

The Resort Edit

Caribbean all-inclusive & honeymoon — honest reviews, real deals

Sandals Barbados Review (2026): St. Lawrence Gap, Honestly

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Sandals Barbados in St. Lawrence Gap — the original Barbados property, not Royal Barbados. Where they overlap, where they diverge, and which to book.

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A quick-reference printable from **The Resort Edit** — the data and verdicts from the full article, distilled into a one-page cheat sheet you can take to your travel agent or save offline.

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Comparison 1

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Compared to	Sandals Barbados advantages	Sandals Barbados drawbacks
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Quick Answers

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Q: How long is the airport transfer to Sandals Barbados?

A: Grantley Adams International (BGI) is a ten-to-fifteen-minute drive from the resort in St. Lawrence Gap — the shortest airport transfer of any Sandals property we've reviewed. Sandals includes round-trip transfers in the rate, with a dedicated desk past customs and a shared shuttle that usually departs within twenty minutes. Club Sandals and Butler categories upgrade to a private car at no extra cost. If you land mid-afternoon, you can realistically be in a swimsuit by 4:30 p.m.

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Q: Is the beach at Sandals Barbados any good?

A: The beach is the honest weak point. The south-coast shoreline here is narrow — roughly 25 to 35 feet from the seawall to the water at high tide — and the surf is brisker than the calm west-coast beaches Barbados is famous for. Swimming is fine most days, but windy weeks in January and February bring chop and shore break. If a long, swimmable, hotel-front beach is non-negotiable, look at Sandals Royal Barbados or Sandals Grande St. Lucian instead.

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Q: Which room category should you book at Sandals Barbados?

A: The Crystal Lagoon Swim-up Suites are the sweet spot — a private patio steps directly into a meandering pool, and the \$200-ish per night premium over the base Caribbean category is the single highest-leverage upgrade on the property. The base Caribbean and Honeymoon rooms at around 420 sq ft feel small, and some configurations have no balcony. Rondoal Suites give plunge pools and privacy; Butler Skypool and Millionaire Suites sit at the top of the stack.

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[Read the full guide on theresortedit.com](#)

The honest, un-hyped article with current pricing and affiliate links.