



Seven Mile Beach

A long, flat crescent of public beach on the west coast with calm, clear water and the island's best sunsets. Governor's Beach and Cemetery Beach are the easiest public access points, and Cemetery Beach has a reef close enough to swim to. Flat the whole way, so it is ideal on two wheels, and calm enough at dawn for paddleboarding.

George Town & the waterfront

The capital and the cruise port. Beyond the duty-free shops the waterfront hides two of the best shore dives anywhere: Eden Rock and Devil's Grotto, a maze of swim-throughs often filled with silversides. Much of it is shallow enough to enjoy from the surface with a mask and snorkel.

West Bay & Barkers

North past the top of Seven Mile Beach the island quietens down. West Bay holds the Cayman Turtle Centre and the rock formation called Hell. Keep going and Barkers National Park is undeveloped coastline - sand tracks, mangroves and almost nobody around. The best ride on the island.

Getting around

Cayman drives on the left. The west side is essentially flat, distances are short, and traffic is light outside the George Town rush - which is why so many visitors skip the rental car. Mornings and late afternoons are far more comfortable than midday, and there is little shade along West Bay Road, so carry water. We deliver anywhere from West Bay to South Sound, including Seven Mile Beach and George Town, and collect when you are done.

North Side: Rum Point & Starfish Point

Shallow, warm, sheltered water a long way out, and a completely different pace from the west coast. Starfish Point is exactly what the name suggests - look, photograph, and leave them in the water. The calm North Sound here is the best kayaking on Grand Cayman.

The North Sound & Stingray City

The huge protected lagoon in the middle of the island, and the calmest water anywhere on Cayman. Stingray City sits out on a sandbar and needs a boat to reach, but the mangrove edges are yours to explore by kayak, and the Sound holds one of the Caribbean's few bioluminescent bays after dark.

The East End

The quiet end, and the one most visitors skip. Rugged ironshore coastline, the Blow Holes where surf forces up through the rock, and long empty beaches. Rougher and more exposed than the west, so it is a driving and walking day rather than a paddling one. Bring shade - there is very little of it.

Snorkel straight off the beach

Cemetery Beach Seven Mile Beach. Reef within swimming distance of the sand.

Eden Rock & Devil's Grotto George Town waterfront. Caverns and swim-throughs, often full of silversides.

Smith Cove Just south of George Town. Sheltered, shallow, easy with children.

Spotts Beach South side. Where people go to look for green turtles.

Barfoot Beach North side. Quiet reef with very little current.

Wreck of the Ten Sails East End. Shallow historic wreck site scattered across the reef.