

Chapter 1 : Things to do in Cayman | Adventura Cayman

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Submarine Tours[edit] Nautilus Undersea Tours, 2 state-of-art air-conditioned 80 ft. Snorkling is also available. Launch from Rackmans Pub. Short walk from Cruise ship docks ". See the reefs from a person submarine. Festivals[edit] Batabano [14] , the Grand Cayman carnival, occurs near the end of April or early May. Batabano is a weekend of live steel band music, revelers parading the streets in colorful costumes, and eating exotic foods. Fireworks, "pirate landings", street dancing, heritage day events in Cayman towns, more. Celebration of local arts, crafts, music, dance, drama etc. Honey Suckle Trail Rides, Phone: However, the island maintains one cross country path called the Mastic Trail. The trail is well signed, and guided tours are available. Easy accessible and very interesting!. Eco-tourism award winning biologist Geddes Hislop. Walking tours and eco-tours to the rainforest, or historical tours. The US dollar is ubiquitous and typically accepted by hotels, restaurants, and shops at the rate of one US Dollar for every 80 Cayman Islands cents, with change usually given in Cayman Island dollars. Black Coral is often used in jewellery here. There are many tourist shops where you can buy t-shirts, hats, postcards, and much more. Eat[edit] [add listing] The culinary influences of many regions are reflected in Cayman cuisine. With more than restaurants, unwinding with a good meal in the Cayman Islands can include chic five-star dining as well as a more casual venue under the stars, or even a themed event. From traditional Caymanian seafood to Caribbean to Thai to Italian and New World cuisine, discerning diners are sure to find something to fit their taste. Other exciting options include dinner cruises on luxury catamarans and even an authentic tall ship. Finding budget food on the Cayman islands can sometimes be a challenge as the cost of living is higher than most other countries including the united states. Most restaurants are expensive. However, there are still a few options for charming casual places to eat. Rackams is a local favourite for the scuba divers on the island thanks to its free chicken wings on a Friday night. Any restaurant food can be expensive on Grand Caymen, even for fast-food. Church Street, Georgetown, Grand Cayman. Beautiful restaurant with very friendly staff right on the water front only 5 minutes walk from George town ferry terminal. Contemporary International, Menu changes daily. Great dishes- Lobster bisque in cognac cream and lobster quesadillas. Slow roasted and inexpensive. Ecclectic, Caribbean Cafe with Exhibition Kitchen; reasonably priced, local spot, all from scratch. Cracked Conch by the Sea, N. Good family restaurant with a nautical theme. Tex-Mex, burgers and steaks. Beautiful site, view of the famous "Wreck of the Ten Ships", casual, friendly family atmosphere. Great food and not overly fancy. Indoor and outdoor dining. Great views of Seven Mile Beach and great seafood dishes. Tukka, Queens Highway, East End, [2]. Oceanside gem in the east end. Great food, reasonably priced, great staff. Liquor stores close at Visitors flying into the Cayman Islands are able to bring either 1 bottle of duty free spirits, 4 bottles of wine or champagne, or one 12 pack of beer per person 18 years of age or older. Exceeding this duty allowance will result in substantial taxation to the excess items. A variety of local drinking establishments range in price and consumer base yet all preserve a sense of Island flair. Rackams Waterfront Has the cheapest beer on the island each night during happy hour. And they have a reputation for the coldest beers too. Being right on the waterfront its a great place to catch a sunset. Infamous open aired, thatch roof bar. Good place to kick back and watch sports. Dine surrounded by palm trees with the sound of a cascading waterfall in the background. Extremely popular, busy sportsbar with a variety of entertainment. Enjoy the cozy atmosphere of the only traditional Irish pub in the Cayman Islands. The only true martini lounge on the Island. Try any one of the unique creations of martinis or any one of the cocktails. Open earlier than many other clubs, the O attracts a young, trendy crowd. Very popular nightclub on the island. One of the few billiard halls. Sleep[edit] [add listing] Accommodations are ample but tend to be relatively expensive, even on the two smaller islands. There are several luxury resorts with all amenities, as well as other less expensive options. In addition, the cost of food and drink is high in Cayman, but many visitors stay in condominiums with kitchen facilities and take advantage of the first class supermarkets and cook and barbecue on the beach. Cayman is not known for all

inclusive resorts, but there are two smaller Caribbean style properties that do offer this option. The majority of hotels and resorts are in Grand Cayman, where the main hotel "strip" is Seven Mile Beach, home to several major chain hotels and numerous condominiums. Seven Mile Beach is a public beach, so you are able to walk the entire length of the beach. Off Seven Mile Beach are several dive resorts and, in the Eastern Districts, numerous private homes and villas, as well as several resorts and attractions for those preferring a more tranquil vacation. Little Cayman focuses on dive vacations and has a unique charm, as well as some of the best diving anywhere. There are no campsites on any of the islands and camping is very rare except during Easter. There is an Easter tradition among Caymanians of camping on the beach. Lodging is expensive on Grand Cayman, but Vacation Rentals are a cheaper option. Offers 21 oceanfront apartments. Centrally located on the world-famous Seven Mile Beach. An all-beachfront luxury resort located on a quiet side of the island. Watersports, diving, world class snorkelling, pool facilities and its private patio views. Stay safe[edit] Cayman has a very low crime rate, especially involving tourists. Walking at night even alone is quite safe, and even petty theft is quite rare. Something like a wallet or an iPhone might be a temptation, but leaving items like a beach bag, towel, shoes, etc, on the beach should be no problem. The local police are reliable. Dial for emergencies. Hurricanes are rare but do occur. Hurricane season is June through November. The main risk is property damage. Gay visitors can expect the same levels of hospitality and service as any other visitor, but should expect some hesitation from older Caymanians. Public displays of affection are generally discouraged, even for straight couples. Health care services both standard and emergency are very good and hospital standards are on-par with any other major health care facility in the USA or Europe. Be aware of that. Other reef fish groupers, amberjack, red snappers, eel, sea bass, and Spanish mackerel are not likely to cause ciguatera fish poisoning. No natural fresh water resources; drinking water supplies are met by desalination plants and rainwater catchments. Make sure you have sunscreen on if you plan on walking around town. It is sunny all year. Respect[edit] Caymanians are very respectful and well known for being a very welcoming people. Greetings and pleasantries are common and expected, even to shopkeepers when entering their stores. Most islanders use titles of respect, such as Mr. It is not uncommon on Grand Cayman island to hear the question "Who you fa? Who are you, and who are your parents, siblings, grandparents, etc.

Chapter 2 : The Cayman Islands Nightlife | Caribya!

Be inspired to visit by the brand new Insight Pocket Guide Antigua and Barbuda, a concise, full-color guide that combines lively text with vivid photography to highlight the best that the islands have to offer.

Nightlife on the Cayman Islands is most prominent on Grand Cayman, where restaurants with lounges and bars are the most popular night time haunts. The dress tends to be casual in these hybrids, while dance clubs are a bit dressier, and some upscale lounges enforce a still more glamorous dress code. Specialty mixed drinks are the main attraction here. Billy Bones Billy Bones offers an outdoor bar, dining under the palm trees, and weekly events such as poker competitions and live music. Bamboo Bamboo is a trendy restaurant featuring eclectic nouveau cuisine and an upscale bar and lounge. Live music and an energetic staff help ensure that Bamboo stands out. On most nights, this is a good place for a casual drink, though there are parties that get a little out of hand every so often. There is always some kind of special event going on, like beach parties, cruises and more. The bartenders are known as excellent mixologists, especially with their signature "beergarita. The building houses hundreds of cigars, and cigars and Cuban coffee is sold at duty-free prices. The lounge area offers a relaxed atmosphere and the bar carries a variety of cognacs, rums, wines, and beers. Indoors you can relax in the comfortable seating and sample fusion cuisine, or you can purchase a drink to sip on while you play through the hole mini-golf course. There are three big screen televisions always showing whatever sporting event is going on at that moment, beer is on tap, and there is a barbecue every Saturday. The crowd here is a little rowdy, but the food is good. Jerk chicken, burgers, and chop suey are on the menu. Not only is most of the staff directly from Ireland, but the building was built by the designers of the Guinness building. Hammerheads Brew Pub and Grill Hammerheads is frequented by locals and fisherman passing through - they dock their boats right next to the building, and head in for a hearty meal and a strong drink. House microbrews are especially popular. After your meal, head to the back lounge for the intimate feel, Cuban cigars, and smooth jazz music. Kaibo Beach Bar and Grill The facility contains a bar and dining area, and is situated away from popular tourist spots, so those who want to get away from the out-of-town crowd usually come here. Inside is a lounge area featuring a pool table, and reggae and salsa music is always blaring. Legendz Legendz is known as one of the most popular bars on Grand Cayman. Nights are filled with comedy shows, dance parties, and live music, and there are two big screen TVs for sporting events. The Lone Star Bar and Grill pays homage to all things Texas, with big, juicy burgers on the menu, sports on the TV, and beer at the bar. There are daily specials, two big screen TVs, and live music on weekends. My Bar My Bar is a favorite hang out for many local professionals, who come here to unwind and play a few rounds of dominoes after work. Nectar Nectar is a hip martini and tapas bar located in the back of a strip mall off Seven Mile Beach. Hookah and live music are available on varying evenings. The Office A favorite for local professionals, the Office is a good place to go for a mix of music and cocktails. Karaoke is popular here. This bar is popular with snorkelers and fisherman who can walk right out of the water and into the building. The club one of the more high end clubs on the islands. Jet Jet is a hip nightclub for the something, spandex-clad, set. DJ-spun hip hop music is the norm. Matrix Matrix features the latest in audio and visual technology, and keeps the party going with high energy beats. There is a large bar with reasonably priced drinks, and a dress code is in full effect. Two VIP lounges are available by reservation. There is a private loft on the upper level of the club available by reservation only. Royal Palms Beach Club Though there is a restaurant on site the Reef Grill , most people visit the Royal Palms Beach Club strictly for the live island music and hours of energetic dancing. The bar serves up whatever fruity cocktail your heart desires, as well as light bar food. One side is a replica of an English library, while the other is a dark and sexy lounge area. Both sides feature ages rums, wine, martinis, cigars, tapas, and sushi. The bar serves up particularly good bar food, though popcorn is free, there are ping pong tables, and karaoke night is on Wednesday. If the theater is your passion, or you are interested to see what kind of talent exists on the islands, head to Harquail Theatre, just north of George Town. The theater seats people, and productions range from musical concerts to dramatic plays to stand up comedy. Other options include nighttime cruises, various dinner shows luaus, comedy shows, and cabaret are the most

common , and movie screenings. Whether you like to dress up or dress down, and whether you prefer hang out in a crowded dance hall or kick back in a quiet bar, the Cayman Islands has a little something for everyone.

Chapter 3 : St. Lucia from Caribbean-On-Line

Joann Biondi is a contributor for Langenscheidt titles including: 'Insight Pocket Guide with Map - Florida', 'Insight Pocket Guide with Map - Cayman Island', 'Insight Pocket Guide with Map - Florida Keys'.

Jacques Scott has four retail outlets in Grand Cayman; this outlet is their largest. They offer an excellent selection of wines and spirits. This outlet is in Seven Mile Beach. Typical Cayman delicacies include curry, jerk, stewed goat, ox tail, turtle, rice and beans and locally-caught seafood. Many Cayman restaurants use the term "Continental Caribbean Cuisine" to describe their unique blend of exotic recipes from throughout the region, the Americas, Asia and Europe, in turn creating a melding of traditional Cayman dishes with lavish modern creations from around the world. Regional Specialties of the Cayman Islands Expect to find the following dishes in traditional Cayman cuisine: Turtle steaks can be found in many restaurants, supplied by island farms specializing in this local delicacy. Fish served "Cayman Style": Conch is also readily available and a favorite of locals. Restaurants Dining in Grand Cayman There are dozens of restaurants on Grand Cayman, ranging from fast food to gourmet. The following recommended restaurants are local favorites, focusing on seafood, local cuisine and specialties foods of the Cayman Islands. The drinking age in the Cayman Islands is 18 years. Recommended Restaurants in Grand Cayman: Breezes has a phenomenal view of the harbor. Open Monday to Thursday from 8: Overlooks the harbor, on Church Street, in George Town. The menu focuses on seafood, including everything from conch chowder and sashimi to lobster thermidor, their signature turtle steak and crusty tuna. Located in an historic year-old house that was moved to Grand Cayman from Massachusetts. Open from Monday to Friday You can dine al fresco in their courtyard, which features 6 to 8 tables. Open Monday through Friday from 7: Check out their homemade Thai Lemongrass Chicken Soup, the Fattoush Salad, made with crispy pita, mint, parsley and Middle Eastern spices, or an order of fries topped with Queso sauce. Caribbean Wood Roasted Chicken Chicken features delicious Caribbean wood-roasted chicken with a wide variety of fresh vegetables, salads and homemade Caribbean-style cornbread. Open daily from Open daily from 7: Also serves sushi and have a buffet on Sundays. Open Monday to Saturday Good sidewalk ramps and flat terrain make it easy for wheelchair users to get around. A variety of factors including weather will determine if disabled cruise passengers can go ashore. Your travel agent should be able to provide you with details about these factors. This is the highest rating that I give to destinations in the Caribbean and Europe. Sage was injured in a snow-skiing accident in when he was 22, and sustained a T-4 incomplete spinal cord injury. He has some sensation but uses a wheelchair to get around. John quickly adapted to his new lifestyle and retained his passion for life. This 3 or 4 hour tour includes visiting several significant sites and complements many interests, which makes this a perfect accessible excursion for couples and families. Deluxe Cayman Accessible Shore Excursion. This 5 to 6 hour tour includes a grand variety of beautiful accessible experiences available to limited mobility travelers. This 3 to 4 hour tour complements many interests, including an opportunity to snorkel the amazing reef near the sand bar, which makes it a perfect adventure for families. Get more information on these tours at their website or call them at Shore Trips also offers a wheelchair accessible tour in Grand Cayman. Contact them at You can choose your own guide, see the town or area at your own pace, and every tour is private and customizable. And remember, you can choose your own tour guide; every guide provides a profile of their languages, interests and experiences on the site. Located just north of George Town. Generally quieter than Seven Mile Beach, Rum Point is a beautiful beach with an alluringly casual and relaxed atmosphere. Family friendly Rum Point is perfect for picnics, and public picnic tables are available for your use. 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. 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 families. Cayman Kai has huts, benches, hammocks and a New Orleans atmosphere at the Kaibo bar and grill. With beach volleyball and an annual Mardi Gras festival, Cayman Kai is a fun place to spend some time. Cayman Safari Adventures offers small group, personalized tours of Grand Cayman. Traveling on and off road in a Land Rover, guests see the

real Cayman through interactions with locals and visits to key historic and cultural sites, primarily in the Eastern Districts of Bodden Town, East End and North Side. Located in the middle of the North Sound on a 3-foot deep sandbar, Stingray City is populated by hundred of tame Atlantic Southern Stingrays that enjoy the company of humans. Participants swim and interact with and feed the stingrays in this unforgettable adventure. Trips to Stingray City may include other activities, such as snorkeling in the reefs in locations around the island, and vary in price depending on the package you buy. Dozens of tour companies offer trips to Stingray City; here is a partial listing of tour operators that feature Stingray City in their tours: Carib Select provides memorable trips to Stingray City that include free transportation to and from the Cruise Ship dock, a visit to Stingray City and snorkeling at Coral Gardens or The Barrier Reef with snorkeling equipment included , and photo packages with your pictures burned to CD, ready when the boat returns to the dock. They also offer other jet ski tours. The route is completely flat and is suitable for bicyclists of all ages and abilities.

Birding There are several good birding areas on Grand Cayman. The top local bird sightings are: Located in West Bay. If you want to visit Hell on your own, take a taxi or bus. Bus 1 or 2 will take you to Hell from the George Town depot. Just tell the bus driver where you want to go. Cayman Islands National Museum. It has served as a jail, a courthouse and as a church. Open Monday thru Friday from 9: Bus 1 or 2 will take you from the George Town depot which is near the cruise ship tender docks to the Museum. An authentic Caribbean great house from the early 18th century, Pedro St. James is the oldest building on Grand Cayman and has come to symbolize the birthplace of democracy in Cayman. The grounds also include an authentic outbuilding, original Caymanian cottages and multiple gardens. James is open daily from 9: James great house, taking a taxi, going on an organized tour or renting a car are your best bets. A must for avid photographers, the park features 40 acres of flora and fauna from around the world, including a 2-acre heritage park that reflects the gardens of the original settlers, a 2. Buses are supposed to leave once an hour, but they often sit waiting until the bus fills up before they leave.

Scuba Diving The diving in Grand Cayman is certainly some of the best in the world. Here is a partial listing: Neptune offers 2-tank trips twice daily, departing at 9: Indigo Divers is an owner-operated dive center that caters to smaller groups divers maximum per dive--all the while offering 5 star service. They operate two boats: Private dive and snorkel charters are also available. They operates two 27 ft. They offer your choice of 1-, 2- or 3-tank scuba dives to the wrecks, reefs and walls of the North, South, East and West sides of the island. Chelonia and the 32 ft. Caretta--provide the ultimate in comfort and utility. Located just off West Bay Road and opposite Seven Mile Beach, the course offers both challenging play and panoramic ocean views. With the course design taking advantage of the prevailing ocean breeze, the course makes for a great experience for both seasoned enthusiasts or ambitious novices. On the fifth hole, golfers shoot over the North Sound. Carts, collared shirts and shoes are required. The trail opens up a rare woodland world that has evolved undisturbed for two million years. The forest is also home to an abundance of birds, animals, butterflies, lizards, frogs, large hermit crabs and non-poisonous snakes. Guided hikes of the Mastic Trail are available through the National Trust, and take place Tuesdays through Friday mornings. All rides are privately guided by Nicki, and both novice and experienced riders are welcome. English saddles are available upon request. All rides are inclusive of round trip transportation from the from the Hard Rock Cafe in George Town. Featuring professionally trained big and beautiful horses, you can walk, trot and canter along the stunning beaches and beach trails of Grand Cayman. You can choose from morning, afternoon, sunset, or moonlight rides.

Chapter 4 : Insight Guides | Awards | LibraryThing

Insight Pocket Guide: Cayman Islands by Joann Biondi Insight Pocket Guides are packed with expert recommendations for full and half-day itineraries and side trips to nearby destinations including walking tours, bus tours, and driving tours.

This entry contains the average number of years to be lived by a group of people born in the same year, if mortality at each age remains constant in the future. The entry includes total population as well as the male and female components. Life expectancy at birth is also a measure of overall quality of life in a country and summarizes the mortality at all ages. It can also be thought of as indicating the potential return on investment in human capital and is necessary for the calculation of various actuarial measures. This is the measure most economists prefer when looking at per-capita welfare and when comparing living conditions or use of resources across countries. The measure is difficult to compute, as a US dollar value has to be assigned to all goods and services in the country regardless of whether these goods and services have a direct equivalent in the United States for example, the value of an ox-cart or non-US military equipment ; as a result, PPP estimates for some countries are based on a small and sometimes different set of goods and services. This figure combines government, personal, and employer spending on health care be 5. Comparability is hampered by differences in local practice, including whether psychiatrically ill offenders are under the authority of the prison administration. People held in a form of custody not under the authority of a prison administration are not included in this figure. This entry gives the number of deaths of infants under one year old in a given year per 1, live births in the same year; included is the total death rate, and deaths by sex, male and female. This rate is often used as an indicator of the level of health in a country. Data is originally sourced from either criminal justice or public health systems. This entry gives the average annual number of births during a year per 1, persons in the population at midyear; also known as crude birth rate. The birth rate is usually the dominant factor in determining the rate of population growth. It depends on both the level of fertility and the age structure of the population. It is the th largest country in the world by area with square kilometers. The Siboney were the first people to inhabit the islands of Antigua and Barbuda in B. Early Spanish and French settlements were succeeded by an English colony in Slavery, established to run the sugar plantations on Antigua, was abolished in The islands became an independent state within the British Commonwealth of Nations in English official , local dialects Reading about Antigua and Barbuda Check out the recommended reading list below for great sources of information on Antigua and Barbuda.

Chapter 5 : Planning offers public some insight into process - Cayman News Service : Cayman News Serv

Cape Town Insight Pocket Guide by Insight Pocket Guide: Cayman Islands Insight Pocket Guide by Joann Biondi: Penang & Langkawi Insight Pocket Guide by Insight Guides.

Chapter 6 : www.nxgvision.com - Grand Cayman On Your Own

The largest of the three, Grand Cayman is perfect for a luxurious honeymoon in Cayman islands. Some of the most luxurious resorts and hotels in Cayman Islands are located on the various Grand Cayman beaches.

Chapter 7 : Insight Guides at Discount Prices

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Chapter 8 : Insight Guides: Pocket Antigua & Barbuda (Insight Pocket Guides) | Things Caribbean Added D

Pocket Guide Cayman Islands includes a chapter detailing the islands history and culture, 13 itineraries taking in sights

ranging from Stingray City to the West End, leisure-time suggestions, and a comprehensive information section packed with essential contact addresses and numbers.

Chapter 9 : Cayman Islands - Wikitravel

Map Town - Cayman Islands - Maps and Information about Cayman Islands 1-STOP Caribbean Maps, Newspapers, Media, Living & Travel Guide - 1-STOP Caribbean Maps, Newspapers, Media, Living & Travel Guide - Your guide to any island in the Caribbean.