



# AFAR THE COLLABORATIVE TRAVEL GUIDE

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## FOOD, ADVENTURE AND CULTURE IN TRINIDAD & TOBAGO

COLLECTED BY: [JESSIE FESTA](#)

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### [Relaxing at Pigeon Point on Tobago](#)

JESSIE FESTA

Pigeon Point is one of Tobago's most beautiful beaches. Crystal waters, lush palms and soft white sand make up the beach, while Radical Sports Tobago adds adventure by offering

lessons and rentals for kayaking, standup paddle boarding, windsurfing, kite surfing and more. It's also a popular place for sunbathing and snorkeling.

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### "Three Pools" Near Maracas Falls

JESSIE FESTA

While many people visit Maracas Falls on Trinidad, the trail to the waterfall has an alternative path that leads to a set of three tiered pools aptly named "Three Pools." The water is clear, calm and refreshing. I recommend stopping there on the way back from the falls to cool off from the hike. Moreover, for a knowledgeable guide email Mr. Nick at [SensationalTours@gmail.com](mailto:SensationalTours@gmail.com).

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### [Eating Shark and Bake at Maracas Beach](#)

JESSIE FESTA

Shark and Bake is a traditional food of Trinidad & Tobago. The dish features a hearty piece of fried shark on a fried bun, topped with items like cucumbers, tomatoes, lettuce, tamarind, hot sauce, coleslaw and garlic. Maracas Beach is where you'll find the best shark and bake on the island, with numerous vendors to choose from. That being said, the local favorite is Richard's.

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### [Playing the steelpan at Gill's Pan Shop](#)

JESSIE FESTA

A visit to Gill's Pan Shop in the Curepe neighborhood of Trinidad will allow you to see how steelpan are made, tuned and played. The steelpan is the national instrument of Trinidad, and a very important part of the culture. While the instruments may appear primitive, the pans can be assembled to create an entire orchestra of sounds.

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[Photographing hummingbirds at Yerette](#)

JESSIE FESTA

Yerette is located on Trinidad in St. Joseph. Here you'll see hundreds to thousands of hummingbirds flocking to the yard of Theo and his wife, Gloria. The couple have set up over 20 feeders of sugar water to attract the birds, as does their lush garden full of nectar. On any given day you can see up to 13 different species -- some of which include the Copper-rumped Hummingbird, White-chest Emerald, Blue-chinned Sapphire and Tufted Coquette - making it a special place not only on Trinidad but around the world.

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### [Eating Buss-Up-Shut At Pigeon Point](#)

JESSIE FESTA

**Buss-Up-Shut is a local dish of Trinidad & Tobago that you can find at any roti shop. This particular buss-up-shut was purchased at the Tobago Curry House located nearby on an unnamed street. Directions: Coming out of Pigeon Point Road you make a right at the Pasta Gallery and the Tobago Curry House will be on the corner. The dish includes the meat of your choice, usually beef, chicken, goat, duck, shrimp or vegetarian, as well as mango, dahl, pumpkin, curried potato with chana and beans. Delicious!**

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## Swimming In Argyle Falls

JESSIE FESTA

Located about 25 kilometers from Scarborough is Argyle Falls, a 100-foot tiered waterfall. Visitors will trek through the rainforest for about 10-15 minutes before reaching the falls, which offer cool, clear water for swimming at the base. Many locals believe Mother Nature's pulse flows through the spirit of the falls.

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## Bird Watching In Main Ridge Forest Reserve

JESSIE FESTA

Main Ride Forest Reserve was established on April 13, 1776, as is on record as the “oldest legally protected forest reserve geared specifically towards a conservation purpose.” It encompasses 9,780 acres of rainforest, and is home to about 220 to 270 bird species,