

Cayman Islands

TRAVEL GUIDE

Tripomatic





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Overview

The **Cayman Islands** are a British Overseas Territory of three islands in the western Caribbean Sea. Grand Cayman is the main island, with most of the hotels, restaurants and population. Cayman Brac and Little Cayman are smaller and quieter, reached by a short flight from Grand Cayman. All three islands are flat and ringed by coral reefs, with calm, clear water.

Grand Cayman suits travelers who want comfort and convenience: modern resorts, English-speaking service and a short flight from North America. Cayman Brac and Little Cayman suit visitors who prefer quiet beaches, wall diving and birdwatching over nightlife. The islands work well for a relaxed beach trip, a diving holiday or a family vacation. They are less suited to budget travel or deep historical sightseeing — the islands have little in the way of ancient sites or ruins.

When to visit

The Cayman Islands are warm and humid all year. The dry season, from about December to April, brings the most sunshine and the calmest weather. It is also the busiest time to visit. May to November is hotter and wetter, with short, heavy showers. This is also the Atlantic hurricane season, which is most active from August to October.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	Great	26° / 28°	25° / 23°	Oppressive humidity
February	Great	26° / 27°	25° / 23°	20 sunny days · Oppressive humidity · UV 9 (Very high)
March	Great	27° / 28°	25° / 24°	24 sunny days · Oppressive humidity · UV 10 (Very high)
April	Great	28° / 29°	26° / 25°	25 sunny days · Oppressive humidity · UV 11 (Extreme)
May	Fair	28° / 30°	27° / 26°	Oppressive humidity · UV 11 (Extreme)
June	Poor	29° / 30°	28° / 27°	22 rainy days · Oppressive humidity · UV 10 (Very high)
July	Poor	30° / 30°	29° / 28°	21 rainy days · Oppressive humidity · UV 11 (Extreme)
August	Poor	30° / 31°	29° / 28°	23 rainy days · Oppressive humidity · UV 11 (Extreme)
September	Poor	30° / 31° Feels like 33°	29° / 28°	24 rainy days · Oppressive humidity · UV 10 (Very high)
October	Poor	29° / 30°	28° / 27°	24 rainy days · Oppressive humidity · UV 8 (Very high)
November	Good	28° / 29°	27° / 26°	15 rainy days · Oppressive humidity
December	Good	27° / 28°	26° / 24°	Oppressive humidity

Best months: January, February, March, April

Climate data: NASA POWER + Copernicus ERA5 · 1996–2025

Money & payments

Currency

CURRENCY	1 KYD	1 KYD
CI$	**1.079 EUR**	**1.201 USD**
KYD	1 EUR = 0.9272 KYD	1 USD = 0.8323 KYD

Cards widely accepted

The Cayman Islands dollar is pegged to the US dollar, and US dollars are accepted everywhere alongside the local currency. Carry a little cash for small vendors and taxis on Cayman Brac and Little Cayman, where card machines are less common. ATMs are common on Grand Cayman but scarce on the sister islands, so withdraw what you need before flying there.

Typical costs

Rough prices in touristic areas, per person

Dinner (mid-range restaurant) three-course dinner for two, mid-range restaurant	100 – 130 CI$ €108 – €140
Inexpensive meal basic lunch with a drink	20 – 28 CI$ €22 – €30
Local beer domestic beer, 500ml, neighbourhood bar	5 – 8 CI$ €5 – €9
Coffee cappuccino	5 – 6.5 CI$ €5 – €7
Taxi (per km) metered taxi, approximate per km	3 – 4 CI$ €3 – €4

Tipping

Tipping follows US habits more than British ones. Restaurants often add a 10-15% service charge automatically, so check the bill before tipping again. Taxi drivers and hotel staff expect a similar amount. Dive boat crews rely on tips — a few dollars per tank, or 15-20% of the trip cost, is standard for a day on the water.

Restaurant 10-15% (often already added as a service charge — check the bill before adding more)	Expected
Hotel around 10% (often added as a service charge)	Expected
Taxi 10-15%	Expected
Tour guide US$5-10 per tank for dive boat crews, or 15-20% of the charter cost	Expected

Electricity

The Cayman Islands use Type A/B plugs at 120 V / 60 Hz, the same as the United States and Canada — visitors from those countries need no adapter.

ELECTRICITY



Type A

ELECTRICITY



Type B

120 V · 60 Hz

Language

English is the official and everyday language across the islands, so there is no language barrier for most visitors. Older Caymanians often speak with a distinct local accent and use some Caribbean expressions, but everything is understandable to English speakers.

Safety & emergencies

The Cayman Islands are one of the safer destinations in the Caribbean. Most crime affecting visitors is petty theft, such as an unattended bag left on the beach, rather than violent crime. Hurricane season runs from June to November; storms are uncommon but can disrupt travel plans with little warning, so check forecasts if visiting during these months. Medical care on Grand Cayman is good, but Cayman Brac and Little Cayman have only small clinics — serious cases are flown to Grand Cayman or Miami.

Emergency numbers

GENERAL EMERGENCY
911

POLICE
911

AMBULANCE
911

FIRE BRIGADE
911

Health

Tap water on Grand Cayman comes from desalination plants and is safe to drink straight from the tap. On Little Cayman, some properties rely on rainwater collected in cisterns, so ask your accommodation before drinking tap water there. Pharmacies are well stocked on Grand Cayman and keep standard shop hours; the sister islands have far fewer options, so bring what you need. No special vaccinations are required to enter, though routine immunizations should be up to date. Sun and heat are the biggest everyday health risks — drink plenty of water and use sunscreen, especially when snorkeling or diving.

Visas & entry

Citizens of the United States, Canada, the United Kingdom and most Commonwealth countries can enter without a visa. A return or onward ticket is required, and the initial stay is usually 30 days. Longer stays,

up to six months, are possible for visitors who can show proof of funds and accommodation. A number of nationalities need a visa to enter, or even to transit through, so check requirements well before booking.

> Visa and entry requirements change frequently. Verify current requirements with the official immigration authority or your country's embassy before travel.

Etiquette

Caymanian culture is relaxed but conservative — swimwear belongs at the beach or pool, not in shops, restaurants or town. Marine life is strictly protected. It is illegal to lift a starfish out of the water, even briefly for a photo, and turtles, coral and shells must also be left where they are. Boats and jet skis must slow down near dive flags and stay clear of designated swim zones. Greet people with a simple hello before starting a conversation or asking for help — Caymanians appreciate the courtesy.

Holidays & opening hours

Public holidays bring most banks, offices and some shops to a stop, though hotels, restaurants and tourist attractions generally stay open. Shops on Grand Cayman are typically open Monday to Saturday, with shorter hours or closures on Sunday; banks close by early-to-mid afternoon and are shut on weekends.

Public holidays

Jan 1	New Year's Day
Dec 25	Christmas Day
Dec 26	St. Stephen's Day
movable — Feb/Mar	Ash Wednesday
movable — Jul	Constitution Day
movable — May	Discovery Day
movable — Mar/Apr	Easter Monday
movable — May	Emancipation Day
movable — Mar/Apr	Good Friday
movable — Jan	National Heroes Day
movable — Nov	Remembrance Day

Getting around

- **By air**: Cayman Airways runs short domestic flights connecting Grand Cayman with Cayman Brac and Little Cayman, and between the two sister islands. Flights take under an hour and are the only dependable way to island-hop.
- **By minibus**: On Grand Cayman, privately run minibuses connect George Town, Seven Mile Beach, West Bay, Bodden Town, East End and North Side. Flag one down at a bus stop and pay the driver directly.
- **By taxi**: Taxis cover Grand Cayman, but they are not metered — agree the fare before you set off. On Cayman Brac and Little Cayman, arrange transport through your accommodation, since taxis are scarce.

Driving

- **Which side**: Cars drive on the left, like in the UK — a change of habit for visitors from the US, Canada or mainland Europe.
- **Licence**: Visitors can drive on a valid home driver's licence for up to six months; no separate local permit is required.
- **Rental cars**: Most visitors explore Grand Cayman by rental car; roads are well paved but narrow in places, and roundabouts are common.
- **Parking**: Parking is free at most beaches and attractions; George Town has metered and lot parking near the cruise port.
- **Fuel**: Stations are a mix of full-service and self-service. Major-brand stations take cards; smaller ones may be cash only. Pumps are labeled Regular, Premium or Diesel.

URBAN	RURAL	PETROL	DIESEL
40 km/h	80 km/h	Regular, Premium	Diesel

Drive on the left

No motorway vignette needed

Food & drink

Caymanian cooking blends Caribbean, Jamaican and British influences, built around fresh seafood. Locals eat a light breakfast, then a bigger midday meal of fish, rice and beans, followed by a lighter dinner. Restaurants range from casual jerk stands and fish shacks to formal dining rooms, with the more upscale spots concentrated around Seven Mile Beach and Camana Bay.

Seafood dominates the menu: fried or steamed fish, conch prepared as fritters, stew or ceviche, and spiny lobster in season. Cassava and coconut appear in savory stews and sweet cakes alike. Rum is the local drink of choice, made by Cayman-based distillers, alongside sorrel at Christmas and fresh fruit juices year-round.

What to eat & drink

BREAKFAST

Ackee and Saltfish
Bright yellow ackee fruit cooked with salted, dried codfish — a hearty breakfast staple shared with neighbouring Jamaica.

SNACKS & STREET FOOD

Conch Fritters · Conch
Deep-fried balls of chopped conch meat mixed with peppers and spices, found on menus across the islands.

SWEETS & DESSERTS

Cayman-style Heavy Cake
A dense, spiced cake made from cassava or sweet potato, coconut milk and brown sugar.

DRINKS

Sorrel
A tart, ruby-red drink steeped from dried sorrel (hibiscus) flowers, traditionally served at Christmas.

SIGNATURE DISHES

Fish Rundown
A slow-simmered stew of snapper, coconut milk, breadfruit or cassava and cornmeal dumplings — widely regarded as Cayman's national dish.

Cayman Islands – Plan Your Trip
Turn the places from this guide into a real itinerary, with smart routing, time estimates, and everything you need for a perfect trip.
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Scan to download the app

Where to explore

The three islands each offer something different. Grand Cayman is home to most hotels, restaurants and the capital, George Town, along with Seven Mile Beach and the busiest dive sites. Cayman Brac is a quieter island built around a dramatic limestone bluff, popular with hikers, birdwatchers and cave explorers. Little Cayman is the smallest and least developed of the three, known for deep wall diving and one of the Caribbean's largest colonies of red-footed boobies.

Overview





A Stingray City Diving Site

Stingray City is a series of shallow sandbars found in the North Sound of Grand Cayman, Cayman Islands.

Cayman Islands (19.35925, -81.28587)

islandsplashwatersports.com



B Cayman Turtle Centre

Conservation and education facility focused on the breeding and research of green sea turtles since 1968. It includes a snorkeling lagoon, a nature trail, and an aviary.

Northwest Point Road, West Bay, KY (19.38004, -81.41553)

Mo–Sa 08:00–04:30

turtle.ky, +134 5949 3894



C Seven Mile Beach

Seven Mile Beach is a long crescent of coral-sand beach on the western end of Grand Cayman island.

Cayman Islands (19.34015, -81.38651)



D Hell

Geological site featuring jagged black limestone formations estimated to be 24 million years old. The area includes a local post office and souvenir shops.

(Unnamed Road), West Bay, Cayman Islands (19.37869, -81.40653)

Mo–Su 00:00–24:00

visitcaymanislands.com/things-to-do/popular-attractions...



E Queen Elizabeth II Botanic Park

Queen Elizabeth II Botanic Park is a non-profit outdoor garden and wildlife facility located in the North Side District of Grand Cayman...

(19.31705, -81.16948)

Apr-Sep Mo–Su 09:00–18:30
Oct-Mar Mo–Su 09:00–17:30

botanic-park.ky, 1-345-947-9462



F Pedro St. James

Restored 18th-century plantation home and the oldest surviving stone structure in the area. This national historic site features a three-story Great House, period furniture, and landscaped gardens by the sea.

KY (19.26640, -81.29180)

Mo–Su 08:30–17:00

pedrostjames.ky, +13459473329



G Rum Point Beach

A peninsula full of beaches suitable for kids. It is a great place with restaurants, so you can get some food after your day on the beach.

Cayman Islands (19.37277, -81.27106)



H National Museum

A museum that is dedicated to the history and heritage of Cayman Islands. Its exhibitions include both human and nature history.

Harbour Drive, KY1-1105 George Town, KY (19.29408, -81.38275)

museum.ky, +1-345-949-8368

DATA SOURCES

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