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[GRAND CAYMAN VACATION](#)

Grand Cayman and the Cayman Islands continue to attract new and repeat visitors year after year. Excellent warm tropical weather, sun-kissed beaches, and warm Caribbean waters will invite you to indulge in this beautiful island paradise.

The popular "Seven Mile Beach" on Grand Cayman is a fabulous vacation destination with its many pristine beach resorts, spas, restaurants and array of popular aquatic activities. Seven Mile Beach has gorgeous white sand stretching as far as the eyes can see, and is rated as one of the most beautiful beaches in the Caribbean. Grand Cayman was featured in the movie "The Firm" with actor Tom Cruise. First sighted by Christopher Columbus in 1503, Grand Cayman is the main island of the Cayman Islands, and is where the capital city Georgetown is located. Many cruise ships visit George Town each year so the town is bustling with tourists out shopping, dining, hitting the beach, and enjoying the night life. George Town is a favorite port of call for many Western Caribbean cruises.



Air travel to Grand Cayman is served by the Owen Roberts International Airport. The Cayman Islands are located in the western Caribbean Sea around 180 miles south of Cuba (400 miles south of Miami) and around 200 miles west of Jamaica. The Cayman Islands are made up of three islands with a total land mass of only around 100 square miles. Grand Cayman is by far the largest of the three islands, with an area of 76 square miles. The two small "Sister Islands" of Little Cayman and Cayman Brac are located around 80 miles east of Grand Cayman and have areas of only 14 square miles and 10 square miles,

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respectively. Most people visit Grand Cayman for its vacation amenities and its famous Seven Mile Beach resort area.



The high tourist season in the Cayman Islands begins around December 15th and runs through April 15th. During peak season, supply and demand drive accommodation rates up and it is often difficult to get premium rooms and accommodations if you don't book well in advance. You can often expect to pay up to 50% more for a good room. May/June and September/October is typically the rainy season. Summer temperatures peak in July and August with daytime highs in the upper 80's to low 90's and nighttime low's in the low 80's. January and February are the coolest months with daytime highs in the upper 70's to low 80's and nighttime low's in the low 70's to mid 60's.



The early settlers in the Cayman Islands came from the British settlements in Jamaica, so the Caymans are "British" Caribbean islands. The local people are known as the Caymanians, friendly church-going people that love to have fun. The Cayman Islands is currently a British territory, with a Governor appointed by the U.K. government. The governor has authority to veto or strike down any laws passed by the local legislature, but the governor generally represent the crown and allows the country to be run by the elected cabinet. English is the official language. Electricity is the same in the Caymans as it is in the United States & Canada (110 volts). The Cayman Islands has its own currency, whose basic unit is the Cayman Island dollar (CI) which is fixed to the US dollar at an exchange rate of CI\$1.00 equals US\$1.25. There is no need for visitors to exchange their US dollars into local currency as the US dollar is accepted throughout the islands. Most currencies can be exchanged for CI dollars at any of the local banks. There are over 250 registered banks in Grand Cayman, a popular tax haven for financial services companies. The Cayman Islands have more registered businesses than they have people. The Cayman Islands enjoy a much higher standard of living than most other parts of the Caribbean. That's good news for tourists who enjoy high standards and safety. Also, the Cayman Islands' government maintains strict quality controls over all the various hotel and rental establishments. Grand Cayman is one of the safest islands in the Caribbean boasting a low crime rate.



The crystal clear waters of the Cayman Islands are a tropical playground like no other. Some of the best island treasures in Grand Cayman are in shallow waters, which are ideal for snorkeling. The Cayman Islands offers some of the best snorkeling and diving in the world. The Cayman Islands have over 200 documented scuba diving sites, offering some of the best underwater marine life in the world. You'll find colorful walls draped with corals and sponges, living reefs, schools of tropical fish, and ship wrecks, including the MV Keith Tibbetts and the USS Kittiwake. Enjoy the 80°F waters, with visibility that's often more than 100 feet. Grand Cayman features a large shallow-reef protected lagoon known as the North Sound which is around 35 square miles. It's great for all kinds of aquatic activities and you'll find the legendary Stingray City where you can swim and play with wild stingray (very friendly). They act like friendly puppy dogs (but look devilish) and eat out of your hand. A "must do" while on Grand Cayman.



For those who prefer to go wild above the water, wave runners, kayaks and paddle boats are available at most major hotels & resorts. Parasailing, windsurfing and water skiing are also offered, as are catamaran cruises and evening sunset sails. The waters are generally calm and the tide swing ranges from only 10 to 20 inches. Golfers can enjoy playing some top notch courses. Britannia Golf Club is three courses in one, designed by Jack Nicklaus. A links-style course featuring grassy mounds, rolling dunes, lakes and oversized bunkers, it has all the natural challenges and hazards of a traditional seaside (or links) layout. The Golf Club Grille overlooking the 18th hole is another good reason to visit the Club. Another popular golf course among visitors is the Blue Tip Golf Course by Ritz Carlton, with its beautifully manicured greens and fairways.

There are some historical sites to see in Grand Cayman such as Pedro St. James historic building in Bodden Town. Other Grand Cayman tourist attractions include the Ironshore landscape of Hell (yes, a town called Hell), the Cayman Islands National Museum in George Town, the 65-acre Queen Elizabeth II Botanic Park, the 23-acre marine theme park, Boatswain's Beach, also home of the Cayman Turtle Farm, the production of gourmet sea salt, and the 2-mile Mastic Trail (a hiking trail through the forests in the center of the island). The National Trust for the Cayman Islands provides guided tours weekly on the



Mastic Trail and other locations. Other popular attractions include the blowholes in the island's East End, and Rum Point. You may see one on the island's rare Blue Iguanas that are native to the Island.



The Cayman Islands are generally hassle-free from aggressive street vendors found in other parts of the Caribbean, allowing for a pleasant visit. Wander freely and enjoy the capital city, George Town, which possesses some of the best cooking and shopping in the Caribbean. In Grand Cayman you never have to go far to shop. In addition to the shops in George Town, there are many local artists and craftsmen throughout the island, producing an amazing variety of local treasures, including jewelry, thatch work, wood carvings, crocheted items, pepper sauces, tropical fruit jams and honey. Whether you are looking for dazzling jewelry, beautiful local arts and crafts or designer clothes, you will be pleased with the selection these islands have to offer. Grand Cayman extends an impressive array of fine dining establishments serving up mouth watering dishes such as turtle steak, conch stew or fresh off-the-boat fish.

Dine, and then dance the night away at one of the trendy night clubs. You can definitely fill your days and nights with fun and excitement.

Here are VoyageMonkey's resort recommendations for Seven Mile Beach:

The Ritz-Carlton, Grand Cayman – This 5-star luxury resort is situated on 144 exclusive oceanfront acres stretching sea-to-sea from the Caribbean to the North Sound. If you like to splurge for 5-star luxury, then look no further than the Ritz. The resort includes 365 guest rooms, suites and luxury residential suites on Seven Mile Beach, two pools and oceanfront Jacuzzi. Spacious guest rooms feature private balcony, large marble bathroom with separate shower and tub, fully stocked mini-bar, and high-tech amenities. Other guest amenities include a full service spa, fitness center, business center, ball rooms, five restaurants, tennis and a nine-hole Greg Norman designed golf course. The resort includes a comprehensive water sports program. The service is superb and the property is beautiful. Highly recommended!



Marriott Grand Cayman Beach Resort – This 4-star resort is conveniently located on Seven Mile Beach. It makes for the perfect barefoot luxury Caribbean getaway. With the Marriott name you know what you get, no surprises. The resort features the fabulous Seven Mile Beach, oceanside pool, full service spa, fitness

center, and seven lounges, restaurants & bars. The resort includes 273 guest rooms and 22 suites on 5-floors. Guest rooms are equipped with modern amenities including high-speed wireless internet access. Guests can enjoy golf and plenty of aquatic beach activities. The resort is conveniently located walking distance to shopping, dining and entertainment. Great location, perfect beach and good service. Good Value.

Grand Cayman Beach Suites – Formerly the Hyatt Regency Grand Cayman, the highly rated 4-star Grand Cayman Beach Suites features all-suite luxury guestrooms. The resort is comprised of 53 comfortably appointed beach suites with private balcony or patio, including four two-bedroom Ocean Front Suites featuring a large 680 square foot, fully furnished terrace overlooking Seven Mile Beach and the Caribbean Sea.



Suites include kitchenette, fridge, dining table, 37" Flat Screen, and large round soaking tub. The resort includes a 24/7 fitness center, deluxe European boutique spa, water sports facilities, diving, catamaran trips, three restaurants, and two fresh water swimming pools (one with a swim-up bar overlooking the Caribbean sea). Guests can enjoy fine dining in Hemingway's Restaurant, a popular restaurant on the island. Great luxury resort and location, nice suites, love Hemingway's.



The Westin Casuarina Resort & Spa – On Seven Mile Beach, this 4-star oceanfront resort features an oversized outdoor pool with a swim-up pool bar, on-site dive shop, full-service spa and fitness facility, fabulous beach location, as well as easy access to golf and shopping. Luxurious guest rooms

feature balconies, marble baths, Cable TV, mini-bar, 24-hour room service, High Speed Internet Access (WiFi), and include Westin's signature "Heavenly Bed". Guest can enjoy a private cabana on the beach or indulge in a fine blend of Cuban and Caribbean cuisine at the open-air, oceanfront Casa Havana restaurant, or other on-site dining choices. The resort includes meeting and business facilities. The property is beautiful and the accommodations are luxurious and comfortable. The service at the resort is also very good.

While in Grand Cayman you can certainly find fantastic dining. Here's a few of the most popular restaurants we like:

Blue By Eric Ripert – The Ritz-Carlton really knows how to do it right. The award winning Blue by Eric Ripert is hailed as one of the best restaurants in the Caribbean, truly a world-class restaurant. Blue is one of those very expensive, but worth it dining experiences. Blue offers you the opportunity to taste many of Eric Ripert's signature dishes. Blue is dedicated to offering local cuisine



with Eric's own spin. Blue serves some of the best Caribbean seafood money can buy - featuring locally-caught fresh seafood. Guests can indulge among a three course prix fixe menu or a six course tasting menu. Enjoy cold crab, lobster, scallops, swordfish and seared tuna. You'll experience great flavor in every bite. The portions are adequate and the deserts are to die for. The wine cellar at Blue features more than 650 selections. A knowledgeable sommelier can help you pair the perfect wine with your meal. The service at Blue is incredibly professional and proficient. The food at Blue is simply remarkable, one of the best restaurants in the Caribbean, with amazing service, decadent food and a beautiful setting.



Royal Palm's award-winning Reef Grill & Beach Bar - Popular with locals for its innovative Contemporary American cuisine and first-rate live entertainment, the Royal Palm's Reef Grill is one of Seven Mile

Beach's premier beach bar restaurants. The menu has a cosmopolitan flair, and main dishes include Coconut Grouper with black bean sauce, and Grilled Dolphin with boniato mash and mango vinaigrette. All the fish is fresh, all the steaks are hand cut, all the sauces, soups, breads and desserts are made in house. The Grill boasts one of Cayman's best wine lists. Dine and dance while a live band performs calypso, soca and reggae favorites. You can dine in the elegant main Reef Grill Restaurant where you will find stimulating art adorned walls and a cozy bar. Alternatively you can chose to either dine outside on the lush tropical seaside garden patio, or enjoy an ocean view from the second floor restaurant. Lastly, you might chose to eat at the beach-side bar while enjoying a house cocktail. The Reef Grill has great service, knowledgeable staff, and good food. Prices for both food and wine are reasonable to moderately expensive.

Kaibo Beach Bar & Grill – The Kaibo Beach Bar & Grill is located on Grand Cayman's northern coast adjacent to the marina at the Kaibo Yacht Club. Kaibo is a beach bar with Polynesian elegance, thanks to flaming torches, multilevel terraces, and cabanas with palm thatched roofs.



Inside you'll find a casual elegant ambience, soaring ceilings, white curtains, mammoth ceiling fans, and trendy low-key lighting. Kaibo serves casual and fine modern Caribbean food. The downstairs menu items focus on a casual menu with seafood, sandwiches, juicy burgers, and fresh salads. Upstairs serves fine contemporary cuisine with a Caribbean twist. The menu includes a variety of seafood, meat, poultry, and pasta, with mouth watering dishes such as tempura crab cakes, slow roasted caramelized pork in jerk seasoning, white wine linguini with seared Atlantic sea scallops and Florida tiger shrimp, braised oxtail, seared sashimi ahi tuna, and fresh catch of the day prepared any way you want it. Kaibo features an extensive wine list. The Rare Rum Bar specializes in rare Caribbean rums, and is always a good social spot. The food is great, the atmosphere is fabulous, service is good and the prices are reasonable to moderate.



Agua Restaurant & Lounge - Seven Mile Beach's Aqua Restaurant features a unique international menu in a casually elegant setting. Great food and attentive service make Agua a favorite among local residents. A team of chefs from all corners of the world - Italy, Peru, Austria, Malaysia, India, Mexico and Spain - have collaborated to create an internationally diverse menu with an emphasis on the freshest of seafood. Very popular are the array of different ceviches – available by the spoonful for those who can't settle on just one. Also popular are the tiraditos (similar to carpaccio). Entrées include a number of fresh fish dishes each with a different international twist, be it Mediterranean, Asian or South American. The menu includes lobster cocktail, crab stuffed Portobello mushroom, herb infused mahi, and panko herb crusted sea bass. For those who are not fans of seafood, there are plenty of fresh salads, pastas and meat dishes to choose from like ossobuco veal, and herb crusted rack of lamb. The wine list features an extensive choice of wines that perfectly complements the menu. Awesome food and great service, with moderate prices.

Other recommended restaurants include: the Grand Old House, Ristorante Pallagallo, Calypso Grill, Hemingway's, Copper Falls Steakhouse, Agave Grill, Luca, and The Brasserie. All are very good and popular. It's always recommended to call for reservations.



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