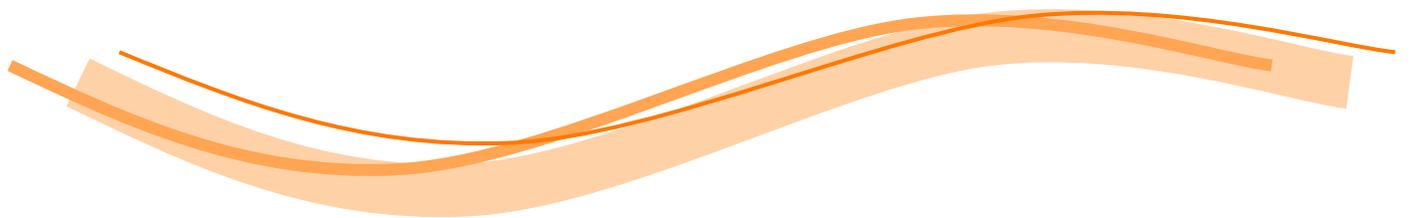




GRENADA





<p>GRENADA</p>	<p>Grenada is called 'The Spice of the Caribbean'; with lush vegetation, bountiful beaches and adventures on land and sea, it's the Caribbean you always imagined.</p> <p>Grenada, and the unspoiled islands of Carriacou and Petite Martinique offer a safe, romantic, natural, very authentic - and affordable destination. You can enjoy unique vacation experiences - varied, active, energizing and quietly exciting – to put you in tune with the 'Rhythms of Spice' for a lifetime! And meet a people whose simple, celebratory, colourful lifestyle and unmatched warmth make Grenadians the very 'Spice' of the land.</p> <p>Grenada's waters offer vast, diverse coral reefs and the first underwater sculpture garden in the world. Divers and snorkellers can view rare oyster beds, abundant fish, and a submarine volcano. Other water activities include world-class yachting, sports fishing, whale watching or catching a glimpse of the spectacular leatherback turtles hatching their eggs.</p> <p>Environmentally conscious with no high rise hotels, one ninth of Grenada's land mass forms nature preserves. Grenada has pristine white sand beaches, tropical rainforests, ocean gardens and spectacular waterfalls.</p> <p>Discover Grenada's vibrant culture, colonial history, three hundred years of spice and rum production, friendly people and food laced with local spices. Visit www.GrenadaGrenadines.com .</p>
<p>Location</p>	<p>The three islands of Grenada, Carriacou & Petite Martinique are located in the eastern Caribbean at the southern extremity of the Windward Islands, only 160 kms north of Venezuela. To the north lie St. Vincent and the Grenadines and to the south lie Trinidad and Tobago.</p>
<p>Geography</p>	<p>This small nation consists of three islands: Grenada (120 square miles/310 square kilometers), Carriacou (pronounced Carry-a KOO), 13 square miles/34 square kms) Petite Martinique (pronounced Pitty Mar-ti-NEEK) 0.8 square miles/2 square kilometers.</p> <p>Grenada is by far the largest of the three, with a width of 18 km and a length of 34 km. Its 133 square miles are mountainous, volcanic terrain, reaching heights of over 2,750 feet atop Mount St. Catherine. This topography provides Grenada with one of the loveliest and most varied environments in the Caribbean, including crater lakes as well as a variety of plant and animal life. Dwarf forests high atop Mount St.</p>

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	Catherine descend to the montane rainforests of middle altitudes, which give way in turn to the dry forests of the lowlands. Those forests shift to mangrove at the coast, giving way to stunning white sand beaches, brilliant blue water and exquisite coral reefs.
Name	The island reminded the Spanish discoverers of the hills around the city of Grenada in Spain
Population	Just over 100,000 people inhabit Grenada, including the 8,000 inhabitants of Carriacou and the 600 residents of Petite Martinique; citizens are primarily of African, East-Indian and European descent, with the largest proportion of the population, approximately 75%, of African descent.
Language	English is commonly spoken. Creole English, a mixture of several African dialects, English, and French, is spoken informally by most.
Currency	Major credit cards are accepted by most hotels, car rental companies, and shops. The Eastern Caribbean Dollar, linked to the US Dollar, is the local currency. Currently, \$1 CDN = \$2.66 EC (December 2010). The banks operating on the island include a mix of international and indigenous financial institutions. One of Grenada's largest banks is the Scotiabank . It has two branches in the capital city of St. George's as well as one in Grenville. Besides providing Cashstop automatic banking transactions, Scotiabank also offers foreign exchange and credit card cash advances.
Tippling	There is an 8% Government Tax at hotels and restaurants. Most also add a 10% service charge. Additional gratuities are at your discretion
Government	The state of Grenada, which includes Carriacou and Petite Martinique, is an independent nation within the British Commonwealth. A governor general represents her majesty the Queen. The country is governed by a 13-member senate and a House of Representatives, with a Speaker and 15 members, each representing a constituency
Documentation	A valid passport and return or onward ticket
Time zone	1 hr ahead EST
Health	There is a General Hospital in St. George's, a smaller hospital in Mirabeau in the northern parish of St. Andrew, and one in Carriacou
Safety tips	Usual precautions – there is some petty street crime so don't flash your valuables.

CLIMATE	
General climate	Average temperatures range from 24°C to 30°C, tempered by the steady and cooling trade winds. The lowest temperatures occur between November and February. Due to Grenada's remarkable topography, the island also experiences climate changes according to altitude. In the autumn of 2004, Hurricane Ivan laid waste to much of the island, but there has been a remarkable recovery since then.

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Today's weather	29 centigrade and sunny (11 Dec 2010)
Best time to visit	The driest season is between January and May. Even during the rainy season, from June to December, it rarely rains for more than an hour at a time.

GETTING THERE	
Flying time	5.5 hours with Air Canada from Toronto, weekly, flying on Sundays Persons 13 years of age and older are required to pay EC \$60 (US \$23) in 2010.
Towns	<p>The capital city of Grenada, St. George's is the prettiest harbor town in the West Indies. Its landlocked inner harbor is actually the deep crater of a long-dead volcano. In the town, you'll see some of the most charming Georgian colonial buildings in the Caribbean, still standing despite a devastating hurricane in 1955. The steep, narrow hillside streets are filled with houses of ballast bricks, wrought-iron balconies, and sloping, red-tile roofs. Many of the pastel warehouses date from the 18th century. Frangipani and flamboyant trees add to the palette of color.</p> <p>The port, which some compare to Portofino, Italy, is flanked by old forts and bold headlands. Among the town's attractions is an 18th-century pink Anglican church, on Church Street, and the Market Square, where colorfully attired farm women offer even more colorful produce for sale. Fort George, on Church Street, built by the French, stands at the entrance to the bay, with subterranean passageways and old guardrooms and cells.</p>
Distances	The whole island is only 35 x 20 km so nowhere is too far away.
Island Hopping	<p>Island hopping is a wonderful way to fully explore this three-island nation.</p> <p>By Air: St. Vincent Grenadines Air (SVG Air) operates daily flights between Grenada's Maurice Bishop International Airport and Carriacou's Lauriston Airport. The 20 minute flight is EC \$124 one-way or EC \$245 return. With 2 morning and 2 afternoon departures (except on Thursdays), it is easy for visitors to spend at least one day exploring Carriacou. Ticket prices and schedules are subject to change so contact SVG Air for more information -Tel: 473 444-1475 www.svgair.com</p> <p>By Sea: For visitors already in Grenada, the Osprey Ferry operates daily round-trip service between Grenada, Carriacou and Petite Martinique. The 90-minute journey on a power-catamaran travels along Grenada's scenic west coast from St. George's, passing the small islets between Grenada and Carriacou and arriving in Hillsborough, before going onto Petite Martinique. For a day trip to Carriacou passengers should get to the Queen's Jetty on the Carenage (opposite the Fire Station) by 08:30 to purchase tickets from the Osprey's ticket counter. In Carriacou tickets can be purchased from the Osprey's office on Main</p>

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	Street, Hillsborough. Tickets cost EC \$80 one-way or EC \$160 return per person.
Car Rental	To obtain a local driving permit, a driver's license must be presented at the traffic department at the Central Police Station on the Carenage. The cost is EC\$30.00. Most car rental firms also issue local permits. There is a network of approximately 1200kms of paved roads and most of the main roads are in good condition. Note that driving is on the LEFT.
Buses	Buses run everywhere – you can flag them down with frantic downward pointing finger motions! Minivans, charging EC\$1.50 to EC\$6.50 (55¢-\$2.40), are the cheapest way to get around. The most popular run is between St. George's and Grand Anse Beach. Most minivans depart from Market Square or from the Esplanade area of St. George's.
“Train”	Whenever you hear the ringing of the bells through the city of St. George, you will know that the Grenada Discovery Train is approaching. Starting December 2010, this sightseeing trolley inspired by a 1960's steam locomotive, will offer tours throughout the town of St. George. The trolley starts at the Cruise Ship Terminal just outside the Esplanade Mall and leaves every hour starting at 9am, with the last train at 3pm. The first stop will be at the Roman Catholic Church, then to Fort George and the Summer House View Point where you will get a panoramic view of the Carenage. You will also see one of Grenada's historical landmark; the National Museum. You can take pictures of the picturesque waterfront at the Herbert Blaize View Point. Stops are also made at the Tanteen Craft Market and the Christ of the Deep Statue. Admissions to Fort George and the National Museum are included in the cost of the ticket for the price of US\$15 for adults and US\$10 for children. Drinks can be purchased while on the trolley. The trolley can also be rented for special occasions such as weddings and other events.

ACCOMMODATION TYPES	<p>From the grandest luxury hotels and all-inclusive resorts, to the smallest inviting guest-houses and inns, Grenada offers accommodations that suit every lifestyle. Here are some highlights and new developments:</p> <p>MOUNT CINNAMON The 21-room fully furnished and tastefully equipped Mount Cinnamon Resort has one, two and three bedroom suites and villas, providing scenic panoramic beach views and offering a beachside cabana club with water sports, tennis, spa treatments, swimming pool and gymnasium. This is the Travel Show prize resort.</p>
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TRUE BLUE BAY RESORT & VILLAS

The lawns and gardens at this family-run resort, a former indigo plantation, slope down to True Blue Bay. The Indigo rooms with connecting doors work well for families. Three colorful cottages are near the pool, and four spacious apartments are perched on a cliff overlooking the bay. Each has a living room with a sofa bed, a dining area, and a fully equipped kitchen. Modern villa suites, decorated in Caribbean colors, also have views of the bay. Grand Anse Beach is a five-minute drive away. Arrange yacht charters at the busy marina or dive excursions at the on-site dive center. The Dodgy Dock Restaurant & Lounge Bar is a popular gathering spot. There is a complimentary shuttle to Grand Anse Beach. This is where I stayed on my trip in December 2010.

FOUR SEASONS RESORT & PRIVATE RESIDENCES, GRENADA

The Grenada Four Seasons Hotel and Residences project is being developed on 420 acres of land on the south east coast of Grenada. This includes the 81-acre Hog Island which has been joined to the mainland by a bridge. The entire project comprises an 18-hole Championship Golf Course, a 130-Key Four Seasons Resort Hotel (including 2 Presidential Suites and 1 Royal Suite) with full supporting facilities having rooms of a single-story, low-density nature. It also includes a marina with a sailing school and terrestrial research centre, yacht slips, as well as tennis courts, club houses, several restaurants, bars, and 175 private residences and villas spread over the entire acreage.

PRICKLY BAY WATERSIDE

Prickly Bay Waterside is one of Grenada's high end luxury tourism developments that opened in 2009. The first phase comprises one, two, and three bedroom apartments, and duplexes. These apartments all have large balconies overlooking the beautiful Prickly Bay, and many have their own plunge pools.

LE PHARE BLEU MARINA & RESORT

Le Phare Bleu Marina & Resort is beach-front resort comprising thirteen units, designed with a blend of modern and traditional styles. Service facilities are available to the yachting community on site, and the water sports facilities include sailing, snorkeling and wake boarding. The resort is best suited for those independent travelers with a sense of adventure, who enjoy an active holiday experience, but do not want to miss out on high levels of comfort and service.

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GRAND HARBOUR WATERFRONT RESIDENCES

Grand Harbour is a collection of luxury waterfront residences located on Egmont Point on the south coast of Grenada. Overall, it comprises 54 units with 134 rooms divided among three-bedroom waterfront town houses, three-bedroom waterfront apartments and two-bedroom hillside apartments.

PORT LOUIS MARINA & CREOLE VILLAGE

Phase six of the flagship project is now in progress. It will have facilities and amenities that are designed to reflect local heritage while providing the best in international style and luxury. Upon completion the new marina will offer almost 400 berths for craft from 10m to 90m including 73 super yacht berths (25m+ in length).

BACOLET BAY RESORT AND SPA

Bacolet Bay Resort and Spa is spread over 41 acres of tropical gardens and comprises of a mix of apartments, villas and hotel cottages offering state-of-the-art facilities including spa and fitness center, tennis courts, beachfront bars and restaurants. This 5-star luxury project was launched in February 2007 and construction of 133 units is rescheduled for completion at the end of 2010.

LEVERA RESORT DEVELOPMENT

This project is structured to create a world-class luxury eco-resort that meets industry best practices. It will be of low-density in synergy with its ecological goal to preserve the esthetics of the Levera National Park, Levera Beach and the protection of the turtle breeding habitat. The first phase of the project focuses on the hotel core itself followed by construction of 55 free-standing suites and villas. These would be completed at the end of 2011.

THE POINT

Located on the south coast of Grenada, this 15-room resort property has two unspoilt white sand beaches offering protected swimming and snorkeling. Upon completion it will offer, a high level of finish and modern architectural designs utilizing the best of the Caribbean, Mexican and regional design influences.

TARGET GROUPS	
Kids	Beaches, hiking, swimming in waterfalls, forts, rainforest exploration, crater lake, Adventure River Tubing on Balthazar River. River Tubing: Imagine gliding down the Balthazar River on nothing but an inner tube, feeling the water splash your body as you navigate your way through the brisk rapids and into a tranquil pool where you can take

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	<p>a break from the adventure and socialize with the knowledgeable staff that run the river tubing attraction. This is Eco-tourism at its finest - great fun, very entertaining, even thrilling, with virtually no impact on the environment. For more information visit www.adventuregrenada.com</p>
Teens	<p>Scuba, hiking in the rainforest, waterskiing and all kinds of other water sports.</p> <p>Snorkelling with Aquanauts: New this year to Grenada is Aquanauts 'Snorkelling Tours'. Trips are led from large comfortable boats and guided by knowledgeable and friendly Grenadian water enthusiasts. Snorkel instructors are available to teach techniques and safety to first-timers. One of Grenada's most reputable dive companies, Aquanauts offers trips that are appropriate for groups of various skill levels. For more information, visit www.aquanautsgrenada.com</p>
Romance	<p>One of the most romantic of the Caribbean islands!</p>
Honeymoons & Weddings	<p>\$10 EC license, valid Passports, birth certificates, sworn Affidavit (<i>or letter from a Clergy Man, Lawyer or Registry</i>), attesting that neither party has not been married previously Decree Absolute, for each divorced party If widowed, the deceased's Death Certificate, legal proof if a name was changed by Deed Poll If under the age of 21, written parental consent by way of an Affidavit from a Lawyer or Notary Public. All documents must be in English and the period of residency is three full working days (not inclusive of week-ends) before an application can be made for the licenses. Application is made at the Magistrates Courts or the Prime Minister's Office.</p> <p>LaSource Resort features complimentary weddings for guests staying a minimum of seven nights and honeymoon couples receive a complimentary bottle of sparkling wine and fresh flowers on arrival plus a couples' massage.</p>
UNIQUES	<p>Spices: nutmeg and clove, cinnamon, bay leaves, tumeric, all-spice, mace</p> <p>The Underwater Sculpture Gallery on the West Coast of Grenada is a creation of Jason Taylor to combine natural and cultural experiences by placing sculptures that are inspired by Grenadian heritage, and to monitor how environmental processes affect them. The sculptures also serve to create a habitat for marine life, while also encouraging the creation of new reefs to replace those that the recent adverse weather conditions had damaged. For more information: www.underwatersculpture.com</p> <p>Discover the magic and mystery of 14 new sculptures recently unveiled at Grenada's Underwater Sculpture Park. The Zemi; a stone believed to possess supernatural powers; is one of the largest of the fourteen. The new sculptures are influenced by ceremonial carvings and intricate petro glyphs created by the people of the Amerindian tribe</p>

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	<p>and like the existing sculptures in the Park, they are expected to provide an ideal environment for colourful algae and corals creating 'Art by Nature.'</p> <p>They are located in clear and shallow water making it easy to be enjoyed from above the surface by snorkelers and under the water by scuba divers. The Underwater Sculpture Park is open to everyone and makes for a fun family event. Locally operated boats, catamarans and snorkelling tours are all available on island.</p>
Surprising	<p>Waterfalls: Concord Valley is host to the three picturesque waterfalls known collectively as the Concord Falls. The first stage is easily accessible by road and is ideally suited for swimming. The second and third stages, known as Au Coin and Fontainbleu respectively are only accessible by foot, but well worth the journey. At Fontainbleu, the water cascades down a 65 foot cliff into a crystal clear pool.</p>
History	<p>Like many islands in the Caribbean, Grenada was not so much discovered by Columbus as it was sighted by him. On his third voyage to the New World in 1498, he passed by and named the island Concepcion. In 1609 the British tried to establish a toehold but because the island was inhabited by the cannibalistic Carib Indians, they were chased off. Then in 1650, the French came ashore with "baubles" and "booze" to soothe the fierce Caribs.</p> <p>The bribery tactic did not have a lasting effect, and the French found themselves battling with the Indians for control of the island. In 1651, the final clash took place in northern Grenada at Le Morne des Sauteurs. It was here at Leaper's Hill that the Caribs, rather than submit to the questionable benefits of European colonization, threw themselves over the edge of the cliffs to the rocks below.</p> <p>Over the next century, Grenada's fortunes followed the political power struggles of the European powers, with Britain and France exchanging possession of the island almost like clockwork. Finally in 1783, the Treaty of Versailles awarded Grenada to Britain, but the French heritage lives on in many of the geographical names and in the African-French patois still spoken by many.</p> <p>In 1967, Grenada became an associated state within the British Commonwealth. With this, the island nation gained control of its internal affairs, while the government of Britain continued to control external matters. Complete independence was achieved in 1974 under the leadership of the late Sir Eric Gairy - a charismatic and controversial figure who had been in the public eye since the early 1950s.</p> <p>While Gairy was away from the island in 1979, his key political opponent, Maurice Bishop, seized control of the government. An avowed radical, Bishop set about establishing strong ties to the Soviet Union and Cuba. Then, in 1983, a faction within Bishop's New Jewel Movement placed Bishop under house arrest and took control of</p>

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	<p>Grenada. Bishop and several aides were eventually executed. All this turmoil and the purported threat to U.S. medical students stranded on the island, served as the catalyst for the "rescue mission" by U.S. forces a short time later. In late 1984, the late Herbert Blaize was elected Prime Minister of Grenada in its first free elections since the incident. As a result of substantial U.S. aid, the government is well on its way to rebuilding the island's reputation as an agricultural force, with light manufacturing and tourism to round out its economic base.</p>
Books	Frommer's Caribbean 2011
1000 Places to see before you die	<p>There are two for Grenada:</p> <ul style="list-style-type: none"> - St. George's Harbour - Grand Anse Beach
Must Sees	Rain forest: protected areas all over the island with guided tours available, and the idyllic waterfalls with swimming holes beneath.
Plantation Houses	<p>Grenada is an island steeped in history and culture that comes alive with a visit to the island's beautiful plantation houses. For the 2010 season a journey back in time can be experienced from visiting:</p> <p>Douglaston Spice Estate: One of Grenada's oldest spice estates and primary spice processing plants is proud to announce beautification efforts for 2008. Douglaston Spice Estate will continue to improve its access roads and groom its picnic areas to create a more picturesque spot for visitors to enjoy.</p> <p>Morne Fendue: Located in the parish of St. Patrick, on the northern side of Grenada, the charming Morne Fendue Plantation has recently added 13 new guest rooms. Each guest room has an extensive balcony that overlooks scenic St. Catherine's Mountain, the sea and offers excellent sunset views. New guest rooms range from \$40 - 60 (US) per night. Morne Fendue Plantation is known for its outstanding West Indian Buffet served daily, except Sundays. For more information contact: Morne Fendue Plantation call (473) 442-9330 or e-mail: caribbean@caribsurf.com</p> <p>Mount Edgecombe Plantation: As the 'Spice Island' of the Caribbean, Grenada takes a great deal of pride in its historical plantations. As such efforts are being made to restore the Mount Edgecombe Plantation, a beautiful private working plantation in St. Mark. Unlike most traditional plantations that specialize in one particular crop, the Mount Edgecombe 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. Spa treatments will be set in a tropical rainforest environment so guests can enjoy a more natural and spiritually revitalizing experience.</p>

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	<p>Belmont Estate: The family owned Belmont estate has existed in the parish of St. Patrick for over three centuries. Recently restored guests can now take a glimpse of the fascinating Grenadian plantation life. 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 also indulge in a fresh cup of hot cocoa and learn to dance the cocoa (a traditional way of polishing the beans). Guests can stroll through the estate's museum and 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.</p>
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<p>SPORTS ACTIVITIES</p>	<p>Sailing: 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. Windsurfing: pick your coastline for adv, intermediate, beginners Cricket: watch a game in the season from March to August.</p>
<p>Golf</p>	<p>The Grenada Golf & Country Club is a nine-hole course located near Grand Anse. Facilities include club rental, instruction, a clubhouse offering snacks and a bar, and caddy service. For more information, call 473-444-4128</p>
<p>Fishing</p>	<p>Knowledgeable anglers agree that Grenada boasts some of the Caribbean's best game fish waters and that there is no better place to "catch" a piece of the action than at the Annual Spice Island Billfish Tournament held in mid January each year. The tournament attracts pros from all over the world. As for the novice, there are plenty of charter companies that offer half-day and full-day deep-sea fishing packages. Billfish, blue marlin, white marlin, sailfish and wahoo are all found in Grenadian waters, along with yellowfin tuna and dolphin (also known as dorado or mahi-mahi).</p>
<p>Horse riding</p>	<p>Riding is available from "Grenada's Horseman" : Ernest Pascall</p>
<p>Hiking</p>	<p>Grenada's lushness and beauty make it one of the best Caribbean islands for hiking. If you have time for only one hike here, take it in the Grand Etang National Park and Forest Preserve (tel. 473/440-6160). Its sheer scenic beauty makes the Lake Circle Trail the number-one choice on the island. The trail makes a 30-minute circuit along Grand Etang Lake, the crater of an extinct volcano, amidst a forest preserve and bird sanctuary. You're likely to see the yellow-billed cuckoo and the</p>

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	<p>emerald-throated hummingbird. The park is also a playground for Mona monkeys. Another easy hike, the Morne LeBaye Trail, begins at the park's center and affords a view of the 710m (2,329-ft.) Mount Sinai and the east coast. Of course, you can also take longer hikes, perhaps to the peak of Mount Qua Qua at 712m (2,335 ft.). Carry plenty of water and remember that trails can be slippery after a rainfall (especially June-Nov), so wear good hiking shoes.</p> <p>You can hike the shorter trails independently, but you might wish to hire a guide for the ascent to Mount Qua Qua or the even more demanding hike to Mount Catherine, at 827m (2,713 ft.). The former costs US\$25 per person for a 4-hour hike, while the latter is US\$90. For information, call Telfor Bedeau Hiking Tours (tel. 473/442-6200). Good hiking trails can also be found at Levera National Park. Morne Gazo Trail is a favourite of mine: crushed nutmeg underfoot adds a magic scent.</p> <p>A new hiking trail has been opened in Morne Longue: Apart from the well known traditional hikes to Grand Etang, Seven Sisters Waterfall, Mt. Qua Qua and Concord Waterfall, visitors to Grenada will soon have an additional choice when it comes to the selection of trails to hike upon. The Morne Longue Fedon Camp Eco-Tourism attraction is being funded by the United Nations Trust Fund for Human Security. The new trail makes it possible for visitors to experience a range of birds and monkeys in their natural habitat, as well as picturesque views of the Eastern seascape, and the ruins of Fedon Camp.</p>
<p>Diving</p>	<p>PADI instruction is available in several locations.</p> <p>Diving in Grenada is considered among the finest available anywhere in the world. The island's underwater sites, including the largest shipwreck in the Caribbean, the Bianca C, means divers, swimmers and snorkelers can expect to be greeted by colourful schools of fish, pristine coral reefs and unique varieties of marine life. Grenada's newest dive site is "The Shakem", a shipwrecked freighter that sunk in the waters off the island on May 30, 2001. En route from Trinidad, the German-made freighter sank to a coral ground at 90 feet below the water. The Shakem currently stands upright and can be explored at depths between 60 and 90 feet.</p> <p>I went diving with Phil, Helen and the Dive Grenada team. Their PADI Five Star and BSAC Resort offers superb scuba diving, snorkeling and full PADI training. On beautiful Grand Anse beach they are just a few minutes boat ride from 30 Caribbean and Atlantic sites. Dive in small groups and enjoy relaxed and fun diving with their friendly and experienced team.</p>

<p>CULTURE</p>	
<p>Arts</p>	<p>For those seeking culture, the 250-seat Marryshow Folk Theatre, Herbert Blaize Street near Bain Alley, St. George's (tel. 473/440-2451),</p>

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	offers performances of Grenadian, American, and European folk music, drama, and West Indian interpretative folk dance. Check with the theater or the tourist office to see what's on. Tickets usually cost EC\$20 to EC\$25.
Music	With its African origins, Calypso is the music of the native Grenadian. Though the mini-buses now play reggae and pop, it is still the music of choice at Carnival time. Ex-tempore is an art form where the musician sings to a standard tune but has impromptu lyrics.
Folklore	During the days of slavery, when the Africans were forbidden to play their drums, storytelling became an integral part of life. Legends of the cunning Anansi and tales of Spirits kidnapping those who stayed out after dark, found many a small child safely at home well before sunset. This oral tradition continues today with the talents of Paul and Ricardo Keens-Douglas among others, who enthrall audiences with hours of intricate storytelling about characters who could be the neighbour next door.
Museums	The Grenada National Museum , at the corner of Young and Monckton streets in St. George's (tel. 473/440-3725), is set in the foundations of an old French army barracks and prison built in 1704. Small but interesting, it houses finds from archaeological digs, petroglyphs, native fauna, the first telegraph installed on the island, a rum still, and memorabilia depicting Grenada's history. The most comprehensive exhibit traces the native culture of Grenada. Hours are Monday through Friday from 9am to 4:30pm, Saturday from 10am to 1pm. Admission is \$2.50.
Festivals	<p>The highlight of the festivities each year is Spice Mas, Grenada's unique Carnival, a fusion of French and African traditions that lasts for two weeks in July into August. It is a celebration of the unique culture of Grenada. Experience Dimanche Gras, J' Ouvert, Monday Night Mas, and Pageant. Follow the parade of the bands and 'chip' through the streets of St. George's to the rhythmic sound of calypso and to the melody of the steelpan.</p> <p>The Grenada Sailing Festival attracts sailing enthusiasts from all over the world, and features four days of races and regattas and a day-long craft market and cultural street festival. In January 2011, the festival will celebrate its 18th anniversary with activities and races.</p>

ATTRACTIONS	<p>The island's highest point is Mount Saint Catherine at 840 m. The area has been protected and has been declared a National Park. Tour guides are available.</p> <ul style="list-style-type: none"> • Coral reefs: one of the very best reef systems in the Caribbean • Grand Etang Lake: Located in the Grand Etang Forest Reserve,
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	<p>the Grand Etang Lake is a natural water-filled crater of one of Grenada's extinct volcanoes. The rainforest around the lake holds a stupendously rich diversity of flora and fauna. Colourful tropical birds, tiny frogs and lizards, and rare orchids punctuate the dense rainforest vegetation, and the trails meander around the area's stunning waterfalls as well as the azure waters of Grand Etang Lake.</p> <ul style="list-style-type: none"> • Carriacou: Located 37kms northeast of Grenada, English speaking Carriacou is only 11kms long yet is the largest of the Grenadine islands. From the air, Carriacou appears as the largest gem in the string of jewels that make up the Grenadines. Home to a population of close to 6,000, Carriacou is accessible by air from Grenada where several small airlines offer daily flights to the island. For those who prefer to travel by water, the motorized catamaran, The Osprey runs daily from Grenada. In Carriacou, plans include the restoration of the Beausejour Windmill in a manner that will include gift shops, toilet facilities, and interpretation plaques. The Belair Park will have the installation of a wooden theatre with improvements to the staging component and the construction of tombs and headstones. • Petite Martinique: Just 4kms from Carriacou, is the other treasure of the Grenadines, Petite Martinique. In spite of its name, which dates back to the French occupation of the island in the 17th century, Petite Martinique is an English-speaking island of less than a thousand people. The boat trip to Petite Martinique from Carriacou is only 20 minutes but visitors will feel as though they have traveled back in time. Although the island has all the modern amenities, rainwater is still collected in tanks on roofs and visitors are as likely to see livestock on the road as they are an automobile. • Plantation tours: Belmont and Douglaston - Today nutmeg, allspice, clove, cinnamon, ginger, bay leaves, tumeric (local saffron) and sapote are all grown here and Grenada is one of the world's major suppliers of nutmeg and mace. All good reasons why Grenada is known as the Isle of Spice. Visits to working spice estates are available as part of regular tours. Plantations and estates in Grenada have continued as a way of life even through the many changes of ownership.
<p>Beaches</p>	<p>The best of Grenada's 45 beaches are in the southwestern part of the island. The granddaddy of them all is Grand Anse Beach, 3km of sugar-white sand fronting a sheltered bay. This beach is really the stuff of dreams - it's no surprise that many of the major resort hotels are here. A lot of visitors never leave this part of the island. Protected from strong winds and currents, the waters here are relatively safe, making Grand Anse a family favorite. The clear, gentle waters are populated with schools of rainbow-hued fish. Palms and sea-grape trees offer shade. Watersports concessions include water-skiing, parasailing, windsurfing, and scuba diving; vendors peddle coral jewelry, local crafts, and the</p>

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	<p>inevitable T-shirts.</p> <p>The beach at Morne Rouge Bay is less popular but just as nice, with white sands bordering clear waters. Morne Rouge is noted for its calm waters and some of the best snorkeling in Grenada. It's about 2km south of Grand Anse Bay.</p> <p>Pink Gin Beach lies near the airport at Point Salinas, bordering the resort, LaSource and Rex Grenadian. This is also a white-sand beach with clear waters, ideal for swimming and snorkeling. (No one seems to know why it's called Pink Gin Beach.) You can find a restaurant and kayak rentals here.</p> <p>Also on Grenada's southern coast, La Sagesse Beach is part of La Sagesse nature centre. This especially powdery strip of white sand is a lovely, tranquil area; in between time spent on the beach, you can go for nature walks in most directions. A small restaurant opens onto the beach.</p> <p>If you like your waters more turbulent, visit the dramatic Pearl's Beach, north of Grenville on the Atlantic coast. The light-gray sand stretches for miles and is lined with palm trees. You'll practically have the beach to yourself.</p> <p>Part of Levera National Park, Levera Beach, at the northeastern tip of the island, is one of the most beautiful on Grenada. Its sands front the Atlantic, which usually means rough waters. Many locals come here for Sunday picnics</p>
<p>Wildlife</p>	<p>Whale watching: 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.</p> <p>Other wildlife highlights include: mona monkeys; armadillo; birdlife; and nesting Leatherback turtles in March to August</p> <p>Turtle Nesting: Every year leatherback turtles make a grueling journey from their feeding grounds in North America to the tropical climate of the Caribbean to lay their eggs in March to August. These ancient reptiles have been around for over 165 million years and have managed to outlive even the dinosaurs. Levera Beach in Grenada is one of only three sites in the Caribbean that annually plays host to more than 150 nesting females who bury their eggs in the sand in order to incubate them and to protect them from predators. Ocean Spirits, a non-profit organization dedicated to the preservation of the leatherback sea turtle, provides guided tours of the turtles - nesting sites. For more information, visit www.oceanspirits.org</p>
<p>Parks</p>	<p>Opened in 1994, the 180-hectare Levera National Park has several white-sand beaches for swimming and snorkeling, although the surf is rough here where the Atlantic meets the Caribbean. It's also a hiker's paradise. Levera Park contains a mangrove swamp, a lake, and a bird</p>

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	<p>sanctuary, where you might see a rare tropical parrot. Offshore are coral reefs and sea-grass beds.</p> <p>In the center of the island, reached along the major interior road between Grenville and St. George's, is Grand Etang National Park (tel. 473/440-6160), containing the island's spectacular rainforest. On your descent from the mountains, you'll pass hanging carpets of mountain ferns. Going through the tiny hamlets of Snug Corner and Beaulieu, you eventually come back to the capital.</p> <p>Lake Antoine National Park: This shallow Crater Lake, like Grand Etang, is host to a wide variety of wildlife. The lake's perimeter trail, a beautiful walk in itself, is another of Grenada's excellent attractions for bird watchers. Among the species frequently sighted are the Snail Kite, the Fulvous Whistling Duck, large-billed Seed Finch, Gray Kingbird, and Limpkin.</p> <p>Belair National Park has old French and English ruins and there is an old sugar windmill. There are also great views from Top Hill.</p>
<p>Gardens</p>	<p>The Botanical Gardens at St George's were established in 1886; also Bay Gardens which are situated on the woodland slope on the site of an old sugar mill.</p> <p>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 and always welcomes visitors. Balthazar helps represent Grenada each year at the "Annual Chelsea Flower Show" in London, where the island has achieved the distinction of being awarded gold medals for five consecutive years. For more information please contact Mr. Denis Noel at 473-442-7514.</p> <p>Bay Gardens: Come see this 4-hectare large tropical paradise, laid out jungle style, featuring tropical plants from all over the world. The Bay Gardens welcomes visitors and offers guided tours at the very affordable price of roughly \$2.50 CDN. For more information please contact 473-435-4544.</p> <p>St. Rose Nursery: Featuring the Caribbean's largest selections of plants, including many rare and unusual varieties. St. Rose Nursery welcomes visitors Monday through Friday from 8 am-4 pm at a cost of roughly \$7 CDN</p>
<p>Castles/Forts</p>	<p>You can take a drive up to Richmond Hill in St. George's and Fort Frederick, begun by the French in 1779 and completed by the English in 1791. From its battlements, you'll have a superb view of the harbor and of the yacht marina.</p>

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OTHER ACTIVITIES	
Shopping	<p>From exotic spices to duty-free bargains, shopping in Grenada offers something of interest for everyone. Souvenir, gift and handicraft shops are also prevalent in the St. George's district, especially on Young Street and the Carenage. The best buys in Grenada are batik and screen printed textiles, locally made handicraft, leather craft, and wood carvings.</p> <p>For those looking for larger shopping centers, the Grand Anse Shopping Centre and LeMarquis Complex offer shops, clothing stores, restaurants and art galleries. The new Spiceland Mall also has a wide variety of shops and boutiques.</p> <p>Attractive jewellery is sold by Spice Island Jewellery. Spices, locally-made jams, jellies, and syrups, especially nutmeg, local fresh fruits and vegetables are other good buys.</p> <p>Grenada also offers fine duty-free bargains. Most of the duty free shops are located on the Carenage in St. George's or at Point Salines International Airport, including Gittens Duty Free Shops for perfumes and cosmetics, Bon Voyage for jewellery, crystal, and other gifts, Colombian Emeralds for a fine selection of quality jewellery, LAND for Leather goods and Duty Free Caribbean for gifts, souvenirs and duty free rums and spirits.</p> <p>Everybody who visits Grenada goes home with a basket of spices, better than any you're likely to find in your local supermarket. Vendors will besiege you wherever you go. Their hand-woven panniers of palm leaf or straw are full of items grown on the island, including the inevitable nutmeg, as well as mace, cloves, cinnamon, bay leaf, vanilla, and ginger.</p>
Markets	<p>Head for Market Square at the foot of Young Street in St. George's. The market is at its liveliest on Saturday morning, but is also open Monday to Friday. It's best to go between 8am and noon. An array of handicrafts is for sale, but fresh spices are more plentiful. In fact this market is so much fun that I have included it in my article of Top Ten Markets around the world:</p> <p>http://www.chrisrobinsontravelshow.ca/images/upload/ChrisFavouriteMarkets.pdf</p>
Nightlife	<p>Regular evening entertainment is provided by the resort hotels and includes steel bands, calypso, reggae, folk dancing, and limbo - even crab racing. Ask at your hotel desk to find out what's happening at the time of your visit.</p> <p>The island's most popular nightspot is Fantazia 2001, Morne Rouge Beach (tel. 473/444-2288). It's air-conditioned, with state-of-the-art equipment, good acoustics, and fantastic disco lights, and plays the</p>

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	best in regional and international sounds. There are live shows Friday and Saturday.
Casinos	None

CUISINE	
Food	<p>Visitors can indulge in some of the most exciting cuisine in the Caribbean, from native Grenadian fare, made from the fresh bountiful produce that is found in the bustling markets, to some of the finest creations in international cuisine. West Indian cuisine is of course popular, with restaurants featuring creative local cuisine such as callaloo soup, a melange of fresh local seafood, and meats prepared with a true West Indian flare. Other local favourites are lambi (conch); breadfruit, crayfish broth; and gingered pork.</p>
Drink	<p>There are several rum distilleries to visit on the island...</p> <p>Westerhall Rum Distillery Located on the 500 acre Westerhall Estate in St. David's, this attraction is home to the oldest working waterway in the western hemisphere. In the distillery itself there are still vestiges of the old artifacts and equipment that make up the refinery process. See the entire rum making process, enjoy the strictly organic lunches at the estate and sample a variety of rums including their new 'Spicy Rum Punch</p> <p>River Antoine Rum Distillery No other distillery in the entire Caribbean has been in operation as long as River Antoine, and very few have so carefully maintained traditional methods of rum preparation. Visitors can watch as rum is made in much the same manner that it was in the 18th century, when it fired the throats of the real buccaneers.</p> <p>Dumfermline Rum Distillery Located in St. Andrew's parish just 5 kms from Grenville, this privately owned distillery was built in 1797 and still operates with a watermill. Rum may be purchased on site.</p>
Restaurants	<p>Gouyave Fish Fridays: Nestled in the heart of St. John's Parish is 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). They have 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 and seafood.</p> <p>Rhodes: One of London's most exciting chefs, Gary Rhodes, has invaded Grenada. This chic restaurant is the finest place to eat on the</p>

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	<p>island, and the atmosphere is so cozy one diner compared it to being wrapped in a "sybaritic cocoon." Rhodes came to Granada to acquaint himself with its local produce and many spices. He then designed the menu around these same flavors, and trained local chefs in his cooking style. The actual recipes change daily but feature seafood. In London, Rhodes is known for his daring twists and creative flavors, so expect some delightful surprises if you show up here.</p> <p>Coconut Beach Restaurant: This informal restaurant occupies a purple-and-green clapboard house set directly on the beach. From the dining room, you can watch the staff working in the exposed kitchen. They'll definitely be working on callaloo soup, made with local herbs and blended to a creamy smoothness. The kitchen specializes in various kinds of lobster, including the classic served with garlic butter, and an imaginative stir-fry with ginger chili. Fish dominates, including a catch of the day served with mango chutney. Almost anything prepared with fresh conch is terrific, but we also like the chicken breast cooked in local herbs and lime juice.</p>
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MORE INFO	
Brochures	<p>Request a brochure at tel: 416 595 1339 or email at: tourism@grenadaconsulate.com Pick up a copy of the Air Canada Vacations Sun Collection 2010-2011 from your local travel agent.</p>
Websites	<p>www.grenadagrenadines.com www.aircanadavacations.com http://www.mountcinnamongrenadahotel.com</p>

HOTEL PRIZE PARTNER	<p>The Mount Cinnamon Resort is perfectly located on a lush, tranquil hillside, overlooking the two miles of Grand Anse Beach. The 21 one bedroom suites, two and three bedroom villas provide guests with luxurious, spacious accommodation in magnificent gardens. The contemporary furnishings have been individually chosen to reflect the tropical surroundings; all accommodation is air-conditioned & includes a large sitting room with adjoining fully equipped modern kitchen and breakfast bar and separate guest shower room. All sitting rooms have the benefit of a large, leather sofa bed. Telephone: 1-866-720-2616 http://www.mountcinnamongrenadahotel.com</p>
Location	<p>The Mount Cinnamon Resort is perfectly located on a lush, tranquil hillside, overlooking the two miles of Grand Anse Beach.</p>
Facilities	<p>Savvy's Restaurant, Dive Grenada Scuba Diving school, Moi Spa, swimming pool, gym, tennis court, beach, private beach cabana with</p>

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	bar and restaurant, kayaks, sailing on Hobie Cats, masks & snorkels.
Accommodation	<p>Their 21 one bedroom suites, two and three bedroom villas all provide guests with luxurious, spacious accommodation in magnificent garden settings. The contemporary furnishings have been individually chosen to reflect the tropical surroundings; all accommodation is air-conditioned & includes a large sitting room with adjoining fully equipped modern kitchen and breakfast bar and separate guest shower room. All sitting rooms have the benefit of a large, leather sofa bed. Bedrooms have large king-size beds with crisp linens, separate dressing areas and unique adobe walled walk-in shower rooms as well as luxurious, contemporary furnishings and artwork.</p> <p>In room amenities include: Flat screen television with Bose surround sound system, queen sized sofa-beds, fully equipped kitchens, washer/dryer, irons and ironing boards, hairdryers, in-room safe.</p>
Activities	<p>A wide range of exciting activities are yours to enjoy during your stay at Mount Cinnamon. There are plantation tours, boat excursions, hiking tours and river tubing. There's also tennis, plenty of water sports at the beach, as well as sailing and bill-fishing excursions always available. The resort also features one of the finest, state-of-the-art work out facilities in the Caribbean, offering far-reaching views of the sea and mountains beyond. Spa treatments and the services of a personal trainer are also available.</p> <p>Activities Include</p> <ul style="list-style-type: none"> • Water sports • Sailing • Bill-fishing • Spa treatments • Tennis • Boat excursions • Gymnasium • Hiking tours • River-tubing • Plantation tours
Restaurants	<p>Savvy's Restaurant</p> <p>Savvy's draws crowds to enjoy the innovative preparation of modern seafood dishes by locally born, internationally experienced, master chef, Sean Calliste. The focus of the menu is to use the best of fresh, seasonal, local produce, simply prepared and elegantly presented. The stylishly designed interior provides a comfortable contemporary feel to what has already become one of the most popular destinations in Grenada. The view of Grande Anse Beach from the restaurant's terrace is the best in Grenada, especially memorable as the night lights of the capital, St. George, first begin to twinkle. A choice of vegan and</p>

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	<p>vegetarian dishes are always available and we accommodate special dietary requirements on request.</p> <p>The Beach Cabana Located through tropical gardens, directly on Grand Anse Beach and meters from the cooling waters of the Caribbean, The Beach Cabana is open daily for refreshments, snacks and lunch. One of the most fashionable settings in Grenada, the hip but laid-back design provides a warm backdrop to the simply prepared BBQ lunches and delicious salads. Cocktails are a speciality.</p>
Spa	<p>Moi Spa at Mount Cinnamon draws on traditional techniques and natural West Indian remedies in a variety of organic and herbal treatments to indulge the mind and body and soul. The meticulous therapies use Belzeb products created by Haitian, Marie Roberte Laurent and produced from natural ingredients grown on the island and produced and bottled in Grenada. Guests have a choice of locations to enjoy their treatments; in the privacy of your suite or villa, within the peace of the spa or enjoying the sights and sounds of the Caribbean Sea at the Beach Cabana.</p>
Diving	<p>Grenada is known throughout the scuba diving world for offering a large array of diving opportunities. You can choose from and combine, drift diving, wreck diving, reef diving, technical diving, night diving and can also visit the world's first underwater sculpture park. Grenada has a large number of dive sites all within short boat rides off our onsite dive school. The proprietors of the resort's onsite facility, Phil and Helen, have been running Dive Grenada for many years and have a comprehensive knowledge of all of the islands popular sites. They offer an array of courses for all levels and make customer service a very high priority. Phil is an ex navy seal and Helen a medical doctor so you could not be in safer nor more responsible hands.</p>

AIRLINE PRIZE PARTNER	<p>Air Canada Vacations Air Canada Vacations offers you incomparable value and choice. You benefit from the extensive network of scheduled flights aboard Air Canada and convenient connecting flights from over 65 Canadian cities. Enjoy unparalleled customer care and exclusively with Air Canada Vacations:</p> <ul style="list-style-type: none"> •Service to more than 30 destinations in the Caribbean, more than any other Canadian tour operator •Earn and redeem Aeroplan Miles with every air and hotel or air and cruise package. <p>www.aircanadavacations.com</p>
Flight details	Sundays with AC weekly until April 2011 (flying time is 5 hours)
Current Offer	\$1539 7 nights at True Blue Bay Resort, leaving Toronto Jan 9, 2011 and \$1769 from Montreal

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PERSONAL EXPERIENCES	<p>I broadcasted the radio show on location in Grenada in December 2010 and experienced the following:</p> <p>Flights: WestJet Toronto to Barbados and LIAT Barbados to Grenada Accommodation: True Blue Bay Resort Driver and Guide: Roger Augustine Travel Show guests: - Edwin Frank - Public Relations Officer, Grenada Board of Tourism - Danny Donelan - Sales & Marketing Manager at Port Louis Marina Interviews with: - Lucille Sylvester – Wedding Coordinator; - Russ Fielden – GHTA President & M.D. of True Blue Bay Resort; - Phil Saye – President, Grenada Scuba Dive Association - Laurence Jeanvoine - General Manager, Mount Cinnamon Resort Dive Grenada: dive to the Underwater Sculpture Park Island Tour, visiting: - Concord Waterfall - Dougaldston Spice Boucan - Belmont Estate - Lunch - River Antoine Rum Distillery - Grand Etang National Park Dinner at Mount Cinnamon Dinner at Gem Holiday Beach Resort with Julia Moore – GM Dinner at Flamboyant Hotel & Villas with Lawrence Lambert, CBE</p> <p>March 2001 – Grenadian Hotel; Morne Gazo Trail; Laura Spice Gardens; La Sageesse Nature Centre; St George’s; Bay Gardens; Gouyave Nutmeg processing plant; Concord Waterfalls; Dougaldston Spice Estate; Sauteurs – Caribs Leap; Patricks Restaurant; Carib Cat.</p>
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