

## Grenada

Grenada is located in the Lesser Antilles, 1529 miles southeast of Miami. The island is 12 miles wide and 21 miles long, covering 120 square miles.

### History

One of Columbus' discoveries, Grenada was discovered already inhabited by the Caribs. These indigenous peoples resisted colonization for over 200 years. The French were able to establish a settlement in the 1600s, however the island was ceded to the British under the Treaty of Paris. Grenada remains under the British Monarchy with a Prime Minister and Governor General on the island.



Grenada is also called the "Island of Spice" due to its nutmeg and mace.

### Food

- Crab Back - made with fresh land crabs, season cooked crabmeat is mixed with sweet peppers, onions, garlic, and breadcrumbs; then stuffed and served in the topshell.
- Bakes and Fishcakes - Saltfish fritters served between deep fried bread.
- Oil Down - The national dish of Grenada. One pot meal is made with salted meat, callaloo, and varied vegetables steamed in coconut milk. Seasoned with turmeric or curry powder giving it a yellow color.
- Pelau - Another one-pot meal made by caramelizing brown sugar, then adding chicken, rice, peas, carrots, and coconut milk.
- Nutmeg Ice Cream - Equal parts milk and heavy cream, and eggs, brown sugar, grated fresh nutmeg, salt, and vanilla extract.



### Culture

Soca, calypso, kaiso and reggae music is popular music and played at Grenada's annual Carnival. Grenada has competed in every Summer Olympics since 1984. Cricket is the national and most popular sport.



### Animals

Grenada has three endemic species: the Grenada dove, the Grenada worm snake and the Grenada frog.



### Business

Tourism is the mainstay. Nutmeg is the top export; other major exports are bananas, cocoa, fruit and vegetables, clothing, chocolate and fish.

### Language

English is the official language, Grenadian English Creole and Grenadian French Creole also widely spoken.

### Currency

The East Caribbean Dollar. The USD is widely accepted. Major credit cards are accepted in many locations.



### Cell Service

Limited, Grenada is working towards 4G coverage.

## Internet

Limited, sometimes available with a purchase at restaurants and pubs. Only about 77% use the internet.

## Driving

On the left hand side of the road. Your US license is valid here. Challenging mountainous roads, narrow and winding; four wheel drive recommended.

## What to see and do?

Popular attractions within walking distance of the port:

- The port area has some shopping, eateries and pubs.
- Waterfront Promenade
- Fort George. [Fort George - Grenada Tourism Authority](#)

Excursion or transportation needed attractions:.

- Beaches
- Underwater Sculpture Park
- Waterfalls - Seven Sisters, Concord, and Annandale
- River Antoine Estate Run distillery, established in 1785, the oldest on the island
- Belmont Estate, 17th century cocoa plantation.
- House of Chocolate - chocolate museum, learn about it's history and sample some treats.
- Spice market
- Fort Frederick