The beach views at Trinidad’s Maracas Bay.

Food and Wine

Club at Moka, Millennium Lakes and Pointe-a-Pierre, along with several nine-hole layouts, while Tobago is served by 18-hole courses at Mount Irvine Bay Hotel and Tobago Plantations.

St Andrews, located in the hills to the north of Port of Spain, is regarded as one of the finest championship quality courses in the Caribbean and was established in 1891, while at Chaguaramas in the Tucker Valley—built by American servicemen during World War II—your round may be interrupted by the occasional monkey.

The 18 holes at the ritzy Millennium Lakes course meander along the Arouca River and pass numerous lakes and ponds, and much exotic birdlife.

Trinidad is home to Stephen Ames, a multiple US PGA Tour winner, including over Tiger Woods at the 2006 Players Championship, to record-breaking cricketer Brian Lara, sprinter Ato Boldon, to Nobel Prize-winning author V.S. Naipul and pop star Billy Ocean, among others. Not bad for a nation with a population of just over a million people.

For those who associate Trinidad and Tobago with sun, sand and surf, it may come as a surprise that the waterfront capital of Port of Spain does not actually have any beaches.

It’s got cafes, bars, cricket pitches, calypso musicians, steel bands, limbo, the annual carnival and the Angostura rum distillery—but no beaches.

So you hire a car, get on a bus, or jump in a taxi, and a few minutes later—after a spectacular ride through tropical scenery—you find yourself at Maracas Bay, a world-class beach to match anything you’d find in Thailand or tropical North Queensland. Think a semi-circular sandy beach populated by beautiful people and surrounded by steep cliffs covered in tropical green.

Many of the visitors are not at Maracas Bay for sunbathing and a wave or two, however—they come here to eat. The beachfront is dotted with stalls selling a local speciality known as bake and shark.

Bake and shark is the favourite local fast food: a fillet of shark meat prepared with island herbs and spices, ginger and pepper, then deep fried and served in a sugary bun with a selection of salads, including tamarind, pineapple and an exquisitely hot pepper sauce.

Pair one with a Carib or Stag beer, or a Planter’s Punch of Angostura bitters, fresh fruit juice and rum, and you have a feast fit for a prince at a pauper’s price.

Locals argue over which is the best bake and shark stall, but the longest lines seem to be at Richard’s—where you create your own sandwich by adding as many salad items and condiments as you wish.

For other authentic experiences visit the Port Authority Canteen on the edge of the harbour—a favourite with local workers—or stop at one of the stalls that dot the road between Port of Spain and Maracas Bay and sample some fresh coconut, or dried tropical fruits.

Other specialities include roti, an Indian flatbread, served with a variety of spicy curry dishes, Trini curry shrimp, a spicy rice dish known as pelau and the Creole-style dishes like callaloo (spinach and coconut) soup and the crab and shrimp fritters served at the upmarket Veni Mangé restaurant in the capital.