

# HEALTH & WELLNESS

CAYMAN  ISLANDS  
GRAND CAYMAN | CAYMAN BRAC | LITTLE CAYMAN

A wide-angle photograph of a tropical beach. The foreground shows a sandy beach with gentle waves lapping at the shore. The water is a vibrant turquoise color, extending to a clear horizon line. The sky is a deep blue, filled with scattered white, fluffy clouds. The overall scene is bright and serene, capturing a moment of calm in a tropical setting.

## A MOMENT OF CALM

There is something about sea air and sunshine that makes us feel instantly better. It perhaps explains why, for centuries, people have travelled to the seashore in pursuit of wellness. It's a tradition that continues to this day in the Cayman Islands, one of the most beautiful sun-kissed archipelagos in the Caribbean.

If your fitness routine could use a kickstart or if you think some tropical fruits and fish straight from the sea would be an improvement to your current diet, then you'll want to book an island getaway today. After a visit to our islands, you likely will return home not only with sand in your suitcase, but a healthy glow too.

## WELLNESS ACTIVITIES

If you are looking to stay active on holiday there are plenty of opportunities in the Cayman Islands.

The crystal-clear waters surrounding the islands offer endless hours of entertainment including sailing, kayaking, kitesurfing and paddleboarding. Stand up paddleboard yoga is a must for a yoga class with a difference, and kayaking through the mangroves offers a different way to get close to nature. With 365 dive sites to explore and countless snorkelling spots, you will find a mecca for divers and snorkellers beneath the surface too.

If you prefer to stay on dry land, hike the ancient Mastic Trail with a National Trust Guide or explore the flora and fauna along the many walking routes of Cayman Brac. Rock climbing is also available in Cayman Brac, offering a whole new perspective on the island! Or why not try an unforgettable horse ride along the beach, finishing off with the horses taking a refreshing dip in the sea.



## FITNESS AND SPA

The Cayman Islands is the perfect destination to enjoy a memorable vacation and improve personal health and fitness at the same time.

Cayman's pristine white sandy beaches provide inspiration for joggers and walkers with a scenic and beautiful backdrop. For those seeking to boost their cardio, the islands' hotels feature first-class gym facilities, or local independent gyms offer day or weekly passes.

Helping health-conscious visitors to enhance their workout, gyms and local juice bars offer smoothies, fresh juice or protein-packed shakes to refresh or provide individuals with more energy.

Visitors can unwind, revitalise and rejuvenate in one of the award-winning spas on Grand Cayman; all offer a varied choice of relaxing treatments and spa experiences. Enhanced spa treatments include quartz sand therapy where a quartz table ergonomically positions and envelops the body to deeply relieve muscle, arthritic and joint pain. In addition, facial and beauty treatments use organic essential oils and local plant and fruit extracts. For an ultimate spa experience, some beachfront resorts offer guests massage under a private cabana, in a secluded spot overlooking the idyllic Caribbean Sea.



## CREATIVE EXPRESSION

The Cayman Islands' art scene offers a range of art related activities, workshops and classes to help develop and harness your creative abilities.

Multi-experience workshops and festivals such as Red Sky at Night (hosted by the Cayman National Cultural Foundation) incorporate music, dance, food and art with live performances from storytellers and actors. For those with a keen interest in ceramics, there are companies which offer you the chance to stain, stencil and paint your own ceramic items. Or alternatively there are studios with fun and interactive art classes and even groups for aspiring writers and poets.

If dancing and rhythm is more your thing then why not drop into a dance class and experience everything from pole dancing to aerial silk classes. No matter how you choose to express yourself, Cayman has got you covered!



## THE NATIONAL TRUST

The Cayman Islands has much to offer visitors wanting to reconnect with our unique nature and wildlife as well as learn more about our fascinating culture and history.

Highly recommended are tours run by the National Trust for the Cayman Islands whose mandate includes the “preservation of the historic, natural and maritime heritage of the Cayman Islands”.

Stretching 2.3 miles, the Mastic Trail allows visitors to walk through ancient forests, literally millions of years old, where you can spot a variety of wildlife such as the Cayman Parrot, the West Indian Woodpecker and blue throated lizards.

The National Trust also offers guided wildlife tours to see Cayman’s exotic birds in their natural environment. Visitors can also have a tour of or the successful conservation programme undertaken to increase numbers of the unique Blue Iguanas located at an enclosure within the Queen Elizabeth II Botanic Park.

The National Trust’s Historic Programme gives visitors an up close and personal view of Cayman’s culture. From experiencing traditional cookery classes, to tours of historic sites such as the Mission House, one of Cayman’s oldest buildings.



## SUSTAINABILITY IN THE CAYMAN ISLANDS

The Cayman Islands' local environment, habitat and resources are of utmost importance so visitors and locals alike can continue to enjoy their natural beauty.

Many businesses and individuals are supporting environmental initiatives by adopting practices to 'reduce, reuse and recycle'. Restaurants, bars and shops are phasing out the use of single-use plastic items and replacing them with more bio-degradable or reusable substitutes. Organically grown food and drinks, environmentally safe consumer goods and reef safe sun care products are all more readily available.

Below the water, coral nurseries and Lionfish Patrols are in operation to restore balance to the delicate ocean ecosystem. Visitors to the islands are encouraged to get involved and play a vital role in re-establishing and improving this ecosystem.

Unique to the Cayman Islands, the blue iguana was functionally extinct 20 years ago. However, a recovery breeding programme has produced over 1000 of the blue dragon-like creatures to live in the wild. As field volunteers, visitors can help the National Trust for the Cayman Islands.

As a destination that embraces conservation and sustainability, holidaying in the Cayman Islands can be an amazing and rewarding experience, especially for those who are environmentally conscious and want to have a positive impact on the local environment.



## CULINARY CAPITAL OF THE CARIBBEAN

As 'the Culinary Capital of the Caribbean' with more than 200 restaurants, the Cayman Islands offers the widest choice of culinary experiences served up with sunshine, clear blue seas and a warm Caymanian welcome.

Abundant in natural resources, the Cayman Islands offers mouth-watering farm-to-table cuisine with many restaurants featuring menus serving only locally-sourced ingredients. With culinary influences from around the world, our island paradise provides an endless array of options to suit any palate or budget. From a Sunday brunch buffet served with champagne to freshly cooked fried fish from a street vendor.

As well as harbour-side cafes and restaurants in the historic capital of George Town, head to local restaurants in Bodden Town or the East End to taste Caymanian favourites - Cayman Style Beef, Stew Conch, Cayman Style Fish/Lobster and more. Try 'Swanky', Caymanian lemonade made with brown sugar, and finish with Cassava Heavy Cake, a famous local dessert.

With a recognized veganism movement on-island, diners will enjoy creative menus at a variety of eateries.

Visitors can look forward to unsurpassed service, award-winning chefs and an eclectic array of culinary options with a menu, wine and cocktail menu to complement.







## PLACES OF WORSHIP

The Cayman Islands is a multi-ethnic country, representing more than 100 nationalities and offering visitors over 200 places of worship. Historically, the Cayman Islands identifies itself as a Christian-based country. Weekly services are offered by Baptist, Presbyterian, Anglican, Catholic, Seventh Day Adventist, Holiness, Lutheran, Methodist and Wesleyan Churches. Additionally, visitors of the Jewish and Muslim faiths are welcome to visit the Islands' Synagogue or Mosque for worship.

## CAYMAN BRAC

Nature enthusiasts and those looking for a location off the beaten track will love the sister island of Cayman Brac. Just a 30-minute flight away from Grand Cayman you can discover flora and fauna whilst hiking the nature trails, see the island from a whole new perspective while rock-climbing, or discover the local bat population by visiting ancient caves. Cayman Brac also offers stunning dive sites and most resorts offer diving packages.

## LITTLE CAYMAN

Little Cayman is the smallest of the three Cayman Islands at only 10 miles long and one mile wide. The population stands at just 197, with iguanas outnumbering people! This island paradise is just a 35-minute flight from Grand Cayman (seven minutes by plane from Cayman Brac) and offers some of the best diving in the world. The Bloody Bay Wall has a dramatic drop of over 5,000 feet and is home to sharks, stingrays, turtles and colourful coral. Rent bikes or a car to explore and stop off at the Booby Pond Nature Reserve, home to the largest colony of red-footed boobies in the western hemisphere. Alternatively, kayak over to the uninhabited Owen Island for a picnic and some snorkelling before returning to your beach hammock to watch the spectacular sunset.

Daytrips are available to either Cayman Brac and Little Cayman for those staying on Grand Cayman and want to experience our Sister Islands. Book directly on Cayman Airways.





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