boat charters, swimming and fun with friends and family.

Photo: Chris Anderson



Tyrico Bay

Tyrico is a small, tucked-away bay within the larger, more popular Maracas Bay, perfect for sunbathing, privacy and sharing pots of pelau—our traditional medley of rice, peas, and meat—over family get-togethers. It balances the best of both beaches, and within walking distance to the array of Maracas' food vendors but far from the crowds. *Photo: Ziad Joseph*



Vessigny Beach

Located just south of La Brea, Vessigny Beach is family-friendly and perfect for swimming. Its calm cove, shallow waters and active sailing school make it a popular pitstop on any southern Trinidad road trip. The area is named after Simon Paul Vessigny, who came from Corsica in 1788 at the age of 13 to work with his uncle. After purchasing his own estate, he settled here, laying the foundation for this charming village. *Photo: Afzal Abdul*

BEACHES TOBAGO



Left-right

Cable Bay

Also known as Swallows Bay, this small stretch of yellow-sanded beach between Store Bay and Pigeon Point runs parallel to the Pigeon Point Heritage Park road. Often overlooked by visitors because of its lesser popularity, it's one of the best places to relax, reflect and enjoy a completely undisturbed front row sunset seat in Tobago.

Photo: Chris Anderson



Englishman's Bay

It is no small matter when your beach gets voted in the top ten beaches in the Caribbean. Welcome to Englishman's Bay, Tobago, where all the colours come together in a way that excites, then relaxes your entire being. Here, the blue green hues of these waves glisten differently, beckoning swimmers to her deep waters.

Photo: Chris Anderson



Left-right

No Man's Land

Imagine an uninhabited island where a white coral sandspit extends gracefully into the tranquil waters of Bon Accord Lagoon. No Man's Land blends lounging off the grid without being completely inaccessible—unless it's by boat or one of the few who know its hidden pathways. In the afternoons, vendors appear on its shores with barbeque and freshly roasted fish.

Photo: Chris Anderson

Mt Irvine Bay

At Mt Irvine, you'll find everything needed for an unforgettable beach day – delicious seafood, a busy beach bar with great music, the occasional live steelpan and covered huts to comfortably enjoy the stunning view. Mt Irvine's half-mile beach has an excellent reputation for calm blue waves that invite many bathers from all corners of the world.

Photo: Chris Anderson



Top (left-right)

Pigeon Point

Easily the most iconic beach in Tobago, Pigeon Point's aquamarine waters, white coral sands and its thatched covered jetty went postcard viral before the concept of 'going viral' ever existed. Today, Pigeon Point Beach is housed within the well-appointed Heritage Park Facility, with a nominal entry cost that helps offset its maintenance costs.

Photo: Chris Anderson

Store Bay

Store Bay is a ritual, a golden-hour beach pilgrimage that's come to define the Tobago travel experience. It's the first and last stop for all Tobago stopovers. It's an unrivalled sea-bath and the go-to place for local favourites, the likes of curried crab and dumpling, fish broth, curried goat, ice-cream and many other specialties.

Photo: Richard Lyder

Turtle Bay

What's special about this beach is that it's shared harmoniously by Tobagonians and Tobagonian-born leatherback turtles. By day you'll discover that its waters and beaches are never crowded, making it a great option for beachfront get-togethers. At nights between March to June the beach is a protected turtle-nesting site.

Photo: Nicholas Bhajan

Facing page

Stone Haven Bay

A popular landmark for the excellent restaurant options and villas close by, Stonehaven Bay in Black Rock sits on a large expanse of uninterrupted golden sand which leatherback turtles love to nest on between March and June every year.

Photo: Chris Anderson





HISTORIC



One Country. Two Histories

Trinidad and Tobago's tiny, twin-island real estate is not an analogous comparison of our history. Our collective journeys would make compelling period-piece dramas. Stories of power, survival, legacy and hope that are so much bigger.

Trying to explain 'who we are' and 'where we are' when overseas often requires a world map with an accompanying lesson in history of the Americas. Believe it or not, outside of the diaspora, the Caribbean as an entity is still largely an enigma. Since it's referenced mostly by our enviable weather, beaches and reggae, many incorrectly assume there's little more beneath the surface to get lost in. What they don't yet know is how much history lies inland beyond our blue-green salty, warm waters.

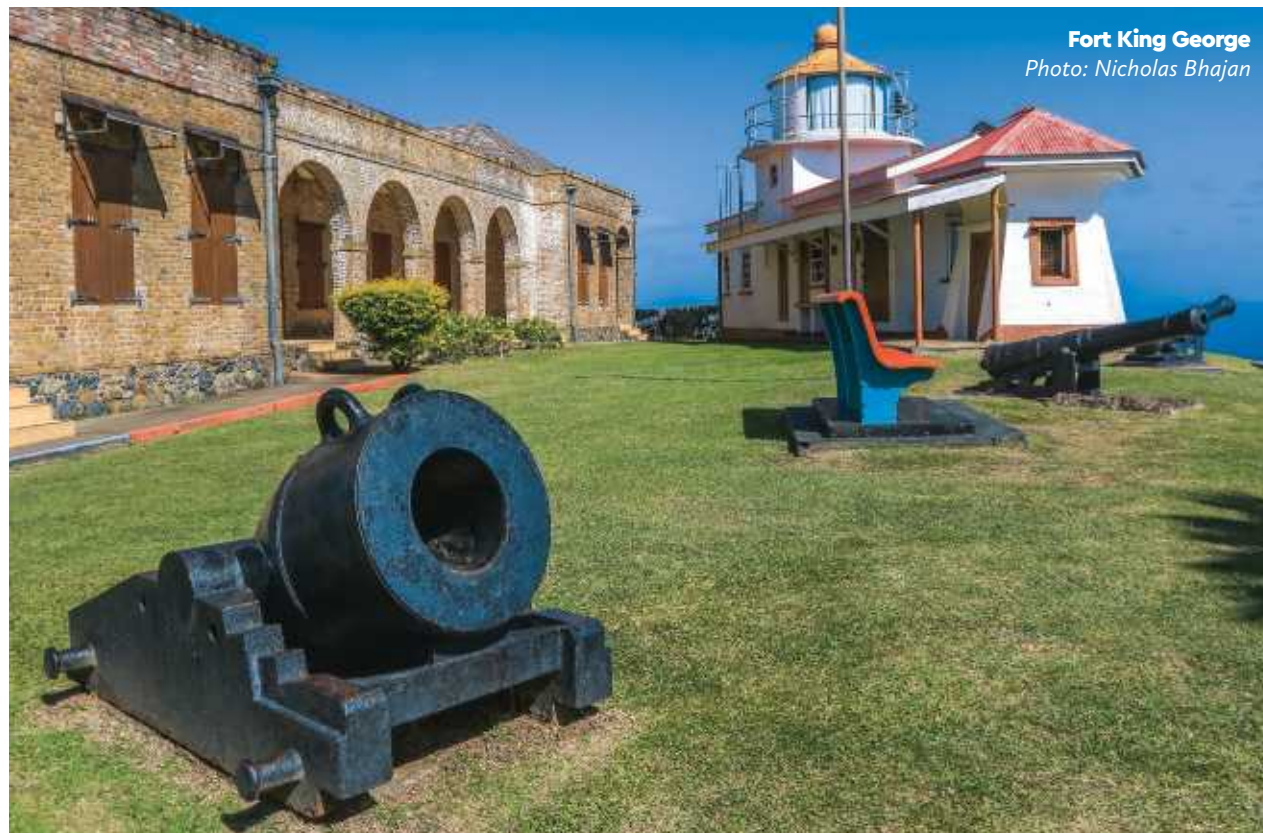
Although our independence did not happen until 1962, Trinidad and Tobago each had a distinct colonial history under various European powers. Were you aware that for 300 years Trinidad was a Spanish colony? We were a true 'Port of Spain' until 1797, when ownership and our language changed from Spanish to the Queen's English. Within the handover years leading up to the early 19th century, there was a wave of French Catholic planters, French colonists and free mixed-race people (mulattoes) migrating from other Caribbean islands to Trinidad after Spain's Cedula of Population.

The Cedula was a game changer, offering exclusive incentives such as tax concessions and grants on established sugar-cane plantations on large parcels of land. Simultaneously, this also negatively impacted the Indigenous population, who were forcibly relocated from their fertile communities to areas like the Arima Mission.

Meanwhile, Tobago, 20 miles away, was passed from one European nation to the next, changing hands from the Dutch to the British, French and the Courlanders until the British finally regained control from France in 1803. Under British rule, both islands experienced waves of West African migration through slavery until its abolition in 1834.

Trinidad and Tobago would go on to make world history as is the first country to proclaim a national holiday to commemorate the end of African enslavement – known today as Emancipation Day, celebrated every year on August 1st.

And these accounts are only the roots of our historical coconut tree; we're only just getting started. In the upcoming sections you will see how our history has been enriched by the culture, food and religion from all that migrated here, making T&T a colourful twin-island-sized melting pot.



HISTORIC TRINIDAD





Top (left-right)

Mount St Benedict

Founded in 1912, Mount St. Benedict is the oldest Benedictine monastery in the Caribbean. Perched high in the Northern Range, its red-tiled roofs overlook green hills and the Gulf of Paria. Every day, God-conscious visitors come for the serene chapel, famed Pax tea shop and spiritual refuge above the bustle below.

Photo: Afzal Abdul

Lopinot Historical Complex

Nestled in Trinidad's Northern Range, the restored Lopinot Estate was once home to French Count Charles Joseph de Lopinot, who settled there in the early 1800s after fleeing Haiti. Renowned for cocoa, the Venezuelan Cocoa Panyols migrated to work on the estate, bringing with them rich cultural traditions, including parang music and the beloved Christmas delicacy, pastelles.

Photo courtesy: Ministry of Trade, Investment and Tourism

Below (left-right)

Fort George

One of the most frequented viewpoints to capture Port of Spain's beauty, Fort George is home to hillside residents who start and end every day with inspiring city and sea vistas. Further uphill is the Fort. Built in 1804 during British colonial rule, it was a major defence outpost until 1846.

Photo: Afzal Abdul

Queen's Park Savannah

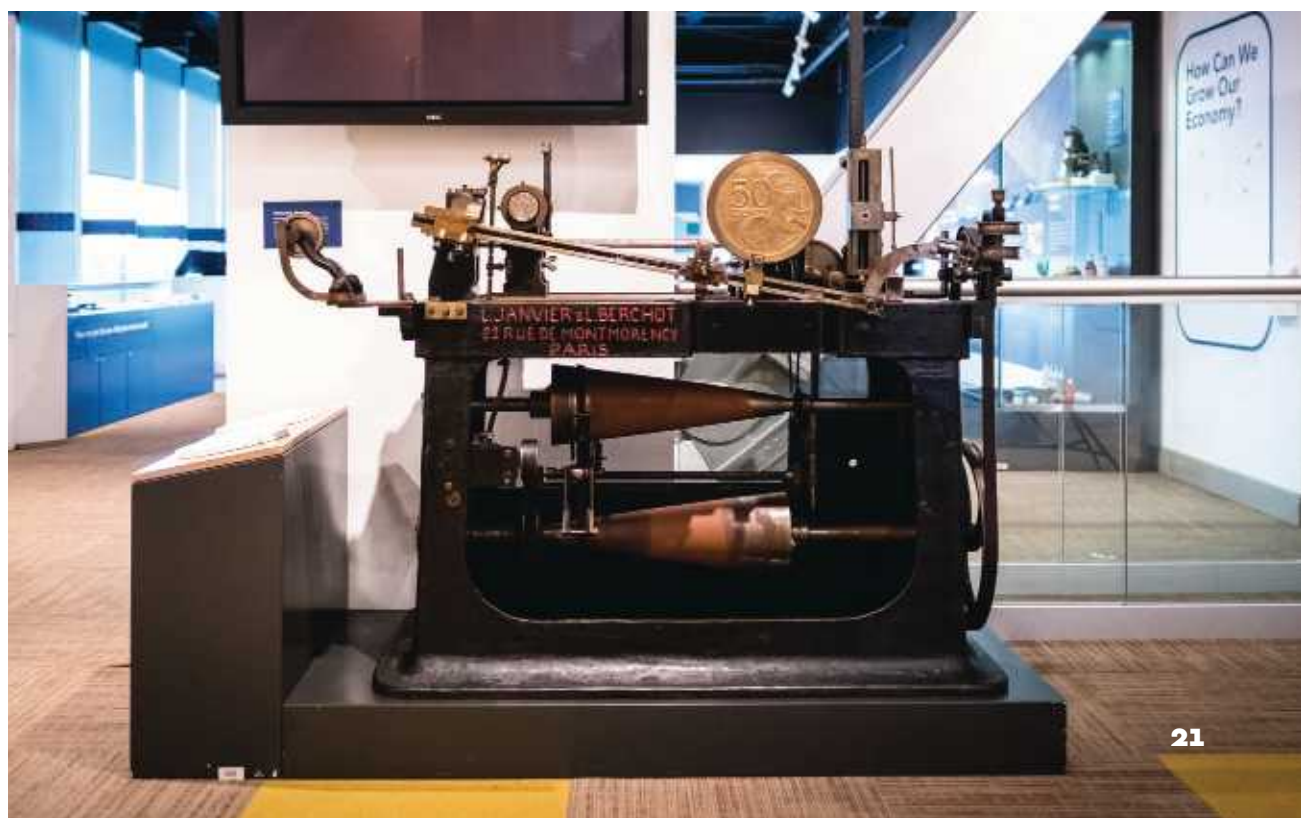
At 3.7 km around, the 'Savannah' is Trinidad's largest recreational park, bordered by the world's largest roundabout. Once part of an 18th-century sugar estate, today, the Queen's Park Savannah is the green heartbeating life into Port of Spain. Annually, it transforms into a performing arts stage for Trinidad's Carnival. No trip to the island is complete without a photo-walk, jog or coconut water around its tree-fringed perimeter.

Photo: Richard Lyder

Central Bank Museum

While most nationals associate the Central Bank (now 60 years in existence) with finance, its museum showcases an extensive historic gallery of trade, commerce and artefacts. The museum was opened in 2004 with the specific goal of engaging and educating the public on its role and history. Today, the Central Bank Museum houses two impressive collections; art and numismatic.

Photo courtesy: The Central Bank Museum





The Magnificent Seven

Seven reasons to grab your camera and head to the Queen's Park Savannah. Built between 1902 and 1910, a time where wealth was expressed through magnificent family residences, these beautiful architectural, landmark buildings have been preserved as national heritage sites. Today they stand as masterpieces that colour Trinidad's history of conquest and colonialism.

Left

Queen's Royal College

Founded in 1859 and relocated to its current grand German Renaissance building in 1904, Queen's Royal College has produced generations of Trinidad's leaders. Its iconic clock tower and red-brick facade dominate the western edge of the Queen's Park Savannah, an architectural tribute to knowledge, discipline, and colonial ambition repurposed for national pride.

Photo: Chris Anderson

Right (top-bottom)

Hayes Court

A bishop's legacy. Hayes Court served as the official residence of the Anglican Bishop of Trinidad. Completed in 1910, its arched verandahs and symmetry stands as a quiet testament to ecclesiastical influence in Port of Spain. Surrounded by frangipani trees, it exudes old-world grace and authority.

Photo: Shaun Rambaran

White Hall (Rosenweg)

Constructed in 1904 by cocoa magnate Joseph Leon Agostini, White Hall's Moorish Mediterranean design once echoed North African villas. Originally named Rosenweg, it later became the Prime Minister's office. Towering palms flank its arched corridors—a reminder of opulence, politics, and the cultural mosaic of Trinidad's colonial elite.

Photo: Shaun Rambaran





Top (left-right)

The Archbishop's Palace

Commissioned by Trinidad's 5th Archbishop, Patrick Flood, who wished to align the dignity of his office with the opulence of French plantation society. In 1904, the completed Palace exhibited European architecture adapting to the tropics, its design combining Indian royalty with medieval Irish. Today it is the seat of the Trinidadian Roman Catholic Archbishop.
Photo: Shaun Rambaran

Mille Fleurs

Built in 1904 and commissioned by Dr. Enrique Prada, Mille Fleurs' ornate French style, coral stone façade, wrought-iron balconies and lush gardens make it a favourite backdrop for posh events and wedding photography—an elegant echo of French architecture nestled in Trinidad's colonial past. Mille Fleurs is also the base for the Trinidad and Tobago's National Trust.
Photo: Richard Lyder



Below (left-right)

Ambard's House (Roomor)

Designed by a French architect in 1904, Lucien Ambard, who constructed his family home. He used Italian marble, Scottish cast iron, French tiles and wood from the family estate in Erin, Trinidad, for the rafters. Sold three times between 1919 and 1940, Ambard's House (renamed to Roomor) remains one of the few whose original design integrity has been preserved.
Photo: Chris Anderson

Castle Killarney (Stollmeyer's Castle)

Castle Killarney is a Scottish-inspired Trinidadian castle that turns heads daily. Charles Fourier Stollmeyer's mansion was inspired by a wing in Balmoral Castle and was built from Laventille's quarry stone, with accents of brick and decorative Scottish cast-iron pillars. Today, it is a national heritage site and a popular location for wedding photos, allowing couples to feel like Caribbean royalty.
Photo: Richard Lyder



Left

Harris Promenade

Envisioned by Lord Harris in the mid-1800s and granted to the town for public use, the square took shape only in the late 19th century. Today it remains San Fernando's ceremonial heart, bordered by City Hall, the Supreme Court, and St. Paul's Anglican Church— a green corridor of civic life where pigeons, politics, and parades have long shared common ground.
Photo: Soraya Gonsalves

Right (top-bottom)

Red House

The Red House stands tall, restored and inextricably linked to downtown Port of Spain, its signature red hue a symbol of civic pride. It withstood the 1990 attempted coup, making it much more than a mere colonial relic, but a crucible of modern Trinidadian democracy. The Red House has been the Seat of Parliament since 1907.
Photo: Richard Lyder

The Royal Botanic Gardens

One of the oldest Botanic Gardens in the western hemisphere, 'the gardens' is a quiet paradise, juxtaposed against the backdrop of an occasional lion's roar and macaw's squawk greeting you from the Zoo next door. Originally part of the same parcel of land as the Queen's Park Savannah, it was purchased by the Cabildo in 1819. Today, it is open to the public. Clusters of community residents of all ages and their dogs religiously loop the paved pathways and sloped gardens daily. This lush backdrop of 700 unique trees on almost 62 acres of gentle terrain is also a must-stop for every wedding photoshoot. On weekends, families come out to picnic and play.
Photo: Richard Lyder

HISTORIC TOBAGO



Fort Bennett

Up on the bluff at Black Rock, Fort Bennett offers a seamless blend of history and nature with sweeping views of Buccoo Bay and echoes of 17th-century Dutch occupation few know of. Originally built by the Dutch between 1628 and 1636 and later seized by the British, it is ideal for reflective sunset views and landscape photography.

Photo: Chris Anderson



Left-right

Fort King George

Perched like an old guard overlooking Scarborough, Fort King George is Tobago's best-preserved colonial fort. It was built by the British in the 1770s after Tobago was ceded from France. Here, you'll get lost in time wandering among the bastion walls, old cells, its museum, commanding Atlantic views and shady almond trees.

Photo: Soraya Gonsalves

Fort Milford

Gateway guardian of Crown Point, Fort Milford was constructed by the British in 1777 to defend against French invasion. Nowadays, it sits quietly, almost half-forgotten. Its remaining cannons and sea-facing walls tell of Tobago's volatile colonial past. Today, it offers energising breezes, local flora, and an easy historical activity to check off between beach and boarding gate.

Photo: Chris Anderson

ADVENTURE



Tobago Great Race

Every August, the Tobago Great Race transforms the seas into a high-speed spectacle. Since 1969, this 90-mile powerboat challenge from Trinidad to Tobago has evolved into a major sporting festival, drawing racers, fans, and thrill-seekers from across the region. The race ends in a full-blown beach celebration at Store Bay, where the roar of engines is replaced by music, dancing, and liming. It's Tobago at full throttle: adrenaline, adventure, and island vibes all in one.

Photo: Marcus Gomez



Two Islands. Twice the Adventure

Contrary to first-world myths, people in the Caribbean do not spend days relaxing in hammocks or at the beach. We work hard but we play harder. There are mountains to climb, rivers to cross and waterfalls to chase.

Here in T&T, there's always somewhere to go or an impromptu 'lime' unfolding. We love to 'make a plan' and said plan usually includes other people. We become our best selves with good company, and for every adventure there is a perfect companion 'for the road'.

Our outdoorsy obsession is best explained with these two popular local expressions: "hotfoot", a word frequently used in Trinidad and Tobago to describe someone who simply can't stay home, and "lime", a term born in T&T to describe the way we informally gather together and hang out. It's unstructured, organic and effortless.

When you combine *hotfoot* people with a *liming* culture on two vibrant Caribbean islands, the result is a life well lived.

With rich and exotic biodiversity comes rainforest trails, stunning gorges, limestone steps, secret bays and protected wetlands; the adventures are limitless!



Emperor Valley Zoo

Trek through an urban jungle at Trinidad's Emperor Valley Zoo. Located north of Queen's Park Savannah and adjacent to the landscaped Royal Botanic Gardens, the 7.2 acre property is an afternoon well spent carrying kids along its winding paths to see Bengal tigers, zebras, flamingos, llamas, reptiles and tropical birds. Interactive exhibits and lush greenery turn this into a mini safari perfect for family adventures. Since its first opening to the public in 1952, the Emperor Valley Zoo's growing family now has over 100 unique species from the Caribbean and around the world.

Photo: Richard Lyder

ADVENTURE TRINIDAD



Icacos Bay and wetland

Visiting Icacos is a winding adventure along the road less travelled. However, at the end of the long journey is a reward for all terrain experience lovers. On the southernmost tip of Trinidad, you'll pass through beautiful wetlands, a bay with a clear view of Venezuela and meet some of the most hospitable villagers in this fishing community.

Photo: Chris Anderson





Left (facing page)

Avocat Waterfall

Tucked in the village of Avocat off the Arima/Blanchisseuse Road, Avocat Falls, also known as Gran Fond, meaning “the river that comes from the sky”, is one of Trinidad’s ‘bang-for your buck’ hikes. After a short 1km trek through cool rivers and lush rainforest, you’ll reach a stunning 50-foot cascade plunging into a deep, emerald pool. With springboard rocks, misty spray baths, and blooming trails, it’s pure adrenaline in a hidden jungle paradise.

Photo: Ziad Joseph

Above

Shark River

Located between the remote villages of Grand Riviere and Matelot in Trinidad’s untamed northeast, this river is just a 15-minute drive from Grande Riviere’s turtle-watching beach. Shark River is most famous for its classic Trini ‘river limes’ (a get-together by a river which involves curry, rum and lots of laughter). Once known for viewing sharks upstream, now long gone, it’s a peaceful river for swimming, wading, and jungle adventure. With emerald pools, mossy rocks, and shaded banks with seating, it’s ideal for both relaxation and exploration in one of Trinidad’s most serene rainforest escapes.

Photo: Richard Lyder

ADVENTURE TRINIDAD

Top (left–right)

Chaguaramas Golf Course

Chaguaramas Golf Course is surrounded by forested trails, westerly sea breezes, and scenic views. Whether you're playing 9 holes or exploring nearby nature reserves, this coastal spot is perfect for those who want their recreation with a side of delicious local food from the on-site restaurant and a lush backdrop.

Photo: Chris Anderson

Bamboo Cathedral

Step into a mystical Chaguaramas forest fantasy, where bamboo auspiciously arches overhead in this leafy “cathedral”. This long, shaded trail is one of Trinidad's most photographed natural spots, perfect for a slow hike or photo-walk. It's a great solo or bonding activity with just enough wild monkey energy and bird calls to make it unforgettable.

Photo: Richard Lyder

Below

Caroni Swamp

Glide through Caroni Swamp's tranquil mangroves and witness one of Trinidad's most magical golden-hour sights – flocks of Scarlet Ibises, Trinidad's national bird, returning to roost at sunset in a blaze of red, accompanied by visiting flamingos. This biodiverse wetland, where the Caroni River meets the Gulf of Paria, teems with life including herons, caimans, and swamp boas. A serene, unforgettable experience for birdwatchers, photographers, and nature lovers alike. Tours are available for sunrise or sunset.

Photo: Richard Lyder, Andrea De Silva







Gaspar Grande Caves (Gasperee Caves)

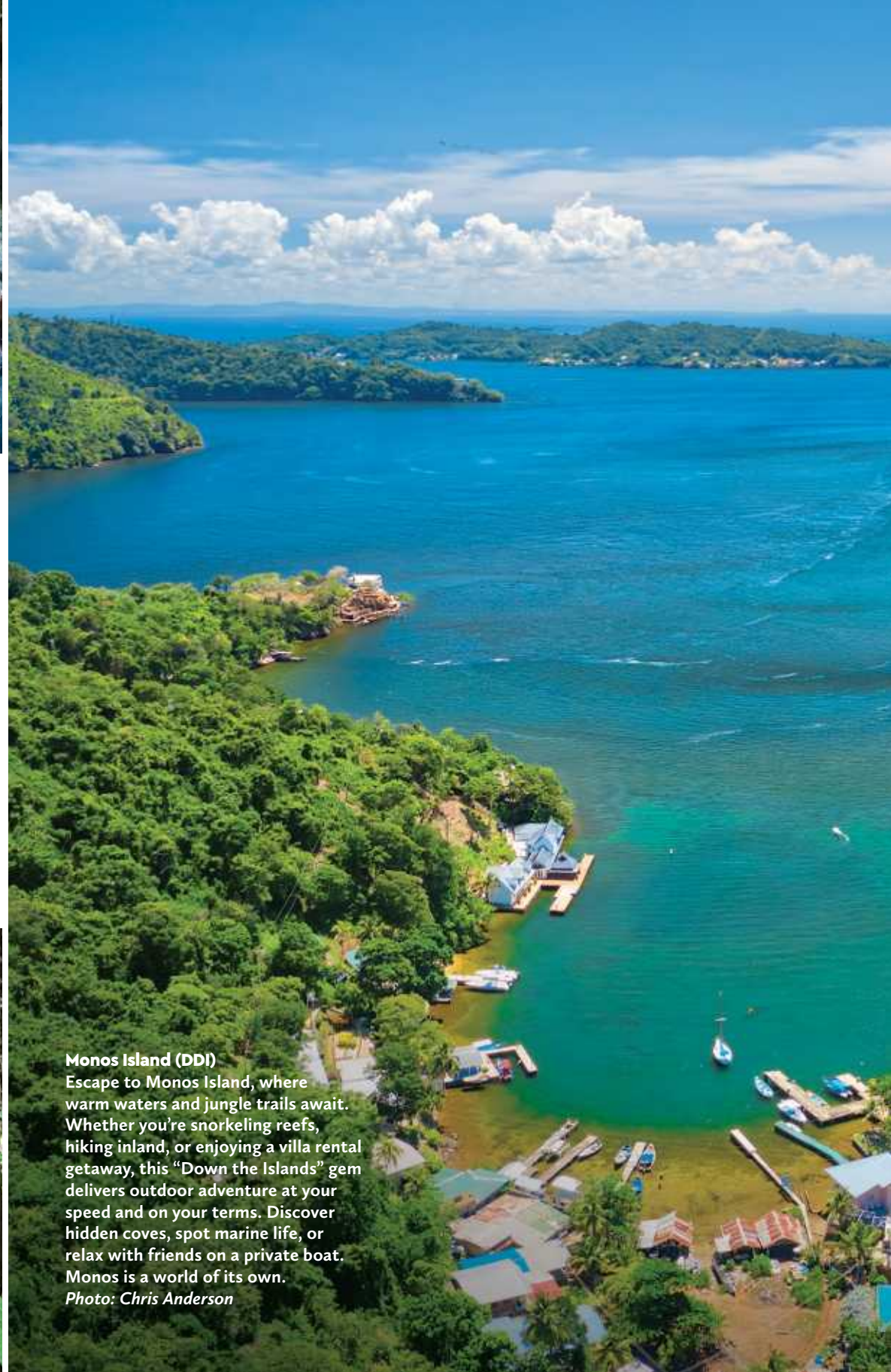
Just off Trinidad's coast lies Gasperee Caves, an underground world of limestone chambers, vivid stalactites, and a shimmering tidal pool 100 feet below the surface. Located on Gaspar Grande Island, this exciting cave system was shaped over millions of years by wave action and rain. Accessible by boat, it is a hidden gem for adventurous explorers, both the young and the young at heart. Highlights include the Blue Grotto and formations like "The Buddha" and "The Lovers."

Photo: Nicholas Bhajan

Bush Bush Wildlife Sanctuary

At the center of the Nariva Wetland lies the Bush Bush Wildlife Sanctuary. This protected area is one of Trinidad's most important wildlife havens and home to over 58 species of mammals such as red howler monkeys, macaws, the West Indian manatee and the critically endangered, Trinidad white fronted capuchin monkey – a species only seen in this unique reserve. The sanctuary offers a unique window into Trinidad's biodiversity and is a must-visit for conservationists, researchers, and nature lovers looking for an off-the-beaten-path adventure into the wild.

Photo: Racquel Abraham Broadbridge



Monos Island (DDI)

Escape to Monos Island, where warm waters and jungle trails await. Whether you're snorkeling reefs, hiking inland, or enjoying a villa rental getaway, this "Down the Islands" gem delivers outdoor adventure at your speed and on your terms. Discover hidden coves, spot marine life, or relax with friends on a private boat. Monos is a world of its own.

Photo: Chris Anderson

Piparo Mud Volcano

The Piparo mud volcano in southern Trinidad offers a gentle hike to a cracked clay dome, perfect for nature enthusiasts and curious wanderers. Sometimes it bubbles. Other times it erupts. The mud volcano is currently being actively monitored by the University of the West Indies (The UWI). Its Petroleum Studies Unit has been conducting testing at the site to track changes in the volcano and its surrounding area. *Photo: Afzal Abdul*





Grande Riviere Leatherback Turtle Conservation

Grande Riviere, nestled along Trinidad's Northern Range, is one of the world's top beaches for witnessing the endangered leatherback turtle. Each year from March to August over 40,000 turtles return to nest under moonlight in privacy, creating a breathtaking natural spectacle. Once hunted, they're now protected by a dedicated community. Join a guided night tour and experience this awe-inspiring ritual, a rare harmony of ocean, land, and conservation in action on Trinidad's wild north coast.

Photo: Chris Anderson

La Vega Estate

Pack your walking shoes, a change of clothes and your love for all things green. La Vega Estate is a rejuvenating breath of fresh air – an outdoor escape where landscaped gardens meet forest trails, paddleboat ponds and huts that groups can rent. Located in the lush, cocoa-growing community of Gran Couva, La Vega is perfect for scenic picnics, light hikes and retail plant therapy from their garden centre.

Photo: Chris Anderson



La Brea Pitch Lake

Step onto the surreal surface of La Brea Pitch Lake, the largest natural deposit of asphalt on Earth, located in Trinidad's southwest peninsula and recognised as the Eighth Wonder of the World. Spanning 113 acres, this bubbling landscape was formed over millennia by oil and gas under intense pressure. Tour guides take you across its sticky, shifting terrain, sharing local legends. Used by Sir Walter Raleigh in 1595 to caulk his ships, the pitch was later exported commercially, famously paving Pennsylvania Avenue in Washington, DC, the first asphalt road in the United States. With a history stretching from ancient rituals to modern construction, the Pitch Lake blends myth, science, and adventure. It's a must-visit for thrill-seekers eager to walk where few dare on Earth's living, breathing surface.

Photo: Afzal Abdul



La Vigie Paramin Lookout

La Vigie Paramin Lookout is one of Trinidad's most breathtaking yet accessible viewpoints. Perched high above the Maraval hills, it offers panoramic views without the hike. It's perfect for the very young, the very old or anyone just looking to exhale. There are no trails to conquer here, just one challenge: best of luck convincing yourself to leave the view behind.

Photo: Chris Anderson



Left-right

Marianne River

Blanchisseuse's Marianne River is a lush adventure spot where rainforest meets sea. Ideal for kayaking, floating, and cooling off, it's a peaceful escape for nature lovers. Birdwatchers can spot kingfishers, herons, and sandpipers along its course. The river also hosts the sacred Ganga Dhara Festival, where Hindus offer buttercups to Ganga Mai. Beyond its natural beauty, Marianne River carries a deep cultural legacy, making it a wholesome blend of nature and tradition.

Photo: Afzal Abdul

Maracas Waterfall

Just outside Port of Spain in Maracas, St. Joseph, Trinidad's first capital, stands Trinidad's tallest waterfall. Reached by an easy forest hike through lush greenery and bamboo, you'll witness this spectacle that is over 300 feet tall. Maracas Waterfall crashes majestically into the rainforest below. Although there's no plunge pool, the cool spray is magically refreshing. Visit during the rainy season for the best flow, and detour to Balata Falls nearby for a scenic swim in crystal-clear pools.

Photo: Nicholas Bhajan



Left-right

Rio Seco Waterfall – Matura National Park

Rio Seco is a trekker’s dream. Follow a forest trail through Matura National Park to a shimmering turquoise pool beneath a wide cascade. Climb rocks, leap into deep water, or relax in the shade. With just the right balance of challenge and reward, this waterfall hike delivers one of Trinidad’s most satisfying natural adventures.

Photo: Chris Anderson

Palmiste Park

Decompress in the serene and stunning Palmiste National Park, a 40-acre former sugarcane estate in South Trinidad. Once owned by Sir Norman Lamont, this lush park features an array of international trees, open green spaces, a heart-shaped pond, kids’ play area, mini cocoa estate, and historical landmarks. The Park’s lush, undulating green spaces are perfect for jogging, biking, family picnics and photoshoots. Top it off with coconut water and local treats from nearby street vendors.

Photo: Afzal Abdul

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Pointe-à-Pierre Wildfowl Trust

The Pointe-à-Pierre Wildfowl Trust, founded in 1966, is the second-oldest waterfowl reserve in the world and the only wildlife sanctuary situated within a petrochemical and oil refining complex. Nestled in southern Trinidad, this 32-hectare property is dedicated to protecting endangered birds and features a series of trails. Visitors can observe 86 bird species and learn about wetland ecology at the Learning Centre.

Photo: Shaun Rambaran

San Fernando Hill

Towering above the south, the San Fernando Hill offers one of the island’s best 360-degree views and a must-have panoramic photo for your digital Trinidad photo album. Landscaped paths and lookout points invite light trekking blended with quiet reflection. Watch the industrial coastline fade into forested hills and feel the breeze at your back. It’s a laid-back outdoor escape with a scenic payoff at every turn.

Photo: Chris Anderson





Nariva Wetlands

Explore Trinidad's richest ecosystem, the internationally protected Nariva Wetlands, the island's largest freshwater ecosystem. Stretching across the eastern coast of Trinidad, this site lies adjacent to Manzanilla's iconic coconut grove and teems with life, both above and below the waterline. Nariva is a bucket-list destination for families, photographers, and any nature-loving content creator seeking the wild, untouched side of Trinidad. Every turn on the guided paddleboat tours reveals rare wildlife and ecological surprises.

Photo: Stephen Broadbridge

ADVENTURE TOBAGO





Left-right

Buccoo Reef and Nylon Pool

Snorkel your way into the heart of Tobago's aquatic adventure at Buccoo Reef. Glide over brilliant coral gardens, then float into the famous Nylon Pool, a crystal-clear lagoon just beyond the reef. Named by Princess Margaret in 1962 for its glassy waters, this thigh-high, open-sea pool is famous for its rejuvenating powers. Arrive by glass-bottomed boat, enjoy snorkeling, then unwind in this restorative paradise, where turquoise waters meet white sand and tropical serenity. It's the best form of therapy.

Photo: Chris Anderson

Little Tobago Island

Hop on a relaxed glass-bottom boat tour from Speyside on Tobago's east coast to explore this vital island seabird sanctuary. Along the way, admire vibrant corals and tropical fish through crystal-clear waters. Once ashore, spot red-billed tropicbirds, sandwich terns, and magnificent frigatebirds nesting in their natural habitat, an unforgettable experience for nature lovers and birdwatchers alike.

Photo: Chris Anderson



Pigeon Point

Easily the most iconic beach in all of T&T, Pigeon Point's aquamarine waters, white coral sands and thatched jetty became postcard famous long before "going viral" was a thing. Once privately owned, the beach was purchased by the Tobago House of Assembly in 2005, ensuring public access to this national treasure. Today, it's part of the Pigeon Point Heritage Park—complete with amenities, calm waters and glass-bottomed boat tours to Buccoo Reef. A small entry fee helps maintain its world-class charm for generations to come.

Photo courtesy: Tobago Festivals Commission

Left-right (facing page below)

Botanic Gardens

Looking for a peaceful outdoor escape that fills your flora-loving soul? Tobago's Botanic Gardens offer a vibrant, ornamental foliage journey in the heart of Scarborough, downtown Tobago. Stroll under towering palms while you discover rare tropical plants. It's a nature walk that calls for a plant and portrait photoshoot.

Photo: Nicholas Bhajan

Gold and Silver Waterfall

Getting there is half the thrill. Navigate forest trails and uneven terrain to reach this secluded spot and hidden wonder. Deep in Tobago's jungle, Gold and Silver Waterfall dazzles with its side-by-side streams glowing like treasure in the sun. It's perfect for adventurers craving rare beauty, secret paths, and a story worth telling.

Photo: Nicholas Bhajan

Tobago Forest Reserve

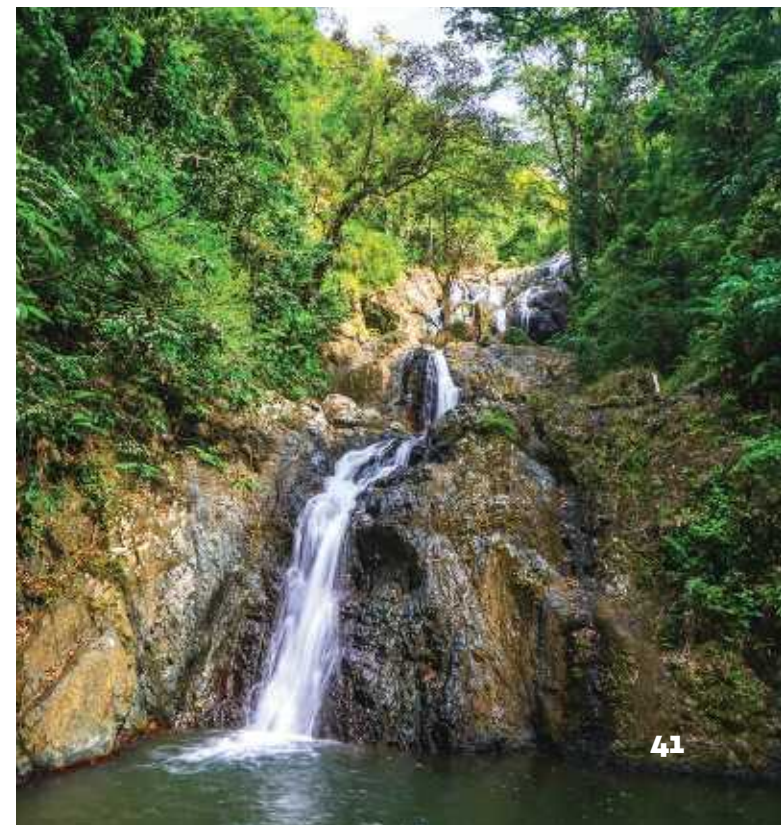
Strap on your boots and step into the wild. The Tobago Forest Reserve is the oldest protected rainforest in the Western Hemisphere. A haven for eco-adventurers who enjoy hiking misty trails, listening for rare birds, and getting lost among ancient trees. Every turn or detour in the path offers something new, making this reserve Tobago's richest outdoor adventure.

Photo: Nicholas Bhajan

Argyle Waterfall

Ready for a jungle trek with a reward? Venture deep into Tobago's rainforest to uncover Argyle Waterfall, a three-tiered cascade perfect for a cool, adventurous dip. Hike scenic trails, climb natural rock steps, and plunge into crystal pools surrounded by nature's chorus. This is the kind of raw outdoor thrill that makes Tobago seem unforgettably rich.

Photo: Nicholas Bhajan



CULTURE





Photo: Chris Anderson

Different drums One celebration

In Trinidad and Tobago, festivals are not mere cultural events; they are communal declarations of joy, identity, and unity.

Between 1845 and 1917, thousands arrived from India, bringing Hinduism and Islam with them. Their sacred traditions took root in central and south Trinidad and continue to flourish, evolving with each generation.

From the intoxicating road mixes of Carnival to the reverent sounds of Bhajans. From Hosay's solemn pageantry to the vibrant colours of Phagwa, these tiny islands come alive with large celebrations from almost every major world religion and ancestral tradition.

What sets us apart is how we celebrate together. Muslims, Hindus, Christians, Indigenous, Africans, Chinese and secular festivals unfold not in isolation but with the full participation of neighbours from all backgrounds, a rare and beautiful harmony seldom found elsewhere in the Caribbean. Here, diversity is not just respected. It is rhythmically, reverently and joyfully lived.



Tobago Heritage Festival

Photo courtesy: Tobago Festivals Commission

CULTURE TRINIDAD





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Carnival

Trinidad Carnival began in the 18th century with the French colonist's elite tradition of masquerade balls before Lent. Enslaved Africans, barred from participating, reimagined these festivities through their own expressions – Canboulay drumming, chantwells, and street theatre. After emancipation in 1833, they boldly claimed the streets, branding Carnival into a fearless statement of defiance and cultural pride. Today, Trinidad Carnival is a euphoric celebration of freedom, design creativity, and identity. From J'ouvert's cool muddy mayhem to the glittering sun-kissed parade of bands, it's a world-renowned explosion of rhythm, revelry, and unity, welcoming all into the fold of its infectious, unstoppable energy.

Photos: Richard Lyder

The Old Yard

Step back in time at "The Old Yard," where traditional Carnival characters like the Dame Lorraine, Jab Jab, Midnight Robber, and Pierrot Grenade come to life. Hosted annually at the University of the West Indies, it's a beautiful, theatrical tribute to folklore and masquerade. Visitors can see, learn, and even participate in this interactive cultural showcase rooted in history.

Photo: Denith McNicolls



World Steelpan Day

The World Steelpan Day, recognised by the United Nations and observed annually on August 11, celebrates the only acoustic instrument invented in the 20th century, born in the beating hearts of East Port of Spain's marginalised communities. Forged from oil drums after drumming was banned during colonial rule, the steelpan became a bold symbol of defiance and genius. Today, pannists from around the globe gather in Trinidad in the lead up to the Carnival season, where 'pan' unites generations. From soloists to orchestras, it's a powerful showcase of rhythm, innovation and national pride.

Panorama Photo: Chris Anderson



Ganga Dhara Festival – Blanchisseuse

Held along the scenic Marianne River, Ganga Dhara celebrates the descent of the goddess Ganga to Earth. Visitors can witness colorful processions, sacred pujas, and the enchanting aarti, as devotees release lighted deyas that drift gently down the river—a serene and spiritual highlight of Trinidad and Tobago’s cultural calendar.

Photo: Lisa Fernandez



Left-right

Diwali

Diwali is the Hindu Festival of Lights, symbolising the triumph of light over darkness. Brought to Trinidad by Indian indentured labourers in 1845, Hinduism took deep root, especially in central and south Trinidad where they worked and settled. Today, communities like Felicity, Penal, and Debe come alive with fasting from animal-derived ingredients, family rituals and fireworks. Streets glow with clay deyas honouring Mother Lakshmi, the Hindu goddess of prosperity.

Photo: Edison Boodoosingh

Eid-ul-Fitr

Eid-ul-Fitr is a joyful celebration of faith, family, and food. Both islands are home to one of the Caribbean's largest and most vibrant Muslim communities. Descendants of Indian indentured labourers and enslaved West Africans observe the month of Ramadan and celebrate Eid together. Ramadan ends with Eid prayers, themed exhibits and festive gatherings which extend way beyond the day itself. Mosques host dinners and bazaars, while families open their homes to guests of all faiths. A favourite tradition is visiting relatives, sharing sawine, curry, sweets, and the warmth of community.

St. Joseph T.M.L. Masjid. Photo: Asma Ali

Left-right

Hosay

Hosay is a sacred, striking Shi'a Muslim festival held over three nights in Muharram, the first month of the Islamic lunar new year. After months of devoted preparation and intricate design, processions of drumming, chanting, and towering "tadjahs" are paraded through the communities of St. James and Cedros. Though it may resemble street revelry, Hosay is rooted in mourning, unity, and devotion. Passed down through generations, it bridges culture, religion, and tradition, welcoming all to witness the solemn beauty and spirit of this enduring legacy.

Photo: Richard Lyder

Phagwa and Pichakaree

Phagwa is Trinidad's vibrant springtime festival of colour, rooted in the Bhojpuri-speaking heritage of Indian indentured labourers. In T&T, we say Phagwa, not Holi. Celebrations begin with Holika Dahan, symbolising the triumph of good over evil. The playful throwing of gulal (coloured powder) and abeer (scented liquid) recalls the love story of Krishna and Radha, where Krishna coloured Radha's skin to erase differences, honouring unity through love. As communities sing Chowtaals and celebrate, the Pichakaree competition adds a modern voice, blending Indian melodies with English social commentary.

Photo: Chris Anderson



First Peoples

First Peoples Day honours the resilience of Trinidad and Tobago's Indigenous communities, primarily descendants of the Carib and Arawak tribes (Lokono and Kalinago). Colonised by Spain in the 16th century, many First Peoples were displaced, enslaved, or assimilated through mission systems. Despite this, their traditions endured. Declared a national holiday in 2017, the day features ceremonial dances, storytelling, and traditional foods. At the Santa Rosa First Peoples Community in Arima, visitors can witness living traditions that predate European contact by millennia, offering deep insight into our island's earliest inhabitants.

Photo: Shaun Rambaran

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Spiritual Shouter Baptist Liberation Day

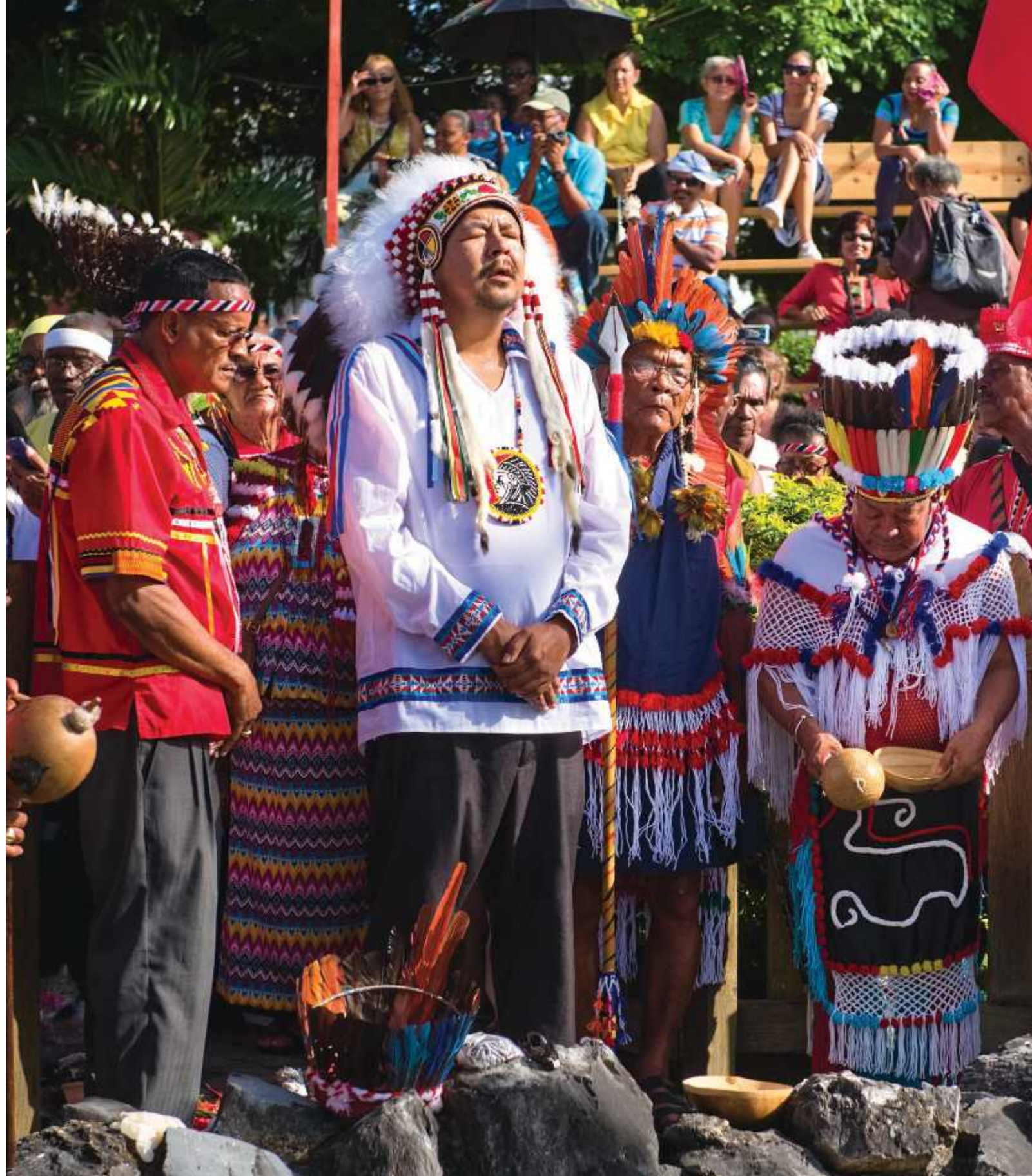
Trinidad and Tobago is the only country to honour the Spiritual Shouter Baptist faith with a national holiday. This faith traces its roots to enslaved Africans who blended Christian teachings with African spirituality. Brought to Trinidad by formerly enslaved people from the American South and Caribbean after emancipation, it flourished despite being banned from 1917 to 1951. Once outlawed for its loud, expressive worship, the religion now holds national pride. On March 30th, followers dress in vibrant robes and gather in celebration. Visit Maloney or St. Ann's to witness this living legacy of resilience, rhythm, and reverence.

Photo: Lisa Fernandez

Emancipation

Emancipation Day, observed every August 1st, is a national holiday in Trinidad and Tobago commemorating the abolition of slavery in 1834. Though slavery legally ended then, former slaves were forced into a four-year "apprenticeship" system prolonging their exploitation until full emancipation in 1838. In 1985, Trinidad and Tobago became the first country in the world to declare Emancipation Day a public holiday. Today, the celebration honours African identity, struggle, and heritage. Drumming, dance, and ancestral tributes culminate at the Lidj Yasu Omowale Emancipation Village in the Queen's Park Savannah, an unforgettable expression of freedom and legacy.

Photo: Roger Lewis





CULTURE TOBAGO

Tobago Jazz Festival

The Tobago Jazz Festival, launched in 2004, has blossomed into one of the Caribbean's most anticipated music events. Held each April in Pigeon Point Heritage Park and Speyside, the festival blends jazz, soul, reggae, and soca with Tobago's natural beauty. It draws global stars and growing local talent, but also waves of Trinidadian tourists, who fly in for the event and make it a staycation weekend. It's more than a concert weekend, it's music, memories and unforgettable vibes.

Photos courtesy:

Tobago Festivals Commission



Facing page (top)

Tobago Heritage Festival

The Tobago Heritage Festival is a deep dive into Tobago's cultural roots held every July into early August, celebrating the island's living traditions. Villages take turns hosting events that honour ancestral customs, from old-time weddings and storytelling to drumming, dancing and folk theatre. Audiences are immersed in the rhythms of tambrin drums and the elegance of traditional dress. It's a vibrant, month-long journey into Tobago's uniquely distinct soul, where every performance invites visitors to witness, feel and become part of the island's rich heritage.

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Blue Food Festival

Only in Tobago will you find a festival devoted entirely to "blue food", the local nickname for root vegetables – dasheen, yam, and tannia, which turns bluish-purple when cooked. The festival's name comes from the natural colour transformation seen especially in dasheen, a staple in Tobagonian cooking. Held in the lush village of Bloody Bay, the Blue Food Festival elevates humble ground provisions into gourmet creations, making it a foodie favourite. With live cooking demos, rhythmic music, and unmatched village hospitality, this culinary celebration offers an authentic taste of Tobago, rich in tradition, flavour and innovation.

Photos courtesy: Tobago Festivals Commission

Tobago Goat Racing

Equal parts sport and spectacle, Tobago's famous Goat Races in Buccoo are a one-of-a-kind Easter Tuesday tradition. Since 1925, jockeys (often barefoot boys) guide their sprinting goats down a sandy track to roaring cheers and steelpan rhythms. With betting, colourfully dressed spectators and even crab races, the event is full of quirky charm. It's Tobago's most delightful dash of culture and Caribbean humour.

Photo: Andrea de Silva





RELIGIOUS SITES



Siew Shiv Sadhu Temple (Temple by the Sea)

Photo: Ziad Joseph



Sacred Spaces, Shared Spirit

In Trinidad and Tobago, spirituality runs deep but never heavy. Whether it's a communal meal for iftar in Ramadan, Easter Sunday brunch, or a Divali feast on a sohari leaf, faith here is both grounding and joyful. That's why we say, with a wink and a shrug, "God is a Trini." It's how we explain the little blessings: dodged storms, last-minute miracles and the unshakable feeling that well-timed divine intervention will step in and things will work out.

Our nation is home to an extraordinary range of spiritual traditions that reflect our complex history. From Catholic cathedrals to Muslim mosques to Spiritual Baptist tabernacles, each sacred space tells a story, of arrival, of resilience, of reverence. Other communities such as the Chinese, Syrian, Lebanese, Portuguese and West African added their own spiritual threads, enriching the tapestry even further. What makes this mosaic so special isn't just its variety, but the effortless way it all fits together. A single street might hold a Hindu temple, a Jehovah's Witness kingdom hall and a Seventh Day Adventist church, each one alive with activity, each one honoured by passersby of every background.

But what truly sets Trinidad and Tobago apart isn't just the presence of these religions, it's the ease with which they coexist. Worship feels less like a dividing line and more like a shared rhythm. It's not uncommon for interfaith families to light deyas during Divali, visit midnight Mass on Christmas Eve, and share sawine during Eid. Respect is lived, not legislated. These aren't surface gestures; they're deep-rooted, generational habits formed from living alongside one another for centuries. Our sacred spaces reflect this openness. Some are modest and tucked away; others grand and unmissable. But all offer the same things: a sense of peace, pride, and continuity.

Whether you're kneeling in prayer, admiring the artistry, or simply soaking in the serenity, these spaces reveal something profound about who we are.

Because in T&T, faith isn't separate from everyday life, it's stitched into it.



Scarborough Methodist Church

Opened in 1826, the Scarborough Methodist Church is Tobago's oldest surviving Methodist sanctuary. Located just above the main port and market in upper Scarborough, its Georgian-style architecture with arched windows and stone detailing reflects the island's colonial past. Still active today, it offers a peaceful retreat and remains a quiet beacon of devotion, history, and faith in Tobago's capital.

Photo: Soraya Gonsalves



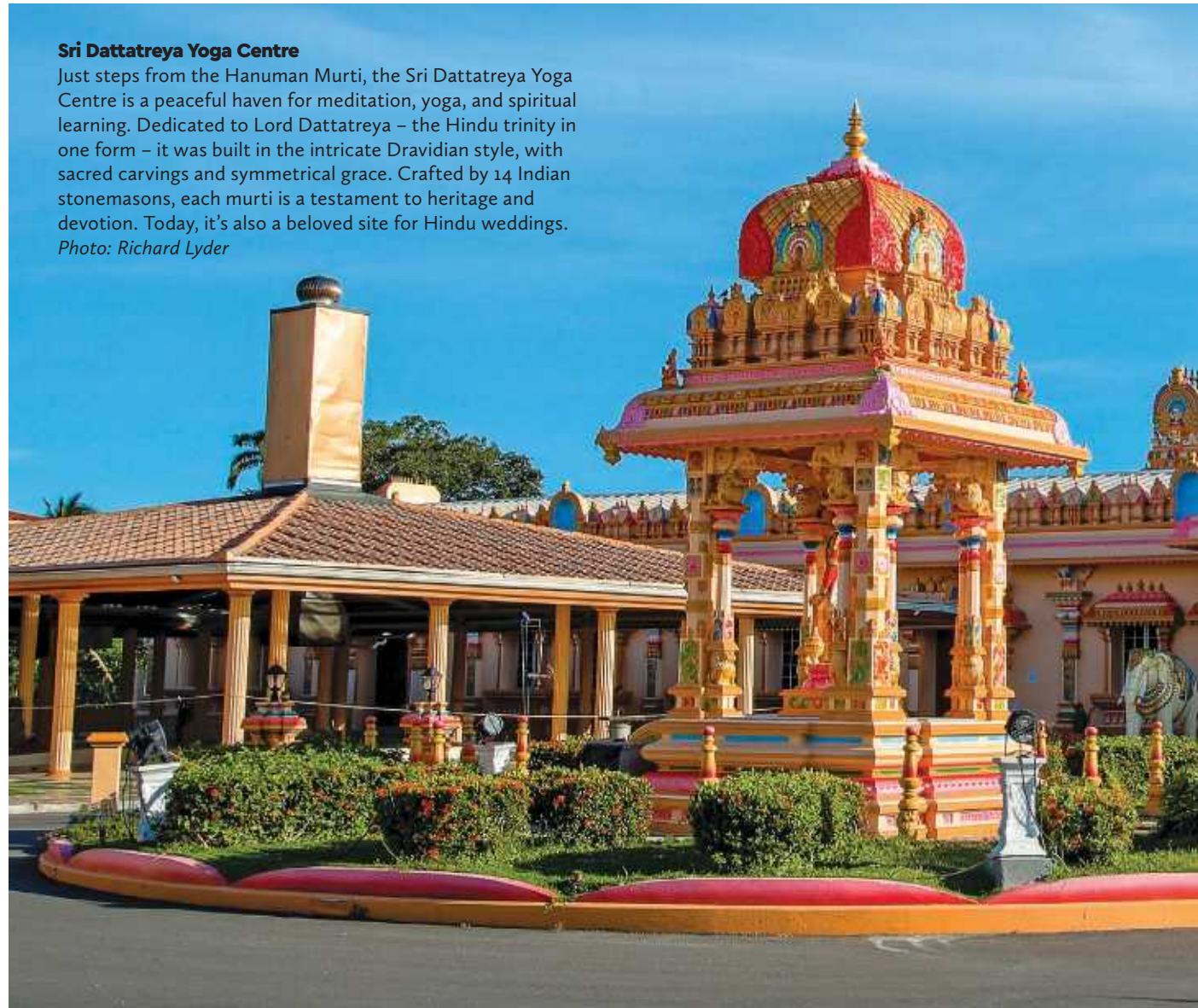
Carapichaima: A Village of Legacy and Light

Nestled in Central Trinidad, Carapichaima is a living monument to Indo-Trinidadian heritage. Formerly the heart of sugar cane estates during the era of Indian indentureship, the village once framed by towering royal palms along part of its main road has blossomed into a vibrant spiritual and cultural hub. It's here that ancestral stories find new life in statues, temples, and sacred spaces built with faith, artistry, and fierce devotion. In Carapichaima, history is not just remembered, it's honoured daily through practice, pilgrimage, and preservation. Whether rising from the land or the sea, each site here bears witness to the resilience of those who came seeking opportunity and built legacy instead.

Sri Dattatreya Yoga Centre

Just steps from the Hanuman Murti, the Sri Dattatreya Yoga Centre is a peaceful haven for meditation, yoga, and spiritual learning. Dedicated to Lord Dattatreya – the Hindu trinity in one form – it was built in the intricate Dravidian style, with sacred carvings and symmetrical grace. Crafted by 14 Indian stonemasons, each murti is a testament to heritage and devotion. Today, it's also a beloved site for Hindu weddings.

Photo: Richard Lyder



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Hanuman Murti and Dattatreya Temple

Towering at 85 feet, the statue of Lord Hanuman is the tallest of its kind in the western hemisphere and a breathtaking symbol of strength and service. Unveiled in 2003 beside the richly detailed Dattatreya Yoga Centre, this sacred space reflects a deep commitment to both spiritual practice and cultural pride.

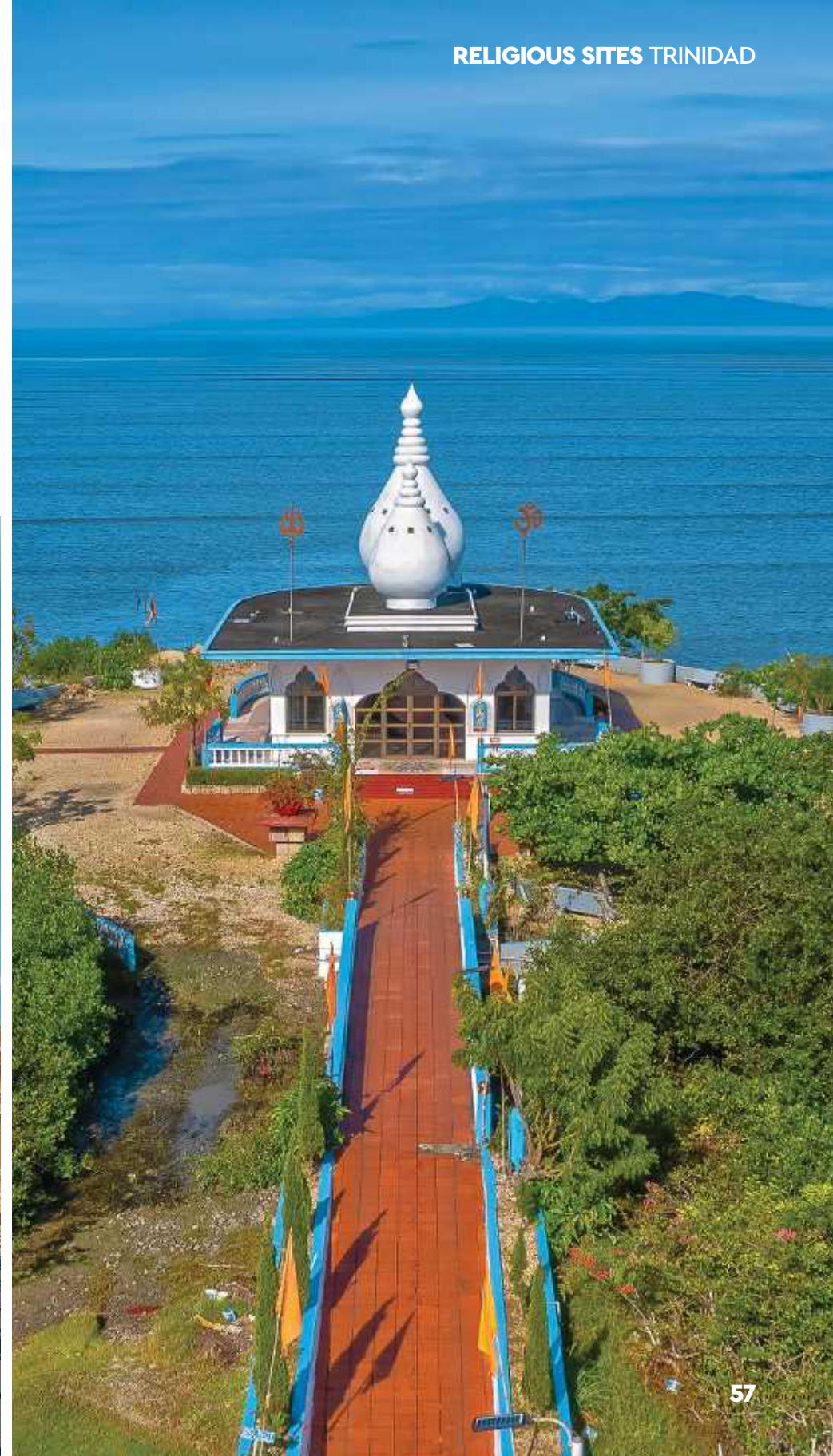
Photo: Richard Lyder

Right

Siew Shiv Sadhu Temple (Temple by the Sea)

Set against the vast horizon, the famous Waterloo temple seems to rise from the sea, bold and unforgettable. Built over a century ago by indentured labourer Sewdass Sadhu, it was constructed on a man-made jetty after Sadhu was denied land for his place of worship; the original temple was destroyed by colonial authorities. Undeterred, Sadhu rebuilt it, brick by brick. Today, this seaside mandir is a place of prayer, weddings and a monument to quiet resistance.

Photo: Wendell SJ Reyes





St. Francis of Assisi Church

Tucked within the historic neighbourhood of Belmont, St. Francis of Assisi Church has served as a spiritual anchor since the early 20th century. Recently renovated, it was built in traditional Catholic style, with signature stonework and sweeping arches. It's deeply woven into the heartbeat of the community. Named after the patron saint of animals and peace, its walls echo with values of humility, care for creation, and generations of faith-filled memory. Its renovation was completed in two phases: Phase 1 beginning in March 2021 and concluding in late 2022, and Phase 2 beginning early 2023 finishing in mid 2024.

Photo: Richard Lyder

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Holy Rosary Church

Nestled in Port of Spain, this red-roofed, Gothic-style church is a beacon of Roman Catholic faith. Although construction began in 1892, it was officially completed in 1939. Known for its vibrant congregation and rich musical tradition, it hosts sacred celebrations throughout the liturgical calendar, including the grand procession for Our Lady of Fatima. It's a living testament to endurance, love and the power of prayer.

Photo: Richard Lyder

St Joseph TML Mosque

Established in the mid-20th century by the Trinidad Muslim League, this beautiful mosque between the St. Joseph and Curepe's eastern corridor has both a spiritual and competitive educational arm, TML Primary School. While there are approximately 150 mosques dotted across Trinidad and Tobago, TML's iconic, elegant domes and minarets stand as a serene symbol of Islamic history, faith and academic scholarship. Its Friday Jumu'ah prayers and Eid celebrations are open and welcoming, reflecting the country's warm interfaith spirit.

Photo: Afzal Abdul

Cathedral of the Immaculate Conception

Standing in the heart of downtown Port of Spain since 1851, this gothic revival cathedral is one of the oldest Roman Catholic churches in the English-speaking Caribbean. Built with stone from Laventille quarries, it is a centrepiece of religious colonial history. Its stained glass, high vaulted ceilings and quiet ambiance provide a sanctuary juxtaposed with the inner city hustle.

Photo: Richard Lyder





Triveni Mandir

One of Trinidad’s most stunning Hindu temples, the Triveni Mandir is a southern favourite for weddings, photoshoots and cultural visits. Completed in 1974 and named after the confluence of three nearby villages, its three spires represent Brahma, Vishnu, and Shiva. The temple’s peaceful grounds and ornate design reflect Trinidad’s rich Indo-Caribbean heritage. Guided tours are available, making it easy for visitors to explore, learn, and experience the welcoming spirit and beauty of this sacred space.

Photo: Chris Anderson

Below (left-right)

Divali Nagar

The grand Divali Nagar celebration in Chaguanas showcases the season’s cultural richness, welcoming all into an unforgettable experience. Beyond the glow of deyas, themed exhibit facades, and deep spiritual symbolism, it serves as a vibrant hub for local art, Indian cuisine, music, dance, and shared learning—drawing thousands each year. Established in 1986 by the National Council of Indian Culture, this Chaguanas-based site transforms annually into a radiant village, blossoming with faith, heritage, and love during the Divali season.

Photo: Edison Boodoosingh



La Divina Pastora

In the quiet southern town of Siparia stands a sacred mystery that draws pilgrims from across faiths and borders. La Divina Pastora, “The Divine Shepherdess”, is a revered Black Madonna figure whose feast day, held the second Sunday after Easter, transforms this humble Catholic church into a crossroad of devotion. Hindus, Catholics, Spiritual Baptists and Orisha faithful all come bearing flowers, prayers and promises. It is rare, almost miraculous, for one statue to command such reverence across so many distinct faiths. For first-time visitors, it’s more than a religious site, it’s an unforgettable spiritual encounter in the heart of Trinidad.

Photo: Soraya Gonsalves

**The Cathedral of the Holy Trinity**

Facing Woodford Square in the heart of Port of Spain, this majestic Anglican cathedral was consecrated in 1823, making it one of Trinidad's earliest churches. Built with English stone in neo-Gothic style, it reflects the colonial influence on early religious life. It has stood through centuries of change, offering spiritual guidance, solace, and song. Its renowned Sunday choir continues to fill the city with harmony and tradition.

Photo: Ghansham Mohammed

PERFORMING ARTS



Satyam Shivam Dancers
Photo: Edison Boodoosingh



Where Rhythm is a Way of Life

To visit Trinidad and Tobago is to encounter a culture in constant motion. These islands may sit quietly on a map of the Caribbean, but don't be fooled, there's nothing still or sleepy about life here. Far from the dreamy postcard of hammocks and hush, T&T hums with energy, artistry and a creative pulse that never lets up. In Trinidad, there's always something being rehearsed, performed, designed, scripted, danced or conceptualised. Music and movement fill the air, whether it's steelpan drifting from a panyard, a tassa band rehearsing for a wedding, or spontaneous chant spilling out of a pavement lime. Even in Tobago, it's calmer, simpler, and softer in steps, you'll find a rhythm all its own. It's not loud, but it never stops. Even the waves have a Tobago tempo.

These islands are a meeting point of continents and cultures: Indigenous Amerindian, African, Indian, European, Chinese, Middle Eastern and also Venezuelan, all of which have shaped not only how we look and speak, but how we move, celebrate, and share stories. Performance is a natural part of life. It lives in our festivals and rituals, in old tales told through masquerade, and in the sway of hips on a Carnival stage.

From the sacred to the spontaneous, from Port of Spain to Scarborough, what you'll find in Trinidad and Tobago is a culture that doesn't sit still. It sings, it dances, it remembers, and it welcomes you, not to watch from afar but to join in, feel the rhythm and move with us.



Photo courtesy: Tobago Festivals Commission

Calypso Rose
Photo: Antony Scully



Tropical Angel Harps Steel Orchestra
Photo: Shaun Rambaran

Music and Dance

Here, Every Beat Tells a Story

It all began with Calypso, the lyrical soul of the islands. Born as a form of resistance and social commentary, it gave voice to the voiceless. Legends like the Mighty Sparrow, Lord Kitchener, Mighty Shadow, Explainer, Cro Cro, Denise Plummer, and Singing Sandra shaped the genre with wit, style, and truth. Superblue brought theatrical energy to the stage, while David Rudder and Tobago's Calypso Rose have carried their unique melodies and lyrics across oceans.

In the 1970s, Soca was born, short for "soul of calypso." It fused Afro-Caribbean and East Indian influences into a high-energy, dance-driven sound, and 'road mix' versions scored perfectly for a Carnival street party. Today, regional stars like Machel Montano, Bunji Garlin, Kes the Band, Naila Blackman, Destra Garcia, Rikki Jai, and many more have turned Soca into an unstoppable, contagious movement of joy and pride held tightly by our T&T diaspora in all corners of the globe.

The Indian diaspora brought with it another beloved tradition: Chutney music, sung in Bhojpuri and rooted in folk storytelling, romance, and satire. Its evolution into Chutney Soca brought the harmonium, dholak, and tassa drums into the Carnival spotlight, creating a genre that is as bold and colourful as the people who created it. Today, Tassa's rapid, syncopated beats remain central to weddings, religious processions and celebrations across the islands.

And where there's music, there's always movement. Dance in T&T encompasses a broad spectrum: from ballet to bachata, salsa, belly dance, kizomba and Indian classical dance. If you love to dance or want to learn, there's somewhere to visit every day of the week. The Best Village Dance Festival once gave national spotlight to Afro-Trinidadian folk forms like Bele, Bongo, traditional African drum-and-dance, each form passed down, reinterpreted, and proudly performed.

Left

Steelman

The steelpan isn't just an instrument – it's a national treasure and a symbol of Trinidadian ingenuity. Born in the streets of East Port of Spain from oil drums and colonial resistance, it has since graced global stages, from symphony halls to Olympic ceremonies. The pride in pan runs deep: it's taught in schools, celebrated in Panorama competitions, and played in both formal concerts and Carnival bands. It's the music of joy, struggle, innovation – and undeniable Trini brilliance.





David Rudder
Photo: Andrea de Silva



**Raymond Ramnarine,
Chutney Soca Artist**
Photo: Adrian Boodan



Left-right

Bongo

Bongo is a traditional Afro-Trinidadian dance rooted in celebration and spiritual ritual. Often performed to the beat of hand drums and chants, it's characterised by grounded, rhythmic movements and call-and-response singing. Bongo dance expresses resilience, community, and connection to African ancestry, especially during weddings and folk festivals.

Photo courtesy: Tobago Festivals Commission

Tassa

Tassa is the heartbeat of Indo-Trinidadian celebration—an electrifying style of drumming played on small, high-pitched drums with a booming bass. Its rapid, syncopated rhythms fuel weddings, religious festivals, and street parades. But its power isn't limited to Trinidad and Tobago. Today, tassa bands echo across diaspora communities in the UK, US, and Canada, where second-and-third generation performers proudly carry on the tradition, turning every performance into a shared cultural homecoming.

Photo: Shaun Rambaran

Left-right

Bélé

Bélé is a traditional Afro-Caribbean courtship dance rooted in the French Creole heritage of Trinidad and Tobago. Performed to the rhythms of the bélé drum, chantwell singing, and tibwa stick beats, it's a spirited blend of flirtation, footwork, and storytelling. Often showcased during folk festivals and Best Village competitions, Bélé lauds vitality, community, and African legacy. With every step and spin, dancers keep history alive and the energy of the ancestors pulsing through the present.

Photo: Lisa Fernandez

Parang

The soul of a Trinbagonian Christmas, Parang is a joyous, Spanish-rooted folk tradition blending Venezuelan influence with local devotion. It was introduced by 'cocoa panyols', descendants of Spanish-speaking migrants from Venezuela who came to work on Trinidad's cocoa estates in the 19th century. These communities brought their music, language, and Catholic traditions. Today, Parang lives on in Paramin, Lopinot, Arima, and St. Joseph, where bands still serenade homes with cuatros, sweet vocals and nativity songs. Expect pastelles, ponche-de-crème and lots of local Christmas goodies.

Photo: Roger Lewis

Classical Indian Dance

Rooted in ancient storytelling and divine devotion, Classical Indian Dance in T&T reflects a living heritage passed down through generations. Styles like Bharatanatyam and Kathak are taught and performed at cultural centres and festivals, celebrating rhythm, mudras (gestures), and the enduring elegance of Indian tradition.

Photo: Ghansham Mohammed



Dinamicos and Fuego Caribeño





The Spirit of Trinidad and Tobago Carnival in Full Motion

If you've never been to Trinidad and Tobago during Carnival, just know this, it's not a day, it's a season and when it begins, everything changes. Unless you're here to see firsthand, it's hard to envision Trinidad becoming even more social. This island seamlessly shifts from a regular pace liming to a state that's a Carnival-injected pump.

It lives in the streets, in the music, in the way people dress, braid and colour their hair, laughing and planning for weeks on end.

The build-up starts just after Christmas. One by one, colourful wooden booths pop up around the Queen's Park Savannah in Port of Spain, creating a buzzing open-air marketplace for costumes, crafts, food, and music. Once those famous huts go up, the countdown begins. Soca starts pumping from car radios and corner bars, pan players rehearse late into the night, and your mobile apps start lighting up with fête (party) invites.

Trinidad Carnival climaxes on the Monday and Tuesday before Ash Wednesday, but the energy builds for weeks. From J'ouvert's messy, pre-dawn explosion of mud and paint, to the full parade of bands with masqueraders dancing and traditional Sailor Mas. You'll find colour, creativity, and beautiful chaos flowing through every street in Port of Spain, San Fernando, Arima, Chaguanas and more!

Carnival is more than revelry. It's full of story and symbolism. You'll see traditional characters the likes of the fierce Jab Jab and Jab Molassie, towering stilted Moko Jumbie, the dramatic Midnight Robber, the flirtatious Dame Lorraine, and the sharp-tongued Pierrot Grenade, each with roots in satire, resistance and folklore. Even the limbo, now a party favourite, began as a ritual of reverence.

Then there's Tobago Carnival, a newer festival held every October that's quickly becoming its own must-see moment. It's smaller, but rich with spirit: traditional mas, J'ouvert through the streets of Scarborough, open-air concerts, beachside fêtes and lots of local flair. If Trinidad's Carnival is a rush, Tobago's is a slow wine.

To be in Trinidad and Tobago during Carnival is to feel joy at full volume. It's a celebration of freedom, identity, mischief and art. Whether you're dancing in a costume, capturing content or just watching from the sidelines with a snow cone, Carnival finds a way to pull you in.

Jab Jab
Photo: Chris Anderson

Moko Jumbies
Photo: Ziad Joseph



Midnight Robber
Photo: Richard Lyder



Jab Molassie
Photo: Chris Anderson



Pierrot Grenade
Photo: Richard Lyder

Sailor Mas
Photo: Roger Lewis





Fancy Indian
Photo: Catherine Sforza



Top

Kalinda, Stick Fighting

Beyond the glitter of Trinidad's pretty mas, there's still fire. In parts of rural Trinidad, Carnival season also means Kalinda, or stick fighting, a dramatic display of strength and song where fighters duel to the beat of drums and chants, surrounded by a crowd in a makeshift arena known as a gayelle. It's raw, rhythmic, and powerful.

Photo: Roger Lewis

FOOD

Pelau

Pelau is Trinidad's go-to one-pot meal. It's a savoury, caramelised medley of rice, pigeon peas, seasoned meat (usually chicken or beef), coconut milk, and fresh herbs. First, the meat is browned in sugar for deep flavour, then everything simmers together until the grains soak up the magic. It's hearty, slightly smoky and always a crowd-pleaser.

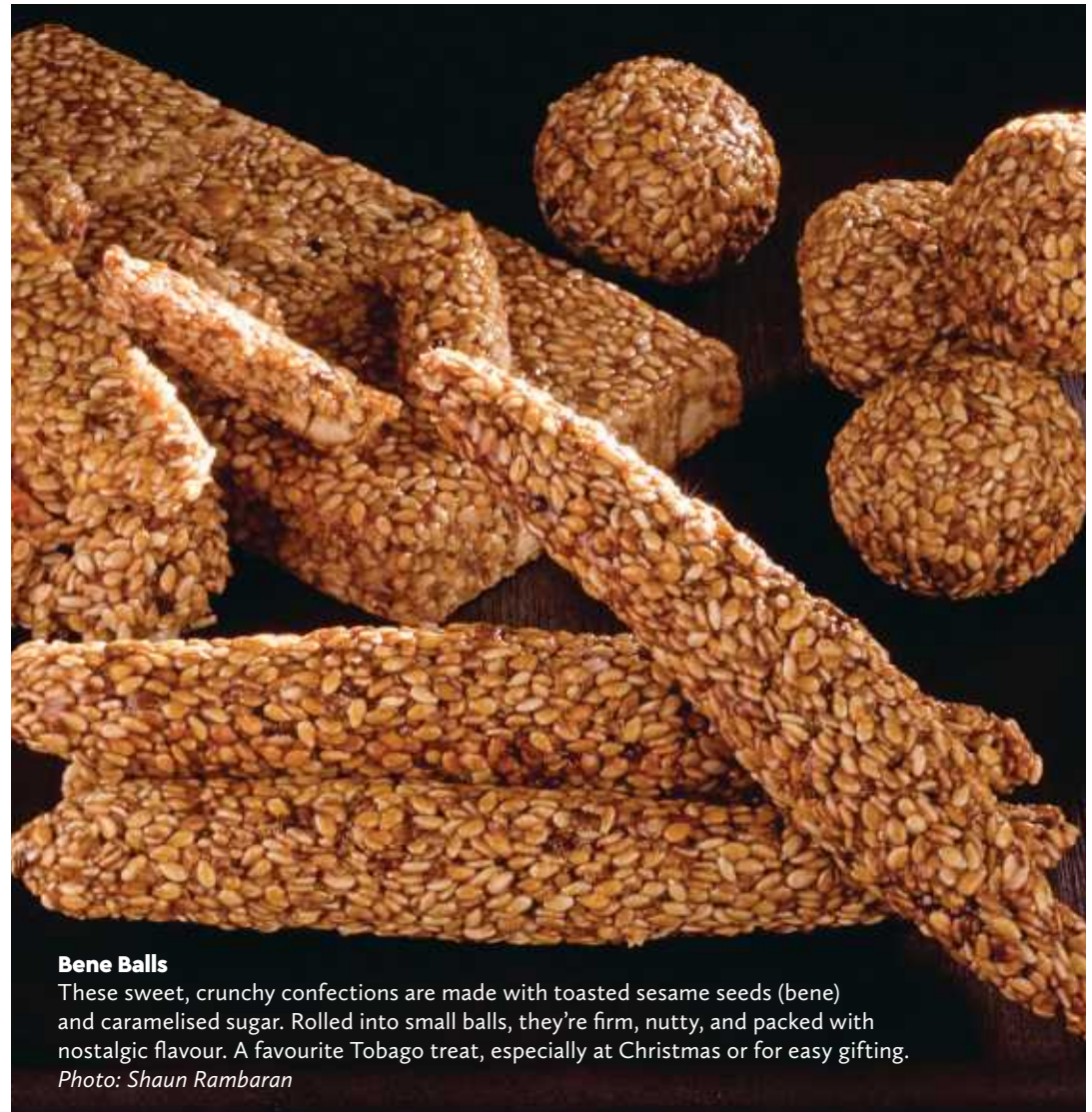
Flavours Without Borders

To talk about food in Trinidad and Tobago, you have to begin with the alchemy, the foundation of flavour that starts long before anything hits the flame. Every seasoned cook here knows the ritual: pre-seasoning is essential. Garlic, citrus, pepper, and our signature green seasoning, a fragrant paste of chadon beni (cilantro), thyme, pimento, and garden herbs form the bedrock of our bold, unforgettable cuisine.

Unlike much of the Caribbean, Trinidad and Tobago isn't defined by a single dish. Much like our people, our meals cross cultures, continents, and generations. We are a true culinary melting pot and our well-worn iron pots have carried the weight of curries, stews, cook ups, soups and more for generations. From fireside chulhas to modern stovetops, our food tells the story of migration: Indigenous cooking with clay and leaves, African one-pot meals, Indian masalas, Chinese stir-fry, Arabian sweets and pastries. We cook in fig leaves, serve on suhari and wrap up festivities in pastelles and pone.

Tobago has its own comforting flavour profile: dirt-oven baked breads, blue food (provisions), cassava pie, crab and dumpling and sweets like bene balls, toolum and sugar cake are simple, satisfying, and soul-filled. In village homes, the connection between land, sea and table is seamless.

We're a nation driven by taste and tradition: doubles from street vendors, bake and shark at Maracas, homemade dhalpuri with curry goat, pelau and corn soup at every lime, and black cake with Ponche de Crème at Christmas.



Bene Balls

These sweet, crunchy confections are made with toasted sesame seeds (bene) and caramelised sugar. Rolled into small balls, they're firm, nutty, and packed with nostalgic flavour. A favourite Tobago treat, especially at Christmas or for easy gifting.

Photo: Shaun Rambaran

And now, a quiet return is taking root. Once famed for our cocoa and sugar estates, our rich soils are again feeding a new generation. From apartment plant pots to backyards, more families are growing kitchen gardens of herbs and vegetables. Saturday farmers' markets in Macoya, Queen's Park Savannah, Chaguanas, Point Fortin, and beyond offer fresh, local alternatives. This renewed farm-to-table movement is less a trend and more a homecoming, reconnecting us to the way our ancestors once lived: seasonal, more sustainable, less processed and full of flavour.

Photos courtesy: Ministry of Trade, Investment and Tourism

FOOD TRINIDAD





Left (top–bottom)

Bake and Shark

Most famously served at Maracas Bay, this sandwich-style street food features crispy fried shark tucked into a soft, golden “fried bake” (a type of Caribbean flatbread). It’s served with a choose-your-own adventure of toppings like shredded lettuce, pineapple, garlic sauce, tamarind chutney, and hot pepper. Think of it as a tropical fish burger, made for beach days.

Doubles

Doubles are Trinidad’s most iconic street food. Two soft, turmeric-spiced flatbreads (called bara) cradle curried chickpeas (channa), topped with sauces like tamarind, pepper, and mango chutney. Often eaten with your hands while standing, it’s a flavour explosion wrapped in paper, perfect for breakfast or a late-night snack.

Centre

Roti and Trinidadian Curry

Roti in Trinidad is more than just bread—it’s an entire meal (and emotion). We typically serve it two ways: dhalpuri, which is a soft flatbread stuffed with ground split peas and spices; or paratha (also called “buss-up-shut”), a flaky, torn version perfect for scooping. It’s paired with a variety of curries: duck, chicken, goat, shrimp, or pumpkin, all richly seasoned with roasted geera (cumin), garlic, masala, and fresh green seasoning. You tear the roti and scoop up the curry by hand. It’s communal, satisfying and deeply comforting.

Right (top–bottom)

Chow

Chow is a fresh, spicy fruit salad, and pineapple is a favourite and crown jewel. Cubes of ripe pineapple, green mango, apple, pomerac (rose apple), cucumber, green plums, or pommecythere (June plum or golden apple) are tossed with chopped chadon beni (culantro), garlic, lime juice, salt and pepper. It’s sweet, sour, spicy and sensorial all in one mouthful. Served cold, it’s refreshing and bold, especially on sunny days.

Corn Soup

Corn soup is a street-side staple, especially during or after a night out. Made with chunks of corn-on-the-cob, yellow split peas, mini dumplings and root vegetables, it’s flavoured with fresh herbs and pepper. Served hot in a cup, it’s creamy, peppery, ‘moreish’ and surprisingly filling.



FOOD TRINIDAD

Right

Pastelle

Pastelles are soft cornmeal pies filled with spiced minced meat (beef, pork, chicken, lentils, fish or soya), olives, raisins, and capers. Each one is wrapped in a banana leaf, tied with string, and steamed until tender. Traditionally made at Christmastime, they're labour-intensive but beloved and every bite feels like home.

Below (left-right)

Black Cake

Our Caribbean version of fruitcake, is rich, dark, and soaked in alcohol. Dried fruits are steeped in rum and wine, sometimes for months, then blended into a smooth base, mixed with spices and baked into a dense, moist cake. Served during Christmas and weddings, it's not too sweet, just deeply flavourful with a boozy warmth.

Ponche de Crème

Our take on eggnog, Ponche de Crème is a smooth, creamy holiday drink made with sweetened condensed milk, eggs, nutmeg, Aromatic bitters, and a generous pour of rum. Served cold in small glasses, it's how Trinbagonians toast to Christmas, old friends, and sweet memories.



FOOD TOBAGO



Left

Crab and Callaloo

A Tobago favourite, this dish features whole blue crab cooked in callaloo, a thick, earthy stew made from dasheen (taro) leaves, okra, coconut milk, and local seasonings. The result is a velvety, savoury dish that's traditionally eaten with rice or dumplings, and a lot of finger-licking.

Below (top-bottom)

Blue Food

In Tobago, "blue food" refers to root vegetables such as dasheen, yam, and tannia that turn a bluish tint when cooked. They're often boiled, mashed, or stewed with coconut milk and spices. These hearty provisions are celebrated every year at the Blue Food Festival in Bloody Bay, where local chefs turn the humble into the gourmet.

Coconut Bake and Saltfish Buljol

This breakfast staple is very popular on both islands. It pairs fried or roasted "bake" (a thick, puffy coconut-flavoured bread) with buljol a cold salad of shredded salted cod, tomatoes, onions, sweet peppers, and lime juice. Light yet filling, it's the perfect mix of salty, citrusy and comforting.



PERFORMING ARTS SPACES





Our Collective Presence, Framed and Onstage

In Trinidad and Tobago, the arts are not an indulgence, they are a lifeline. They pulse through the streets, dance in our Carnival, echo in steelpan, and speak boldly through poetry, painting, presence and performance. They live in how we speak, how we move, and how we decorate our spaces. We are a people who feel deeply and express vividly, using every creative outlet available to turn our joys, frustrations, resistance and revelations into something beautiful.

This expressive force finds its home in the many creative spaces across the islands. In Port of Spain, the National Museum and Art Gallery tells our story in brushstrokes and artefacts. Nearby, the Carnival Museum celebrates the artistry behind our most iconic festival and the Rotunda Gallery showcases our acclaimed artists. Queen's Hall, NAPA and the Central Bank Auditorium elevate voices and bodies in motion, while in San Fernando, SAPA and Naparima Bowl give life to spoken word, drama and folk storytelling.

In Tobago, the Shaw Park Cultural Facility hosts live performance and community talent, while the Tobago Historical Museum holds time still through costume and cultural artefacts.

In every corner, we document and display our truth, not for vanity, but for continuity. We don't just live, we perform, we narrate, we design, and we show.



Tobago Historical Museum
Photo: Soraya Gonsalves

National Academy for the Performing Arts (NAPA)

With its striking, futuristic curves modelled after the national flower, the Chaconia, NAPA is both a beacon of innovation and a tribute to heritage. Opened in 2009 and located opposite the Savannah, the landscape of this state-of-the-art complex includes a 1,500-seat concert hall, music studios, and performance training spaces. It is home to the University of Trinidad and Tobago's performing arts programmes, nurturing the next generation of musicians, actors, and dancers. More than a building, NAPA represents a bold national commitment to the arts, bridging traditional forms with global performance standards.

Photo: Nyla Singh





The Rotunda Gallery
Housed within the iconic Red House, the seat of Parliament and a cornerstone of Trinidad's architectural heritage, the Rotunda Gallery is a radiant space where history, art and civic life gracefully meet. The original building, completed in 1844, was destroyed by fire during the 1903 Water Riots and later rebuilt in its distinctive neoclassical style by 1907. Over a century later, the Red House underwent a massive restoration, completed in 2019, which returned the building to its former grandeur and introduced the Rotunda Gallery as a dedicated cultural space. Bathed in exquisite natural light beneath its central dome, the gallery's symmetry and white elegance offer a quiet, almost reverent atmosphere. The space alone is inspiring; arched corridors, graceful columns and a soaring natural skylight elevate every exhibition.
Photo: Richard Lyder



National Museum and Art Gallery

Located in the heart of Port of Spain, this beloved museum preserves Trinidad and Tobago's artistic and historical heritage. Established in 1892 during British colonial rule, as the Royal Victoria, it houses over 10,000 artefacts including 19th-century furnishings, Carnival costumes, natural history specimens, and the works of renowned painter Michel-Jean Cazabon. Visitors can explore galleries that chronicle our colonial past, independence movement, and vibrant cultural expressions, from the steelpan and Mas to contemporary art. With grand colonial architecture and rich storytelling, a visit here isn't just about looking, it's about feeling the layers of our evolving identity come alive.

Photo: Richard Lyder

Trinidad and Tobago Carnival Museum

More than feathers and sequins, this museum in downtown Port of Spain is a vibrant tribute to Trinidad and Tobago's most iconic cultural celebration. Through immersive exhibits, archival footage, and stunning costume displays, the museum tells the story of Carnival's evolution, from rebellion to revelry. It also honours traditional characters like the Midnight Robber, Jab Jab, and Dame Lorraine, revealing the symbolism behind the spectacle. A must-visit for anyone seeking to understand why this season is sacred to the soul of the nation.

Photo courtesy: Trinidad and Tobago Carnival Museum





The Central Bank Auditorium

The Central Bank Auditorium remains one of Trinidad and Tobago's premier performing spaces and is renowned for its intimacy and ambience. Designed to serve as a civic contribution to the local performing arts, this state-of-the-art facility offers an array of worldclass services and amenities.
Photo: The Central Bank Auditorium

PERFORMING ARTS SPACES TRINIDAD



SAPA (Southern Academy for the Performing Arts)

Unveiled shortly after NAPA, SAPA was designed to bring the same cultural investment and infrastructure to southern Trinidad. Located in San Fernando, SAPA features a similarly modern architectural style, a large performance auditorium, rehearsal rooms, and exhibition spaces. It plays a pivotal role in supporting local productions, from high school theatrical debuts to national festivals and ensures that cultural expression thrives equitably across the island. For southern creatives and audiences alike, SAPA is more than a venue, it's home.

Photo: Zad Joseph



Above

Naparima Bowl

Built in the 1960s, Naparima Bowl has long stood as the artistic heartbeat of south Trinidad. With its open-air amphitheatre, adjacent rehearsal rooms, and intimate performance hall, it has nurtured community theatre, folk festivals, and school productions for generations. 'The Bowl' as it's fondly known, was instrumental in launching the careers of many well-known performers and remains closely tied to the annual Best Village folk competitions. Steeped in nostalgia and full of potential, it is a place where the stage is never far from the audience and where the spirit of performance feels personal.

Photo: Denith McNicolls

Left

Queen's Hall

Opened in 1959, Queen's Hall was the first major performing arts venue in Trinidad and Tobago and remains one of its most prestigious. Nestled in the green embrace of St. Ann's, just minutes from the Queen's Park Savannah, it was originally envisioned as a space for both local and international excellence in theatre, music, and dance. Designed with exceptional acoustics and elegant lines, it has hosted legends of Calypso, jazz, opera, and classical music. Today, it remains a beloved cultural anchor, welcoming festivals, national awards and generations of emerging talent to its stage.

Photo: Richard Lyder





Shaw Park Cultural Facility

As Tobago's largest performance venue, the Shaw Park Cultural Complex is a symbol of the island's artistic ambition. Opened in recent years in Scarborough, it offers seating for over 800 people and features modern stage technology to host theatre, concerts, and cultural showcases. It has quickly become a central hub for national events, regional talent, and community pride. Set against the serene backdrop of Tobago's beautiful landscape, Shaw Park brings the island's quiet creativity into bold spotlight, one curtain rise at a time.

Photo: Nicholas Bhajan



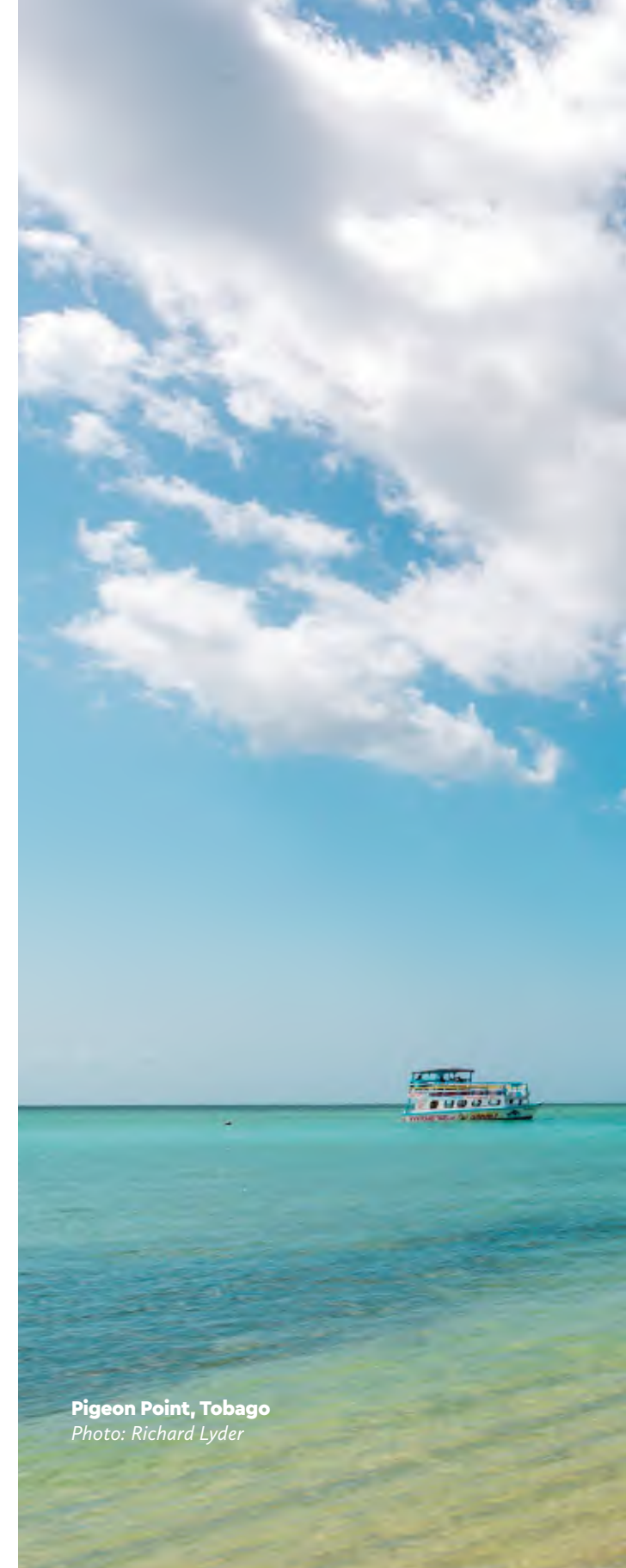
Tobago Historical Museum

Housed within the 18th-century Fort King George overlooking Scarborough, this museum offers a sweeping view of both history and landscape. Exhibits explore Tobago's early Amerindian settlements, European colonisation, slavery and post-emancipation society. Colonial-era rooms recreate the daily life of British military officers, while artefacts, maps and photographs chart the island's contested and often turbulent past. With the sea visible through cannon windows, it's a place where history meets the horizon and stories long buried are given voice again.

Photo: Nicholas Bhajan

INDEX

Ambard's House (Roomer)	23
Argyle Waterfall, Tobago.....	40, 41
Avocat Waterfall.....	28, 29
Bake and Shark.....	76, 77
Balandra Bay.....	10, 11
Bamboo Cathedral	30, 31
Bélé.....	63, 68
Bene Balls	75
Black Cake	78
Blanchisseuse	8
Blue Food.....	79
Blue Food Festival	52, 53
Bongo	66, 67
Botanic Gardens, Tobago	40
Brian Mac Farlane.....	80
Buccoo Reef and Nylon Pool, Tobago	2, 38, 39
Bush Bush Wildlife Sanctuary.....	32
Cable Bay, Tobago	15
Calypso Rose	64
Carnival	2, 4, 42, 44, 45
Caroni Swamp	30, 31
Castle Killarney (Stollmeyer's Castle)	23
Cathedral of the Immaculate Conception	58, 59
Central Bank Museum	21
Chaguaramas Golf Course	30, 31
Chow	77
Classical Indian Dance	68, 69
Coconut Bake and Saltfish Buljol	79
Columbus Bay	8
Corn Soup.....	77
Crab and Callaloo	79
David Rudder.....	66
Divali.....	48, 62
Divali Nagar.....	60, 62
Doubles	3, 76, 77
Eid-ul-Fitr.....	48
Emancipation	50, 51
Emperor Valley Zoo	27
Englishman's Bay, Tobago.....	5, 15
Fancy Indian	73
First Peoples.....	50
Fort Bennett, Tobago.....	25
Fort George	20, 21
Fort King George, Tobago	19, 25
Fort Milford, Tobago	25
Ganga Dhara Festival.....	47
Gaspar Grande Caves (Gaspree Caves)	32
Gold and Silver Waterfall, Tobago.....	40, 41
Grande Riviere Leatherback Turtles Conservation.....	34
Hanuman Murti and Dattatreya Temple.....	56, 57
Harris Promenade.....	24
Hayes Court	22
Holy Rosary Church	58, 59
Hosay	49
Humming bird - 'Tufted Coquette'	ii
Icacos Bay and Wetland.....	28, 29
Jab Jab.....	70
Jab Molassie.....	71
Kalinda, Stick Fighting	73
La Brea Pitch Lake	34
La Davina Pastora.....	60
La Vega Estate	34
La Vigie Paramin Lookout	35
Las Cuevas Bay	8
Little Tobago Island.....	39
Lopinot Historical Complex.....	20, 21
Macqueripe Bay	9
Manzanilla.....	Inside Front Cover, 10
Maracas Bay	6, 9
Maracas Waterfall	35
Marianne River	35
Matura Bay	9
Matura National Park.....	36
Mayaro Beach.....	12
Midnight Robber.....	71
Mille Fleurs	23
Moko Jumbie	3, 71
Monos Island (DDI)	32, 33
Mount St. Benedict	20, 21
Mt. Irvine Bay, Tobago	15
Naparima Bowl	86
Nariva Wetlands	37
National Academy for the Performing Arts (NAPA).....	3, 82,
National Museum and Art Gallery	84
No Man's Land, Tobago	15
Pagwah.....	49
Palmiste Park.....	36
Panorama.....	46
Parang	68, 69
Pastelle.....	78
Pelau	74
Pichakaree	49
Pierrot Grenade	72
Pigeon Point, Tobago	14, 16, 40, 41



Pigeon Point, Tobago
Photo: Richard Lyder



Piparo Mud Volcano	33
Pointe-à-Pierre Wild Fowl Trust.....	36, 37
Ponche de Crème	78
Port of Spain.....	Inside Back Cover
Queen’s Hall.....	80, 86
Queen’s Park Savannah	20, 21
Queen’s Royal College	2, 18, 22
Raymond Ramnarine.....	67
Red House	24
Rio Seco Waterfall	36
Roti and Trinidadian Curry	76, 77
Sailor Mas	72
Salybia Bay.....	12
San Fernando Hill	36, 37
Sans Souci Beach	2, 7, 12
Satyam Shivam Dancers	62
Saut d’Eau.....	Cover
Scarborough Methodist Church, Tobago.....	55
Scotland Bay.....	12
Shark River.....	29
Shaw Park Cultural Facility.....	87
Siew Shiv Sadhu Temple (Temple by the Sea)	3, 54, 57
Southern Academy for the Performing Arts (SAPA).....	86
Spiritual Shouter Baptist Liberation Day.....	50, 51
Sri Dattatreya Yoga Centre	56, 57
St Joseph TML Mosque.....	58, 59
St. Francis of Assisi Church	58
Steelman	46, 65
Stone Haven Bay, Tobago.....	16, 17
Store Bay, Tobago	7, 16
Tassa	67
The Archbishop’s Palace	23
The Cathedral of the Holy Trinity	61
The Old Yard	45
The Rotunda Gallery	83
The Royal Botanic Gardens.....	24
Tobago Forest Reserve, Tobago	40, 41
Tobago Goat Racing	52
Tobago Great Race	26
Tobago Heritage Festival.....	43, 52, 53, 63
Tobago Historical Museum	81, 87
Tobago Jazz Festival	52
Trinidad and Tobago Carnival Museum.....	84
Triveni Mandir	60
Tropical Angel Harps Steel Orchestra	65
Turtle Bay, Tobago.....	16
Tyrico Bay	13
Vessigny Beach.....	13
White Hall (Rosenweg)	22





Port of Spain
Photo: Wendell SJ Reyes



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THE REPUBLIC OF TRINIDAD AND TOBAGO