



# GRENADA

The Best of Spice Island

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# GRENADA

Welcome...	Pg. 6-13
Accommodation...	Pg. 14-25
Eat & Drink...	Pg. 26-39
Things to Do...	Pg. 40-57
Nightlife...	Pg. 58-65
Local Culture & Events...	Pg. 66-75
Carriacou...	Pg. 76-79



# WELCOME

*Pack your bags! You're on your way to the "Isle of Spice" and one of our favorite spots in the Caribbean! Enjoy white sandy beaches, sunny weather, stunning coastlines, tropical rainforests, and splashing waterfalls. With a wonderful mix of locals and travelers who enjoy spending time together, you'll have a blast taking part in all kinds of community events. Taste rich and creamy chocolate made right on the island and mangos directly off the tree, snorkel around the world's first underwater sculpture park, or hit up a rum shop for Grenada's own 75% organic rum!*





## Climate & Weather

Grenada has a wet tropical climate. But don't worry, especially around the coasts you'll enjoy those sunny Caribbean skies! The inland areas are blessed with refreshing showers that keep the hills lush, green, and full of tropical vegetation - much of which is deliciously edible. With an average annual temperature of 28°C and less precipitation on the shores, Grenada's climate is ideal for your sun and sand travels. There are two main seasons. June to December is hot and rainy, but still very pleasant. January to May is drier - so the better option if you're sensitive to humidity. If a hurricane hits, it will generally be between June and November. However, Grenada lies below the hurricane belt and is actually a sought-after refuge for sailors, who tend to head South during hurricane season. Most tourism takes place during the dry period. Still, especially if you prefer a less "touristic" scene, Grenada is wonderful to visit year-round. Northeast trade winds provide a refreshing breeze (especially if you are staying on the water). Just north of the main island, you'll find Carriacou and Petit Martinique. These stunningly beautiful islands experience less rain than the mainland and have ideal climate conditions for vacationing.

## Geography & Geology

The country of Grenada consists of one large island and several surrounding smaller ones. Together, they make up a part of the Grenadine Islands. Directly south of Grenada you'll find Trinidad & Tobago and the Venezuelan coast. To the north are the picturesque islands of St. Vincent and the Grenadines. The capital city is St. George's which is located on the southeast coast. It is decorated with colorful homes and 18th-century buildings. Fort George overlooks Carenage Harbour, a small cove with ships and yachts. The island is volcanic in nature. The inland consists of steep, hilly slopes covered with lush tropical greenery and scattered waterfalls - ideal for hiking and swimming. The northern tip of the island is also

gorgeous with many turtle nesting sites. From Lavera National Park you can look out and see many tiny islands and even up to Carriacou in the distance. Hog Island off the southeast part of Grenada is a nice place to check out. It is connected to the mainland by a little bridge.

## History

Grenada has a violent history with a past of battles and power struggles. The reportedly peaceful Arawaks were the first known people to inhabit the island. They endured a brutal takeover by the Carib Indians, who immigrated from South America. Columbus and his crew then arrived in 1498 and "claimed" the island. He renamed it from Camerhogue to Conception, until Spanish sailors dubbed it Granada. The French then showed up calling it "La Grenade", and the British soon followed and changed the name to "Grenada" - which remains today. Not sure about pronunciation? Say it with us: "Gre-nay-da". Even with all this name changing, aggressive defense by the Caribs made it difficult for Europeans to settle until the 1600's. The struggle between the Caribs and Europeans hit a brutal end when the last Caribs jumped to their death off a cliff in the north, refusing to be killed by the French. Today, you can visit the memorial known as "Leapers Hill" or what the French called "Le Morne de Sauters". What followed was another 9 decades of fighting between the French and the British, until the Treaty of Versailles in 1783 turned over the island to British rule. They immediately captured slaves from Africa and forced them to work the sugar cane crops. After an uproar and rebellion in 1795, tensions and violence remained high until slavery was finally abolished in 1834. Grenada became a Crown Colony in 1877, and in 1967 a British Commonwealth, before gaining full independence in 1974. Since then, peace has been restored on the island. The people are cheerful, educated, and quality of life is high. The local infrastructure has improved dramatically, and the people enjoy idyllic coastal surroundings with a laid-back Caribbean charm.

## People & Culture



The majority of Grenada's population is of African descent. However, the island changed powers so many times, that today you'll find a mix of cultural traditions from around the world. English is the official language, with many locals also speaking Grenadian Creole English. The most common religions on the island are Roman Catholic, Anglican, and Protestant, with many others represented as well. Grenada celebrates many cultural events and festivals including carnival and Independence Day. Local musicians jam together making calypso and soca tunes. More recently, people also vibe to reggae, dancehall, and rock. Pretty much every week you can find live performances by bands and musicians. If you're lucky enough to experience "Jab Jab" you're in for an exciting surprise! It is the most popular traditional mas and takes place during Grenada's carnival. Scantily dressed people cover themselves with any available dark liquidy substance like tar, grease, molasses, and even mud to darken their skin. They party in the streets accessorized with horns, broken pots and pans and chains meant to hold back devils - a tradition designed to shock onlookers. Nowadays, the ceremony even has its own Grenadian spin-off music genre "Jab Jab Music" - a sort of calypso characterized by a repeated chant chorus, conch and flute blowing, and deep rhythmic bass.

## Tourism

Most of the tourism in Grenada takes place in and around Grand Anse, along the island's southwest coast. There you'll find white sandy beaches (ideal for swimming), as well as numerous stores, cafés, restaurants, and hotels. The rest of the island is scattered with attractions, accommodations, and activities. Travelers also love to venture into the jungly hills to go hiking, swim in the waterfalls, and visit the plantations, estates, and rum distilleries. When visiting Grenada, we recommend partaking in a couple of tours and local activities. The people have a deep knowledge of the island and its highlights, so it's a great way to see a lot and get a feel for local life.

## Sustainability



Leave only footprints - Take only pictures. Play your role in keeping the natural environment beautiful so you can visit for years to come. On islands, everything you do has a knock-on effect on all other people and systems. When traveling in Grenada take these small steps to keep the beautiful environment healthy.

- Properly dispose of trash (also cigarette butts)
- Avoid or reuse plastic cups, cutlery & straws
- Bring reusable bags to the grocery store
- Close curtains and turn off AC when leaving
- Use natural toiletries especially when swimming
- Try some delicious plant-based dishes
- Conserve fresh water whenever possible



# ACCOMMODATION

*When it comes to places to stay, Grenada has so many options with a wide range of price levels from budget to luxury. You're sure to find something that fits your style and wallet. From the white sands of Grand Anse to the rugged shores of Lavera National Park - check out our favorite beachy-resorts, seaside cottages, hilltop villas, and backpacker bargains.*







## GRAND ANSE



Grand Anse is the center of tourism in Grenada. Attractions like waterfalls, hiking trails, plantations, and rum shops can be found around the island, but when it comes to places to stay, long white sandy beaches, an abundance of restaurants, bars, and shops - Grand Anse is the place to be. You will also never be far from public transportation, which can take you to St. George's or pretty much anywhere on the island. Many hotels have their own stretch of beach or private tropical gardens - so even at the heart of it all, you will easily find a place to unwind.





# Hotels & Resorts

## SIESTA HOTEL



**1** For great value for money in a central yet quiet location, stay at the Siesta Hotel. The owner cares a lot about her business and does the best to make sure each guest has a memorable holiday. The Siesta Hotel prides themselves on offering budget, clean, and simple accommodation geared towards easy-going guests. Located just between Grand Anse and Morne Rouge, you'll be a 5-minute walk from both beaches, as well as Spiceland Mall. Set in garden-like grounds, take a little siesta on the poolside terrace - perfect for sunbathing. There is an on-site restaurant which is open for breakfast and lunch (closed Monday & Tuesday). You will also be within walking distance of many other restaurants and bars. Standard rates for hotel rooms are between USD 95 - 124. If you want a little more space, consider booking a 1 or 2-bedroom suite for USD 150 - 220. Special rates and discounts may be available.

+1 (473) 444 4646 • Morne Rouge Street, Grand Anse • \$\$ • Pool • Near Beach • Near City Center • Restaurant on Site • Free Wifi

[www.siestahotel.com](http://www.siestahotel.com)

## TRUE BLUE BAY RESORT

**6** True Blue Bay is a beautiful upscale boutique resort. Choose from tastefully-furnished rooms, suites, and villas - each with its own charm. It is located in a picturesque bay and guests can also take advantage of the free shuttle service to and from Grand Anse Beach. Just make sure to sign up in advance. The owners have a strong interest in caring for the

local environment and always take steps to make the property as eco-friendly as possible, while still providing top-notch service and amenities. There is an on-site restaurant, complimentary breakfast, pool, free Wifi, and comfy beds. Find the Aquanauts PADI dive shop right at the resort. With them, you can go on all kinds of water adventures. The resort is family friendly and enjoyed by people of all ages. Rooms usually go for around USD 175 - 350.

+1 (473) 443 8783 • Old Mill Road, True Blue Bay, Saint George's • \$\$\$ • Family Friendly • Pool • Restaurant on Site • Free Wifi • Green Initiatives  
[www.truebluebay.com](http://www.truebluebay.com)

## MOUNT CINNAMON



**2** In the center of Grand Anse and along the white sandy shores, you'll find Mount Cinnamon resort. It is relaxed and high-end with clubhouse-style buildings set in lush gardens. They offer a variety of suites which are colorful and modern with ocean view balconies. They come with all the vacation amenities you like including flat screen TVs, free Wifi, and Bose sound systems - so your favorite tunes can stay with you. Feeling fancy and would like an upgrade? They also offer suites with private plunge pools or villas with 1-3 bedrooms (perfect for a group of friends). Breakfast is complimentary, and you have the option of dining at the on-site restaurant. If you prefer to eat out, there are many other restaurants in the area. Chill out at the poolside bar with a cocktail, head to the spa, try out a new water sport, or hit up the fitness studio. Average rates vary between USD 280 - 750 depending on your room and dates of travel. Pets up to 15 pounds are allowed for an additional fee (1 per room).

+1 (866) 720 2616 (US/ Canada) / +0 (808) 234 2497 (UK) / +1 (473) 439 9900 (local) • Grand Anse Beach, Saint George's • \$\$\$ • Family Friendly • Pool • Fitness Area • Spa Services • Beach Access • Pet Friendly • Restaurant on Site  
[www.mountcinnamongrenadahotel.com](http://www.mountcinnamongrenadahotel.com)

## LALUNA



**3** Laluna is a beautiful boutique-like resort in a serene location. Located right on the beach, experience high-quality pampering and relaxation. The resort is made up of different cottages, suites, and villas spread out amongst waterfront tropical gardens. They are beautifully furnished with wooden decor. Each accommodation has its own porch where you can lounge and take in the ocean breeze. The semi-open concept lets rooms open up to the Caribbean Sea (some rooms to the gardens). For even more luxury, try out one of the 3 or 4-bedroom villas with all the amenities you can imagine, as well as your own private infinity-edge plunge pool. Whichever option you prefer, take advantage of the yoga pavilion, bar-side infinity pool, rejuvenation spa (one of the best on the island), delicious restaurant, and on-site water sports. Standard rates for 1000 sq. ft. cottages (2 people max) range between USD 332 - 396..

+1 (473) 439 0001 • Portici Beach, St George's • \$\$\$ • Waterfront • Beach Access • Pool • Restaurant on Site • Spa Services • Free Wifi  
[www.laluna.com](http://www.laluna.com)

## **5** SEA BREEZE HOTEL

Simple, spacious, and clean hotel in a super central location! Just across the street from Grand Anse Beach and footsteps away from everything you need, for this convenient location, the prices are unbeatable. Staff is very helpful and friendly. Most rooms have a walk-in shower, high ceilings, wardrobe, fridge, microwave, water cooker, AC, and a small balcony. There is also a small pool just in front of the reception. You can easily walk to the nearby grocery stores and restaurants, or 10-minutes to Spiceland Mall. Step outside and catch the #1 bus to pretty much anywhere on the island - south towards Grand Anse, Morne Rouge, and Prickly Bay, or north towards St. George's (bus terminal - for transfers). The area is quite busy, and the hotel is on the main road, so if you are a light sleeper ask for a back room. We recommend Sea Breeze especially for active and budget travelers who want to be in the center of it all. Large rooms / semi-apartments go for around USD 75. Long-term stays and discounted rates also possible.



+1 (473) 439 0809 • Grand Anse Main Rd, Grand Anse • \$\$ • Pool • Near Beach • Near City Center • Pet Friendly • Green Initiatives • Free Wifi • Travenius Favorite

[www.seabreezegrenada.com](http://www.seabreezegrenada.com)



## EAT & DRINK

Welcome to Spice Island, where there is never a lack of flavor! Grenada's lush tropical hillsides are perfect for growing organic produce - incorporated into delicious meals at restaurants all over the island. Nutmeg is a signature ingredient, grown and processed locally. You will find it in all kinds of treats from ice cream to rum punch. Sip a Stag on the beach, let the tender breadfruit in "Oil Down" melt in your mouth, grab a roti on the go, or fine dine under the stars.





# Local Cuisine

## CREOLE SHACK

**1** Local food at its best! For truly authentic home-style Grenadian taste at a great price visit the Creole Shack on Melville Street in St. George's. With a casual and laid-back Caribbean vibe, they cook up a mouth-watering blend of creole cuisine and the exotic flavors of the island. There is a large TV and a fully stocked bar, which comes in handy for Saturday and Sunday karaoke. The menu changes daily with things like casseroles, salad bowls, oil down (Grenada's national dish), saltfish pie, veggie rice, pepperpot, and freshly squeezed juice. For the buffet selection, you can get a big plate of food and a beer for

around EC 20. It is located just above the supermarket past the cruise ship terminal (towards the fish market). It is very popular with locals - which indicates that it is good. Eat on the large outdoor deck or take your food to go. Creole Shack is open Mon. to Thurs. and Sun. 7:00 am to 10:00 pm, as well as Fri. - Sat. 7:00 am to midnight.

+1 (473) 435 7422 • Melville Street, St George's  
• \$ • Locally Owned • Takeout • Outdoor Seating  
[Facebook: Creole Shack Restaurant and Bar](#)

## D' SOUP BOWL

**2** This small soup stand is located downtown St. George's on St. James Boulevard just opposite the gas station at the harbor. They also cater many events around the island, so you might stumble



## LOCALS LOVE



## DOUBLES, ROTIS & CANE JUICE

For a quick and cheap snack pair a freshly prepared hot double with freshly squeezed cane juice. Doubles are a common street food originating from Trinidad and Tobago. You can describe them as a sandwich-like snack in which flat fried bread is filled with curried chickpeas. It is super delicious and one of the most reasonably priced meals you can find in Grenada. In the parking lot just outside of Grill Master in "the Lime" Grand Anse, there is a little green food stand (not every day) where a lady from Trinidad makes and sells hot doubles for EC 4 (approx. USD 2). Just beside you will find the Nature Man Cane Juice Stand where you can get freshly pressed cane juice from local cane sugar. A small is around EC 6 and a large EC 9. The combination bursts with flavour and will give you more than enough energy to fuel your island adventures. Just make sure you grab some napkins as doubles can be quite messy if you're not a pro.



*The Lime, Grand Anse, St. George's • \$ • Locally Owned • Cash Only • Vegetarian Dishes • Near City Centre • Take Out*



## BUDGET TIP




upon another pop-up stand somewhere else. Soups have that homemade-by-mama taste and the menu changes regularly depending on what is fresh and available. You can expect to find local specialties like pumpkin, turkey, and corn soup, provision and saltfish soup, or lambie waters. They serve breakfast for EC 5-10, bag juices for EC 1 and turnovers for EC 2. Soups cost between EC 7 - 15 depending on which size you choose (small / medium / large). D'Soup Bowl is not always suitable for vegetarians. Open Monday to Saturday from 7:00 am to 5:00 pm.

+1 (473) 418 SOUP (7687) • Kirani James  
Boulevard, St. George's • \$ • Near City Center •  
Takeout • Cash Only  
[Facebook: D Soup Bowl](#)


### GRILL MASTER



 Grill Master is a casual eatery in downtown Grand Anse in The Lime (just north up the road of Spiceland Mall). They have a wide variety offering everything from pizza and classic British breakfasts, to smoothies, ice cream, and local specialties like callaloo, fried beans, macaroni pie, sweet potato, and vegetable rice. Order at the counter and enjoy in the large semi-indoor seating area. It is a solid place to fuel up in the morning or cure your hangover after a longer than expected night at the rum shop. Just across the street, there is freshly pressed cane juice, which you can pick up on your way and enjoy with your meal. With such a mix of different cuisines at affordable prices, Grill Master is sure to have something for everyone in your group (meat, fish, vegetarian, vegan, and gluten-

### OPTIONS



 Everyone in your party has a different craving and you just can't make a decision? Leave all your options open - at Options! Here you'll find a gathering of many different food stands and small restaurants. They serve all kinds of local and international cuisine. It is casual and a popular place for a late breakfast or some after-party food (as some vendors stay open until 3:00 am). Amongst others, you'll find Sugar & Spice outlet shop, which is celebrated for its many spice-island-style flavors of ice-cream including nutmeg and Grenada chocolate. Options is similar to "Container Park", but a bit more casual and pulls in the local crowd, in addition to students and travelers. You will find both not far from the university with a casual array of tables and chairs, so feel free to hang around and enjoy your food on the spot. Open every day from 11:00 am - 3:00 am (not all stands).

+1 (473) 232 3665 • True Blue, St. George's • \$ • Family Friendly • Takeout • Pet Friendly • Outdoor Seating

[Facebook: Options Grenada](#)



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*to Hillsborough, Carriacou & Beach, Carriacou &*

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## ABOUT THE AUTHORS

### Bonnie Lewtas

Fascinated by coastal ecology and a passion for travel, Bonnie discovered her passion for small islands with a focus on sustainable tourism. In recent years she has been exploring the ins and outs of the BVI, Barbados, Grenada, and Dominica and helps us highlight sustainable options and recommendation in our Travenius guidebooks. Bonnie now lives in Amsterdam and has her eye set on heading to the Dutch Caribbean's ABC islands for our upcoming book - we can't wait!

### Matthias Eden

Born and raised in Germany traveling has always been a passion of Matthias. Introduced to the Caribbean by his wife Makeesha he has been visiting Caribbean destinations for many years always on the hunt for new hidden gems and exciting things to do. Matthias knows Trinidad and Tobago inside out as well as Saint Lucia and Barbados through numerous visits. With Travenius and in our products he is looking to highlight local businesses in our featured destinations and support local communities.

### Makeesha Eden

Born and raised in Trinidad and Tobago Makeesha holds many of the Caribbean destinations close to her heart. Supported by her network of family and friends she ensures that we can put the latest and greatest into our guidebooks and keep them updated. Through our products she hopes to give our readers and visitors an essence of the true warmth and energy of the Caribbean people while showcasing each island's uniqueness.