

Tobago has some of the most scenic terrain and trails that are never far from a beach, a river or an inviting waterfall. Rolling hills, wide trails, rivers, quiet roadways in rural areas, waterfalls and beaches which when combined makes a memorable and exciting hash. The average hash run would cover approximately 7 miles and would be completed in approximately 75 minutes.

The rain forests provide many thrilling runs with tall trees forming a canopy over the trails that provide much welcomed shade. The bird Sanctuary on the island is also another spectacle and we were fortunate to have received permission to hash through the Bird Sanctuary in one of the trips. The varying species of birds in their natural habitat was a sight to behold. The colourful plumage against the backdrop of the natural foliage was truly amazing.

Unlike most other countries, alcohol can be consumed in public in Trinidad & Tobago. "What does drinking have to do with Hashing I hear you ask? POSHHH is a "Drinking Club with a running problem" we are not alcoholics, we are Hashaholics. Do not worry to look up this word in a dictionary because it will not be found but the entire hashing fraternity hopes it will be one day. The drink of choice for hashers is BEER and in Trinidad and Tobago it is either a Carib

or Stag. On a hash weekend in Tobago, from the beginning of the trip to the end, there is a cooler approximately four feet high by five feet wide packed with beers and ice. This ensures that beers are available any hour of the day or night for the weekend. There are severe penalties if a Carib or Stag is not icy cold and ready to be consumed 1440 minutes a day.

As is recommended by the elite sports coaches and trainers, it is important to have periods of relaxation. So in keeping with this philosophy on the Tobago Hash weekend we also relax. Relaxation for hashers could take many forms, but you can be sure that whatever form is chosen it will be accompanied by beers.

As visitors, yes we are visitors when we go to Tobago, it is important to sample and partake in what the island has to offer. The many beaches to choose from or a boat trip to "No Man's Land" passing by the world famous Buccoo Reef and the Nylon Pool or a visit to some of Tobago's historical sites. There is no shortage of interesting things to do in Tobago.

The nightlife in Tobago is also a must. Visits to night spots such as the Shade, the Deep and Barcode to name few where there is always a buzz of activity. A wide selection of restaurants & food vendors spread around the island,

offering a variety of mouth watering local meals set in an atmosphere of true Caribbean mood.

The last day of the weekend is usually a live run that will start & end at Crown Point. Notwithstanding the activities and over indulgent of the previous night, hashers come out in full force for this final run of the weekend. When this run is completed, Hashers then take to the refreshing waters at Store Bay for one last time where they can reminisce while enjoying a final fling with the weekend's abundant beverage stock.

The exodus would begin at around midday as hashers board flights and ferries to Trinidad and Barbados. Yes! Barbados. We have developed a very close relationship with the Barbados Hashers, and they are represented every year at our Tobago hash weekend, but no Banks Beer allowed!

So inevitably the sun sets on another Tobago Hash weekend that was thoroughly enjoyed by all who came. We all look forward to next year's event with much anticipation.

*By Martin Griffith*

