

WELCOME TO TRINIDAD & TOBAGO



A Guide to Your Weekend Stay



Welcome to Trinidad & Tobago!

We are so happy to welcome you to our beautiful twin-island home, where vibrant culture, warm hospitality, and unforgettable experiences await.

Trinidad & Tobago is the birthplace of Carnival, a celebration of color, rhythm, and freedom, powered by the infectious energy of Soca music and the sweet sounds of the steelpan—our national instrument.

Our islands are a true melting pot of cultures, reflected in our rich traditions, festivals, and especially our cuisine, where African, Indian, European, and Creole flavors come together in every bite. Beyond the rhythm and flavor, you'll discover breathtaking nature—from lush rain forests and waterfalls to pristine beaches and abundant wildlife.

We hope you feel the joy, warmth, and magic of Trinidad & Tobago as you celebrate this special time with us.

CARNIVAL



CUISINE



NATURE



ENTERTAINMENT

Some of our lovely beaches



MARACAS BAY

The most popular beach in Trinidad, renowned for its crescent-shaped bay, scenic mountain backdrop, and as the home of the famous local dish, Bake and Shark. Located on the North Coast, it is approximately a 30 to 45-minute drive from the capital, along a route that offers panoramic views of the Caribbean Sea.



TYRICO BAY

A calmer, less crowded alternative for swimming and sunbathing. It is known for having a more gentle slope, smaller waves, and plenty of space for visitors, making it ideal for families.



LAS CUEVAS BEACH

A beautiful, less crowded North Coast beach known for its calm, sheltered waters, making it excellent for swimming. It offers amenities like lifeguards, restrooms, showers, and rentals, though visitors should bring bug spray for sandflies, especially at dawn/dusk



MACQUERIPE BEACH

Macqueripe Beach in Chaguaramas, Trinidad, is a popular, sheltered cove known for its calm, clear, emerald waters ideal for swimming, snorkeling, and diving, set against a backdrop of lush rainforest with unique access via a landscaped walkway and steps.

SOME OF OUR OTHER BEACHES

Blanchisseuse Beach
Manzanilla Beach
Mayaro Beach
Toco/Salybia Beach

THINGS TO DO NEARBY

THE EMPEROR VALLEY ZOO

The Emperor Valley Zoo is located west of the Botanical Gardens. It showcases local and exotic species, promotes animal education and is involved in wildlife conservation projects. 5 minutes away



The Royal Botanical Gardens

The Gardens span over 61 acres and are home to more than 700 species of trees and plants from Trinidad and Tobago and across the globe.

The Queen's Park Savannah

The largest roundabout in the world, the Savannah is also the centre stage of Trinidad Carnival, Steelpan, Sports and other forms of entertainment. A huge open park perfect for walking, relaxing, coconut water, and enjoying local street food.

National Museum & Art Gallery

Learn about Trinidad's history, Carnival culture, art, and heritage.

For additional available activities, tours and experiences, visit:

<https://www.destinationtnt.com/blog/16-reasons-why-you-should-never-travel-to-trinidad-tobago/>

<https://www.insandoutstt.com/>

REST & RELAXATION

THE NAIL OASIS

The Nail Oasis is a serene escape where you can indulge in a relaxing and rejuvenating experience. They focus on creating a welcoming atmosphere, ensuring you leave feeling refreshed and confident. Every detail is crafted to provide a moment of peace and beauty.



SEE THE LINK BELOW FOR AVAILABLE SERVICES, PRICE LIST & BOOKINGS

<https://www.fresha.com/a/the-nail-oasis-port-of-spain-port-of-spain-63-norfolk-street-rofthwjx/booking?cartId=68c183be-a22c-4cb5-aa3b-4d6172ba37e5>

THE CULINARY EXPERIENCE

LOCAL FOODS



CARIBBEAN FOODS



INTERNATIONAL CUISINE



RESTAURANTS

All within 5-15 minutes of Hilton Hotel Trinidad and Al Vista Midtown

Chaud Cafe and Wine Bar

(International)

Samurai

(Japanese)

Trotters

(American-style grill)

Buzo Osteria Italiana

(Italian)

Jenny's on the Boulevard

(Asian/Chinese fusion)

Texas de Brazil

(Brazilian-American steakhouse)

Rizzoni's

(Italian)

Tiki Village

(Asian fusion)

The Meena House

(Modern Indian fusion)

STREET FOOD

Queens Park Savannah Food Hub

One of the BIGGEST and most popular food hubs in Trinidad.

139 Woodbrook Yard

A trendy open-air food court with multiple food stalls and different cuisines.

Food Square

An open-air food park offering a diverse range of local, Caribbean, and int'l cuisine.

DELIVERY OPTION

FoodDrop TT

Fast, reliable Caribbean food delivery to your door in T&T



Instructions:

Download the App, browse the choices then order your meal!

★ Penny Pinchers

Service: Breakfast, Lunch & Dinner

Office: 1 868 633 4518 | 1 868 633 5341

Mobile: 754-5588 (Brenda Grant)

Email: bookings@pennypincherstt.com

Website: www.pennypincherstt.com

GETTING AROUND

Taxi Services

Taxis are available outside of Hilton Hotel Trinidad. These services are safe and highly recommended.

Official taxis have license plates beginning with "H" – these are the safest and most recommended taxis to use.

TT Rideshare

Trinidad and Tobago has a very robust and well-organized operated rideshare app – similar in concept to Uber. Simply download the app and create an account, you can be booking an ride within minutes.



Car Rentals

Renting a car offers maximum flexibility – especially useful if guests want to explore beaches, hills, or remote areas.

Helpful Tips

Use only licensed taxis (license plates beginning with "H").

Confirm your fare before starting your trip.

For exploring beaches, nature spots, or areas outside Port of Spain, renting a car offers the most flexibility.

For late-night travel or airport transfers, prearranged taxi services are recommended.

EMERGENCY ADDRESSES & CONTACTS



PORT OF SPAIN GENERAL HOSPITAL (PUBLIC)



(6-10 minutes away from Hilton & AL Vista Midtown)

A major public hospital offering emergency services, urgent care and 24 hour medical support

ST. CLAIR MEDICAL CENTRE (PRIVATE)



6 A Long Circular Road, St. Clair

(9-12 minutes away from Hilton & AL Vista Midtown))

A private medical facility offering emergency care, diagnostics and general medical services

EMERGENCY CONTACTS



999 – Police

990 – Fire Service

811 – Ambulance / Medical Emergencies

General Emergency Number: 911 (works for police, fire & ambulance in most areas).

We hope you have a safe and enjoyable stay!