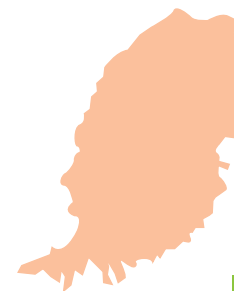


Grenada

The Spice Island



Grenada

Known as the Spice Island because of the nutmeg, mace and other spices it produces. Grenada is the second largest producer of nutmeg in the world. It is volcanic in origin, has a beautiful mountainous interior and is well endowed with lush forests and cascading rivers. St George's is the Capital and is widely acknowledged as the prettiest harbour city in the West Indies. Most of our accommodation is based on the south coast, where you will find the sandy beaches.

SPORT IN GRENADA

Whatever the sport, Grenada has the facilities and a great climate to get your team match-fit and to ensure your school, club or university team have fun. Queens Park Stadium complex provides excellent training and practice grounds. The stadium has hosted international cricket, athletics and soccer. St George's University, also has good cricket practice facilities, and benefits from a backdrop of the Caribbean sea. You will find a lot of the sporting venues for netball, cricket, athletics and soccer are based around local parishes, schools and clubs. Tennis facilities are available at most hotels, and public tennis courts are located at Grand Anse & Tanteen at St George.

i THINGS TO SEE & DO

- *Belmont Estate. A 300 year-old plantation that offers a unique link between the past and the present.*
- *Carenage is the inner harbour, which is a perfect horseshoe shape, and is the centre of marine activity in St. George.*
- *Rainforest & waterfall treks.*
- *Day trip to Carriacou.*
- *Grand Etang National Park is a major tourist attraction and nature park, which encompasses the Grand Etang Lake, covering 30 acres. It has many trails and is fantastic for hikers and nature lovers.*
- *Market Square is bustling, noisy and colourful. It is the centre of activity in St George.*
- *Sugar Factory – You can purchase its rum products and enjoy a guided tour.*
- *Grand Anse Beach.*
- *Whale watching – April – December.*



i EVENTS

- *Annual La Source Grenada Sailing festival – January
The festival has been taking place since 1994 and has grown to become one of the major events on the island.*
- *Carriacou Carnival – February
Celebrations involve 2 days of street parades.*
- *Grenada Triathlon – March
2 days of activities that test competitors endurance in swimming, cycling and running*
- *Carnival Monday & Tuesday
Parade of traditional and fancy bands in major towns*



i WHAT YOU NEED TO KNOW

- *The Capital is St George.*
- *British Citizens do not require a visa to enter the country for visits up to 3 months. Passports require 6 months validity from the date of return.*
- *The local currency is the Eastern Caribbean Dollar.*
- *Grenada is 4 hours behind GMT.*
- *Flights from the UK to Grenada take approximately 11 hours .*
- *Direct flight from the UK Departure tax is EC\$50 for adults (13yrs and over) and EC\$25 for children (5-12yrs old).*
- *Average temperature is around 27°C.*
- *Rainy season is June to December (short showers).*

