



TRINIDAD AND TOBAGO INVESTMENT GUIDE

TRINIDAD & TOBAGO

At a Glance

www.investt.co.tt

Exciting Things to
Know and Do

in

**TRINIDAD &
TOBAGO**



GLOBAL

TRINIDAD & TOBAGO

EXPORT • INVEST • PROSPER

Experience the sights, sounds and flavours of Trinidad and Tobago!

For investors and their expatriate teams, life in Trinidad and Tobago offers the best of both worlds — access to an array of international products and services, paired with the rich culture, warmth, and energy of island living. From the bustling streets of Port of Spain to the tranquil beaches of Tobago, every day brings a new adventure.

This guide highlights some of the country’s most exciting activities and experiences, complete with helpful links for further information and local contacts to help you dive right in.



Photos courtesy
Tourism
Trinidad
Ltd.

QUICK LINKS TO CONTENT

[Exciting things to KNOW – page 3](#)

[Exciting things to DO – page 4](#)

[Getting Around in Trinidad and Tobago – page 6](#)

[Exciting Things to SEE – page 7](#)

[USEFUL LINKS TO MORE INFORMATION – page 9](#)

EXCITING THINGS TO KNOW ABOUT TRINIDAD & TOBAGO

Photo courtesy Tourism Trinidad Ltd.



Carnival

Famous for its pre-Lenten celebration, Trinidad and Tobago's Carnival, one of the most popular in the world (*'The Greatest Show on Earth'*), is a festival bursting with vivid colour, exquisite costumes, calypso music and the pulsating steelpan, which is widely claimed to be the only acoustic musical instrument invented during the 20th century. This festival attracts close to 40,000 visitors annually. The Carnival

festivities are full of high energy parties (fêtes) and premier cultural competitions.

[Click here for information on the Carnival season in Trinidad & Tobago.](#)

Festivals, Music

The diverse cultural and religious backgrounds of the people allow for many traditional festivities and ceremonies throughout the year for e.g. Divali, Easter, Eid-UI-Fitr. Indigenous art forms include soca (*a derivative of calypso*), parang (*Venezuelan influenced Christmas music*), and chutney (*soca influenced by Indian rhythms*).

[Click here to learn about multicultural festivals in Trinidad & Tobago.](#)

Photo courtesy Tourism Trinidad Ltd.



Entertainment

Trinidad and Tobago's rich cultural history and ethnic diversity are also reflected in the vibrancy of its visual arts, theatre arts, music and dance. There is no shortage of events throughout the year including dance productions, local plays, film festivals and musicals.

Popular venues for these artistic shows and theatre productions include Queen's Hall, the National Academy for Performing Arts (NAPA), the Central Bank Auditorium in Port of Spain, the Naparima Bowl and the Southern Academy for the Performing Arts (SAPA) in San Fernando. There are also several art galleries in the Port of Spain area that feature the works of local and foreign artists.

[Click here for more information on entertainment on both islands.](#)

EXCITING THINGS TO DO IN TRINIDAD & TOBAGO

Fun Sports

The tropical climate of this twin-island republic encourages both land and waterborne activities. Have your choice of track and field, cricket, football, group cycling, boating, yachting, game fishing, windsurfing, [scuba diving](#), parasailing, go-kart, rally racing, [dirt-biking](#), golf, tennis, adventure races, hashing, kite-surfing, jet-skiing, surfing, kayaking and dragon boat racing. Several facilities are available to accommodate these high energy pastimes.

Eco-Adventures

From bird-watching and turtle-watching to hiking or free diving, Trinidad & Tobago has everything on both islands to satisfy amateurs and professionals alike.

[Click here for more information on eco-adventures.](#)

Cuisine

The cultural diversity of Trinidad and Tobago is reflected in the variety of local food choices ranging from street food (e.g. doubles), beach food (e.g. bake 'n

QUICK TIPS

- [Click here for optional Golf locations](#)
- **Dirt-biking:** Explore trails in [Chaguaramas, Lopinot, Tobago](#)
- T&T **Game Fishing** Association: 624-5304
- **Scuba Diving:** [Tobago](#)
- **Turtle Watching** (April-July on the North Coast, Matura & Grand Rivière. Call 668-2518; 622-3217)
- **Hiking / Hashing:** select from major hiking guides/clubs on both islands.

shark), Indian and Creole cuisine to international cuisine and popular North American fast foods available throughout the islands.

Popular dining spots include:

- Rizzoni's Restaurante Italiano
- Passage to Asia
- Samurai Japanese Steakhouse and Sushi Bar
- Soong's Great Wall
- Tikki Village
- Arazzi
- Burger King
- Pizza Hut

[Click here for exciting dining option details.](#)

[View here for food blogger/You Tuber Mark Wiens' culinary experiences on both islands.](#)



Photo courtesy Tourism Trinidad Ltd.

Night Life

Trinidad's night life is all about 'liming' (*'hanging out'*), dining with friends and meeting people. There are many locations where one can engage and enjoy the island's night life. Ariapita Avenue ('De Avenue') is at the forefront of it all in the Port of Spain area with a variety of restaurants, food vendors, casinos, clubs, bars and pubs.

Popular liming spots include:

- The Deck
- Frankie's Bar
- TT Sommelier
- Topsy Ibis
- District Cafe
- Food Square

[Click here for details on liming in Trinidad and Tobago.](#)



IMPORTANT SAFETY TIPS

- Be sure to **drive on the left side** of the road and heed all traffic signals and warnings.
- **Avoid hitchhiking** and/or picking up hitchhikers.
- Avoid leaving bags, cameras, and valuables unattended.
- **Avoid carrying large amounts of cash** and expensive jewelry and placing cameras round your necks.
- Should your passport or credit card or be lost or stolen, report it immediately to the police and your banking agent.
- **Call 999** for the nearest police station.
- **Avoid isolated areas after dark.**
- When on the beach, **follow the advice of the lifeguards.**
- **Lock cars** at all times.
- Use an **official tour guide** for excursions.

(Tips courtesy Tourism Trinidad Ltd.)

GETTING AROUND IN TRINIDAD AND TOBAGO

Buses, Taxis

The Public Transportation Services Corporation (PTSC) operates scheduled bus services alongside privately operated unscheduled maxi and route taxis.

Legal registered taxis have license plates beginning with 'H' and are unmetered.

You can also hire a taxi by calling

- 800-TAXI
- Rideshares (via www.ttrideshare.com; www.pinkcab.com or www.dropcaribbean.com)

Taxi services in Trinidad and Tobago.

Car Rentals

If you'd like to travel on your own, renting a car might be by far the easiest and safest way to get around both Trinidad and Tobago, as long as you plan your trip and drive defensively. Be mindful of traffic during peak rush hours, especially in

Trinidad. Local and international car hire/rental companies operate nationwide. Some popular rental companies are listed below:

- [Tobago Car Rental Agencies - Directory](#)
- [Trinidad Car Rentals](#)

Airport Transfers

Authorized taxis operate outside arrival halls at Piarco and ANR Robinson (formerly Crown Point) international airports; check approved rates on display at the taxi stands.

Caribbean Airlines offers daily flights between islands with a flying time of 24 minutes. Book your tickets via www.caribbean-airlines.com

Sea Bridge

There is daily inter-island ferry service between Port of Spain, Trinidad, and Scarborough, Tobago, operated by the Port Authority of Trinidad and Tobago (www.patnt.com) and an intra-island water-taxi service between Port of Spain and San Fernando operated by National Infrastructure Development Company www.trinywatertaxi.com

To purchase ferry tickets to Tobago online please use the following link: [Trinidad and Tobago Inter-Island Transportation Company Ltd – Bringing Trinidad & Tobago even closer](#)

Tour Operators

For trips that require a licensed guide or tour operator, these trusted and licensed tour operators will help:

- Kalloo's (Trinidad): 622-9073
- T&T Sight Seeing Tours (Trinidad): 628-1051; www.trintours.com
- Nature Seekers (Trinidad); 668-7337; www.natureseekers.org
- Frankie's Tours & Rentals (Tobago); 631-0369
- Sherman's Auto Rentals & Ground Tours (Tobago): 639-2292



'Doubles' - photo courtesy Tourism Trinidad Ltd.

EXCITING THINGS TO SEE IN TRINIDAD & TOBAGO

*Information courtesy Tourism Trinidad Ltd.
and Tobago Tourism Agency.*

TRINIDAD

La Brea Pitch Lake

Trinidad is home to the world's largest commercial deposits of natural asphalt, which is mined and exported for use in manufacturing and road paving. The La Brea Pitch Lake is located on Trinidad's southwestern coast and is recognized as the 'Eighth Wonder of the World'. Visitors to the Lake can soak in the natural sulphur pools, enjoy the bountiful birdlife, or just stand inspired by one of nature's true wonders. The Pitch Lake holds approximately 10 million tonnes of asphalt.



Maracas Bay

Probably the most popular beach in Trinidad is Maracas Bay on the north coast, a winding 30-minute drive along the mountainside from the capital city, Port-of-Spain. Visitors enjoy the panoramic views of the palm-fringed beach with its energetic waves.

Caroni Bird Sanctuary

At this sanctuary, you will bird along the swamp, on a flat bottom boat, looking for herons, boatbills, kingfishers, egrets, common potoo, flamingos, followed by the grand finale – the Scarlet Ibis. The beautiful Scarlet Ibis comes home at sunset, after feeding all day in a protected swamp. This sanctuary is also a Ramsar site (*wetlands of international importance*), with the Scarlet Ibis being an environmentally sensitive species. This is a sight to behold and one of the 'must do' things in the world.

Hanuman Statue

Towering over the village of Carapichaima is the spectacular 85-foot-tall statue of Lord Hanuman, the largest Hanuman murti outside of India. Lord Hanuman is a Hindu god regarded as the most revered disciple of Lord Rama who exhibited great strength and bravery. Its magnitude implores its devotees to grow in height spiritually. The Dattatreya Yoga Center and Mandir upon

which the statue is situated is built in a Dravidian style of architecture popular in South India.

Temple in the Sea

The Temple in the Sea is a pilgrimage site with history. As in a painting, the Hindu temple rises above the vast expanse of the sea before sunset. An aura of calm and prayer surrounds this special location which exists thanks to the stamina and devotion of a single man, the Indian worker Siewdass Sadhu.

The Magnificent Seven

Around the Queen's Park Savannah in Port of Spain, Trinidad, one can find a string of historical mansions known as the Magnificent Seven. These include Stollmeyer's Castle (Killarney), Whitehall (Rosenweg), Queen's Royal College,

'Killarney' - photo courtesy Tourism Trinidad Ltd.



Ambard's House/ Roomor, Archbishop's Palace, Hayes Court and Mille Fleurs.

TOBAGO

Pigeon Point Heritage Park (PPHP)

Pigeon Point is undeniably Tobago's most beautiful beach and home to the iconic thatch-roofed jetty, presumably the most photographed jetty in the world. Named among the Top 100 Beaches in the World by CNN, PPHP is considered the ideal all-day beach with restaurants, bars, shops and water sport activities.

Buccoo Reef and Nylon Pool

This is a protected marine park off Pigeon Point. Daily tours by glass-bottomed boats allow even non swimmers to take in the reef life. The nearby Nylon Pool - a warm, shallow area in the middle of the reef lagoon is ideal for swimming. Whole day



'Nylon Pool' - Photo courtesy Tobago Tourism Agency.

tours to nearby No Man's Land - a sandy pit reaching into the lagoon - are also available.

The Sisters (diving depth:15-30m)

To the north of the island is the rock formation called the Sisters, some 5 pinnacles coming up from more than 40 meters depth. Beautiful and bizarre underwater scenery makes the Sisters a memorable dive. In overhangs and caves you find not only lobster but also stingrays and nurse sharks. Depending on the season and sea current a school of hammerhead sharks can be seen here.

Main Ridge Forest Reserve

The mountainous spine of Tobago supports the oldest forest reserve in the western hemisphere. Home to over 260 species of birds and 110 species of butterflies including the rare Blue Emperor butterfly, it can be explored via nine hiking and bike trails.

Tobago Jazz Experience (TJE)

The TJE is a celebration of jazz, along with the indigenous music of Trinidad and Tobago and the Caribbean. Staying true to its promise of offering "much more than music", the event incorporates the cultural and historical practices that define the island of Tobago as an ideal destination.

Past shows featured John Legend, Dianna Ross, Brandy, Jennifer Hudson, Earth Wind and Fire, Maxwell, Lauryn Hill and Wyclef Jean.

Tobago Blue Food Festival

Listed among CNN's "World's Best Food Festivals For Serious Food Fanatics", the Festival focuses specifically on the ground provision dasheen. Innovative delicacies presented at the event include dasheen pholourie, buss- up shut, ice-cream, punches and wine.

Buccoo Goat Racing Festival

Held annually on the day after Easter Monday, this festival started in 1925 as an alternative to the horse races held by the local gentry. The slower paced, novelty sport of crab racing has also been introduced to the event.



'Goat Racing' - Photo courtesy Tobago Tourism Agency.

USEFUL LINKS

Here are some links to further categorized information on exploring Trinidad and Tobago.

TRINIDAD TOURISM LIMITED

[Visit Trinidad | Things to Do, Tours, Travel Guide | Official Tourism Website](#)

TOBAGO TOURISM AGENCY

[Visit Tobago | Beaches, Romance & Weddings, Eco Adventure, Culture](#)

INS & OUTS OF TRINIDAD AND TOBAGO

[The Ins & Outs of Trinidad & Tobago](#)

Information compiled by



Photos courtesy Trinidad Tourism Limited.