

MAP KEY

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| | Major Towns | | Police |
| | Parish Boundary | | Customs |
| | Secondary Roads | | Anchorage |
| | Main Roads | | Church |
| | Hiking Trail | | Cemetery |
| | Rivers | | Cricket |
| | Traffic (bothways) | | Market/Craft |
| | Traffic (right or left) | | Petroglyph |
| | Bus Terminal | | Heritage Site |
| | Botanical Gardens | | Bird Sanctuary |
| | School | | Hiking |
| | Library | | Waterfalls |
| | Museum | | Dive Sites |
| | Post Office | | Black Sand Beach |
| | Gas Station | | White Sand Beach |
| | Points of Interest | | Gold Sand Beach |
| | Information | | Snorkelling |
| | Golf | | Surfing |
| | Airport | | Wind Surfing |
| | Hospital | | Pirates of the Caribbean Movie Set Location |
| | Clinic | | Port Authority Facility |

SVG Fast Facts

Flag:
Area: 150 sq miles (389 sq km)
Area Code: 784
Climate: 24°C / 75° F to 30°C / 87° F
Population: 109,991
Language: English
Capital: Kingstown
Religion: Christianity
Currency: Eastern Caribbean Dollar (EC\$)

SAINT VINCENT

Population: 99,757
 Area: 133 square miles

KINGSTOWN





Do 32 in St. Vincent and the Grenadines (SVG)

- Hike the more scenic La Soufriere trail starting from the leeward end of St. Vincent.
- Descend into the crater of the La Soufriere Volcano for a refreshing swim in the freshwater lake.
- Submerge yourself in the history of the oldest Botanic gardens in the Western Hemisphere.
- Appreciate the breathtaking vistas from Fort Charlotte.
- Test the reputed therapeutic benefits of bathing on black sand beaches in St. Vincent.
- Enjoy black, gold and white sand beaches in the same destination.
- Discover petroglyphs (Carib rock-carving) around St. Vincent.
- Look out for *Amazonia Guildingii* (national bird) while trekking through the Vermont nature trails.
- Relax in the lush surroundings at the Montreal Gardens.
- Indulge in a sunset cruise along the Leeward Coast.
- Book a rum tour of the distillery that produced Captain Bligh XO – voted the World's Best Rum in the 2014 World Rum Awards.
- Treat yourself to a bar or two of the fine tasting 72% Dark Vincentian Chocolate.
- Take a dolphin or whale-watching tour.
- Visit Young Island Resort for a sumptuous dinner and be sure to sample their famed and delicious array of breads.
- Nurture your love for animals and visit the local turtle sanctuary at Industry Bay on Bequia.
- Take home a handcrafted model boat or yacht from Sargeant brothers model boat shop on Bequia.
- Experience old world charm and first-class hospitality at the Bequia Beach hotel on a day pass.
- Fly or sail to Mustique for tranquility and privacy.
- Berth your yacht at the world-class Glossy Bay Marina on Canouan.
- Pamper your senses at the uber luxurious Pink Sands Club Spa on Canouan.
- Enjoy golfing with unparalleled views of the Caribbean Sea at the Grenadines Estate Golf Club on Canouan.
- Sail to Mayreau and enjoy its pristine beaches.
- Trek to the top of the lone village on Mayreau to admire its quaint church and enjoy the revitalizing breeze and views of the southern Grenadines.
- Discover salt picking at the salt lake on Union.
- Satisfy your quest for adventure by learning to kite surf at the JT Pro Center Kiteboarding School on Union.
- Sip your favourite cocktail on the manmade Happy Island bar near Union.
- Swim with the turtles in the Tobago Cays Marine Park.
- Escape to Mopion sand bar for a romantic picnic.
- Visit Palm Island Resort for an indulgent adult getaway.
- Cheer on your favourite pick in the crab races on Palm Island.
- Relish a private retreat to the secluded Petit St. Vincent Resort (PSV).
- Indulge your senses at the Hillside Spa on PSV with their experienced Balinese therapists.

