

## **Top 40 - Things to do and see in Grenada**

Sun. Sand. The Caribbean Sea is on one side, the Atlantic Ocean on the other. Diving. Swimming. Miles upon miles of unspoiled natural beauty. Shopping. Relaxing. Sound too good to be true? It's not...it's Grenada. Located at the southernmost tip of the Windward Islands about 100 miles off the coast of South America, Grenada is actually made up of three separate island states: Grenada, and its sister islands, Carriacou (KARRy-a-COU) and Petite Martinique.

### **Here are 40 reasons to visit Grenada!**

#### **1. Go river tubing...**

For the more adventurous, located at the Balthazar Estate is Adventure River Tubing. Wet, wild and wonderful with guides accompanying you on the journey, gently spinning and swirling in the currents of the river, taking in the exotic scenery, tropical vegetation and wildlife. A thrilling ride down the river, stopping only in the pools along the way, then finally at the last one, an opportunity for a swim before enjoying a Rum Punch or glass of local fruit juice.

#### **2. Visit Carriacou...**

Unspoiled Carriacou (90-minute ferry ride away from Grenada/or 15 minutes by air) is the tiny island with 7,000 inhabitants. It is one of the last places on earth where old traditions are preserved, such as the Big Drum Dance, elaborate wooden boat building handed down from Scottish ancestors and accompanying ceremonies that are a blend of Caribbean and Glaswegian heritages. It's a spectacular centre for scuba diving and snorkeling, or taking a water taxi adventure to neighbouring Sandy Island.

#### **3. Take an island tour...**

All who visit Grenada comment on the friendly people! None are more hospitable than the tour guides who take guests all around the island. They are a veritable encyclopedia of history and natural science that arrange visits to major waterfalls, hikes in the Grand Etang Rainforest, visits to towns and markets, strolls through the Carenage that encircles the picturesque horse shoe harbour in St. George's, tours of archaeological and historical sites, and can even plan a picnic in a choice location.

#### **4. See La Sagesse Nature Centre – romance amid nature...**

One of Grenada's most spectacular nature centres, La Sagesse is composed of three beaches and lush flora with towering mangrove trees, coconut trees and small estuary pockets, where salt water and fresh water meet. The mixing of salt and fresh water attracts a variety of tropical fish and birds, making La Sagesse one of the best places in Grenada to enjoy wildlife. Nestled in a deep bay with cliffs on both sides, this white-sand, turquoise water and palm-tree studded beach is filled with beauty and Eco sensitivity. This picturesque spot on a secluded sandy beach, surrounded by lush vegetation is the ideal place to exchange wedding vows.

#### **5. Walk the Grand Anse Beach, having a Carib at the turning point – recognized as one of the world's best beaches...**

Grenada's most famous beaches and one of the largest in the Caribbean – this is the stretch called Grand Anse. This is a perfect place to walk particularly at the end of the day when locals come to have a swim. Grand Anse Beach, a sheltered two-mile stretch of perfect sand, dotted with sea grape and palm trees, just south of the capital St. George's, is recognized as being one of the world's best beaches and probably the most suitable in the world for families. Grand Anse

is accessible, with restaurants, beach vendors and water sport facilities. At the north part of the beach, enjoy a laid-back cold Carib at a thatched bar called the Turning Point, or meet Jennifer Hosten, the 1970 Miss World and former High Commissioner to Canada who still maintains a house in Manotick. Sunday brunch pancakes are served with maple syrup and Caribbean specialties.

#### **6. Explore, hike and bird watch in Grand Etang...**

Hike a three to four mile, half-day rainforest trek through the 30-acre Grand Etang Forest to Concord Falls, a spectacular waterfall, then take a refreshing dip in the swimming hole or visit several natural wildlife sanctuaries. Grand Etang Lake (one of Grenada's extinct volcanoes) is a virtual bird watchers paradise, where avian enthusiasts will be enthralled by the rare tropical species that make Grenada their habitat such as the Grenada Dove (the national bird of Grenada), Gree-Gree, Hook-Billed Kite, which can be seen swooping down from atop the towering mahoganies of the Mount Qua Qua Trail. Graceful herons fish patiently in the crystal clear waters of Grand Etang Lake, while brightly plumbed wonders, such as the Antillean Crested Hummingbird, can be spotted among the many tropical blooms.

#### **7. Watch turtles hatch – a nest in show...**

Grenada is one of the three sites in the Caribbean that annually hosts 150+ female leatherbacks. The turtles make the arduous journey from their feeding grounds in North America to the tropical climate of Grenada to lay their eggs. These ancient reptiles have been around for over 165 million years and have managed to outlive the dinosaurs. Levera Beach is where the nesting females bury their eggs in the sand in order to incubate them and to protect them from predators. Best viewing is in May and June of each year.

#### **8. 'Spice' up your life with Grenada's products...**

Grenada produces allspice, clove, cinnamon, ginger, bay leaves, tumeric and sapote, and is one of the world's major suppliers of nutmeg and mace. Recommended visits include **Dougaldston Spice Estate**, a historical monument to Grenada's past of spice growing and processing; **Gouyave** and **Grenville Nutmeg Processing Station**, the largest in Grenada; **Grenada Sugar Factory** to savour rum products; **River Antoine Rum Distillery** to view processes that have changed little since the 1800's, and remains the oldest functioning rum-propelled distillery not only in Grenada, but the Caribbean; **Westerhall Rum Distillery** with vestiges of old artefacts used in the rum refining process; and the **Grenada Chocolate Factory** for the pure taste of rich local chocolate.

#### **9. Dive the unspoiled paradise...**

Located on the west coast edged by one long offshore reef, lays the 600-foot wreck of the Bianca C, the largest shipwreck in the Caribbean. Popularly referred to as 'the Titanic of the Caribbean,' competent divers speak admirably of its stunning pull as a premier dive option. The vast reefs and numerous dive sights surrounding Grenada allow aquanauts to explore without being crowded by other divers. Divers can enjoy a solitary expedition or book a group tour with one of Grenada's many dive shops. There are more than 28 sites including reefs, wrecks and walls most within 15-20 minutes from dive shops.

#### **10. Experience part of Grenada's 'colourful' history - Carib village...**

A visit is incomplete without a stop at the Kalinago/Carib village on the northern part of Grenada. It was here in 1671 that 40 Caribs leapt to their death in preference to succumbing to French colonists. Later a town was built close to this historic site called Morne des Sateurs or Leaper's Hill. A newly created Kalinago/Carib village gives an opportunity to view the type of lifestyle that characterized the indigenous Carib people of Grenada. Nine kilometres away is the largest burial site of the Arawaks complete with their archaeological possessions.

#### **11. Explore Grenada by Yachting Style...**

As the yachting industry in Grenada continues to grow, more marinas and boatyards are being added, providing dry dock facilities and ever increasing repair and restocking facilities. Each year, Grenada hosts a variety of water based activities including the Spice Isle Bill Fishing Tournament, Grenada Sailing Festival, Carriacou Easter Regatta and monthly yacht races by the Grenada Yacht Club.

#### **12. Explore the coastline on a Safari High Speed Zodiac...**

This is a new and unique Zodiac boat ride that highlights shoreline sightseeing and showcases the history, ecology and geography of the island through the eyes of a well-trained and experienced tour guide. The ride on the vessel is nothing short of amazing, very dry and smooth. Approximately 30' long, it was manufactured in Europe and used by many Coast Guard units, military and commercial operators.

#### **13. Dive or Snorkel the Underwater Sculpture Gardens in Molinaire Bay...**

Created by artist Jason de Caires Taylor, with the support of the Grenada Board of Tourism the sculptures located in Molinaire Bay, has been constructed with 65-life size individual sculptures so that divers or snorkelers can view from their respective vantage points. This is the only one of its kind in the world...as well with time the sculptures will preserve the ecology/marine life of the Molinaire reef. The statues not only create a hauntingly beautiful landscape, but also act as artificial reefs and will change appearances as they become home to various marine life. The statues have been carefully placed in shallow waters so divers, snorkellers and passengers of passing glass-bottom boats can access and view the statues.

#### **14. Dive in Grenada, Carriacou and Petite Martinique...**

The state of Grenada, offers a unique dive product, both topside and underwater. Slipping below the calm surface, diving enthusiasts are treated to some of the most breathtaking underwater scenery and abundant marine life in the Caribbean. With over 30 dive sites, Grenada and its sister islands make ideal diving destinations. Grenada and Carriacou are known for spectacular walls and wrecks, with sharks, turtles, lobsters and giant moray eels gliding against the backdrop of soft coral forest, striking reefs and sponges.

#### **15. 'Tie the knot' in Grenada - an unspoiled tropical paradise...**

Imagine getting married on a Caribbean island amidst the backdrop of fragrant spice laden air, palm trees and the sparkling blue water of the ocean...Grenada, a true paradise on earth, welcomes couples looking to tie the knot in an intimate, unspoiled tropical setting. Legal requirements are available by visiting [www.grenadagrenadines.com](http://www.grenadagrenadines.com)

#### **16. Enjoy Grenada's festivals and events the best in the Caribbean...**

Key events and festivals include: Let your body succumb to the rhythms of the Carriacou Marron festival; and come sail away at Grenada's 'Round-the-Island Easter Regatta' both held in April; dance to the beat of the Grenada Drum festival held in May; and celebrate Grenada's heritage with the Annual Carnival held in August of each year.

#### **17. Discover, eat, smell nutmeg and all spices nice in Grenada...a few fast facts...**

Known as the 'Spice of the Caribbean' Grenada as examples:

- Gouyave and Grenville Nutmeg Processing Stations are the largest in Grenada.
- Grenada is the world's largest producer of nutmeg after Indonesia.
- Local plantation owners who had brought them from the East Indies first imported nutmeg seeds to Grenada in 1843. The local plantation owners had visited the East Indies in order to help farmers there improve their method of sugar extraction and ended up bringing the nutmeg seeds back with them.

#### **18. Indulge in soft adventure and support eco activities in Grenada...**

Hike, bird watch, mountain bike, kayak, and parasail – as a leader in the growth of ecotourism, the government of Grenada is committed to preserving and sustaining the island's natural beauty. Measures have been taken to ensure that Grenada remains an unspoiled Caribbean gem. Through initiatives such as designating one sixth of the land mass to parks, natural sanctuaries and wildlife preserves, Grenada strives to limit human encroachment and to provide travelers with environmentally friendly and ecologically sound activities on the island.

### **19. Participate in varied water sports...**

**Swimming** in the pristine, safe, reef protected waters off the island is unlike anything in the world. With the temperature on the island hovering constantly around the 30-degree mark, the waters are warm and inviting for sailing, snorkeling and scuba. Avid sailors can charter a yacht and crew and take a tour around Grenada and the neighbouring islands. More experienced sailors can "bareboat" or crew their own boats for a day or longer. Deep-sea fishing is exceptional and game fishers who find themselves in Grenada during the annual Spice Island Billfish Tournament in January might just net themselves a cash prize.

### **20. Search out the majestic whales off the coast of Grenada...**

Another popular island water sport doesn't involve getting in the water at all. Whale watching is a year round activity in Grenada and several tour operators offer daily and half day trips in search of resident pods of humpback, killer and sperm whales.

### **21. Immerse your mind in colonial and indigenous history points of Grenada...**

Grenada's long and storied history and its unique culture help make the island the perfect adventure vacation spot for history buffs. Historians can go back in time through Grenada's colonial past by visiting a number of local landmarks. The hilltop forts that surround the island are worth a visit and many are privately owned and in different stages of restoration. One of the few remaining sugar cane plantations, River Antoine Estate, continues to make Grenada's famous bay rum the 18th century way. At the River Antoine Estate, river water is still used to grind the cane and the Estate and distillery remain impressive testaments to colonial times.

### **22. Indulge in Fish Friday in Gouyave...**

Nestled in the heart of Gouyave, one of the Caribbean's premier 'fish villages'. For many years Gouyave has been host to the annual Fisherman's Birthday celebrations (June 29th). Now, expanded the festivities to become a weekly street festival held every Friday afternoon and evening. The festival offers visitors a chance to sample some of the Caribbean's finest local delicacies, seafood and music.

### **23. Explore day and night Grenada's underwater masters on 'Wind Dancer'...**

The Wind Dancer is a live aboard dive vessel fit to cruise with a maximum of 18 guests. Outfitted with a full service dive center and ten-member crew, including a Grenadian chef and dive master, the Wind Dancer has everything to meet the needs of any diving vacation. The MV Wind Dancer sails into the Grenadines and to offshore islands around Grenada and Carriacou.

### **24. Experience a bygone era at Grenada's plantation houses...**

Grenada is an island steeped in history and culture that comes alive with a visit to the island's beautiful plantation houses such as the beautification of Plas Manje. **Walk through history and be enveloped with spices at Douglaston...** One of Grenada's oldest spice estates and primary spice processing plants offers authentic spice processing, lectures and demonstrations on primary spice production – re-creating an art/skill of centuries ago. **Eat, walk and talk plantation life at Morne Fendue Plantation...** Located in the parish of St. Patrick, on the northern side of Grenada, the charming Morne Fendue Plantation complete with period furniture and antique imported stained glass windows. Each guest room has an extensive balcony that

overlooks scenic St. Catherine's Mountain, the sea and offers excellent sunset views. Morne Fendue Plantation is known for its outstanding West Indian Buffet.

### **25. Continue the plantation exploration at Mount Edgewcombe Plantation...**

Grenada takes a great deal of pride in its historical plantations, with the restoration of Mount Edgewcombe Plantation, a beautiful private working plantation in St. Mark. Unlike most traditional plantations that specialize in one particular crop, the Mount Edgewcombe Plantation has set out to produce every fruit, vegetable and spice that can grow in Grenada. This will also be the sight of Grenada's first Eco natural holistic spa, located at Tufton Hall within walking distance. Spa treatments will be set in a tropical rainforest environment so guests can enjoy a more natural and spiritually revitalizing experience.

### **26. Do the 'cocoa dance', the traditional manner at Belmont Estate...**

The family owned Belmont estate has existed in the parish of St. Patrick for over three centuries. The plantation sits on 400 acres of lush rolling tropical hills. The estate, which has been in continuous operation for centuries, still produces nutmeg and cocoa. Cocoa is still produced the traditional way, making for a world class export. Guests can explore the cocoa fields that produce world-class beans for export, and learn the story of chocolate in Grenada. They can indulge in a fresh cup of hot cocoa and learn to dance the cocoa (a traditional way of polishing the beans). Guests can enjoy lunch comprising the delights of Creole foods and fresh natural fruits and juices from the plantation. After lunch guests can venture through the remains of an 18th century sugar cane garden or take a donkey cart ride around the property.

### **27. Stroll through the botanical wonders of Grenada's gardens...**

**Balthazar Estate and Botanic Gardens:** Once an active producer of nutmeg, bananas and cocoa, Balthazar Estate has changed its focus recently to become Grenada's foremost producer of exotic tropical flowers and herbs. This 396-acre estate features some of Grenada's most beautiful gardens. Balthazar helps represent Grenada each year at the of being awarded gold medals for five consecutive years. **Bay Gardens:** This 4-hectare large tropical paradise, laid out jungle style, featuring tropical plants from all over the world. **St. Rose Nursery:** Featuring the Caribbean's largest selections of plants, including many rare and unusual varieties. **Laura Herb and Spice Gardens** showcases samples of the herbs and spices grown in Grenada.

### **28. Explore Grenada – a bird watcher's paradise...**

With over 8,616 known species of birds around the world, bird watching has becoming one of the fastest growing sports. The variety of subject and portability of equipment make bird watching an ideal hobby to take on vacation. Avian enthusiasts visiting Grenada will be enthralled by the rare tropical species that make the island their home.

### **29. Participate in the hustle and bustle of Grenada's famous 'Spice Market'...**

Bustling, noisy and colourful, the market in Market Square is the centre of activity in St. George's. It is the main site for those buying and selling local produce and spices.

### **30. Marvel at Grenada's waterfalls...**

Grenada's waterfalls are some of the most spectacular in the Caribbean – include **Annandale Falls** – small, scenic and accessible, **Concord Falls** – picturesque and ideal for swimming. The first Concord Fall is accessible by road, the second **Au Coin**, and the third Fountainbleu are accessible only by foot.

### **31. Explore the fabulous Forts of Grenada...**

Grenada's Forts are historical landmarks of a colonial era, rich in military history and include:

Fort Frederick – completed in 1791, this bastion type fort on Richmond Hill commands a panoramic view of St. George's town and harbour.

Fort George – overlooking the harbour, built in 1706. The fort is central to the nation's history being the centre of the 1983 disturbance with Maurice Bishop. It now is the headquarters of the Royal Grenada Police Force.

### **32. Stroll the historic Carenage...**

The inner harbour is a perfect horseshoe shape and is the centre of marine activity in St. George's. Georgian buildings add character to the ambience of the Carenage. Coined the most stunning harbour in the Caribbean.

### **33. Become an archeologist for a day – visit Mt. Rich Amerindian Petroglyphs...**

Situated along the St. Patrick's river valley of Mount Rich, these petroglyphs are significant as they are the only extensive carvings left that depict the lifestyle of the Amerindians. Viewed on the top and sides of a large stone on the riverbank – where six carvings – headpieces, potter, implements and tools (spears/bows and arrows) used in hunting and fishing was found.

### **34. Visit Lake Antoine – a perfect extinct volcanic crater...**

Situated six miles north of Grenville Lake Antoine occupies about 16 acres and has been created in the perfect crater of an extinct volcano.

### **35. Take a lucky look at Grenada's famous Mona Monkey...**

Grand Etang National park is home to several troops of Mona Monkeys, not native to the Western Hemisphere, but introduced to Grenada by the ships from Africa. Characteristically, they do not have the prehensile tails of their new world cousins. Several can be seen near the parking lot and Welcome Centre of the Grand Etang National Park.

### **36. Be part of Grenada's growth – restaurants and new hotels/marinas etc...**

Grenada and Carriacou offer a wide variety of dining experiences, all with local seafood and spiced to perfection, and prepared in distinctively Grenadian style. Grenada is experiencing a 'boom' in new developments from the Mount Cinnamon boutique villa resort, Port Louis the best and most exclusive marina in the world, to Le Phare Bleu is a new marina and resort situated on the picturesque south coast of Grenada, to Le Phare Bleu is a new marina and resort situated on the picturesque south coast of Grenada, a five-star luxury property and many more.

### **37. Take a cruise stop in Grenada's new cruise ship terminal...**

Located in the picturesque capital city of St. George's, this modern facility accommodates up to two 980-foot mega cruise ships. There is an additional 328-foot (100m) catwalk with dolphins. The shore side amenities include parking spaces for tour buses; a visitors' welcome complex, a spice and craft market and a duty-free shopping compound all abuzz with activity when ships are in port. Customs, Immigration, Port Security and Tourist Information services are all available within the Visitors' Welcome Centre.

### **38. Watch world-class cricket at the new National Stadium...**

In preparation for the 2007 ICC Cricket World Cup - April 2007, Grenada completely rebuilt their national stadium, able to comfortably accommodate 15,500 charged cricket fans. Grenada with the financial efforts of the government and people from the Republic of China has gone through tireless efforts to build their state-of-the-art multi-purpose stadium capable of hosting major cricket matches and test series.

### **39. Feel comfortable with excellent medical care while in Grenada...**

There are three public hospitals in Grenada, including the newly renovated General Hospital in the town of St. George's. There are also private hospitals, as well as many public medical clinics throughout the island. Doctors will also make house calls.

### **40. Travel with ease to Grenada from Canada...**

Air Canada Vacations operates a non-stop flight from Toronto to Grenada (Sunday with easy connections from major gateways) from December 2008 to April 2009. Air Canada operates regularly scheduled flights from Toronto and Montreal to Barbados and Trinidad with connections on LIAT to Grenada. GG Tours and Titan Tours operate seasonal charter services ([www.ggtours.ca](http://www.ggtours.ca) and [www.titantours.com](http://www.titantours.com)). West Jet will operate a flight from Toronto to Barbados with connections on LIAT to Grenada from November onwards.

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