



40 REASONS TO VISIT THE CAYMAN ISLANDS

- 1) **Explore our underwater playground** – With over 250 sites and crystal clear waters, the Cayman Islands is among the top five dive destinations in the world.
- 2) **Swim with the Stingrays at Stingray City** – A rare opportunity to touch and interact with more than two-dozen Atlantic Southern Stingrays in their natural habitat.
- 3) **Take a kayak tour through the mangroves** – Explore the shallow waters of this diverse ecosystem during the day or at night for a bioluminescent tour.
- 4) **Interact with sea turtles at the Turtle Farm at Boatswain’s Beach** - Home to over 16,000 sea turtles of all sizes, here you can touch, hold and even sponsor a turtle to be released into the wild.
- 5) **Travel back in time at Pedro St. James National Historic Site** – Discover the story of Pedro and learn about the birthplace of democracy in the Cayman Islands.
- 6) **Build sand castles or catch a tan on Seven Mile Beach** – Famous for its white sand, crystal clear water and abundance of water sports opportunities.
- 7) **Take a sunset helicopter flight over Grand Cayman** – Get a bird’s eye view of the island, Stingray City or Seven Mile Beach
- 8) **Sample Caymanian fare** – Try turtle stew or “Cayman-style” fish to get a real taste of the destination.
- 9) **Go to Hell and send a postcard** – Check out this one million year-old rock formation and then stop by the post office to see the devil.
- 10) **Come face to face with rare Blue Iguanas at the QE II Botanic Park** – Stroll 40 acres of colourful flora and fauna and keep a lookout for the iguanas who roam free.
- 11) **Hike the Mastic Reserve and Trail** – A rare woodland world, this two-mile long path is home to bird, butterflies, hermit crabs, lizards, frogs and more.
- 12) **Laze the day away at Rum Point** – Snorkel, swim or simply sway in a hammock at this quaint beach area complete with shady trees, shallow clear waters, picnic tables, water sports rentals and delicious fare.
- 13) **Appreciate local artists** – The colourful National Gallery of the Cayman Islands is home to fine art exhibitions by both local and international artists.
- 14) **Learn about Cayman’s seafaring heritage** – The National Museum in Grand Cayman tells the fascinating story of the Cayman Islands with traditional catboats and other natural history specimens on view.

- 15) Shop for local items at the Cayman Craft Market** – Find all things Caymanian here including locally crafted items such as sea salt scrubs, thatch handbags and shell jewellery.
- 16) Feel the spray of the Blowholes in East End** – With a spray that can reach in excess of 15 feet, these natural geysers make a fabulous photo.
- 17) Encounter nature at its most splendid at the Butterfly Farm** – Observe the lifecycle of these colourful creatures and walk among numerous species at one of only three butterfly farms found in the Caribbean.
- 18) Explore natural limestone caves in Cayman Brac** – Once a place where pirates hid their booty and Brackers took refuge from storms, these underground formations are hidden all over the island.
- 19) Hike along the rugged Brac Bluff** – This spectacular cliff rises 140 feet from the sea and provides a stunning view from the top.
- 20) Go bird watching at the Cayman Brac Parrot Reserve** – Observe endangered parrot species and other rare birds among natural vegetation that includes mango trees, wild orchids and dolomite rock.
- 21) Dive the Brac's hotspots like the Capt. Keith Tibbetts wreck** – A diver's dream, the Brac is teeming with tons of marine life and a sunken 330-foot Russian Navy frigate.
- 22) Keep a lookout for rare feathered friends at the Booby Pond Nature Reserve in Little Cayman** – Boasting the largest colony of Red Footed Boobies in the Western Hemisphere, you'll also find Frigate Birds, the West Indian Whistling Duck, Egrets, Black-Necked Stilts and much more.
- 23) Dive Bloody Bay Wall in Little Cayman** – One of the world's premier dive sites, this dramatic 6,000 foot underwater drop-off provides divers the opportunity to view deep water corals and swim amidst bonefish, turtles, sharks and rays.
- 24) Cast for bone and tarpon fish in Little Cayman** – Anglers looking for a challenge will find it here with both light tackle action and deep-sea excitement.
- 25) Feed the iguanas at Mahogany Estates in Little Cayman** – This tranquil island is also home to about 2,500 iguanas. You'll find large and hungry iguanas here, so come ready to share your lunch!
- 26) Hike the Salt Rock Nature Trail in Little Cayman** – Stroll along this mile-long path to discover orchids, mahogany trees, iguanas, blue land crabs and more.
- 27) Kayak or boat to secluded Owen Island** – Seek out serenity at this secluded island off Little Cayman – the ideal spot for a picnic, snorkelling or just catching some rays.
- 28) Visit the Marine Research Centre and Dive with a Researcher** – Available at the Little Cayman Research Centre, this programme allows experienced divers the opportunity to make a difference by getting involved in an ongoing research project.

- 29) Get festive** – Whether you hit a high note at Cayman jazz fest, plunder some treasures during Pirate’s Week or race a catboat during Cayfest, the Cayman Islands has a festival for everyone in the family.
- 30) Lace up and run in the Cayman Marathon** – Now in its 5th year, the race is a Boston qualifier and one of the fastest and flattest in the Caribbean.
- 31) Discover the charming East End** – From secluded beaches to breathtaking natural attractions and heritage sites, this Grand Cayman district is not to be missed.
- 32) Challenge your taste buds at Cayman Cookout** – Join culinary all-stars and celebrity chefs including Eric Ripert, Anthony Bourdain, Anthony Giglio, Joy Spence and many more for this unforgettable annual celebration of food and wine.
- 33) Take a kite boarding lesson for an unforgettable adrenalin rush** – Try your hand at Cayman’s latest craze.
- 34) Get married Cayman style: underwater of course!** – Tie the knot in unforgettable style by taking your vows in a wetsuit.
- 35) Indulge in an array of culinary creations** – With over 150 restaurants to choose from, your cultivated taste buds will be challenged by inventive Caymanian seafood dishes or an international array of flavours including West Indian, Thai, Italian, Japanese and beyond.
- 36) Take an underwater photography course** – Learn to point and shoot under the sea with our world renowned experts.
- 37) Learn about the marine world at the Cayman Islands Sea School** – From ecology lessons to up-close visits with protected sea life, this free programme runs every summer in Grand Cayman.
- 38) Journey beneath the sea on a submarine ride** – Plunge up to 100 feet without getting wet to see reefs, shipwrecks and a variety of marine life.
- 39) Walk back in time with a National Trust Tour** – Take in 18th century Fort George and George Town’s oldest buildings on a historic walk through Grand Cayman.
- 40) Catch some air or a wave at Black Pearl Skate & Surf Park** - With 52,000 square feet of concrete bowls, half and quarter pipes, it is one of the largest skateboard parks in the world. But that’s not all...a Waveloch Surf Machine creates 11 foot artificial waves, ideal for those who love to surf or would like to learn.