

Grenada

TRAVEL GUIDE

Tripomatic



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Overview

Grenada is a small volcanic island in the southeastern Caribbean, nicknamed the "Spice Isle" for its nutmeg, mace, and cocoa plantations. Rainforest-covered mountains rise above a coastline of black-sand coves and white beaches such as Grand Anse Beach. The capital, St. George's, wraps around a horseshoe harbor lined with pastel warehouses and watched over by two 18th-century forts. Off the west coast, Underwater Sculpture Garden is the world's first underwater sculpture park. Its concrete figures are now grown over with coral.

Grenada suits travelers who want an active, low-key Caribbean trip rather than a resort stay. Highlights include hiking to crater lakes and waterfalls, touring working spice and rum estates, and sailing to the quieter sister islands of Carriacou and Petite Martinique. France and then Britain ruled the island for close to 300 years before independence in 1974. A 1983 revolution ended when the prime minister, *Maurice Bishop*, was executed. A United States-led military intervention followed days later, a period Grenadians still discuss openly. The dry season, January to May, is the best time to visit. Hurricane season runs June to November. Parts of Carriacou and the mainland's north coast are still rebuilding after Hurricane Beryl in 2024.

Money & payments

Currency

CURRENCY	1 XCD	1 XCD
EC$	**0.3289 EUR**	**0.3694 USD**
XCD	1 EUR = 3.04 XCD	1 USD = 2.707 XCD

Cards accepted in major venues

US dollars are accepted almost everywhere, but change usually comes back in East Caribbean dollars at a less favorable rate, so it is worth carrying some local cash. Cards work in most hotels, restaurants, and larger shops on the main island. Bring cash for minibuses, small vendors, market stalls, and for Carriacou and Petite Martinique, where card machines are less common.

Typical costs

Rough prices in touristic areas, per person

Hotel (double room, per night) mid-range hotel, double room	300 – 600 EC$ €99 – €197
Dinner (mid-range restaurant) mid-range restaurant, per person	60 – 120 EC$ €20 – €39
Inexpensive meal	20 – 35 EC$ €7 – €12
Local beer	8 – 12 EC$ €3 – €4
Coffee	8 – 15 EC$ €3 – €5
Water	3 – 5 EC$ €1 – €2
Transit ticket minibus fare, by distance	2.5 – 6.5 EC$ €1 – €2

Tipping

Restaurant 10% if not already included (many bills add an 18% service charge)	Expected
Hotel often included as an 18% service charge; 10% if not	Expected
Taxi round up	Not customary
Tour guide 10-15% of the tour cost	Optional
Bar round up	Optional

Many hotels and restaurants already add an 18% service charge to the bill — check before tipping again. If no charge is added, 10% is the norm. Taxi fares are fixed, so drivers are not usually tipped, though rounding up is appreciated. For a multi-day tour guide, a tip of 10–15% of the tour cost is a fair way to say thank you.

Electricity

Grenada uses UK-style Type G sockets at 230 V / 50 Hz, a leftover of British colonial rule. Most of the Caribbean uses American Type A/B outlets instead, so visitors from North America will need a plug adapter, not just a voltage converter.

ELECTRICITY



Type G

230 V · 50 Hz

Language

English is the official language and is spoken everywhere, including on Carriacou and Petite Martinique. Casual conversation between Grenadians often shifts into Grenadian Creole English, which can be hard to follow at speed but is not a barrier — locals switch easily back to standard English with visitors. A French-based patois once spoken on the island has almost disappeared and is no longer needed for travel.

Staying connected

Digicel and Flow both run 4G networks that cover the main tourist areas well; coverage gets patchier in the interior and on Carriacou and Petite Martinique. Prepaid SIM cards from either provider are easy to find in St. George's and at the airport — bring your passport when you buy one. Wi-Fi is standard in hotels and guesthouses across the island.

Safety & emergencies

Emergency numbers

GENERAL EMERGENCY
911

AMBULANCE
434

Grenada is generally relaxed, but crime against visitors has been rising. Keep valuables out of sight, avoid walking alone late at night, and be cautious on isolated beaches or trails after dark. Petty theft happens in crowded markets and at Carnival events, so watch bags and pockets. Boaters should be wary of unfamiliar vessels approaching at anchor. Police response outside St. George's can be slow, so prevention matters more than in many other Caribbean destinations.

Health

Tap water on the main island is treated and safe to drink. Carriacou and Petite Martinique rely on rainwater harvesting instead, so bottled water is the safer choice there. Pharmacies are well stocked in St. George's and around Grand Anse; options are more limited elsewhere and on the smaller islands, so bring extra of any regular medication.

Dengue and Zika are both present in Grenada. Both spread through mosquitoes that bite during the day, so use repellent even outside the evening hours. No vaccinations are required to enter Grenada

unless arriving from a country with yellow fever — a certificate is needed in that case.

Visas & entry

Citizens of the United States, Canada, the United Kingdom, the EU, and most Commonwealth and Caribbean countries do not need a visa. They can typically stay up to 90 days as tourists. Everyone needs a passport valid for at least six months beyond arrival and a return or onward ticket.

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

Etiquette

- Camouflage-patterned clothing and accessories are illegal for civilians in Grenada and can be confiscated on arrival — do not pack any.
- Cover up away from the beach or pool; swimwear is fine on the sand but not in town or restaurants.
- Greet people with "good morning" or "good afternoon" before asking a question — jumping straight to a request is considered rude.
- Ask before photographing people, especially in markets and fishing villages.

Holidays & opening hours

Spicemas, Grenada's Carnival, takes over St. George's for several days in August with parades and street parties — expect many businesses to close and transport to be crowded. Sundays are quiet island-wide, with most shops and some restaurants closed, so plan grocery and errand stops for Saturday.

Public holidays

Jan 1	New Year's Day
Feb 7	Independence Day
May 1	Labour Day
May 1	Indian Arrival Day
Aug 11	Carnival
Oct 25	Thanksgiving Day
Dec 25	Christmas Day
Dec 26	Boxing Day
movable — May/Jun	Corpus Christi
movable — Mar/Apr	Easter Monday
movable — Aug	Emancipation Day
movable — Mar/Apr	Good Friday
movable — May/Jun	Whit Monday

Getting around

- **By air**: Maurice Bishop International Airport, near Grand Anse, is the main gateway. Small propeller flights connect the mainland to Carriacou in about 20 minutes — useful if the ferry schedule does not fit your plans.
- **By ferry**: A passenger ferry links St. George's with Carriacou (and on to Petite Martinique) a few days a week; the crossing takes roughly two hours. Book ahead in high season and around Carriacou's Regatta Festival in late July/early August.
- **By minibus**: Privately run minibuses ("reggae buses") cover the main roads for EC$2.50–6.50 depending on distance, roughly 6 am to 9 pm Monday to Saturday, with little to no service on Sundays. Flag them down anywhere along the route.
- **By taxi**: Taxis run on a fixed-rate card rather than a meter — agree the fare, or check it against the posted rates, before you get in.

Driving

- **Traffic drives on the left**, following British rules — a change to plan for if you normally drive on the right, especially at junctions and roundabouts.
- **Speed limits**: around 40 km/h in towns and villages, about 60 km/h on the open road.
- **Visitor's permit**: rental agencies typically arrange a local driving permit for about EC$60, valid for 90 days, on top of your home license.
- **Road conditions**: main roads around St. George's and Grand Anse are well maintained; interior roads toward Grand Etang and the northern parishes are narrow, steep, and winding — drive slowly and avoid them after dark if you can.
- **Fuel**: stations are concentrated near St. George's and Grand Anse, so fill up before heading north or into the interior.

URBAN	RURAL	PETROL	DIESEL
40 km/h	60 km/h	Premium, Regular	Diesel

Drive on the left

No motorway vignette needed

No tolls or vignettes on Grenada's roads.

Food & drink

Breakfast is often simple — saltfish and bakes (fried dough) with a cup of local cocoa tea. The national dish is oil down: breadfruit, salted meat, callaloo, and dumplings layered in a pot with coconut milk and turmeric. It simmers, unstirred, until the liquid is fully absorbed. Every parish and household makes it a little differently.

Spices define Grenadian food. The island is one of the world's largest nutmeg producers, and nutmeg, mace, cinnamon, and cloves flavor stews, rum punch, and ice cream alike. Rum matters just as much: River Antoine Rum Distillery still presses and distills cane by hand on 19th-century equipment, and estates like Clarke's Court Rum Distillery offer tours of the process. Cocoa is the third local staple — plantations such as Belmont Estate and small producers like Grenada Chocolate Factory take visitors from bean to bar.

For street food, Friday night in Gouyave is worth planning around. The town turns its main street into an open-air fish fry, grilling and frying seafood with local hot sauce. To drink, look for rum punch, sea moss punch (a creamy, nutmeg-spiced tonic), and the bitter, herbal mauby, alongside the usual Caribbean beers.

What to eat & drink

BREAKFAST

Saltfish and Bakes
Salted cod sautéed with onion and peppers, served with fried bakes (dough).

SWEETS & DESSERTS

Nutmeg Ice Cream
Locally made ice cream flavored with Grenada's signature spice.

DRINKS

Rum Punch
Local rum mixed with fruit juice, nutmeg, and bitters.

Mauby
A bittersweet drink brewed from tree bark, sugar, and spices.

SIGNATURE DISHES

Oil Down
Grenada's national dish: breadfruit, salted meat, and callaloo simmered in coconut milk and turmeric until the liquid is absorbed.

Callaloo Soup
A creamy soup made from callaloo leaves, coconut milk, and local seasoning.

Grenada – 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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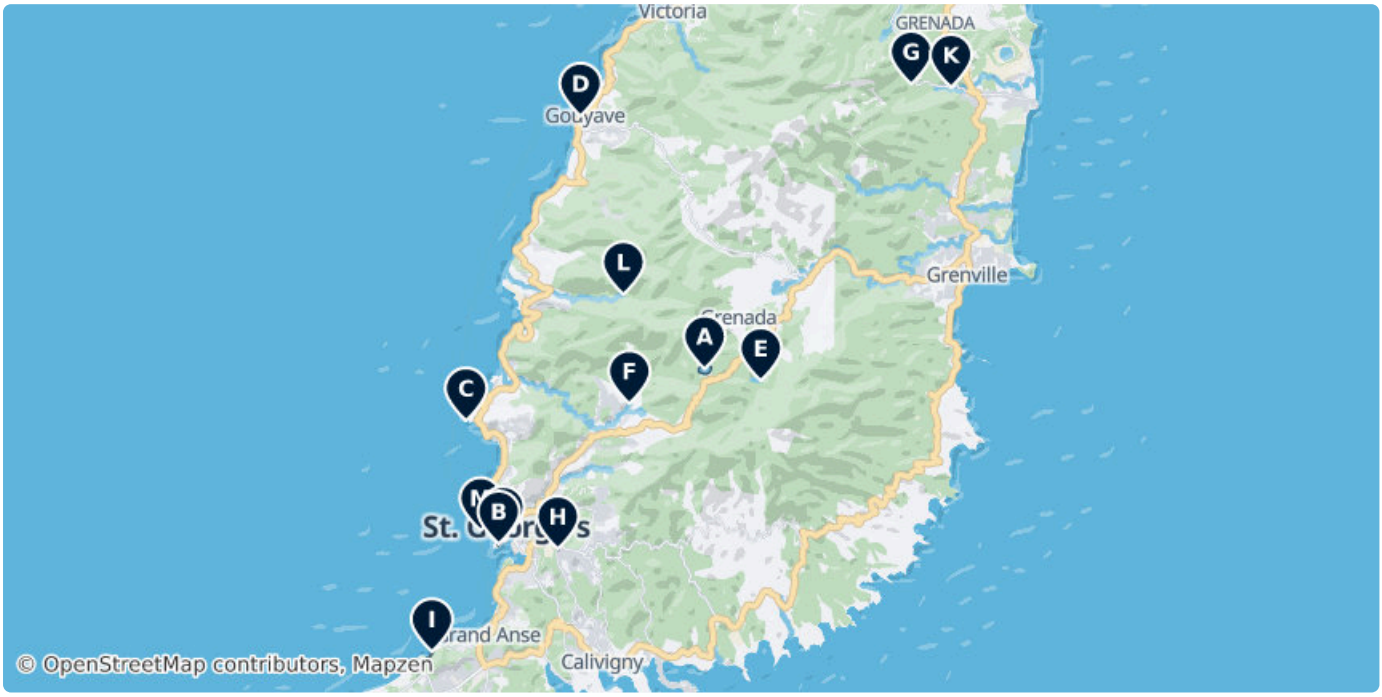
Where to explore

Most visitors base themselves on the mainland, close to the capital, St. George's, with its harbor and historic forts. Just south of town is the resort strip along Grand Anse Beach. On the west coast, the fishing town of Gouyave is known for its nutmeg processing station and Friday fish fry. Grenville, on the east coast, has one of the island's biggest produce markets. In the north, Sauteurs sits above the site where the island's last Kalinago inhabitants died rather than surrender to French forces in 1651.

For a slower pace, Carriacou and Petite Martinique is Grenada's sister-island dependency, a short flight or ferry from the mainland. Carriacou's main town, Hillsborough, and the tiny, mostly car-free Petite Martinique see far fewer visitors. Both have quiet beaches and strong sailing and diving traditions, and Carriacou has its own small museum of island history. Just offshore, the powder-white sandbar of Sandy Island is one of the country's best-known views.

Grenada Essentials

Grenada's landscape is defined by its volcanic origins and colonial history. This collection features the Grand Etang Lake, situated within a 12,000-year-old crater, and the tiered cascades of Seven Sisters and Concord Waterfalls. Historical sites include the 18th-century Fort George and Fort Frederick, which overlook the capital. The island's reputation as the 'Spice Isle' is explored through the Gouyave Nutmeg Processing Station and the cocoa estates of Belmont and the Grenada Chocolate Factory. Coastal highlights range from the calm Morne Rouge Beach to the Molinere Bay Underwater Sculpture Park.





A Grand Etang Lake

Grand Etang Lake is a crater lake in an extinct volcano which hasn't erupted in 12,000 years.

(12.09734, -61.69612)



B Fort George

A fantastic fort. Learn about the history of the city in a fun way and enjoy the stunning views from the top.

(Unnamed Road), Saint George's, Grenada
(12.04930, -61.75392)

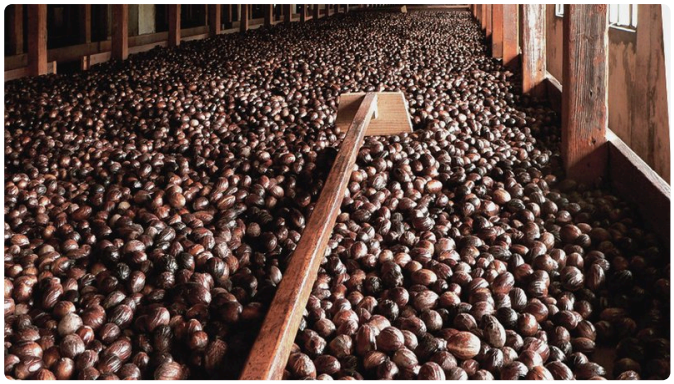


C Underwater Sculpture Garden

The Molinere Bay Underwater Sculpture Park is a collection of ecological underwater contemporary art located in the Caribbean sea off the...

Grenada (12.08311, -61.76309)

grenadaunderwatersculpture.com, +1 473 405 7900



D Gouyave Nutmeg Processing Station

Tour the factory and see how nutmeg is processed. And at the end, you can buy your own bag of fresh spice.

(Unnamed Road), Saint John's, Grenada (12.16673, -61.73095)

+1 473 444 8337



E Seven Sisters Waterfalls

Also called St. Margaret falls, these seven natural wonders are well-worth the visit. An exciting and rewarding hike.

Grenada (12.09411, -61.68032)



F Annandale Falls

These beautiful falls are unfortunately quite touristy. However, they are well-accessible and still a stunning sight.

(Unnamed Road), Grenada (12.08782, -61.71724)



G Grenada Chocolate Factory

Learn all about chocolate and how it is produced at this small factory. An interesting tour and a must for chocolate lovers.

Hermitage, St. Patrick, Grenada (12.17544, -61.63809)

grenadachocolate.com, +1 473 442 0050



H Fort Frederick

A nice and well-preserved fort. There is not much to see, but the views from the top are terrific.

(Unnamed Road), Saint George's, Grenada (12.04793, -61.73731)



I Morne Rouge Beach

This marvellous beach is often missed, but that makes it even more exquisite. Calm, clean and beautiful.

Grenada (12.01977, -61.77265)



J Grenada National Museum

The Grenada National Museum is a museum in St. George's, Grenada.

Monckton Street, Saint George's, Grenada (12.05058, -61.75262)

+1 473 440 3725

K Belmont Estate

There is so much to do at this working cocoa plantation. A fascinating place where to learn about the history of the island.

Belmont, St Patrick, Grenada (12.17457, -61.62693)

Mo–Su Closed

belmontestate.net, +1 473 442 9524

L Concord Waterfalls

There are actually three waterfalls here - do not miss the other two. A beautiful sight and you can even take a swim in the pond.

Grenada (12.11773, -61.71889)

Bianca C Ship Wreck

The MV Bianca C. was a passenger ship that sank on two occasions, the first time in France before being completed, and the second time...

Grenada (12.05300, -61.75900)

DATA SOURCES

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