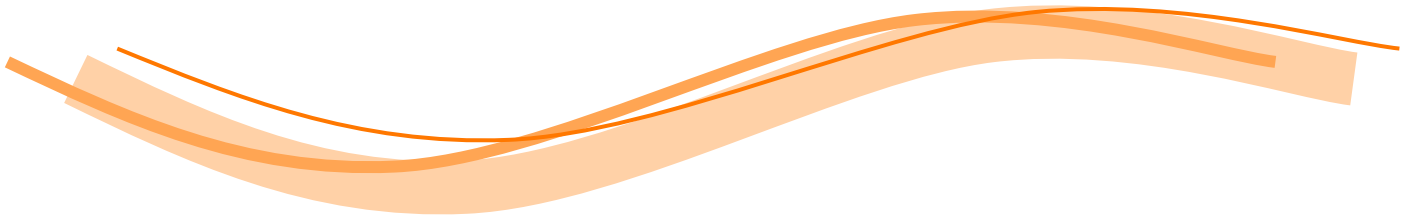




CAYMAN ISLANDS



CAYMAN ISLANDS

The turquoise sea and white sand beaches of the Cayman Islands are perfect for a romantic getaway, an escape from the cooler temperatures of Canada's fall, or of course the big freeze of winter!

The largest of the three islands is **Grand Cayman** and her sisters, **Cayman Brac** and **Little Cayman**, are just a short flight northeast. The trio of islands is easy to reach and easy to navigate once on island. English is spoken, U.S. dollars are accepted, and visitors are made to feel welcome with a special brand of Caymanian hospitality. Grand Cayman has sophisticated infrastructure and culture. The Town Centre in Camana Bay offers high-end boutiques and shops, a state-of-the-art movie theatre and an exciting calendar of events.

And the Cayman Islands have so many exciting **events**. There is the Marathon in December and The Cayman Cook Out in January. Plus there's luxurious accommodation, delicious culinary experiences and terrific duty free shopping.

The crystal clear waters offer world-class scuba diving and snorkeling. Uniquely, Grand Cayman's newest dive attraction is accessible to both. The USS Kittiwake was sunk in shallow waters on the north end of world famous Seven Mile Beach.

Widely known as one of the top **dive destinations** in the world, the Cayman Islands offers pristine walls, fascinating shipwrecks and an unrivalled variety of marine life at its more than 250 dive sites. Cayman Islands have more than 40 dive operations spread throughout the island trio. As well as great dive sites there is great windsurfing, fishing and fantastic water sports.

Plenty of **water sports** equipment can be rented at virtually every hotel along Seven Mile Beach: banana boats, catamarans, ocean kayaks, sailboats, wave runners, windsurfers, sea scooters, and, of course, snorkeling equipment. For those inclined to reach new heights, parasailing is also available right on the beach.

Fishing is one of the hottest sports in the Cayman Islands, and many experienced Caymanian captains operate excursions that include fishing, swimming and a fresh-caught lunch. From trolling for tuna and marlin to a light tackle challenge with bonefish, the Cayman Islands pack plenty of angling action into its waters.

Visit one of Grand Cayman's most popular attractions - **turtle farm** at Boatswain's Beach in West Bay - where the adventurous can snorkel nose to nose with reef sharks, moray eels and more! Here, tanks of green sea turtles (15,000 in total), from tiny newborns to huge breeders, enable visitors to see the different stages in turtle development.

Or visit one of the Island's most famous shallow dives - **Stingray City**. Often referred to as the "world's best 12-foot dive, Stingray City provides the rare opportunity to swim with more than two-dozen "tame

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| | <p>Atlantic Southern Stingrays. Discover these and more sightseeing treasures at</p> <p>This year (2017) there is a special Fall Only in Cayman deal: it's a special offer promoting travel in the fall. Offers must be booked before October 31 for travel up to December 15. These offers are provided by resorts, hotels, condos, activity providers (water and land-based), restaurants and Canadian tour operators. Offers vary from 45% off, 4th night free, resort credit, diving packages, and more. Go to www.visitcaymanislands.ca for the details.</p> |
| Location | <p>The Cayman Islands are located in the western Caribbean Sea. They are the peaks of a massive underwater ridge, known as the Cayman Trench, standing 8,000 feet (2,400 m) from the sea floor, which barely exceeds the surface (Grand Cayman's highest point is only 80 feet above sea level!). The islands lie in the centre of the Caribbean south of Cuba and west of Jamaica. They are situated about 650 km south of Miami, 300 km south of Cuba, and 315 km northwest of Jamaica. Grand Cayman is by far the biggest, with an area of 197 km². The two "Sister Islands" of Cayman Brac and Little Cayman are located about 130 km east of Grand Cayman and have areas of 36 km² and 25.9 km² respectively.</p> |
| Geography | <p>All three islands were formed by large coral heads covering submerged ice age peaks of western extensions of the Cuban Sierra Maestra range and are mostly flat. One notable exception to this is The Bluff on Cayman Brac's eastern part, which rises to 140 feet (42.6 m) above sea level, the highest point on the island.</p> |
| Name | <p>Caymans: When Christopher Columbus first discovered the islands in 1503, he named them "Las Tortugas," meaning The Turtles. The marine crocodile – caiman – is no longer found on the islands.</p> <p>Cayman Brac: "Brac" is the Gaelic word for bluff, the Brac's dominant natural attraction, a limestone ridge which rises gradually from the west along the center of the island to 140 ft. at the eastern tip, plunging as a sheer dramatic cliff into the indigo Caribbean.</p> <p>If you want to fit in with the locals, The Cayman Islands should not be referred to as "The Caymans". The correct reference is: "The Cayman Islands" or simply, "Cayman".</p> |
| Population | <p>Currently a little over 60,000 people.</p> |
| Language | <p>English</p> |
| Currency | <p>The Cayman Islands has its own currency, the Cayman Dollar, whose basic unit is the dollar, issued in notes with denominations of CI\$100, 50, 25, 10, 5 and 1 and coins valued at 25 cents, 10, 5 and 1 cent. The CI dollar has a fixed exchange rate with the US dollar of CI\$1.00 equals US\$1.25.</p> <p>Currently one Canadian Dollar = 65 Cayman Cents (August 2017) The US dollar is widely accepted around the Cayman Islands, usually at a rate of CI \$.80 cents. While you can pay in U.S. dollars, typically change is given in Caymanian dollars, not U.S, so it's best to enquire before purchasing.</p> |

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| Tipping | 10% to 15% is the norm in the Cayman Islands |
| Government | The Cayman Islands highest official is the Governor, who is the appointed representative of Her Majesty Queen Elizabeth II. He presides over Cabinet, the ruling body of the country. The Governor's term is four years. The existing constitution of the Cayman Islands, introduced in 1972, provides for the government of the Cayman Islands as a British Overseas Territory. It established a governing body called the Cabinet, which consists of three officials and five elected members, the latter being selected from the 15 elected representatives of the Legislative Assembly. |
| Documentation | A valid passport is needed for Canadian citizens |
| Time zone | The Cayman Islands is in the Eastern Standard Time zone, five hours behind Greenwich Mean time. However, the islands do not change over to Daylight Savings Time during the summer months. Consequently, they are one hour behind Toronto/Montreal time during those months. |
| Health | The government of the Cayman Islands' Health Services Complex is located in George Town, Grand Cayman. It boasts modern equipment and facilities, in addition to an increased number of highly trained personnel. A 24 hour hyperbaric decompression chamber is available for divers and an air ambulance service for other emergencies. |
| Safety tips | The Cayman Islands are considered a very safe destination, partly because there is not a large disparity in wealth among the local people. |

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| CLIMATE | |
| General climate | The average temperature in the winter is 24C and 30C in the summer. Winter or summer, the temperature generally stays within this range. The months with the least humidity and lowest temperatures are December through April, February and March probably being the most "temperate" month of the year |
| Today's weather | 29C and sunny for 12 th August 2017 |
| Best time to visit | Any time is good, especially in the Canadian winter of course. The hurricane season runs July to November, but you would be very unlucky to experience one of these storms. |

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| GETTING THERE | |
| Flights | WestJet and Air Canada have direct flights from Toronto with easy connections from Montreal. See www.westjet.com and www.aircanada.com for full details. Flight time is just under four hours. Cayman Airways Express offers daily flights between Grand Cayman, Cayman Brac, and Little Cayman. For further details visit www.caymanairways.com A major redevelopment project is now underway for Owen Roberts International Airport in Grand Cayman, making it easier for passengers to enjoy their passage through the airport. The plan includes a new luggage screening facility, baggage area, departure hall and expanded check-in hall that will improve the visitor experience. The expansion will see the terminal building increase nearly two times in size. |
| Cities | There are no cities in the Cayman Islands, which is just one of the many reasons visitors love the place! |

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| Distances | Little Cayman and Cayman Brac are situated around 130 km east of Grand Cayman |
| Car Rental | Car rental – driving on left; the minimum age for insurance is 25. |
| Buses | There is a daily bus service which runs from 6 am until midnight depending on the route and the day of travel. |

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| ACCOMMODATION TYPES | <p>The Cayman Islands offers a wide range of lodging, dining, and activities that assure memorable vacations for all. From 5-star hotels and resorts to spacious condos, villas and rustic dive lodges there is something for every taste.</p> <p>Major hotel brands include the Ritz-Carlton, Marriott, Westin, Kimpton, Sunshine Suites, Comfort Suites, plus various condos (e.g. Caribbean Club, Pantana), villas and dive lodges.</p> <p>Condo product is plentiful in the destination, offering families and groups all the luxuries of a lavish vacation with the coziness and freedom of a home away from home style getaway.</p> <p>Many hotels offer extensive children’s programs. The Ritz-Carlton, Grand Cayman features an “Ambassadors of the Environment” program created by Jean-Michel Cousteau. Children’s programs at many hotels include painting, games, sand castle competitions, treasure hunts, arts and crafts and more</p> <p>The Sister Islands of Cayman Brac and Little Cayman have a charm all their own. Cayman Brac has a diverse selection of resort, hotels and condominiums; while the quieter Little Cayman has a selection of unique properties to meet the needs of visitors seeking a relaxing getaway or an adventurous dive vacation.</p> <p>Little Cayman hotels include Little Cayman Beach Resort, Pirate’s Point Resort, Southern Cross Club, The Club.</p> <p>Cayman Brac hotels include: Cayman Brac Beach Resort, Le Soleil D’or, plus numerous condos and guest houses/lodges for divers and visitors.</p> <p>New!</p> <p>The Kimpton Seafire Resort & Spa opened in November 2016. The design-driven resort features 266 rooms including 3-private beach bungalows with sweeping ocean views and a penthouse Presidential Suite. Beach bungalows house six separate suites, many with kitchens, making them ideal for multi-gen families travelling together.</p> <p>For kids, there’s plenty on offer like movies under the stars and complimentary dining for children under five in the main or beach restaurants. Seafire is Kimpton’s first Caribbean property and feature a six on-property restaurants and bars, two pools, a full-service spa/fitness facility featuring a Hammam and garden soaking pool,</p> |
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oceanfront kids facility, meeting/wedding facilities and more. For more info: www.seafireresortandspa.com

The Ritz-Carlton, Grand Cayman renovated all 365 rooms and numerous public spaces in 2014 and added a new kid's waterpark called Starfish Cay and a Culinary Theatre that offers cooking classes.

The Grand Cayman Marriott Beach Resort unveiled its 'Beach House' experience with refreshed rooms and public spaces with a relaxed vibe. Programming includes wellness activities like "Dark Night" (intention setting event during the full moon that features smoking sage, healing stones, stargazing and atmospheric DJ beats) and amenities. Anchor & Den is a popular meeting spot and has great weekly breakfast and Sunday brunch scene.

The Westin Grand Cayman Seven Mile Beach Resort & Spa, is currently completing a major renovation costing \$50 million to be finished in August 2017. Dramatic renovations include a complete redesign of the lobby, pool area, retail and meeting spaces and rooms.

The new Margaritaville Grand Cayman Beach Resort has just opened. The 285-room resort is on Seven Mile Beach and features an open-air lobby, License to Chill bar, Margaritaville Coffee Shop, Banana Wind Care, swim-up bar, charcuterie and signature restaurant, YARA.

In Cayman Brac, the **Cayman Brac Beach Resort** added a new bar and lagoon-style oceanfront swimming pool.

Le Soleil D'or a boutique all-suite and villa hotel offers a unique farm-to-table wellness experience. Their 20-acre organic farm grows over 300 fruits and vegetables that are incorporated into daily meals cooked fresh by the resorts chef.

| TARGET GROUPS | |
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| Kids | <p>Kids will enjoy the various water sports like the banana boats, two person parasailing or discovering the fantastic marine world through snorkelling and swimming with colourful tropical fish. Teens over 12 years can also learn to dive. View amazing underwater reefs in submarines, semi-submersibles and glass bottom boats. Not to be missed is the famous Stingray City snorkel trip where everyone becomes a child at heart swimming with tamed southern stingrays in their natural habitat, the open sea.</p> <p>There is Boatswain's Beach the new home of the Turtle Farm located in West Bay where you can find many different species, sizes and ages of turtles in addition to indigenous animals and birds.</p> <p>Other activities include mini-golf, a visit to the Cayman Islands Museum and the multi-media theatre at Pedro St. James Historic Site. For kids 10 years and older horseback riding is available, as well as cycling, golf and tennis.</p> <p>Some hotels also host kid camps for children under the age of 12. If</p> |

you are visiting for the national festivals Batabano or Pirates Week - there are numerous activities for children as well.

The **Jolly Roger** experience is sure to bring the kid out of everyone. Be a part of the action and take a ride aboard this authentic replica of a 17th century Spanish galleon fully equipped with cannons that fire, walking the plank, and sword fighting. Remember to bring your swim gear.

A visit to Grand Cayman's **Butterfly Farm** is an unforgettable encounter with nature in all its beauty and diversity. Step into a tropical garden teeming with butterflies from around the globe and prepare to meet some of the world's most colorful creatures. Observe the life cycle of these fascinating animals from egg to caterpillar to chrysalis to butterfly. Tour Guides will entertain you with commentary on butterfly habits and the miracle of metamorphosis. Arrive early and witness new butterflies emerging from the chrysalis and taking their first flight. The Butterfly Farm is a rare opportunity for photography and a sure delight for visitors of all ages, especially the youngsters in the party.

Teens

In the Cayman Islands all fantasies of exploring the mysterious underwater world can be met - without ever getting wet. By viewing marine life from a submarine, the Cayman Islands fish covered reefs and enthralling drop-offs can be discovered by land-lovers. **Atlantis Submarines** offer rides aboard the 48-passenger Atlantis TS-XI. The Deep Explorer 1000 takes two passengers on dives of up to 800 and 1000 feet below the ocean's surface, the Seaworld Explorer takes 40 passengers just five feet below the ocean's surface. Cayman Submarines' SEAmobile Submarine Tours also offers room for two passengers to explore underwater life at depths of up to 60 feet with a 360-degree view. Nautilus offers the 80-passenger air-conditioned Nautilus semi-submarine with a protected glass hull that cruises five feet below the sea's surface.

Cayman Kayaks

Cayman Kayaks specializes in small group guided eco tours; daytime kayak tour exploring the pristine central wetlands, sunset tours along the mangrove coast, and an exciting visit to bio-bay at night. The tours activity ratings range from relaxing to energetic and were designed with comfort and safety in mind. Utilizing easy to paddle, very stable, yet comfortable sit-on top kayaks, guests will enjoy listening to informative and entertaining narration while observing the surrounding eco-systems. Ideal for singles, couples, and families- our small tour sizes ensure a personalized kayaking experience. Cayman Kayaks tours depart from Kaibo Beach Bar and Grill and are a great stop on a visit to Rum Point, the Blue Guanas, or the Botanical Gardens.

Black Pearl Skate and Surf Park: Another attraction found on Grand Cayman is Black Pearl Skate and Surf Park. With 52,000 sq. ft. of concrete bowls and half and quarter pipes, it is one of the largest skate parks in the world. The Waveloch Surf Machine is the other aspect of the park that is sure to please teenagers. The Waveloch creates a standing wave generated by a flow of fresh filtered water to create different sized waves. It is the only wave machine in the world that creates 11 foot waves.

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| | <p>“Locked Inn” is a fun activity for teenagers or even team building group visitors – solve numerous puzzles and brain teasers to unlock yourself from a room!</p> |
| Romance | <p>Barefoot elegance is what it’s all about in the Cayman Islands. Pamper your body, relax your mind and soothe your soul. After a day enjoying all there is to see and do in the Cayman Islands, why not treat your selves to a little indulgence in one of the many spas, salons, fitness facilities or gyms? The Cayman Islands offers a wide array of spa and wellness services to help make that special vacation even more special. Visit one of the many world-class spas on Grand Cayman or the Sister Islands for a revitalizing massage or facial treatment. A couples’ massage beside the beach is as romantic as it gets!</p> |
| Honeymoons & Weddings | <p>Couples can marry the day they arrive in the Cayman Islands, including visitors arriving by cruise ship. You must first arrange for a marriage officer within the Cayman Islands and apply for a special marriage license for non-residents granted by the Governor. Contact the Deputy Chief Secretary's office for more information.</p> <p>Visit the special website www.caymanvows.ky for more information.</p> |
| Zoomers | <p>Zoomers will appreciate the Cayman Islands for its fine dining, the high quality infrastructure, world class hotels and its safety record. It’s Caribbean vibe with Canadian standards.</p> |

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| UNIQUES | <p>Hell</p> <p>Would you like to say you’ve been to hell and back and really mean it? Well you can in Hell on Grand Cayman, where you can take pictures with the devil, send postcards postmarked from Hell and view the spectacular rock formations created by weathered iron-shore. The Hell post office opened in 1962 to accommodate requests from tourists to send post cards home to their friends and families from “hell”. The iron-shore formations have been estimated at 1.5 million years old.</p> |
| Surprising | <p>With an average income of around \$42,000, Caymanians enjoy the highest standard of living in the Caribbean. According to the CIA World Factbook, the Cayman Islands GDP per capita is the 12th highest in the world.</p> <p>The Caymans are ranked as the world’s fifth largest financial centre after London, Tokyo, New York, and Hong Kong: there are 449 banks and 60,000 registered companies</p> |
| History | <p>The Cayman Islands were sighted by Christopher Columbus, on 11 May 1503 on his disastrous fourth and final voyage to the New World. He named them Las Tortugas after the numerous sea turtles there. The first recorded English visitor to the islands was Sir Francis Drake, who landed there in 1586 and named them the Cayman Islands after the Neo-Taino nations term (caiman) for alligator.</p> <p>The first recorded permanent inhabitant of the Cayman Islands, Isaac Bodden, was born on Grand Cayman around 1661. He was the grandson of the original settler named Bodden who was probably one of Oliver Cromwell's soldiers at the taking of Jamaica in 1655.</p> <p>The islands, along with nearby Jamaica, were captured by, then ceded to England in 1670 under the Treaty of Madrid. They were governed as</p> |

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| | <p>a single colony with Jamaica until 1962 when they became a separate British Overseas Territory and Jamaica became an independent Commonwealth realm. The 1960's saw the birth of tourism in the islands and numbers have mushroomed from 6,000 to over 1 million.</p> |
| Books | <p>Lonely Planet's Discover Caribbean Islands is a very useful guide: http://shop.lonelyplanet.com/caribbean/discover-caribbean-islands-1/ If you're a serious diver, pick up one of three comprehensive guides published: Diving Cayman Islands, by Jesse Cancelmo (Aqua Quest Publications, 1997); The Dive Sites of the Cayman Islands, by Lawson Wood (McGraw-Hill, 2001); or The Cayman Islands Dive Guide, by Stephen Frink and William Harrigan (Abbeville Press Publishers, 1999).</p> |
| 1000 Places to see before you die | <p>Bloody Bay Wall – 1200 foot plunging coral garden off Little Cayman's North Shore</p> |
| Must Sees – Camana Bay | <p>Grand Cayman, long known for its natural beauty and sophisticated infrastructure and culture, has another attraction to show off: the blossoming \$400 million Town Centre in Grand Cayman's Camana Bay (www.camanabay.com). The Town Centre offers a range of entertainment options including high-end shopping boutiques, a state-of-the-art six-screen movie theatre, a bustling book store and coffee shop and a series of free events which support Camana Bay's mission to encourage a culturally enriched environment for residents and visitors alike. From the start, the whole of Camana Bay, including the Town Centre, was specifically designed as a gathering center; a new space to live, work and play on Grand Cayman.</p> <p>Dedicated to providing an active calendar of events, there is always something to see and do at the Town Centre in Camana Bay including the 75-foot mosaic-tiled Observation Tower. The Observation Tower is the only location on island for a 360-degree views and access is complimentary. Drawing inspiration from the world-renowned dive spots off the coast of the island, the mosaic is constructed of countless tiles in 114 different colours and is the largest undersea mosaic installation in the world.</p> <p>Other activities include "Live on The Paseo," a series of weekly live music concerts, visiting author readings and book signings, children's activities, an annual children's literary festival and farmers markets. To access Camana Bay's current event calendar visit, http://www.camanabay.com/events-calendar</p> <p>With ample parking and a convenient location, the Town Centre is Grand Cayman's newest shopping destination offering a dynamic mix of international brands and local retailers from home, clothing and fashion accessories to a full service day spa. The waterfront venue known as The Crescent is home to several new dining options for Town Centre guests to enjoy.</p> <p>Dining: The first restaurant to open at Camana Bay was Abacus, situated at the crossroads of The Paseo and Market Street. Serving contemporary global cuisine throughout the day, Abacus has a relaxed ambience and plenty of outdoor seating. Abacus has been joined by many other restaurants.</p> <p>Cinema: Hollywood Theaters at Camana Bay is a six-screen cinema showing the latest movies as they are released with various showings. A stylish lobby and a concession stand offering an assortment of</p> |

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| | <p>quality snacks complete the movie-going experience.</p> <p>Entertainment: Camana Bay has an active event calendar filled with many exciting events for the whole family. Camana Bay is offering a weekly live music concert series named “Live on The Paseo,” visiting author readings and book signings, children’s festival, and farmers markets.</p> |
| <p>Cayman Brac</p> | <p>Cayman Brac's rugged 14 square miles retains the charm and friendliness of a traditional seafaring community - yet it offers the country's most dramatic scenery.</p> <p>"Brac" is the Gaelic word for bluff, the Brac's dominant natural attraction. It is a limestone ridge which rises gradually from the west along the center of the island to 140 ft. at the eastern tip, plunging as a sheer dramatic cliff into the indigo Caribbean Sea below. It sculpts the landscape into unexpected vistas carved with caves and covered with a startling variety of flora and fauna.</p> <p>Experience the breathtaking view on the bluff from the lighthouse. Explore the enticing caves and sinkholes, high above water. Wander through the woodlands filled with exotic flowers and plants. Bird watching on the bluff is stunning. Frigate birds, brown boobies, peregrine falcons and the rare Cayman Brac parrot can be spotted in their natural environment.</p> <p>Just as fascinating are the Brackers themselves; a warm and independent population of fewer than 1800. They take pride in their homeland and enjoy sharing it with visitors. Small towns have names like West End, Watering Place, Cotton Tree Bay, Creek and Spot Bay. Tropical flowers bloom year-round in carefully-tended yards surrounding charming 'Caymanian' style homes. The Brac's special peacefulness refreshes - but its startling contrasts will awaken your adventurous spirit!</p> <p>In Cayman Brac, diving is what attracts most people to this small island. The newest attraction for divers is the wreck of the 330 ft. M/V Captain Keith Tibbetts, a Russian built Cuban naval frigate which was sunk off the island's northwest coast in 1996. It is already the home for a variety of marine life. There are two other small wrecks off the Brac's coast.</p> <p>Ashore, attractions include the Cayman Brac Museum at Stake Bay, a variety of dramatic caves; such as Rebecca's Cave, Peter's Cave and Halfway Ground Cave, nature trails exploring the bluff and iron-shore beneath it at the eastern tip, small, charming homes restored in traditional seafaring architectural styles. The delightful people of this unusual community are its main attractions.</p> <p>Fisherman will revel in shallow waters filled with bonefish and deeper offshore waters teeming with game-fish. For those simply wanting to relax, indulge yourself in the solitude of quiet beaches.</p> <p>The National Trust chapter has activities scheduled throughout the year. A one - mile long nature trail on the bluff adjacent the 281 acre Parrot Reserve was opened in 1996. Bird watching has long been considered an excellent and under-promoted attraction of this tiny island. The Sister Islands have over 200 bird species.</p> <p>There are also 35 nature tourism sites and trails on Cayman Brac to be explored, which are marked with informative and illustrated signs.</p> |

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| <p>Little Cayman</p> | <p>Little Cayman is the least developed of the Cayman trio. With a resident population of less than 170, most of Little Cayman remains uninhabited. Only 16kms long and 2kms wide, it still offers that rare combination of sun-blessed solitude, glistening beaches and miles of untouched tropical wilderness. Here, shy iguanas and rare birds outnumber humans.</p> <p>On Little Cayman, you'll find privacy and total relaxation. Bask yourself on empty beaches. Venture to remote South Hole Sound Lagoon for a private swim. Or row out to tiny, deserted Owen Island to enjoy a view of nature in its most pristine form. Here, you can truly ease the body and soul.</p> <p>On Little Cayman; diving is the main attraction - especially on famous Bloody Bay wall and Jackson Point. Bloody Bay Marine Park is one of the world's truly legendary dive sites: the sheer coral wall begins at 20 ft. and plunges to 6000 ft. Colourful coral gardens, wavering sea plumes and exotic tropical fish thrive among more than 50 unique dive sites.</p> <p>Exceptional fishing can be done on Little Cayman. Bonefish, small tarpon and permit, particularly in South Hole Sound lagoon, challenge anglers looking for light tackle action along the coast. The 15-acre Tarpon Pond is always filled with small, but feisty, gamefish.</p> <p>Little Cayman also has the largest known breeding colony of the Red Footed Booby (5000 pairs) in the Caribbean, a breeding colony of Magnificent Frigate Birds and large heronry, the country's first RAMSAR site, the 203 acre Booby Pond Nature Reserve, now under National Trust protection.</p> <p>Little Cayman Trust House, a Caymanian-style building overlooking the rookery, opened in late 1996 and serves as the headquarters for Little Cayman National Trust activities. It also provides an observation deck with high-powered telescopes for year-round viewing of the sanctuary's bird life. Little Cayman now has its own museum, located across from the Booby Pond Nature Reserve.</p> <p>Little Cayman also has a resident indigenous Little Cayman Rock Iguana population estimated at 2,000. Signs painted by local artists were erected cautioning motorists to watch out for iguanas along the main coastal road.</p> <p>The local chapter of the National Trust organizes outings and activities on a regular basis. The 2km long Salt Rock Nature Trail provides glimpses of Little Cayman's natural habitat.</p> |
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| <p>SPORTS ACTIVITIES</p> | <p>Rugby union in the Cayman Islands is a developing sport, and has its own national men's team, women's team and Sevens team.</p> |
| <p>Marathon</p> | <p>The Caymans Islands Marathon is a Boston Qualifying run in the sun that any marathon runner should seriously consider. This year the race will be held on Sunday, December 3rd 2017.</p> <p>The course is very flat, probably the flattest you will ever run. The race begins at Breezes By The Bay Restaurant on Harbour Drive and you will run through South Church Street into South Sound and then onto Old Prospect Road to Prospect Point which is designated the Turnaround Point. There you will turn around and run back using the</p> |

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| | <p>same route and then turn onto Walkers Road where you will continue until you come to the 4-way stop at Hospital Road. You will turn left onto Hospital Road and then onto Elgin Avenue in front of the Government Administration Bldg, and run through George Town toward the Town Clock, turning left and continuing to the stop light on Harbour Drive (near Senor Frog's) and turn left and return to the Start/Finish line at Breezes By The Bay. Full marathoners do it all over again, but this time in daylight, as the race starts at 5 a.m. in darkness to take advantage of the coolest hour of the day.</p> <p>I ran this race in 2009 and had a wonderful time – the race was superbly organized and it was a pleasure to meet runners from all over the world. My time of 3hours 52 minutes was my best “hot weather” marathon time ever. The best bit though was at the end when I got to bathe my tired feet in the soothing waters of the Caribbean! Here’s a link to my blog: http://www.chrisrobinsontravelshow.ca/Blog/tabid/400/EntryId/54/Cayman-Islands.aspx</p> |
| <p>Golf</p> | <p>The Cayman Islands are the perfect Caribbean vacation destination for you to catch up on your golf. Enjoy an afternoon on the links during a family vacation.</p> <p>North Sound Club The North Sound Club is open to the public and is the only 18-hole Championship course in the Cayman Islands. Located right off the North Sound the club is easily accessible from anyplace on Seven Mile Beach. Finding iguanas, birds and small lizards on the course is expected and creates a bit of excitement when playing through. The North Sound Club also has a driving range, pro shop and outdoor bar perfect for relaxing after a round. Weekly packages and special rates are available.</p> <p>The Ritz-Carlton Golf Club, Grand Cayman Experience Grand Cayman golf that embraces the island’s beautiful natural elements: water, mangroves and refreshing albeit challenging trade winds. The golf resort’s Greg Norman-designed course delivers fiercely on its shark pedigree. A nine-hole course that rouses golfers with its five long Par Fours into the Caribbean trade winds, which can make a 470-yard hole play like 600.</p> |
| <p>Fishing</p> | <p>Popular gamefish such as blue marlin, yellowfin tuna, wahoo, dolphin (dorado) and barracuda are caught year-round. Occasional catches of white marlin and, very rarely, Atlantic sailfish and Atlantic long-billed spearfish are also reported.</p> <p>Exceptional fishing can be done on Little Cayman, where bonefish, small tarpon and permit, particularly in South Hole Sound lagoon, challenge anglers looking for light tackle action along the coast. The 15-acre Tarpon Pond is always filled with small, but feisty, gamefish.</p> |
| <p>Caving</p> | <p>Whether you’re an avid caver or an inquisitive first-time explorer, caving in Cayman is truly unique, offering something for everyone. And what better way to experience the thrill of caving than while surrounded by a tropical paradise? Cayman Brac, boasts a number of caves that make the short trip from Grand Cayman well worth it.</p> |

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| | <p>Highlights include:</p> <p>Peter's Cave offering not only a thrilling caving experience, but also a spectacular view overlooking the 100+ ft. South Side bluffs.</p> <p>The Great Cave with its amazing formation of stalagmites and stalactites</p> <p>The Bats Cave, a large, well-lit, multi-chambered cave where small bats "hang out" in plain view.</p> <p>Rebecca's Cave, an historic site once used as a hurricane shelter for the islands residents</p> |
| Hiking | <p>The Mastic Trail is 3kms long and the guided walk takes approximately two and a half to three hours. Walkers get the chance to experience a fascinating exploration deep into Cayman's wild interior, in an area where the woodland has been evolving undisturbed for the last two million years.</p> <p>In Cayman Brac well-marked trails lacing the island range from easy strolls to a series of caves on the southern shoreline to 3kms of nature trails through a reserve set aside for the rare Cayman parrot on the island's bluff. (The reserve is also home to some 150 other bird species.) Bring a pair of sturdy hiking boots, because the limestone on the bluff is rugged – and the panoramic views of the sea from the edge of the bluff, which reaches an elevation of 140 feet, is well worth a little exercise.</p> |
| Biking | <p>Grand Cayman is an up-and-coming cycling destination with its extremely favourable conditions for cycling: open roads with very little traffic, asphalt streets and breezy conditions eight months of the year.</p> |
| Windsurfing | <p>Many visitors have discovered the popular watersport of windsurfing - skimming with the wind across the surface of the Caribbean is a thrilling experience extolled by windsurfing aficionados. Grand Cayman's East End, North Sound and west coast combine to create an ideal range of conditions for windsurfers of all levels. Avid windsurfers rate the four miles of reef-protected shallows off East End as the best location. Prevailing winds there are 30-40 kms per hour from November through March, with 6 to 10 knot southeasterly breezes in summer months.</p> <p>Kiteboarding is also taking-off (so to speak) on Grand Cayman.</p> |
| Diving | <p>Diving in the Caymans is world renown for a number of reasons. First of all the islands aren't mountainous and don't have rivers, so there's no run-off into the oceans, inhibiting reef development. Second, all three Cayman Islands are actually submerged mountains tops so there are incredible walls all around the islands, reaching in some areas 20,000 feet or more in depth! Third, they have always been very conscious of their precious resource and guarded it by establishing Marine Parks, limiting fishing, virtually spear fishing, outlawing anchoring, educating divers and self-policing dive operations. I had a wonderful Shore Dive off Turtle Reef with Sun Divers - see my blog: http://www.chrisrobsontravelshow.ca/Blog/tabid/400/EntryId/54/Cayman-Islands.aspx</p> <p>The World-Famous Stingray City: Top of every visitor's list is an excursion to Stingray City, an extraordinary 12-foot dive site and adjacent sandbar. In as little as two</p> |

to six feet of water, everyone—with or without snorkel gear—can feed and touch the friendly Southern stingrays. The local captains who personify the mariner tradition of the Cayman Islands have made the trip for years. They'll regale you with lore, a beach lunch and perhaps a few tunes. Check island publications and hotel tour desks to book your half-day or full day Stingray City excursion. Also available: take a private charter with Cayman Luxury Charters or a catamaran with Red Sail Sports

Dive 365

The Cayman Islands is considered one of the world's best places to dive with 365 dive sites, one for every day of the year. The variety and splendour of their shallow reefs and majestic walls will thrill the explorer in even the most jaded diver.

The Cayman Islands has more than 40 dive operations spread throughout the island trio. Major barrier reefs, such as the North Wall, are located far from the shore, but much of the coastline lies within the protection of fringing reef. This sheltered environment is not only a safe haven for swimming and snorkelling, it is also a major breeding area for many species of fish and invertebrates. In 2011, Cayman sunk a decommissioned naval ship, the USS Kittiwake to create an artificial reef for divers and snorkellers. The ship is sunk in just 65 feet of water, providing access of the site for both divers and snorkellers alike. The USS Kittiwake represents just one of many amazing dive and snorkel sites in the Cayman Islands like Coral Gardens, Cemetery Reef, Starfish Point, Stingray City and Stingray City sandbar and much more.

The Sister Islands are a must do for divers with Cayman Brac boasting prime dive sites like the M/V Captain Keith Tibbetts, a sunken dolphin statue and other great sites for both diving and snorkelling. The Brac also has beautiful coral gardens and dramatic caves. Little Cayman is most famous for Bloody Bay Wall, considered one of the best dive sites in the world. Just a short swim from shore the wall drop-off begins at 18 feet (5.5 m) below the surface and plunges to more than 1,000 feet (305 m). The wall is thick with sponges, coral and is home to many formations, chimneys, canyons and coral arches. The rare longsnout seahorse can also be found among sections of the wall.

Diving in the Cayman Islands is taken seriously as a business and the operators are excellent, upholding the highest safety standards.

Wreck of the Ten Sails

On February 8, 1794, Captain William Martin was steering a lead ship, HMS Convert, when it hit a reef. The captain fired a cannon to signal a fleet of other merchant vessels about the treacherous reefs that lay ahead. The captains of the other ships mistook the signal for a warning of an impending pirate attack. One vessel after another in the convoy of 58 merchants ships, most of them square-rigged sailing vessels bound for Europe, met the same fate as the Convert in the rough, pitch-black seas. In all, 10 ships were wrecked that disastrous night. By some miracle, villagers of the East End of Grand Cayman managed to save all 400 or so sailors and officers, bringing them ashore in canoes. Four

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| | of the ships were eventually salvaged, while the other vessels sank to the bottom of the sea. The ships' cannons were recovered and sent to England during World War II as scrap. You can now dive this atmospheric wreck site. |
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| CULTURE | |
| Arts | Art and Culture are other features of the Cayman Islands that attract international attention. The National Museum and National Gallery preserve contemporary and dated art works of local and international talent. A Cultural History Exhibition is displayed within the museum, and teaches patrons about historical customs and traditions native to the Cayman Islands. The Gallery sponsors eight exhibitions every year and is located in the Harbour Place in George Town. |
| Music | There is a vibrant island music scene which visitors can enjoy in local venues and at the many festivals. |
| Painting | No retrospective of Caymanian art would be complete without the artfully naive paintings of Gladwyn Bush, known to most of Grand Cayman by her affectionate nickname, Miss Lassie. Born on Grand Cayman in 1914, she left the Cayman Islands only once in her life: to attend an exhibition of her works in Curaçao. Displayed in galleries as far away as Baltimore and Paris, her paintings depict, among other subjects, God talking with Elijah and Nicodemus chatting with Jesus. She once described her paintings as visions that came to her "in the state between sleeping and awakening." She died in 2003, at age 89, and since then her works have become increasingly difficult to find in the public domain. |
| Museums | Cayman Islands National Museum Make the Cayman Islands National Museum the first stop on your tour of Grand Cayman and begin to see the real Cayman. |
| Festivals | There is a wide variety of events from internationally acclaimed to local: Cayman Cookout Held annually each year at the Ritz-Carlton, Grand Cayman, Michelin-star chef Eric Ripert brings the world's best chefs and sommeliers together for a four-day epicurean event. Held in January, the event hosts a roster of world famous chefs and food legends, like Anthony Bourdain and José Andrés, for rare wine tastings, chocolate and food demonstrations (many held right on the beach), tours, dinners and much more The event has even hosted numerous Canadian chefs over the years including Paul Rogalski, Lynn Crawford, Dale McKay and Martin Picard This year's event takes place: Jan 10-14, 2018 Other chefs in 2018: Daniel Boulud, Rick Bayless, Sean Brock, Robert Irvine, Emeril Lagasse Cayman Cookout is celebrating 10 years in 2018 For more info: www.CaymanCookout.com Taste of Cayman This annual event is held at Camana Bay and brings together the island's best restaurants, chefs and food experiences in one place. One of the largest events in Cayman, visitors can sample food, |

cocktails, rum and desserts at various tents and then take in numerous concert “tribute band” experiences. The open-air event attracts in excess of 4,000 people with over 40 booths to experience. A celebration of Cayman’s diverse food and drink scene, the “Best of” awards are given out, including, best restaurant, best booth, best drink and more

Takes place: Dates not yet announced but typically takes place a week or so after Cayman Cookout (end of Jan/early Feb)

Restaurant Month

Enjoy dining at some of Cayman’s best restaurants at value-for-money fixed prices during the month of October.

Cocktail Week

A celebration of all things sip-worthy in the Cayman Islands. 2017 marks the 5th year for this cocktail event that brings together the destination’s best cocktail masters for interactive events like make your own Gin or going on a historical cocktail tour. Cocktail Week cocktails are then available on cocktail menus throughout the entire month of October

Takes place: Oct 20-27, 2017

Pirates Week

The 10-day festival, held each November, begins in Grand Cayman's capital, George Town, with a pirate invasion, when two old-time sailing vessels loaded with "pirates" sail into the harbor. The festival continues through the week with Heritage Days across Grand Cayman, Little Cayman and Cayman Brac with thrilling fireworks, costume competitions, live music, performances, street games, food festivals, and a Children's Fun Fair Day. Takes place: Nov 9-13, 2017

Batabano

A true Caribbean tradition with a display of music, dance and colourful costumes. The event features street parades for adults and children and street dances. This is an event worth traveling for! Takes place: May 2-6, 2018

Cayman Islands Intertrust Marathon

The marathon, held every December, guides participants through the vibrant capital city of George Town, along the breathtaking waters of the Caribbean and through the beautiful flora and fauna of the Cayman Islands. Registration includes the Runners Carb Loading Pasta Party as well as the Finishers Party following the event. Takes place: December 3, 2017

Flowers Sea Swim

Celebrated its 25th anniversary in 2017. This one-mile open water swim is popular among Caymanians, open-water swim enthusiasts, charity groups, visitors and Olympians alike! Participants swim along Seven Mile Beach with over \$100,000 offered in cash and prizes. Takes place: First week in June, 2018 dates not yet announced

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| <p>ATTRACTIONS</p> | <p>The Cayman Islands offers much more than the gentle splendours of sun, sand and sea. Enjoy unique heritage attractions, Boatswain's Beach, Pedro Saint James, Queen Elizabeth II Botanic Park and the National Museum. Rollick aboard a pirate cruise on the Jolly Roger or the Anne Bonnie. Revel in the festive atmosphere and delicious libations at Rum Point. Feeling adventurous? Plunge the depths aboard the Atlantis Deep Dive Submarine, the only excursion of its kind anywhere on earth. Explore natural treasures on a hike along the Mastic Trail on Grand Cayman, a stroll through Booby Pond Nature Reserve in Little Cayman, (home to the largest population of red-footed boobies in the Western Hemisphere), or a visit to the Brac Parrot Reserve, where you'll glimpse the rare Cayman Brac parrot. Immerse yourself in Cayman's rich culture firsthand at the Cayman Craft Market or any of the impressive galleries, all the while enjoying the greatest attraction of all: the warm, welcoming Caymanian people.</p> |
| <p>New Attractions in 2017</p> | <p>Cayman Crystal Caves The Cayman Islands has a new attraction, Cayman Crystal Caves, that just opened with additional caves opening in 2017. Venture into amazing stalactite and stalagmite crystal structures formed by water drops over time. The unique caves and surrounding tropical forest area is available to explore on guided tours and is located on the Northside, Grand Cayman. www.caymancrystalcaves.com</p> <p>Segway Tours One of the newest activities on Seven Mile Beach is the Segway tour. A 90-minute tour takes Segway riders around the island both on pavement and on the sand. Starting from downtown, the tour features stops at Camana Bay town centre and around the popular Seven Mile Beach area where beach time and refreshments are available. There is also a sunset tour on Seven Mile Beach. www.Caymansegwaytours.com</p> <p>International Scuba Diving Hall of Fame exhibit at the National Museum Exhibit period: November 2016 to November 2017 The ISDHF has acquired some of the most intriguing and unique pieces that reflect the growth of the scuba diving industry over the past 15 years. The Cayman Islands Department of Tourism, in-partnership with the ISDHF and the Cayman Islands National Museum will offer both locals and visitors an opportunity to experience some of the most treasured scuba diving artifacts in the world through an exclusive display at the Cayman Islands National Museum. Patrons will have the opportunity to experience firsthand some of the most sought after tokens of diving history.</p> |
| <p>Beaches</p> | <p>All beaches in the Cayman Islands are public up to the high water mark. I enjoyed several on my last trip: here are some photos of my favourites: http://www.chrisrobinsontravelshow.ca/Blog/tabid/400/EntryId/54/Cayman-Islands.aspx</p> <p>Here are some of the most popular:</p> |

Seven Mile Beach

Seven Mile beach encompasses so many different activities that a day at the beach has the ability to leave your head spinning. Whether or not you enjoy just relaxing and watching the waves roll in, or taking your vacation up a notch and parasailing over the Caribbean sea - Seven Mile Beach has what you're looking for. With an abundance of water sports operators, hotels and beachside restaurants you will never be at a loss for what to do on Seven Mile Beach.

Public Beach

The Grand Cayman public beach offers changing and restrooms, showers, a wonderful playground for the kids to enjoy, beach huts, a water sports operator, as well as the Calico Jacks Beach Bar for food and drinks where you can enjoy another day in paradise.

Spotts Beach

The Spotts beach is great if you want to get away from the crowd. This spot is surrounded by iron-shore cliffs with white beaches and a barrier reef that keeps waters calm year round with huts and benches available for use.

Smith Cove

Located on South Sound this beach offers the convenience of being close to the cruise port to allow for more time enjoying the sun sand and sea. With restrooms, picnic benches, showers, phenomenal snorkeling and great photo ops, you should add Smith Cove to your to-do list whilst visiting our beautiful islands.

West Bay Public Beach

Located after the 4-way stop in West Bay with a wide stretch of powder soft sand and an abundance of shady sea grape trees, this stop is perfect for family get-togethers. There is also a dock, restrooms & changing facilities, showers and huts/benches.

Cemetery Beach

Cemetery Beach is known for its superb snorkeling, but does not offer the convenience of changing facilities restrooms or water sports operators that many of the other beaches have. However, if the underwater beauty of the Cayman Islands is what you seek - put Cemetery Beach at the top of your list.

Rum Point

With the beauty and tranquility of the North Side of the Islands and calm shallow waters that allow children and adults alike to play care free, this experience is what vacationing in the Caribbean is really about. Offering changing/restrooms, showers, huts, hammocks, a volleyball net and the Rum Point beach bar offering food and drinks. Red Sail Sports offers all of your waters ports needs - you needn't look any further for an ideal Cayman day.

East End Public Beach

When you really want to get away from it all, take a trip down to East

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| | <p>End. This beach is secluded with only the sound of lapping waves and calling birds to distract from the state of tranquility and peace you will find here. Huts and restrooms are available on location.</p> <p>Cayman Kai Cayman Kai has huts, benches, hammocks and the New Orleans atmosphere at the Kaibo bar and grill. With beach volleyball and an annual Mardi Gras festival, you will always be entertained and amused.</p> <p>Heritage Beach This site has a small car parking area on the landward side of the road, and picnic facilities on the beach side. The beach is not well suited for swimming, as it grades into shallows with abundant Turtle Grass, a biologically productive system important to a diversity of marine life. A beautiful view across Frank Sound lagoon does however, make Heritage Beach an appealing picnic spot.</p> |
| Blowholes | <p>Blowholes are created by the water moving through natural tunnels cut in the rock by the coast. As the tunnels get closer to the coast, they turn upwards, creating a fountain. This can create quite a spectacular show when the weather conditions are right. In Grand Cayman the Blow holes are located on Frank sound road on your way to the Eastern Districts. In Cayman Brac you can find them scattered Island wide. The best time to watch the show is during a nor'wester in the winter months.</p> |
| Wildlife | <p>Boatswain's Beach - Cayman Turtle Farm This one-of-a-kind, 23-acre adventure marine park is one of the most exciting attractions in the Caribbean. Boatswain's Beach celebrates Caymanians' stewardship of the seas and relationship with nature through tactile, colorful, educational and memorable experiences. The park allows visitors to experience the rich history of Caymanian life in a fun and safe environment while providing opportunities to observe and interact with native flora and fauna. In keeping with its cultural heritage, Boatswain's Beach is the new home of the world renowned Cayman Turtle Farm. The new expanded facilities at Boatswain's Beach ensure visitors continue to learn more about these amazing sea creatures as well as our new additions including the predators, birds, caiman, and other exciting creatures. The new park also houses a world-class research and educational facility that focuses on the conservation of sea turtles.</p> <p>Visitors can now enjoy a refreshing, cool dip in the inviting Breaker's fresh water tidal lagoon and dine on a scrumptious meal at Breaker's Snack Shack. Items on the menu include jerk chicken and pork, hamburgers, sandwiches, and desserts amongst other delights. Everyone will enjoy the experience of the finest Caymanian cuisine at a variety of locations throughout the park.</p> <p>The park offers visitors a unique opportunity to swim and snorkel with fish and other marine life in its 1.3 million gallon salt-water lagoon. Guests can also peer into the predator tank and come nose-to-nose with sharks and eels. Let your imagination soar as you wander through the beautiful free-flight bird aviary or stroll down an historic Caymanian street complete with porch side artisans. Children and adults alike will delight in interacting with starfish, urchins and crabs at the touch pool.</p> |

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| | <p>Everyone will enjoy the experience of the finest Caymanian cuisine at different locations throughout the park.</p> <p>The only one of its kind in the world, the Cayman Turtle Farm is home to over 11,000 Green Sea Turtles, ranging in size from six ounces to six hundred pounds each. Visitors can tour an actual working farm, which is both educational and entertaining, and turtles are available for guests to hold for an amazing and unique photo opportunity.</p> <p>Stingray City</p> <p>The stingrays began gathering in the area decades ago when fisherman used to clean fish on the shallow sand bars. The stingrays would forget their normally shy dispositions and feast on the guts of the cleaned fish. Soon the stingrays began to associate the sound of a boat motor with food. In the late 1980s, divers started feeding squid to the stingrays, which is one of their favorite dishes. Imagine a completely unique once in a lifetime experience you can find nowhere else in the world. As you enter our crystal-clear turquoise waters the graceful southern stingrays glide tranquilly past in their natural habitat. Enjoy this unique experience of touching and feeding a Stingray, together with snorkeling amongst magnificent coral reefs and colourful tropical fish. The Stingray City Sandbar in Grand Cayman is lots of fun and suitable for everyone. Standing in only three feet of water you will be surrounded by more than two dozen friendly Stingrays.</p> <p>You can see pictures of both these attractions on my blog at: http://christalkstravel.blogspot.com/2009/12/cayman-islands-nature.html</p> <p>Cayman avian fauna includes two endemic subspecies of Amazona parrots: Amazona leucocephala hesterna, or Cayman Brac Parrot, native only to Cayman Brac, and Amazona leucocephala caymanensis or Grand Cayman Parrot, which is native only to Grand Cayman. Another notable fauna is the endangered Blue Iguana, which is native to Grand Cayman. There is also the agouti and the Booby Birds on Cayman Brac.</p> |
| Birds | <p>The Cayman Islands are home to 50 resident species of birds, including colonies of the native brown booby, red-footed booby, least tern, and white-tailed tropicbird The West Indian woodpecker and stripe-headed tanager can also be seen in Cayman.</p> <p>Grand Cayman has seven protected bird sanctuaries, including the QE II Botanic Park, Colliers Pond, Salina Reserve, and the Majestic Reserve. Cayman Brac is home to a 180-acre parrot reserve, while Little Cayman's Booby Pond Reserve protects the habitat of the brown and red-footed boobies.</p> |
| Gardens | <p>Queen Elizabeth Botanical Park On 24 hectares (59 acres) of rugged wooded land off Frank Sound Road, North Side, this park offers visitors a short walk through wetland, swamp, dry thicket, mahogany-tree stands, and patches of orchids and bromeliads. Hurricane Ivan destroyed some of the vegetation, but since then, the park has grown back. The trail is 1km long. You'll likely see chickatees, which are freshwater turtles found only on the Caymans and in Cuba. Occasionally you'll spot the rare Grand Cayman parrot, or perhaps the</p> |

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| | <p>anole lizard, with its cobalt-blue throat pouch. Even rarer is the endangered blue iguana. The visitor center features changing exhibitions, plus a canteen for food and refreshments. It's set adjacent to the woodland trail and includes a heritage garden with a re-creation of a traditional Cayman home, garden and farm, a floral garden with flowering plants, and a lake with three islands, home to many native birds.</p> |
| Historical Site | <p>Pedro St. James Historic Site At Pedro St. James, visitors will learn about Caymanian history while wandering through the restored great house, the country's oldest stone structure, which is honoured as the birthplace of democracy for the Cayman Islands. Pedro's multi-media theatre depicts what life was like when the Cayman Islands were settled in the 18th - 19th centuries. Visitors can stroll through the edifice built along the lines of the Caribbean plantation Great Houses containing antique furniture and interesting artifacts from that long-lost time. Visit the gift shop and don't miss the site's multimedia show (it runs every hour). Rated the best in the Caribbean, it's an experience you will long remember.</p> |

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| OTHER ACTIVITIES | |
| Shopping | <p>In Grand Cayman you never have to go far to shop. In addition to the shops in town, there are many small malls which have restaurants, liquor and gift shops including the new Grand Harbour Center. Cayman is a duty-free destination which means many exciting opportunities for you to save on such things as watches, china and crystal, perfumes and fine jewelry - including authentic treasure coin jewelry - on Grand Cayman and at a few stores on Cayman Brac. Prices on perfume, watches and select luxury items may be as much as 30% less expensive here.</p> <p>In addition to traditional duty free selections, varied and interesting shopping - from chic European fashions to outstanding local art - delights visitors in speciality stores, hotel boutiques and shopping plazas.</p> <p>A growing interest in developing local art and crafts has led to the opening of art and craft galleries featuring local and Caribbean art. Underwater photography services and an excellent selection of underwater photos and prints framed as art pieces are available as well. You can also arrange for custom underwater videos and photographs of your own diving and snorkelling experiences - a unique souvenir of your Cayman vacation.</p> <p>You will be surprised by the selection of interesting, unusual and local items that await your shopping experience . These include shell jewelry, thatch work, wood carvings, Caymanian-style birdhouses, crocheted items, pepper sauces, tropical fruit jams, honey, Caymanite (Cayman's semi-precious stone Caymanite is a variety of the mineral Dolomite) jewelry and sculpture, and a unique selection of antique and treasure coin jewelry.</p> |
| Markets | <p>Cayman Craft Market: Located in central George Town this market place offers locally made wood & leathering products, thatch and straw work and local visual arts. Find yourself immersed in a unique Caymanian atmosphere where you can purchase a real part of</p> |

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| | <p>Cayman whilst learning about our past and one of a kind culture.</p> <p>The Farmer's Market Cooperative is located at Stacy Watler Agriculture Pavillion located in Lower Valley, known as Market at the Grounds it is open every Saturday from 7am -1pm. You will find fresh produce, fish, Cayman-made products like Cayman Sea Salt, jams, preserves and hot sauces. Sample the taste of Cayman with home cooked meals & baked goods. It's also a great place to buy traditional Cayman gifts included silver thatch crafts, Caymanite jewelry and paintings. Willie's Fresh Fruits & Juices on Red Bay Road also sell delicious unusual local jams, hot sauces, fruits, fresh juices and baked goods.</p> |
| Nightlife | <p>When the sun goes down in the Cayman Islands and the stars come out, it's truly a chance to shine. Dance the night away in a nightclub. Listen to jazz, folk, rock & roll, reggae and calypso music. Sip a cocktail at a sophisticated wine or martini bar. Attend a live play or concert. Dine in an open-air restaurant, caressed by gentle breezes. Stroll the silky, soft white sands of Seven Mile Beach.</p> <p>Enjoy one of the signature rum drinks. Go on a romantic sunset cruise with the one you love. Feast at a fine restaurant, many of which feature live entertainment to create that special 'evening out' mood.</p> <p>The live-entertainment scene changes on a nightly basis. One club might be jumping with a live band one night, and then be calm, with no live entertainment, the following evening. Someone at your hotel's reception desk can usually tell you what the hot spots are on any given evening. Otherwise, grab a copy of the Caymanian Compass (www.caycompass.com), available at most hotels, which runs a comprehensive list on Fridays of entertainment choices for the weekend.</p> |
| Casinos | None |

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| CUISINE | |
| Food | <p>The Cayman Islands is regarded as the Culinary Capital of the Caribbean, renowned for its more than 200 restaurants and a thriving dining and food festival scene. Dine on Caribbean, Central American, Italian, Mexican, German, Thai, Chinese, Indian, Japanese, Tex-Mex and more – with over 140 nationalities living in the Cayman Islands, there is an incredible array of restaurants and food experiences to choose from.</p> <p>Camana Bay is a popular area for exploring the restaurant scene with a weekly Farmer's & Artisans Market held each Wednesday. Explore the market and the Camana Bay town development which features shops, a wide variety of restaurants and a vibrant community ambiance – there's always a scene happening in Camana Bay! Restaurants include MIZU, KARoo, Abacus, Brooklyn and many more. Also held each Wednesday in Camana Bay is the Flavour Tour – a progressive dinner event where visitors get a taste of all the area restaurants have to offer.</p> |

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| | <p>Throughout the island there is a wide mix of dining experiences, from Eric Ripert’s Blue at the Ritz-Carlton, Grand Cayman, to The Brasserie, with its “sea to fork” dining (seafood is caught daily from their own fishing boats) and a thriving kitchen garden. Luca, at the Caribbean Club, has more than 3,000 bottles of wine to choose from or enjoy waterside dining at Calypso Grill or Catch in Morgan’s Harbour.</p> <p>International foodies looking for a new experience need look no further than the Cayman Islands for lionfish! Native to the Indo-Pacific region and Red Sea, lionfish are an invasive species in the Caribbean, impacting reef ecosystems. The Cayman Islands has created a comprehensive control program to cull the lionfish population. While lionfish may be an invasive species, their delicate, flaky white meat is delicious and can be found on menus around the islands.</p> <p>Sunday Brunch is an institution in Cayman. Numerous restaurants offer impressive feasts including local seafood delicacies, breakfast favourites, sushi, salads, desserts and more. Unlimited champagne or sparkling wine is usually included too. Popular choices are LUCA, the West, Agua, The Lighthouse, Royal Palms, and Anchor & Den.</p> <p>Local foods popular in the Cayman Islands include fresh conch, coconut, plantain, cassava, yams, rice and peas, tuna, snapper, mangos and mahi mahi.</p> <p>Visit Seymours Jerk or Miss Vivine’s Kitchen for authentic Caribbean food prepared fresh from the sea with all the fixings like bread, fritters and rice and beans.</p> |
| <p>Rum</p> | <p>The Tortuga Rum Company offers 10 blends of rums, Taste of the Caribbean sections featuring samples of the Tortuga Rum Cake, Tortuga label gourmet food products and a wide variety of Caribbean speciality foods, coffees, spices and sauces.</p> <p>The local beer is good too and is called Caybrew.</p> |
| <p>Restaurants</p> | <p>More than 200 restaurants, fast-food outlets and small snack bars offer visitors a selection ranging from elegant fine dining to budget fast food and take out. Traditional Caymanian cuisine has been enlivened by a strong Jamaican influence of jerk, curry and other vibrant seasonings, and features conch, lobster and local seafood in a variety of dishes, complimented by coconut, plantain, breadfruit, yams, cassava, rice and peas and other West Indian side dishes; you can expect to pay between \$16.00-\$32.00</p> <p>- Calypso Grill: At first glance you might think this is little more than a waterfront shack, or perhaps a repair shop for the motorboats that launch from an adjacent ramp. But when you enter, you'll find a charming, funky, and slightly psychedelic bar-and-restaurant that absolutely drips with Creole colors and sense of whimsy, creating a bold and creative elegance. If the wind isn't too brisk, you can sit on a wooden deck directly above the water, watching workaday fishing craft depositing their catch at West Bay's busiest port...</p> <p>- Cimboco: A Caribbean Cafe is a relaxing and exciting celebration of all the "flavors of the sun". It has an exhibition kitchen and fire burning oven, Cimboco serves delicious Caribbean inspired dishes from soup</p> |

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| | <p>and appetizers to entrees and desserts featuring fire roasted pizza, homemade pastas and fresh seafood all at very affordable prices.</p> <ul style="list-style-type: none"> - Grand Old House is an Old Coconut Plantation House, set on the magnificent Caribbean sea just south of George Town and has become Grand Cayman's finest dining establishment for almost 30 years. The legend of Grand Old House, Petra Plantation, has been kept alive for over 90 years thanks to careful preservation and restoration efforts. <p>Tortuga Rum Cake</p> <ul style="list-style-type: none"> - Cafe Mediterraneo: The wide array of pizzas and pastas and the convenient hours make this a favorite of many locals. |
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| MORE INFO | |
| Contact Info | <p>Website: www.visitcaymanislands.ca Facebook: https://www.facebook.com/CanadaVisitCaymanIslands Pinterest: https://www.pinterest.com/caymantourism/ Twitter: https://twitter.com/cayman_islands YouTube: https://www.youtube.com/user/CaymanTourism</p> |

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| PERSONAL EXPERIENCES | <p>On my last trip I stayed at Grand Cayman Marriott Beach Resort; I enjoyed:</p> <ul style="list-style-type: none"> - a guided tour of Boatswain's Beach, home of the Cayman Turtle Farm; - Lunch at the Cracked Conch; - Shore Dive off Turtle Reef with Sun Divers at Cracked Conch; - Stingray City Excursion with Red Sail Sports; - Catered dinner on private island at Camana Bay; - Jazz Fest at Pedro St. James; - And I completed the Cayman Islands Marathon! <p>You can see some of my photos from the trip here: http://www.chrisrobinsontravelshow.ca/Blog/tabid/400/EntryId/54/Cayman-Islands.aspx</p> |
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