



# Grenada

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## Best Beaches

- » Paradise Beach (p466)
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- » Grand Anse (p456)

## Best Places to Stay

- » Petite Anse (p462)
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- » Flamboyant Hotel (p457)
- » Sunset Beach (p466)

## Why Go?

The most southerly islands in the Windward chain, Grenada and Carriacou (plus little Petit Martinique) are best known for having been invaded by the US in the '80s and pummeled by Hurricane Ivan in the '90s. But the storm damage is long gone and the American occupation a distant memory, and today the islands are some of the Caribbean's most appealing. From palm-backed white sand and translucent water to gray-black dunes and rolling breakers, the beaches are gorgeous. Grenada's corrugated coastline rises up to mist-swathed rainforest laced with hiking trails and swimmable waterfalls; while St George's, with its market, forts and postcard-perfect Carenage harbor, makes for a picturesque and friendly capital, and is the departure point for ferries to the laid-back sister isles of Carriacou and Petit Martinique. And though cruise ships inject a regular flow of short-stay visitors to Grenada, you'll find all three islands refreshingly quiet and uncrowded.

## When to Go

The steamy tropical climate is tempered by northeast trade winds, and in January the average daily high temperature is 84°F (29°C) and the average low is 75°F (24°C), rising to a high of 86°F (30°C) and a low of 77°F (25°C) in July. Rainy season (June to November) sees an average 22 days of rainfall per month in St George's. The driest months, January to April, see measurable rainfall for 12 days a month; this is the best time to visit, though if you like to party, the raucous August Carnival is also a brilliant time to be in Grenada.

## AT A GLANCE

**Currency** Eastern Caribbean dollar (EC\$); US dollar (US\$) accepted at most hotels, shops and restaurants

**Language** English

**Money** ATMs in all sizable towns, dispensing EC dollars

**Visas** Not required for citizens of the US, Canada and most European and Commonwealth countries

## Fast Facts

- » **Area** 132 sq miles
- » **Population** 100,000
- » **Capital** St George's
- » **Telephone country code** 2473
- » **Emergency** 2911

## Set Your Budget

- » **Budget hotel room** EC\$145
- » **Two-course evening meal** EC\$80
- » **Museum entrance** EC\$10
- » **Beer** EC\$6
- » **City transport ticket** EC\$3

## Resources

- » **Grenada Board of Tourism** ([www.grenada.grenadines.com](http://www.grenada.grenadines.com))
- » **Carriacou and Petit Martinique Travel and Tourism Association** ([www.carriacoupetitmartinique.com](http://www.carriacoupetitmartinique.com)) The lowdown on the smaller isles
- » **Grenada Explorer** ([www.grenadaexplorer.com](http://www.grenadaexplorer.com)) Online tourist guide with masses of helpful info

## Itineraries

### THREE DAYS

Stay on Grenada Island. Sample the beach at Grand Anse, then spend an afternoon in St George's, having lunch and strolling around the Carenage and checking out the fort, the market and the churches. Take a day relaxing on the sands of Morne Rouge, and another doing a round-the-island drive, stopping at the River Antoine rum factory and Levera or Bathway Beach on the east coast and Gouyave nutmeg plant or Concord Falls on the west.

### ONE WEEK

After completing the three-day itinerary, take a day to head into Grenada's hills and check out the Grand Etang volcanic lake, then hike some of the misty trails through the rainforest. Cruise over to Carriacou and settle into a few days of exploration and relaxation. Be sure to head over to Windward, up to the hospital hill and down to Paradise Beach, and take a coastal walk along to stunning Anse la Roche.

### 10 DAYS

Go where few are bold enough to attempt and split your time between all three islands in the country. Start on Grenada Island, checking out the highlights from the three-day itinerary, then cruise over to Carriacou to see how the beaches measure up. Reboard the *Osprey* and head over to Petit Martinique to complete the triple play.

## GETTING TO NEIGHBORING ISLANDS

From the Carenage in St George's, daily fast ferries and slower mail boats leave Grenada bound for Carriacou and Petit Martinique; there are also less-frequent mail boats to Union Island in St Vincent and the Grenadines; you can also hire a local pirogue to take you from Carriacou to Union Island. Daily flights to Carriacou and Petit Martinique offer a quicker way to island hop, and there are also direct flights to Trinidad, Tobago, Barbados, St Vincent and Canouan.

## Essential Food & Drink

- » **Roti** A tasty flat bread wrapped around curried meat and vegetables.
- » **Oil down** Beef and salt pork stewed with coconut milk.
- » **Saltfish and bake** Seasoned saltfish with onion and veg, and a side of baked or fried bread.
- » **Lambi** The local name for conch.
- » **Carib beer** Brewed in Grenada, and always served ice-cold.
- » **Jack Iron rum** Ice sinks in this lethal local bellywash.