



Caribbean Islands Fact Sheet

BARBADOS

- **Location:** Eastern rim of the Caribbean.
- **Climate:** Constant Atlantic breezes and Trade Winds bring cooler air. Warm year-round with a slightly wetter season from June to November.
- **Activities:** Snorkel, dive at Carlisle Bay, tour the historic Garrison area, and enjoy rum distillery tours. Make sure to check out the pottery traditions!
- **Culture:** Vibrant festivals like Crop Over (beginning of August), a lively music scene, and friendly locals.
- **Travel Tips:** Stay on the west coast for calm waters and luxury resorts; explore the east coast for rugged beauty.

JAMAICA

- **Location:** Larger island in the northern Caribbean.
- **Climate:** Tropical with localized rain showers in the Blue Mountains. Hotter in low-lying areas; cooler temperatures at higher elevations.
- **Activities:** Climb Dunn's River Falls, raft on the Martha Brae River, and visit Bob Marley's birthplace. Relax on the beach in Negril or Montego Bay.
- **Culture:** Rich in music (reggae), food (jerk chicken, ackee, and saltfish), and a lively vibe.
- **Travel Tips:** Avoid overly touristy areas for a more authentic experience. Don't miss trying Blue Mountain coffee.

ST. LUCIA

- **Location:** Southeastern Caribbean, part of the Windward Islands.
- **Climate:** Tropical, moderated by trade winds; warmer summers and a wetter season from June to November.
- **Activities:** Hike the Pitons, relax in volcanic mud baths, and snorkel in Marigot Bay.
- **Culture:** French and British influences reflected in language, cuisine, and festivals.
- **Travel Tips:** Ideal for couples and honeymooners. All-inclusive resorts dominate, but boutique options are worth exploring.

ANTIGUA & BARBUDA

- **Location:** Eastern Caribbean, near the Leeward Islands.
- **Climate:** Dry and sunny most of the year with pleasant breezes.
- **Activities:** Explore Nelson's Dockyard, enjoy 365 beaches, and snorkel in Stingray City. Visit Barbuda for its pink sand beaches.
- **Culture:** British colonial history mixed with vibrant Caribbean traditions.
- **Travel Tips:** Great for beach lovers and sailors. For a lively experience, visit during Sailing Week which is typically at the end of April.

ARUBA

- **Location:** Southern Caribbean, near Venezuela.
- **Climate:** Dry and sunny year-round, with little rainfall and constant breezes.
- **Activities:** Windsurf, dive in wreck-filled waters, and explore the Arikok National Park.
- **Culture:** Dutch influence with Caribbean flair seen in architecture and festivals.
- **Travel Tips:** Perfect for desert landscapes and beach lovers. Rent a car and discover all 69 square miles of breathtaking beaches.

TURKS & CAICOS

- **Location:** Southeast of the Bahamas.
- **Climate:** Warm and dry, with occasional rain during hurricane season (June-November).
- **Activities:** Snorkel at Grace Bay, dive in the world's third-largest barrier reef, and whale watch in Salt Cay.
- **Culture:** British Overseas Territory with a laid-back atmosphere.
- **Travel Tips:** Luxury travelers will love it; best for serene vacations with pristine beaches.





SAINT KITTS & NEVIS

- **Location:** A two-island nation in the Eastern Caribbean, part of the Lesser Antilles. Nevis lies just 2 miles south of Saint Kitts.
- **Climate:** Tropical and warm year-round, with trade winds providing cooling breezes. Wet season runs from May to October, but rainfall is typically brief.
- **Activities:** Hike Mount Liamuiga, a dormant volcano with stunning views. Visit the Botanical Gardens of Nevis for exotic plants and sweeping vistas.
- **Culture:** A blend of African, British, and French influences.
- **Travel Tips:** Visit during the off-peak season (May to November) for fewer crowds and better deals. Ferries connect Saint Kitts and Nevis (20-30 minutes), making it easy to explore both islands.

GRAND CAYMAN

- **Location:** The largest of the three Cayman Islands, located in the western Caribbean Sea, south of Cuba and northwest of Jamaica.
- **Climate:** Tropical marine climate with warm temperatures year-round. Dry season: November to April (ideal for travel). Wet season: May to October (short bursts of rain, with potential hurricanes in late summer).
- **Activities:** Relax on Seven Mile Beach's white sands. Visit Stingray City for an unforgettable wildlife encounter. Snorkel or dive vibrant coral reefs and shipwrecks like the USS Kittiwake.
- **Culture:** A mix of British colonial heritage and Caribbean traditions.
- **Travel Tips:** Renting a car is recommended for exploring beyond Seven Mile Beach. Taxis and buses are also available.

