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P R E F A C E

From our own experience, living in Banda Abou, the leeward side of Curaçao, often feels like being on a completely different Caribbean island. Compared to the busy, bustling capital of Willemstad, this far-away treasure is a pure, unspoiled paradise. It offers spectacular ocean views, a wealth of natural diversity and charming villages. In this rugged region, in the wild, you will find rolling green hills covered with cacti, exotic plants and flowers, even wild animals living in the kunuku (bush). The road to Westpunt's beautiful beaches and aqua blue waters is often crowded with unlikely travel companions, such as kabritu (goats), porko (boars) and bright green iguanas.

Curaçao: Banda Abou is a comprehensive guide to the area, capturing with both words and images that special magic of Banda Abou. The book explores the many hidden gems, spectacular natural spots, unique dining experiences and cultural richness. We're offering you, our reader, an authentic insider's perspective to local island life in Banda Abou.

Get inspired and discover the secret charms of Banda Abou!

Eef Ouwehand & Kristel Slagter



BACK TO NATURE

Come forth into the light of things, let nature be your teacher. - William Wordsworth

National Park - Plains - Salt Lake - Bay

Christoffel National Park
Wetamula
Hoto Plains
Houtjes Baai
Jan Kok S&T Park
Plastic Bay

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CHRISTOFFEL NATIONAL PARK

Over thirty million years ago, an underwater volcanic eruption shifted the ocean shelf beneath Curaçao and created the higher altitude region currently known as Christoffel National Park. The climate is moister than it is in the lower-lying parts of the island, creating an environment where rare species of plants and flowers can thrive. In the beginning of May, visitors can catch the intensely yellow, trumpet-shaped flowers of the *Kibra Hacha* in bloom. "Kibra Hacha" means Axe-Breaker, a name earned because the wood of the tree is too strong to chop down.

On the Orchid Trail, one of eight designated hiking routes in Christoffel Park, visitors can encounter exotic cactus-blooming bromeliads, such as the *Barba di Kadushi* and the *Teku di Palu*, and orchids, such as the white *Brasavola Nodosa* and the purple *Myrmecophila Humboldtii*. The rare Sambal Palm tree can be seen via a side trail to *Seru Bientu* (Windy Mountain).

And yet the undeniable star attraction of the park is Mt. Christoffel, the highest point of Curaçao at 375 meters above sea level. The strenuous, one-hour climb to the top should only be attempted in the morning, before the tropical heat becomes too punishing. Along the route, hikers will wander past lichens, bearded moss and iguanas. Few may also encounter rare wildlife such as the white-tailed deer, nectar-feeding bats and the Warawara eagle. The view from the peak, a sweeping panorama of the entire island, is simply breathtaking.

Christoffel National Park
Savonet (z/n)
Curaçao
T: +599 9 864 0303 or
+599 9 540 3504
www.christoffelpark.org

Open
Monday-Saturday: 7:30 AM - 4:00 PM
Sunday: 5:00 AM - 3:00 PM
(Visitors not permitted to enter 1 hour,
30 minutes before closing time)

Exceptional:
Book a tour with one of the Park's rangers. They know a lot of hidden treasures in the park. And every plant & animal by name.



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LOCAL LIFE

A man should look for what is, and not for what he thinks should be. - Albert Einstein

Sweets - Snèk - Restaurants - Culture

Marshe Barber
Kos Dushi
Landhuis Dokterstun
Toko Wilibrordus
St. Wilibrordus Church
Karnaval

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MARSHE BARBER

On weekdays, Barber is a sleepy neighborhood with a quaint church and small general store. On Sundays, however, the village suddenly springs to life. Pick-up trucks roll into the parking lot of Marshe Barber in the morning, carting in crates of locally-grown mangoes, plantains and pampuna (Antillean pumpkin gourds). Little elderly ladies whip out their stew pots and begin stirring homemade stobó. Once the first scent of sizzling onions and tomatoes fills the air, the crowds begin to flock, powerless to resist. By mid-afternoon, Marshe Barber is a thriving hub of activity, a place where locals come to shop for farm-fresh produce, homemade baked goods and bright tropical plants to liven up their homes. Specialty vendors also sell teas, made from local herbs with purported healing properties, religious objects such as icons, beads and crucifix, and small local craft souvenirs.

Marshe Barber is more than just a farmer's market. Under the sheltered open-air pavilion, people also mingle with friendly neighbors and gather together in plastic chairs to enjoy authentic *krioyo* food at its finest, from *orepa pampuna* (pumpkin pastries) to cups of *sopi piská* (fish soup). The *kas dushi* (literally: "sweet things") can be enjoyed for dessert. Or take home a package of *kuki di letter*, letter cookies which are wrapped and tied with a ribbon, as a thoughtful gift.

The Sunday market is busy, but never crowded. It is not a major tourist attraction, so brush up on your Papiamentu before attending.

Marshe Barber
Kaminda Prospero (Popo) C.
Rojer
(Weg naar Barber, in front of
Barber Church)
Curaçao
T: +599 9 864 1821

Open
Sunday 7:00 AM - 3:00 PM

Exceptional:
Unique to this local market are the *sopi di piská* (fish soup) and fresh *piská* (peri-spicy condiment).





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MARSHE BARBER

TEL 8641821



Sopi Kabrik
- Mondongo 3,50
- KARNI di BAKA 4,50-8,50
RABU di BAKA 15. KUPARI
STOBA Kabrik Joriki 15.50
- KABES KU 1 GRAJ PAN
- BAKIJOU 15.50 ARROS 15.50
- SNEBORCHI TUCU
SANGER KU PAN 7,50
KARNI STOBA Papaja
RABU di BAKA OUPA di
BUSTA 2,25 pampusa 2,25
AWA - 2,
AWA di Lamundi
di Farchita 2-
letter di pinda 2,50
KUKI 2,50
AWA Tamarijm 2-
wholo di pampusa





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