

NORTH AMERICA · ISLANDS · BEACHES · DIVING · HIKING



Saint Vincent and the Grenadines

Saint Vincent's volcanic rainforest and black-sand coves contrast with the white beaches and turquoise reefs of the Grenadines strung out to the south. Snorkel with turtles in the Tobago Cays, hike to La Soufrière's crater rim, and hop by ferry, small plane or yacht between Bequia, Mustique, Mayreau and Union Island.

 Before you go, read the UK government's travel advice for Saint Vincent and the Grenadines and entry requirements (visas, passport validity). Last updated by FCDO 23 April 2026.

 CAPITAL Kingstown	 CURRENCY East Caribbean dollar (XCD) £1 ≈ EC\$3.61	 LANGUAGE English, Vincentian Creole	 BEST TIME Dec–Apr
 DAILY BUDGET £60–£300 ££ Moderate	 PLUGS Type A, B, G 230V · UK plugs fit	 FLIGHT FROM LONDON 11h via Barbados or St Lucia ~£650–£1,250 return	 TIME ZONE UTC-4 standard time

The country is two worlds in one: Saint Vincent, a steep, green volcanic island where La Soufrière last erupted in 2021, and the Grenadines, some 30 smaller islands and cays scattered south towards Grenada. Most visitors fly into Argyle International on Saint Vincent, often connecting through Barbados, then spend a few days on the main island for waterfalls, rainforest trails and Kingstown's markets before heading south. Bequia is the easy first stop by ferry; Mayreau, Canouan and Union Island lead to the Tobago Cays, and Mustique remains a private-villa retreat. Sailing the chain on a chartered yacht is the classic way to see it.

This is a quieter, less developed corner of the Caribbean than its neighbours, with few big resorts and many small, family-run guesthouses. Prices run from reasonable on Saint Vincent to stratospheric on Mustique and Canouan, and getting between islands adds cost. The pace is slow, with reggae and soca on the minibuses, rum shops at every crossroads, and Sunday lunches that stretch into the evening. It suits sailors, snorkellers, hikers and anyone who prefers village life to a resort strip. Visitors are often surprised by how dramatic Saint Vincent's interior is, and how few other tourists they meet.

Top 5 highlights

- 1

WILDLIFE

Tobago Cays Marine Park

Five uninhabited cays ringed by Horseshoe Reef form the Grenadines' showpiece marine park. Snorkel with green turtles in the seagrass off Baradal, then laze on powdery sand; access is by yacht or day trip from Union Island or Mayreau.
- 2

BEACH

Bequia

The largest island of the Vincentian Grenadines, an hour by ferry from Kingstown, centres on yacht-filled Admiralty Bay. Walk to Princess Margaret Beach and Lower Bay, browse model-boat workshops and eat lobster in Port Elizabeth.

3

ADVENTURE

La Soufrière

Saint Vincent's 1,234-metre volcano erupted explosively in 2021. Guided hikes climb through rainforest and ash-scarred slopes towards the crater rim; check trail status locally, start early and expect cloud at the top.

4

WILDLIFE

Vermont Nature Trail

This loop through the rainforest of the Buccament Valley has a viewing platform where, early or late in the day, patient walkers may spot the rare St Vincent parrot, the national bird found nowhere else.

5

HISTORY

Kingstown Botanic Gardens

Founded in 1765, these are among the oldest botanic gardens in the Americas. Look for the breadfruit tree grown from a sucker of one that Captain Bligh brought from Tahiti in 1793.

Biggest cities

LARGEST CITY

Kingstown

≈ 27,000 people

The compact capital is a working port of arcaded stone buildings, busy markets and ferries to Bequia; the Botanic Gardens and Fort Charlotte sit just above town.

2ND LARGEST CITY

Georgetown

≈ 7,100 people

Saint Vincent's second town, on the windward coast, is a quiet former sugar town near the Rabacca Dry River and the windward trail up La Soufrière.

3RD LARGEST CITY

Layout

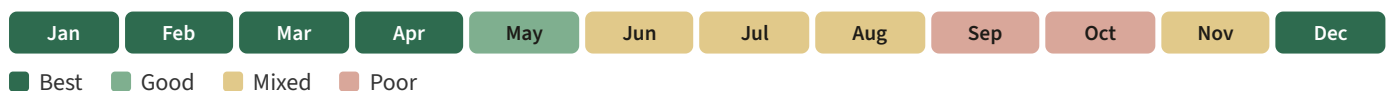
≈ 6,300 people

A leeward fishing village with a black-sand beach and ancient petroglyphs nearby, Layout is a pleasant stop on the coast road north to Wallilabou Bay and Dark View Falls.

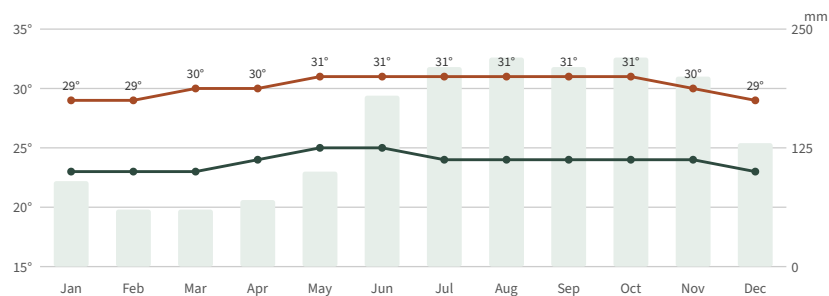
Kingstown is the only sizeable town; its figure includes the inner suburbs, and its built-up area runs on east through Arnos Vale to Calliaqua. Figures for Georgetown and Layout are for their surrounding census districts, as the villages themselves are small.

When to go to Saint Vincent and the Grenadines

Best time: **Dec–Apr**.

**Average climate in Kingstown**

— High °C
 — Low °C
 ■ Rain (mm)



Festivals & events

Mar–Apr	Bequia Easter Regatta Over Easter weekend Bequia hosts yacht races, contests for traditional double-ended local sailing boats and model-boat races, with plenty of parties ashore.
Jun–Jul	Vincy Mas Saint Vincent's carnival builds through late June with calypso and soca contests, steel bands and J'ouvert, climaxing in costumed street parades on Mardi Gras in early July.
Dec	Nine Mornings On the nine mornings before Christmas, Vincentians rise before dawn for street parties, carol singing, sea baths and bicycle parades — a tradition unique to the country.

How much does Saint Vincent and the Grenadines cost?

SHOESTRING £60 per person / day ≈ EC\$216 hostels, street food, buses	MID-RANGE £130 per person / day ≈ EC\$469 3-star hotels, restaurants, some taxis	COMFORTABLE £300 per person / day ≈ EC\$1,082 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Roasted breadfruit and fried jackfish

The national dish: breadfruit roasted whole over coals until charred, then peeled and served with crisp fried jackfish, a small local fish.

Callaloo soup

A thick green soup of dasheen leaves, okra and coconut milk, often with crab or salt meat, and a weekend favourite.

Bakes and saltfish

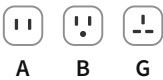
Fried dough bakes split and filled with flaked salt cod sautéed with onion, tomato and peppers — the classic Vincentian breakfast or snack.

Getting around

On Saint Vincent, brightly painted private minibuses with loud music and cheap fixed fares radiate from Kingstown's terminal until early evening; taxis cover the rest. Ferries link Kingstown with Bequia several times daily, and slower boats continue to Canouan, Mayreau and Union Island. Small planes reach Bequia, Mustique, Canouan and Union. Car hire requires a temporary local permit.

Practical information

PLUGS & VOLTAGE



230V — UK plugs fit

EMERGENCY NUMBERS

Telephone: **911** or **999** (ambulance, fire, police)

Ambulance: **911**

Police: **999** or landline **457 1211**

Source: FCDO “Getting help”

DIALLING CODE

+1-784

TIME ZONE

UTC-4 (standard time)

TAP WATER

Varies — bottled or filtered is safer

DRIVING

On the left

TIPPING

Many restaurants and hotels add a 10% service charge; if not, leave 10–15%. Tip boat crews, guides and taxi drivers a few dollars.

ETIQUETTE

Always greet people with 'good morning' or 'good afternoon' before asking anything. Keep swimwear for the beach, and note that camouflage-pattern clothing is illegal for civilians.

MAIN AIRPORTS

Argyle International Airport (SVD), Kingstown

Visas & entry for Saint Vincent and the Grenadines

Shown for a British passport.

No visa needed

You do not need a visa to visit St Vincent and the Grenadines.

On entry, you will be granted a period of 6 months. To stay longer, you must apply and pay for an extension from the St Vincent Immigration Department.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations



See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Dengue

Bat Lyssavirus

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Saint Vincent and the Grenadines

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Tue 27 Oct 2026	Independence Day
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Boxing Day
Fri 1 Jan 2027	New Year's Day
Sun 14 Mar 2027	National Heroes' Day
Mon 15 Mar 2027	National Heroes' Day (observed)
Fri 26 Mar 2027	Good Friday
Mon 29 Mar 2027	Easter Monday
Sat 1 May 2027	National Workers' Day
Mon 17 May 2027	Pentecost Monday
Fri 21 May 2027	National Spiritual Baptist Day
Mon 5 Jul 2027	Carnival Monday
Tue 6 Jul 2027	Carnival Tuesday
Sun 1 Aug 2027	Emancipation Day
Mon 2 Aug 2027	Emancipation Day (observed)

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Know before you go

Prices are often quoted in both EC and US dollars — check which before agreeing. US dollars are widely accepted, but change usually comes in EC dollars.

Ferry and inter-island flight schedules thin out on Sundays and in low season, so confirm times locally and keep a buffer day before international flights.

In popular anchorages, 'boat boys' offer moorings, ice and bread from small boats; agree prices before accepting anything, and be polite but firm if you don't need it.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.