



Hike

BARBADOS

2015 EDITION

SPONSORED BY



Barbados
National Trust



First Citizens
We put you first



Glyne Harrison, CEO
First Citizens Bank (Barbados) Ltd.

FOREWORD

2015 has been heralded with increased awareness and acknowledgement of the importance of the environment and the preservation of Barbados's heritage. Hike Barbados, introduced by the Barbados National Trust many years ago for these very reasons, continues to celebrate the appreciation of heritage and health in the lighthearted spirit of adventure. This year is set to be another welcomed exploration of 'hidden' gems throughout the island.

FIRST CITIZENS IS HAPPY TO SUPPORT HIKE BARBADOS FOR ANOTHER YEAR. ITS SERIES OF NATURE WALKS TEACH US ABOUT THE ISLAND'S FASCINATING GEOLOGY AND HISTORICAL LEGACY. DURING THE HIKE, PARTICIPANTS ARE GIVEN A UNIQUE OPPORTUNITY TO ABSORB BARBADOS' BEAUTIFUL ENVIRONS IN A FUN, INTERACTIVE WAY—IN THE COMPANY OF EXPERIENCED HERITAGE PERSONNEL THAT CAN SHARE INSIGHT ON BARBADOS' ARCHAEOLOGICAL HISTORY.

We encourage hikers, health enthusiasts, visitors to the island and all Barbadians to continue to support the Trust and Hike Barbados. As an indigenous institution born of this region, First Citizens applauds organisations that give voice to the cultural legacy of our Caribbean communities. Having just celebrated our 100th birthday, we fully understand and subscribe to the preservation and sharing of all things heritage related. This is why we support the Barbados National Trust and Hike Barbados.

Hike Barbados is an invitation for an increasingly digital generation to plug into the world around us. As if inspired by those stirring words in our National Anthem, the hikes provide the opportunity for us to ensure that we do not lose connection to our hills and valleys and that we remain strict guardians of our heritage. We hope you will accept this offer to learn, discover, engage and unwind in the scenic beauty of Barbados and in so doing that you will treasure and pass on this aspect of our heritage to future generations.

HIKE

BARBADOS...



HIKES ORGANISED BY



Barbados
National Trust

DISCLAIMER

Participants in our hikes are advised that they do so **AT THEIR OWN RISK**. The Barbados National Trust, First Citizens Bank (Barbados) Ltd., their agents and employees accept **NO LIABILITY** for injury, loss or damage to any participant or their property by any cause whatsoever. Cars are parked at their owner's risk.

...started in 1983 with twelve hikers. It is now experienced by over 8,000 people every year.

OBJECTIVE:

To help Barbadians enjoy, understand and appreciate this amazing country through their first-hand experience of its scenery, people, vegetation, wildlife, buildings, history, culture, geology and weather, among other aspects.

Visitors are warmly welcomed – come and join us!

COST:

The hikes are FREE but donations to the Barbados National Trust are welcomed and greatly appreciated.

For more information, call (246) 426-2421.

HIKE DETAILS

We do all that we can to make the routes interesting and fun. This means following tracks and paths, which are sometimes far from easy. Leaders make every effort to bring you safely back to the starting point*.

**Please see disclaimer on page 2*

Hikes last for 3 hours.

In the morning, there are **FOUR** grades of hikes:

- **“Stop ‘n Stare”** (c.6 miles),
- **“1 Medium and a Fast Medium”** (c.9 miles),
- **“Grin ‘n Bear”** (c.12 miles).

In the afternoon, the morning’s **“Stop ‘n Stare”** route is repeated in one large group.

Morning Hikes begin at 6:00 a.m. Afternoon Hikes start at 3:30 p.m. Morning and afternoon hikes take place every Sunday EXCEPT on the Sunday of the Great Train Hike or unless indicated otherwise. Special Hikes do not occur on Sundays. Special Moonlight Hikes begin at 6:00 p.m. and do not occur on Sundays. The regular, Sunday Moonlight Hikes (indicated by a ☾) begin at 5:30 p.m.

Make sure you have strong footwear and a hat. Bring a bottle of water and a snack if you wish. Refreshments are usually on sale after the Hikes. A torch/flashlight is needed for the Moonlight Hikes.

The code letter and number for each walk refers to the start location indicated on the maps.

OTHER ORGANISATIONS ASSOCIATED WITH THE HIKES INCLUDE:

Duke of Edinburgh Award Scheme and Barbados Hiking Association

You can also visit www.hikebarbados.com, www.barbadosnationaltrust.org or email us at natrust@caribsurf.com or hikebarbados@gmail.com for the hiking schedule, photos, contact information and any changes or updates that might occur after this guide is published.

TIME	MORNING HIKE			AFTERNOON HIKE	MOONLIGHT HIKE	SPECIAL MOONLIGHT HIKE*
6:00 a.m.	Stop 'n Stare (easy) 6 miles/ 9.7km	1 Medium and a Fast Medium (medium) 9 miles/ 14.5km	Grin 'n Bear (challenging) 12 miles/ 19.3km			
7:00 a.m.						
8:00 a.m.						
9:00 a.m.						
3:30 p.m.				Stop 'n Stare (easy) 6 miles/ 9.7km		
4:30 p.m.						
5:30 p.m.						
6:00 p.m.					Moonlight Hike ☾	
7:30 p.m.						Moonlight Hike ☾ (Special Hike)
8:30 p.m.						
9:00 p.m.						

*Special Moonlight Hikes begin at 6:00p.m.



own

Ownership is easy with First Citizens.

Whether you have spotted the perfect dream house or you can imagine the perfect property in your mind, we can help you get it. Come in and let us help you own your dream home.

Call us or come in to any branch to find out how First Citizens will put you first!



First Citizens

We put you first

T: (246) 431-4500

lending@firstcitizensbb.com

www.firstcitizensbb.com

JANUARY	JAN. 4	☉ Cove Bay	L4	pg 32
	JAN. 11	Orange Hill Pavilion	S1	pg 23
	JAN. 18	Codrington College	J4	pg 18
	JAN. 21	Indian Ground Sports Field (Special Hike)	E6	pg 36
	JAN. 25	Gun Hill Signal Station	G2	pg 26
FEBRUARY	FEB. 1	☉ St. Thomas Post Office	T1	pg 34
	FEB. 4	☉ St. John's Parish Church (Special Hike)	J6	pg 18
	FEB. 8	Barbados Wild Life Reserve	E5	pg 36
	FEB. 15	Independence Square (Great Train Hike)	M3	pg 38
	FEB. 22	Heywoods Beach	E2	pg 36
MARCH	MAR. 1	Turners Hall Hill	A6	pg 28
	MAR. 4	☉ Lester Vaughan School (Special Hike)	T3	pg 34
	MAR. 8	☉ Holetown Public Library	S3	pg 23
	MAR. 15	Haggatts Old Sugar Factory Yard	A4	pg 28
	MAR. 22	Barbados National Trust HQ, Wildey House	M5	pg 38
	MAR. 29	District "C" Police Station	P2	pg 15
APRIL	APR. 5	☉ Indian Ground Sports Field	E6	pg 36
	APR. 12	Arawak Cement Plant Playing Field	L2	pg 32
	APR. 19	Lester Vaughan School	T3	pg 34
	APR. 26	Barclays Park, East Coast Road	A3	pg 28
MAY	MAY 1	Hill Challenger – Haggatts Old Sugar Factory Yard (Special Hike)	A4	pg 29
	MAY 3	☉ Lodge School	J3	pg 18
	MAY 10	☉ Bathsheba Community Centre	O1	pg 21
	MAY 17	Foul Bay	P5	pg 15
	MAY 24	Conrad Hunte Cricket Ground	A1	pg 29
	MAY 25	George Washington House Carpark (Special Hike)	M7	pg 38
	MAY 31	☉ Oistins Car Park	X1	pg 25
JUNE	JUN. 2	☉ Brighton Farms (Special Hike)	G3	pg 27
	JUN. 7	Grantley Adams School	O4	pg 21
	JUN. 14	Bath Beach	J2	pg 18
	JUN. 2	Spring Hall Old Sugar Factory	L3	pg 32
	JUN. 28	Hackleton's Cliff	O3	pg 21

JUL. 2	☉ Hometown Public Library (Special Hike)	S3	pg 23
JUL. 5	☉ Bayley's School	P3	pg 15
JUL. 12	Portvale Sugar Factory	S2	pg 23
JUL. 19	Cove Bay	L4	pg 32
JUL. 26	Farley Hill House/Park (Subject to change)	E7	pg 36

AUG. 2	☉ Searles Old Sugar Factory	X2	pg 25
AUG. 9	Archers Bay	L1	pg 32
AUG. 16	Drax Hall Plantation Yard	G4	pg 27
AUG. 23	Haymans Old Sugar Factory	E3	pg 36
AUG. 28	☉ Codrington College (Special Hike)	J4	pg 18
AUG. 30	☉ Turner's Hall Hill	A6	pg 29

SEP. 6	Kendal Plantation	J5	pg 18
SEP. 13	Applewhaites Plantation	G1	pg 27
SEP. 20	Skeetes Bay	P1	pg 15
SEP. 27	☉ Rock Hall Plantation (By Old Mill Wall)	E4	pg 36

OCT. 4	Carrington Old Sugar Factory Yard	P4	pg 15
OCT. 11	Codrington College	J4	pg 18
OCT. 18	Indian Ground	E6	pg 36
OCT. 25	☉ Long Beach	X4	pg 25
OCT. 27	☉ Wildey House – BNT HQ (Special Hike)	M5	pg 38

NOV. 1	Pool Plantation	J1	pg 18
NOV. 8	Haggatts Old Sugar Factory Yard	A4	pg 29
NOV. 15	Brighton Farms	G3	pg 27
NOV. 22	☉ Roberts Manufacturing	M1	pg 38
NOV. 25	☉ Dist "C" Police Station (Special Hike)	P2	pg 15
NOV. 29	Barclays Park, East Coast Road	A3	pg 29
NOV. 30	Portvale Sugar Factory (Special Hike)	S2	pg 23

DEC. 6	Graeme Hall - Min of Agriculture	X3	pg 25
DEC. 13	Grantley Adams School	O4	pg 21
DEC. 20	Brandons Beach	M2	pg 38
DEC. 27	☉ Gun Hill Signal Station (Walter Reid Memorial Hike)	G2	pg 27

COLIN HUDSON MEMORIAL GREAT TRAIN HIKE

Join us as we hike the old train line from Fairchild St. to Belleplaine.

The first hikes of "HIKE BARBADOS" in 1983 were along the old railway track. In 2003, an anniversary hike was arranged to leave the Bridgetown Terminus (Fairchild Street Bus Station) and finish at the St. Andrew Terminus in Belleplaine. Upon the passing of Dr. Colin Hudson, the hike was renamed the Colin Hudson Memorial Great Train Hike.

The "train" starts walking from the Bridgetown Terminus at 6.00am. We pass through the following old stations to deposit or pick up passengers (remaining distance to Belleplaine noted in brackets).

- Fairchild Street, Bridgetown (24 miles)
- Bulkeley (18 miles)
- Carrington (15 miles)
- Three Houses (11 miles)
- Consett Cutting (Restroom Stop)
- Bath (8 miles)
- Bathsheba (4 miles)
- Barclays Park (2 miles)
- St. Andrew's Station, Belleplaine



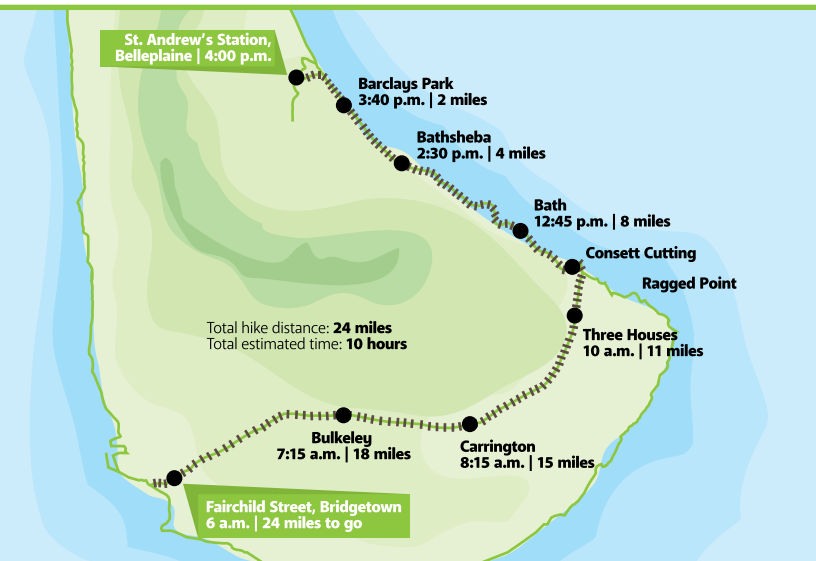
First Citizens

TIP

Did you know that First Citizens
Massy Stores bank locations open until
7:30p.m. on Fridays?

“Passengers” can join or leave at any station, however all are welcome to join us at Belleplaine, where hikers will have to make their own transport arrangements. However, public transport is easily available back to Bridgetown or Speightstown. There will be water stops at each station and juices, fruit and snacks will be on sale.

At each station there is a mobile shop with drinks, snacks, etc.



COME AND JOIN US FOR A
CHALLENGING DAY OF FUN AND EXERCISE

THE HILL CHALLENGER

The Hill Challenger is a challenging Special Hike designed for advanced hikers and is not recommended for beginner or intermediate hikers. It is recommended that participants hike with the Barbados National Trust at least 24 times during the previous or current year before attempting the Hill Challengers. Participants must be registered prior to the start of hike.

SPECIAL HIKES

Special hikes are hikes not organised by the Barbados National Trust, but by the community of regular hikers. Special moonlight hikes generally begin at 6:00 p.m.

SPECIAL BH HIKES

Special BH hikes occur on bank holidays and are organised by regular hikers. These hikes generally begin at 6:00 a.m. and last about 6 hrs.

HIKING
STATIONS



MARCH 29 | P2

District "C" Police Station

Highway 4B - turn left a mile east of St. Philip's Church.

MAY 17 | P5

Foul Bay

A mile down from Crane Hotel. Take Foul Bay New Road to the beach.

JULY 5 | P3

☾ Bayley's School

Highway 5 to Shrewsbury.

SEPTEMBER 20 | P1

Skeetes Bay

Highway 4B, past Thickets, Three Houses to Bayfield, turn left.

OCTOBER 4 | P4

Carrington Old Sugar Factory Yard

Highway 5, just past Brereton.

NOVEMBER 25 | P2

☾ District "C" Police Station (Special Hike)

Highway 4B - turn left a mile east of St. Philip's Church.



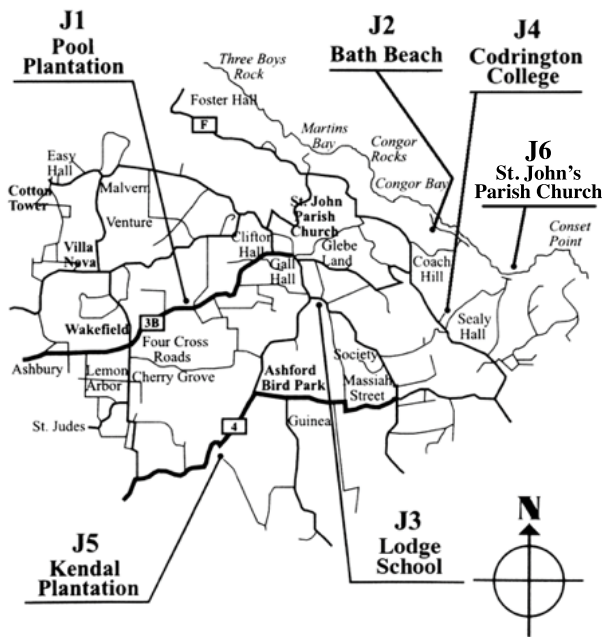
achieve

Reach your financial peak with First Citizens Investment Services!

Thought investing was like climbing a mountain? Think again! With the dedicated team at First Citizens Investment Services, investing is a walk in the park! We will work with you on a one-on-one basis to find the right blend of investment solutions to meet your needs. Whether you are planning for retirement, purchasing a home or need additional finances to fulfill your wildest dreams, we can guide you along the path to financial growth.

Give us a call today at 417-6810 and take the first step to increased wealth!

ST. JOHN



JANUARY 18 | J4**Codrington College**

Meet at College car park.

FEBRUARY 4 | J6

☾ **St. John's Parish Church** (Special Hike)

MAY 3 | J3**☾ Lodge School**

Via Four Cross Roads, Gall Hill and follow the road to the cemetery. Turn right, go straight on and past Colleton Plantation.

JUNE 14 | J2**Bath Beach**

Turn left at bottom of Coach Hill, first right by chimney.

AUGUST 28 | J4

☾ **Codrington College** (Special Hike)

Meet at College car park.

SEPTEMBER 6 | J5**Kendal Plantation**

Follow Highway 4 until you see pond on the left, and old factory on the right.

OCTOBER 11 | J4**Codrington College**

Meet at College car park.

NOVEMBER 1 | J1**Pool Plantation**

Half a mile east of Four Cross Roads.



relax

Four locations open on Saturdays for your banking convenience!

Our branches in Massy Stores Worthing & Sargeant's Village, Christ Church and The Walk, Welches, St. Thomas are open from 10:30 a.m. to 1:30 p.m. These branches are also open until 6:30 p.m. Mondays through Thursdays, and 7:30 p.m. on Fridays.

Our Somerley location is also open by appointment only for loans on Saturdays. This banking centre opens Mondays through Thursdays 8:00 a.m. to 3 p.m and 5:00 p.m. on Fridays.

Today, tomorrow, and every day, we put you first.



First Citizens

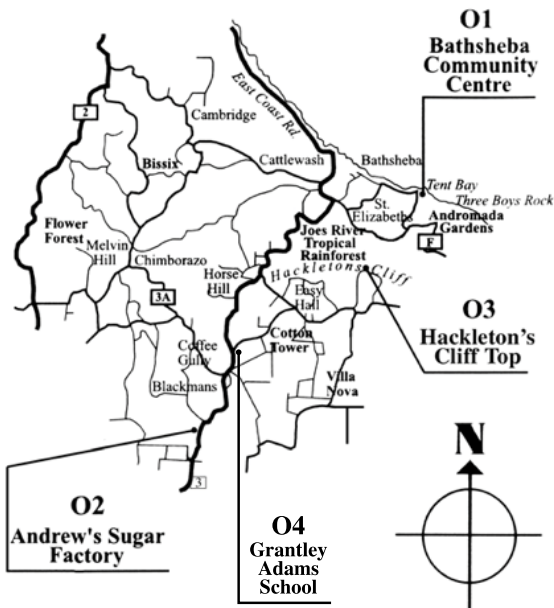
We put you first

T: (246) 431-4500

info@firstcitizensbb.com

www.firstcitizensbb.com

ST. JOSEPH



MAY 10 | O1

☾ Bathsheba Community Centre

The community centre is at Hill Crest, just down the hill from Andromeda Botanic Gardens.

JUNE 7 | O4

Grantley Adams School

Highway 3, about 3/4 mile past Andrews Sugar Factory at Blackmans.

JUNE 28 | O3

Hackleton's Cliff Top

North of Villa Nova to Malvern and then follow signpost to Hackleton's Cliff.

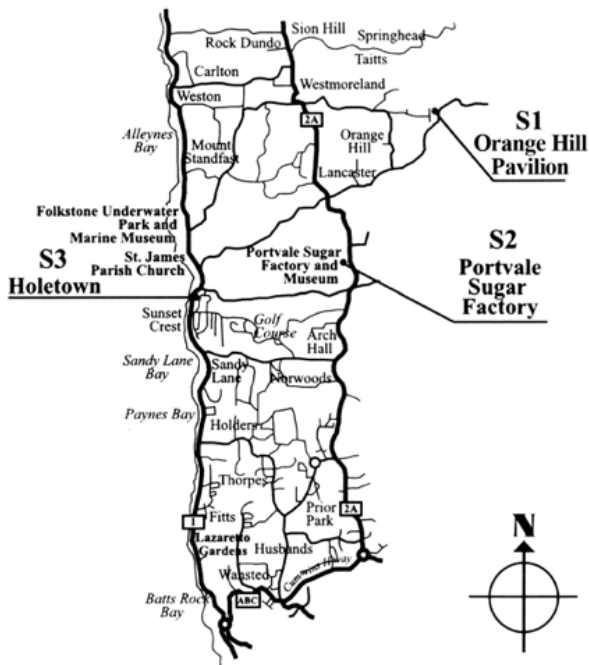
DECEMBER 13 | O4

Grantley Adams School

Highway 3, about 3/4 mile past Andrews Sugar Factory at Blackmans.

Let's meet this weekend! First Citizens' Somerley Branch in Christ Church is open on Saturdays by appointment only for loans. Our supermarket locations are also open on Saturdays from 10:30a.m. to 1:30p.m.

ST. JAMES



JANUARY 11 | S1

Orange Hill Pavilion

Turn east off Highway 2A at Lancaster roundabout. Look for pavilion on right uphill.

MARCH 8 | S3

* Holetown Public Library

Park in Holetown Library car park.

JULY 2 | S3

* Holetown Public Library (Special Hike)

Highway 2A, just north of St. Thomas Parish Church.

JULY 12 | S2

Portvale Sugar Factory

Highway 2A, just north of St. Thomas Parish Church.

NOVEMBER 30 | S2

Portvale Sugar Factory (Special Hike)

Highway 2A, just north of St. Thomas Parish Church.

Safety tip: Don't allow your PIN number to be visible to other persons when using the ATM.

MAY 31 | X1

☾ Oistins Car Park

Highway 7 to Oistins car park; bottom of Oistins Hill.

AUGUST 2 | X2

☾ Searles Old Sugar Factory

Take highway 6 towards St. Patrick's Church. Old factory on South side of road, not Plantation on North side.

OCTOBER 25 | X4

☾ Long Beach

Through Oistins and fork right via Ealing Grove and Chancery Lane to Long Beach.

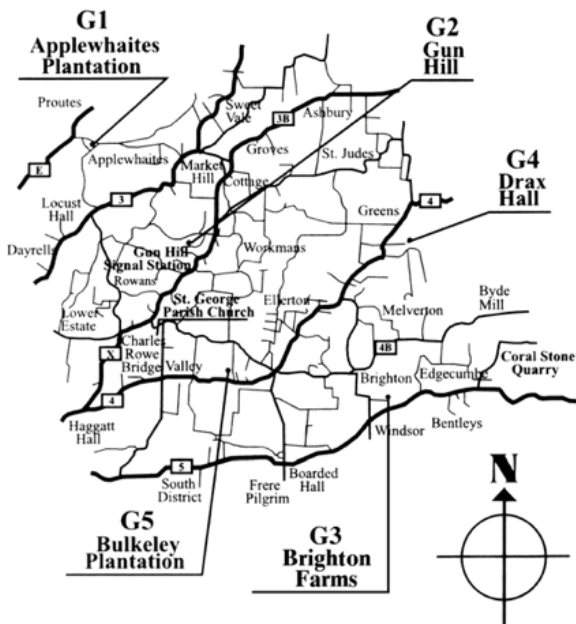
DECEMBER 6 | X3

Graeme Hall – Ministry of Agriculture

Ministry of Agriculture car park on Spur Road from Graeme Hall roundabout on ABC highway.

Safety tip: When creating a PIN or password avoid using your birthdate or any other easily accessible personal facts.

ST. GEORGE



JANUARY 25 | G2

Gun Hill Signal Station

Follow the road past the Lion, keep left up hill and take second left, which is the sign posted to Gun Hill.

JUNE 2 | G3

☾ Brighton Farms (Special Hike)

From Norman Niles Roundabout, travel East on Highway 5 towards Bulkeley Old Sugar Factor. Pass Bulkeley and immediately pass the next four-cross roads. Take right at fork to Brighton Plantation.

AUGUST 16 | G4

Drax Hall Plantation Yard

Highway 4. Don't take road to Drax Hall Village, but next right to the Plantation.

SEPTEMBER 13 | G1

Applewhaites Plantation Yard

After Hothersal Turning, go through Bibby's Lane (Highway E). After Exchange, bear right (dangerous junction) just before Proutes and look for old factory chimney. Park in plantation yard.

NOVEMBER 15 | G3

Brighton Farms

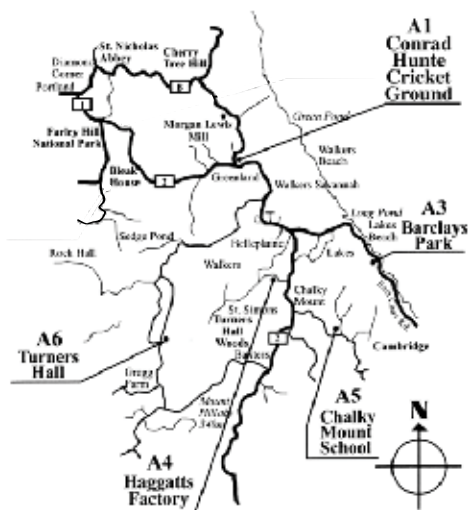
From Norman Niles Roundabout, travel East on Highway 5 towards Bulkeley Old Sugar Factor. Pass Bulkeley and immediately pass the next four-cross roads. Take right at fork to Brighton Plantation.

DECEMBER 27 | G2

☾ Gun Hill Signal Station (Walter Reid Memorial Hike)

Follow the road past the Lion, keep left up hill and take second left, which is the sign posted to Gun Hill.

ST. ANDREW



MARCH 1 | A6

Turner's Hall Hill

Highway 2D to Farmers and Mose Bottom; turn right (towards Bawdens). Meeting point is at junction about half a mile down the road - formerly site of Turner's Hall Plantation.

MARCH 15 | A4

Haggatts Old Sugar Factory Yard

A few hundred yards south of Belleplaine - park in the old factory yard (not the Soil Conservation Station).

APRIL 26 | A3

Barclays Park, East Coast Road

Meet at the side of the road by the restaurant, opposite the casuarina trees.

MAY 1 | A4

Hill Challenger – Haggatts Old Sugar Factory Yard (Special BH Hike)

A few hundred yards south of Belleplaine – park in the old factory yard (not the Soil Conservation Station).

MAY 24 | A1

Conrad Hunte Cricket Ground

Going North from St. Andrew's Church, take the road towards Morgan Lewis Mill but turn right to Shorey Village and cricket ground.

AUGUST 30 | A6

☾* Turner's Hall Hill

Highway 2D to Farmers and Mose Bottom; turn right (towards Bawdens). Meeting point is at junction about half a mile down the road - formerly site of Turners Hall Plantation.

NOVEMBER 8 | A4

Haggatts Old Sugar Factory Yard

A few hundred yards south of Belleplaine – park in the old factory yard (not the Soil Conservation Station).

NOVEMBER 29 | A3

Barclays Park, East Coast Road

Meet at the side of the road by the restaurant, opposite the casuarina trees.

Did you know that 50 plus account holders at First Citizens Bank can receive free parking for up to 1 hour at City Centre Car Park when conducting business at the Bank?

**IMAGINE
ALL THE THINGS
YOU CAN DO
WITH A LITTLE
EXTRA CASH!**

At First Citizens, we put you first, that's why we are giving you extra cash with your First Citizens Credit Card!

When you use your First Citizens Visa® Classic, Visa® Gold, Visa® Business and MasterCard® Standard Credit Cards you will now get cash back!

Each month your account will be credited for 0.75% of your credit card purchases!*

Don't have a First Citizens Credit Card? Apply now! Call 431-4500, come in to see us or visit www.firstcitizensbb.com for more information.

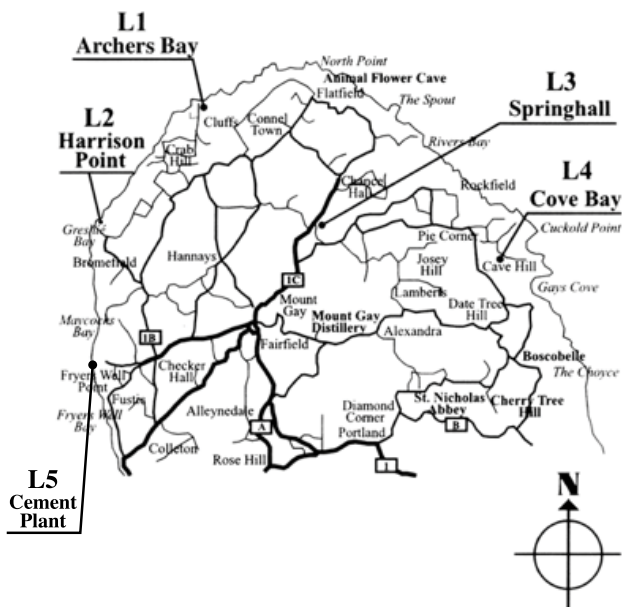


First Citizens

We put you first

* You will earn cash back rewards of 0.75% on purchases made. Rewards will be credited to your account at each statement date. Special conditions apply.

ST. LUCY



JANUARY 4 | L4**C* Cove Bay**

At Pie Corner, take the Cove track all the way to an old windmill tower.

APRIL 12 | L2**Arawak Cement Plant Playing Field**

Highway 1B, pass Broomefield, then follow the road to Harrisons Point and continue to the lighthouse.

JUNE 21 | L3**Spring Hall Old Sugar Factory**

Bear right after St. Lucy's Church. 1 1/2 miles along Highway 1C towards River Bay.

JULY 19 | L4**C* Cove Bay**

At Pie Corner, take the Cove track all the way to an old windmill tower.

AUGUST 9 | L1**Archers Bay**

Pass Crab Hill Police Station (be careful at intersections) and continue North to end of road.

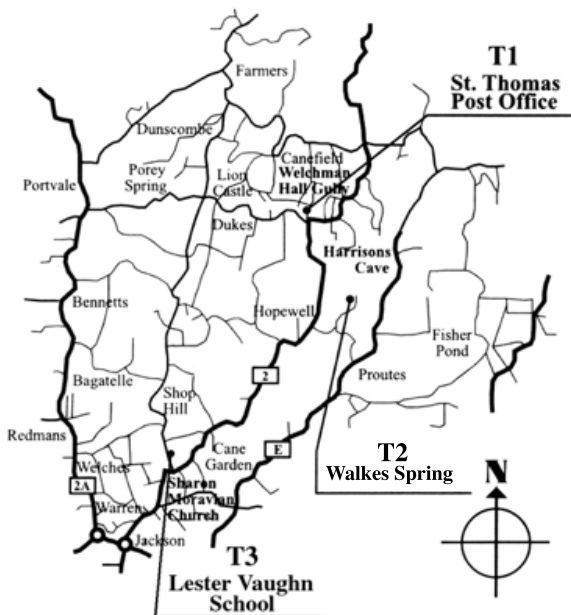


First Citizens

TIP

Safety tip: Put your cash and card away immediately and remember to take your receipt when using the ATM.

ST. THOMAS



FEBRUARY 1 | T1

☾ St. Thomas Post Office

The Post Office is at the west end of Welchman Hall Village.

MARCH 4 | T3

☾ Lester Vaughn School (Special Hike)

Via Sharon Moravian Church, left to Shop Hill, school is on the right.

APRIL 19 | T3

Lester Vaughn School

Via Sharon Moravian Church, left to Shop Hill, school is on the right.

Did you know that First Citizens charges no fees for debit card transactions when you use your First Citizens debit card at First Citizens ATMs and point-of-sale terminals?

JANUARY 21 | E6

Indian Ground Sports Field

Highway 2A until right turn towards the Rock, bear left in Sailor Gully and at top of road go right. Sports field is east of road.

FEBRUARY 8 | E5

Barbados Wildlife Reserve

On map follow directions to Farley Hill. Barbados Wildlife Reserve across road from Farley Hill.

FEBRUARY 22 | E2

Heywoods Beach

Car park to north of Almond Beach Village Hotel.

APRIL 5 | E6

*** Indian Ground Sports Field**

Highway 2A until right turn towards the Rock, bear left in Sailor Gully and at top of road go right. Sports field is east of road.

JULY 26 | E7

Farley Hill House/Park (Subject to change)

Highway 2A and follow signs to Farley Hill. It is north of Indian Ground in St. Peter; next to Wildlife Reserve

AUGUST 23 | E3

Hayman's Old Sugar Factory

Turn off Highway 2A where sign-posted to Haymans and Speightstown.

SEPTEMBER 27 | E4

*** Rock Hall** (By Old Mill Wall)

NOT Rock Hall Village, but Plantation in St. Peter. First right off highway 2A off Bakers/Mullins via Black Bess quarries.

OCTOBER 18 | E6

Indian Ground Sports Field

Highway 2A until right turn towards the Rock, bear left in Sailor Gully and at top of road go right. Sports field is east of road.

ST. MICHAEL



FEBRUARY 15 | M3**Colin Hudson Memorial Great Train Hike**

Car park on south side of Careenage.

MARCH 22 | M5**Barbados National Trust**

Next door to Carter's Complex, travelling South towards traffic lights at BET. First left after car park.

MAY 25 | M7**George Washington House Carpark (Special Hike)**

NEED DIRECTIONS

OCTOBER 27 | M5**☪ Barbados National Trust HQ – Wildey House**

Next door to Carter's Complex, travelling South towards traffic lights at BET. First left after car park.

NOVEMBER 22 | M1**☪ Roberts Manufacturing**

West of Charles Rowe Bridge.

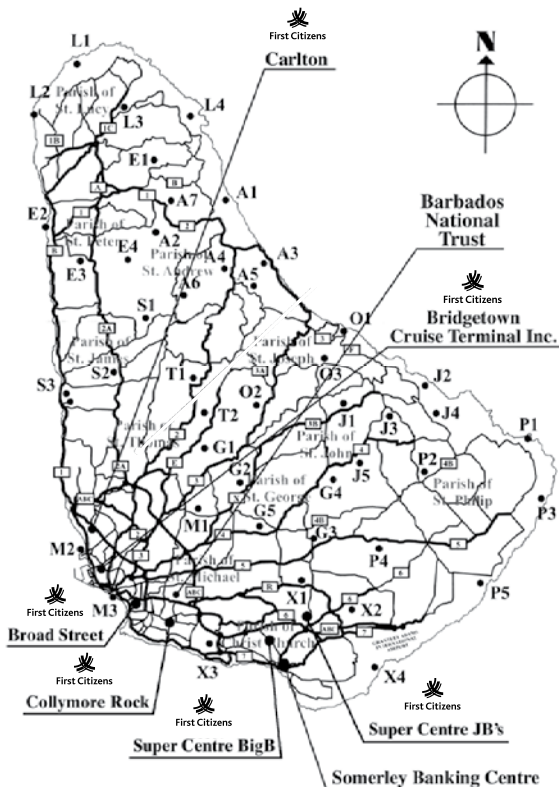
DECEMBER 20 | M2**Brandon's Beach**

Turn off Spring Garden Highway opposite Malibu.

Save time and money by paying your bills online with
First Citizens online banking!



BARBADOS



WALKING TIPS FOR YOU!

1. MAKE A PLAN

Schedule a time to join the walk, plan your route and decide how long you will walk. Stick to that plan.

2. FIND A HIKING BUDDY

Walking with a hiking partner can be more fun and a great motivator. Didn't bring a friend? Make a new one! Hint: look for the people with a spring in their step, a smile on their face and a positive attitude– that will lead to success!

3. PACE YOURSELF

Try the "Talk Test" with your hiking buddy. You should be able to maintain a conversation without getting winded. If you can't, slow down a bit.

4. BE SAFE

Avoid paths with uneven pavements/sidewalks. Observe all traffic laws. Whenever you share the road with traffic, remember to walk facing the oncoming traffic. Carry personal identification with you.

5. WEAR PROPER GEAR

Clothes that are light coloured will help to reflect the sun's heat. A loose top and shorts or lightweight trousers will be a more suitable choice than tight clothing. Shoes should be well broken in and durable with sufficient grip.

Remember to use sunscreen and to carry sunglasses and a hat.

6. DRINK LOTS OF WATER

When you exercise, you need extra water to maintain normal body temperature and cool your muscles. Drink water before, during, and after your walk (1-1.5 cups of water for a 20-minute walk). Drink small amounts of water often, instead of a half a bottle at a time. Even if you don't feel thirsty you should still have a drink at least every 15 minutes in case you're not as aware of your thirst.

7. LEARN THE WALKING TECHNIQUE

There is a proper technique!

- Keep your chin up and your shoulders back.
- Walk so that the heel of your foot touches the ground first then roll your weight forward.
- If you want an intense walking experience swing your arms as you walk.

8. START AND FINISH TECHNIQUE

A few minutes of gentle stretching allows the heart rate and muscles to return to normal.

9. MOTIVATE YOURSELF

Try planning a healthy reward for yourself when you reach a certain goal.

10. ENJOY YOURSELF!!

If it's paining, you're not necessarily gaining. Heat stroke and heat exhaustion are very serious possibilities, so if you get a headache or feel dizzy, stop walking immediately, have a rest, a drink and cool down.



CREATING YOUR OWN PATH



FIRST CITIZENS PROMOTING ENTREPRENEURSHIP IN 2015!

Entrepreneurs are key players in the growth and development of Barbados' economy. First Citizens Bank stands firmly behind entrepreneurs, business owners, intrapreneurs and all other teams and individuals who are responsible for converting promising ideas into working, profitable businesses.

Our team understands the potential each entrepreneur holds and the flexibility, care and attention required by small business to grow. At First Citizens we believe that small businesses, provided with the support and commitment needed to complete their journey, can excel individually as well as fuel the economic growth of the Barbadian economy.

As with a hike, some parts of the entrepreneurial journey can be challenging, but the leadership of a knowledgeable guide and the commitment, perseverance, support and encouragement of partners on the journey with you, can make the trek truly rewarding.

The team that journeys with you can truly make a difference. At First Citizens we are happy to be on the same team as the Small Business Association (SBA). The SBA represents micro, small and medium enterprises in Barbados and has garnered the reputation of ever-growing commitment to expanding business opportunities as well as educating and developing services for its members.

The Association supports a cross-section of entrepreneurs pursuing journeys in several disciplines including agriculture, agro-processing, arts and crafts, construction, manufacturing, general services, professional services, wholesale/retail and tourism-related services. It is our pleasure to work with the SBA and its members to make their dreams realities.

“ HERE AT FIRST CITIZENS, WE ARE PASSIONATE ABOUT PROVIDING ENTREPRENEURS WITH THE FINANCIAL ASSISTANCE THEY NEED TO EXPERIENCE GROWTH. WE OFFER BUSINESS DEVELOPMENT LOANS, CORPORATE CREDIT CARDS, POINT-OF-SALE SOLUTIONS AND OTHER IMPORTANT TOOLS. ”

If you are currently a small business owner and looking for a financial partner to join you on your journey to success, give us a call! One of our financial specialists will be happy to work with you to expand your business. We look forward to working with you on creating your own rewarding and prosperous path!

A photograph showing two men crossing a river. The man on the left is wearing a green shirt and a large tan backpack, stepping onto a rock. The man on the right is wearing an orange shirt and dark pants, standing in the water and holding onto a log. The river is surrounded by large, grey rocks.

Another river crossing

PHOTO ▶
GALLERY

A photograph of a group of people standing on a steep, vegetated slope overlooking the ocean. The people are wearing various colored shirts (blue, yellow, purple) and some have backpacks. They appear to be looking out at the water. The foreground is filled with green plants and purple flowers.

On the edge

Awesome sunset over
Maycocks Bay





Lake after the rains - Hiking, a stunning view!





Over the hill from Greenland



BE A FIRST CITIZEN!

At First Citizens, we value the relationships we have with our customers. We take care to develop practical products and services that enable our customers to significantly improve their quality of life. We are especially happy to provide our business and corporate clients with reliable corporate banking solutions that help support their profitability.

We know that efficient financial solutions can give businesses a competitive edge. That's why we encourage our business customers to come in and have a chat with us about their financial strategy and how First Citizens can help. By letting us know your concerns, we can help you to choose financial solutions that best support your business goals.

Whether you require online banking solutions, overdraft solutions, corporate credit cards or a business expansion loan, we tailor our services to meet your needs. If you're looking for a bank with a skilled team of financial specialists, give us a call at 431-4500, email us at info@firstcitizensbb.com or drop in at any of our branches. We are always happy to help you achieve your professional dreams.

Today, tomorrow, and every day, First Citizens puts you first.

OUR TEAM



First Citizens

We put you first

RETAIL BANKING & CENTRAL SERVICES

Beverley Norville

Senior Manager - Retail Banking & Central Services
(246) 431-4575
beverley.norville@firstcitizensbb.com

Sonnia Squires

Manager - Card Services
(246) 431-4553
sonnia.squires@firstcitizensbb.com

Dawn Hendricks

Manager
Sommerley Banking Centre
(246) 431-2351
dawn.hendricks@firstcitizensbb.com

Dionne Knight

Broad Street Branch
(246) 434-5801
dionne.knight@firstcitizensbb.com

Marlene Wiltshire

Collymore Rock Branch
(246) 431-4571
marlene.wiltshire@firstcitizensbb.com

Kelly-Ann Codrington

JB's Branch
(246) 431-4590
kellyann.codrington@firstcitizensbb.com

Lisa Branch

Big B Branch
(246) 431-4591
lisa.branch@firstcitizensbb.com

OUR LENDING TEAM

Kaye-Anne Brathwaite

Commercial and Consumer Lending
(246) 431-4597
kaye-anne.brathwaite@firstcitizensbb.com

Joy Carter

Manager - Credit
(246) 431-4518
joy.carter@firstcitizensbb.com

Deborah Jones-Wilson

Branch Manager
(246) 431-4541
deborah.jones-wilson@firstcitizensbb.com

DaCosta Holder

Assistant Manager Lending
(246) 431-4530
dacosta.holder@firstcitizensbb.com

LENDING OFFICERS

Jerome Jones

Carlisle House
(246) 431-4504
jerome.jones@firstcitizensbb.com

Tracy Symmonds

Carlisle House
(246) 434-3676
tracy.symmonds@firstcitizensbb.com

Rashad White

Carlisle House
(246) 434-3694
rashad.white@firstcitizensbb.com

Inger Harding

Broad Street Branch
(246) 431-4516
inger.harding@firstcitizensbb.com

Paula Romulus

Sommerley Banking Centre
(246) 431-4581
paula.romulus@firstcitizensbb.com

Keiron Austin

Sommerley Banking Centre
(246) 431-4578
keiron.austin@firstcitizensbb.com

Dwayne Durant

Sommerley Banking Centre
(246) 431-4506
dwayne.durant@firstcitizensbb.com

Rodney Mayers

Collymore Rock Centre
(246) 431-4519
rodney.mayers@firstcitizensbb.com

Olivia Arthur

The Walk Banking Centre
(246) 431-4556
olivia.arthur@firstcitizensbb.com

Sheldon Roach

The Walk Banking Centre
(246) 431-4556
sheldon.roach@firstcitizensbb.com

MARKETING & COMMUNICATIONS DEPARTMENT

Kareem McClean

Marketing & Communications Officer
(246) 431-4528
kareem.mcclean@firstcitizensbb.com



imagine

Your business can reach higher heights with First Citizens

First Citizens business & corporate banking services could be just what you need to take your company to the next level. Our reliable online banking solutions, overdraft solutions, corporate credit cards and foreign exchange services make sure your business lives up to its potential.

At First Citizens, we put you first.



First Citizens

We put you first

T: (246) 431-4500

lending@firstcitizensbb.com

www.firstcitizensbb.com



BARBADOS NATIONAL TRUST

Wildey House, Wildey, St. Michael

OUR SITES OPEN TO THE PUBLIC ARE:

**Tyrol Cot Heritage Village
Morgan Lewis Sugar Mill
Gun Hill Signal Station
Andromeda Botanic Gardens
Welchman Hall Tropical Forest Reserve & Gully
The Sugar Museum at Portvale
The Nidhe Israel Synagogue & Museum
George Washington House
Arlington House**

**There is also a guided hiking
Heritage & Nature Trail - The Arbib Trail.**

Our Open House Programme runs from
mid January to mid April annually.
Every Wednesday, from 2:30p.m.-5:30p.m.,
a different home is featured.

Call us for details:
Tel: (246) 436-9033 or (246) 426-2421
Fax: (246) 429-9055
email: natrust@caribsurf.com
www.barbadosnationaltrust.org