

Grenada

by Camille Pepe Sperrazza

The Grenadian in Grenada - Even if you have been to many Caribbean islands, odds are you haven't been to Grenada, the Spice Island, so named because of the abundance of quality spices grown there. Food here is flavorful, and one notable restaurant is BB's, located on the waterfront. It has hosted Oprah and other celebrities, and has been featured on cooking shows. The specialty is crabs, dressed with the island's spices, of course. I spent time at the Grenadian Resort, a beautiful beachfront property. Drive through the gate, and you've arrived in a secluded paradise surrounded by unobstructed ocean views and swaying palm trees. The British-run resort takes great pride in its hospitality. Opt to spend time on the beach, or go to the pool, located on an elevated platform, providing views of the ocean, mountains, and cliffs. A pool bar is at your disposal, and the warm breeze from the ocean makes it a comfortable way to spend the day. The all-inclusive plan means you don't have to leave this quiet paradise. The resort is a hop, skip, and a jump from the airport, so once you get off the plane, you can unwind in no time at all.

La Source - for 5-star luxury in Grenada, there's La Source, all-inclusive resort. It's also beach-front, and only minutes from the airport. A spa treatment a day is included in your package, the exception being the days of arrival and departure. Menu options are spa-friendly, and the staff will come around with refreshing non-alcoholic beverages while you soak up the sun on a lounge chair on the beach. A full beach bar is available, too.

For more information or to book a trip, [contact](#) "Commodore" Camille today.

This article was accurate when it was written, but everything in life changes. Enjoy the journey!

