

Swimming With Stingrays by Day, Rum Cake by Night — A 4-Day Cayman Islands Itinerary

A 4-day Grand Cayman trip built around the island's signature swim with wild stingrays, a sunset catamaran sail, and a slower East End day of a 1780 plantation house and a rum distillery — with real operators and 2026 prices throughout.

DURATION

4 Days

BEST TIME TO GO

Nov–Apr

dry season, lower humidity, and before the
June–Nov hurricane season

FROM

\$650 USD / person

for 2 people, excluding flights

Day 1

Arrive & Seven Mile Beach

Land at Owen Roberts International, settle onto Seven Mile Beach, and ease in with an afternoon on the sand before a sunset sail out on the North Sound.

Airport Transfer — Owen Roberts Int'l to Seven Mile Beach

~15 minutes · Taxi ~\$25–30 USD, flat fares posted at the airport

Grand Cayman's only airport sits a short, flat-rate taxi ride from every Seven Mile Beach hotel — there's no rental car needed if you're staying beachside the whole trip.

Seven Mile Beach, Afternoon on the Sand

Free · public beach access points along West Bay Road

A long arc of white sand and calm, shallow water on the island's west side — the easiest possible first afternoon after a travel day, with beach bars and loungers at most of the hotels.

Red Sail Sports — Sunset Champagne Sail

~2 hours · from \$79 USD / adult, \$45 USD / child

A catamaran sail up the west coast as the sun drops behind the water, with champagne and soft drinks poured on board — a gentle, low-key start to the trip before the more active days ahead.

Red Sail Sports · redsailcayman.com

Dinner on your own — West Bay Road restaurants

Est. \$25–45 USD / person

Seven Mile Beach's restaurant strip runs the length of West Bay Road, from casual jerk-chicken stands to upscale seafood rooms — easy walking distance from most hotels.

Overnight — Comfort Suites Seven Mile Beach

From \$260–320 USD / night, for 2 people

An all-suite hotel directly on Seven Mile Beach with a beachfront pool and kitchenettes in every room — a practical, central base for the whole stay.

Comfort Suites Seven Mile Beach · www.choicehotels.com

Day 2

Stingray City & the Turtle Centre

The reason most people come to Grand Cayman: a sandbar in the North Sound where wild southern stingrays glide around your legs in waist-deep water, followed by an afternoon with the island's other famous residents.

Red Sail Sports — Stingray City Sandbar Sail & Snorkel

~3.5 hours · from \$69 USD / adult, \$40 USD / child

A short boat ride out to the famous sandbar, where wild stingrays have gathered for decades and will glide right up to be touched and fed under a guide's direction — followed by a stop at a shallow reef for snorkeling.

Red Sail Sports · redsailcayman.com

Cayman Turtle Centre, West Bay

~2 hours · from \$25 USD / adult, \$15 USD / child

A conservation park where green sea turtles can be held and fed in shallow touch tanks, alongside a saltwater lagoon, an aviary, and a small nature trail — a short drive from the Stingray City docks.

Cayman Turtle Centre · www.turtle.ky

Dinner on your own — West Bay or Seven Mile Beach

Est. \$25–45 USD / person

A second evening to work through the beach road's restaurants — Caymanian jerk pork and fresh mahi are the easy local orders.

Overnight — Comfort Suites Seven Mile Beach

From \$260–320 USD / night, for 2 people

Second night at the same beachfront hotel.

Comfort Suites Seven Mile Beach · www.choicehotels.com

Day 3

The East End — History & Rum Point

A slower day away from the Seven Mile Beach crowds: a 1780 plantation house out on the island's quiet East End, then an afternoon at a sandbar beach bar on the North Sound.

Self-Drive — the East End Loop

~1 hour of driving total · Queen's Highway

A rental car (or taxi for the day) is the easiest way to see the East End — the Queen's Highway runs the length of the coast past ironshore cliffs, blowholes, and small fishing settlements.

Pedro St. James National Historic Site

~1 hour · from \$10 USD / adult, \$5 USD / child

The oldest surviving stone structure in the Cayman Islands, an 1780 great house restored to its plantation-era look, where Cayman's first elected parliament met in 1831 — with a cliffside lawn over the sea.

Pedro St. James National Historic Site · www.pedrostjames.ky

Rum Point & Starfish Point, Afternoon

~2–3 hours · Free beach access, hammocks and loungers

A quiet North Sound sandbar strung with hammocks between the palms, with calm, shallow water and a beach bar right on the sand — Starfish Point nearby is known for its shallow, sheltered water.

Dinner — Over the Edge, Rum Point

~1.5 hours · Est. \$25–40 USD / person

A beach bar and grill built right on the sand at Rum Point, serving conch fritters and fresh fish with a view back across the North Sound as the light fades.

Over the Edge · www.rumpointclub.com

Overnight — Comfort Suites Seven Mile Beach

From \$260–320 USD / night, for 2 people

Third night back at Seven Mile Beach after the drive in from the East End.

Comfort Suites Seven Mile Beach · www.choicehotels.com

Day 4

George Town & Home

A last morning in the capital for a museum, a rum tasting, and some duty-free browsing before the short ride back to the airport.

Cayman Islands National Museum, George Town

~45 minutes · from \$8 USD / adult

Housed in a restored 1833 courthouse on the George Town waterfront, with exhibits on Caymanian seafaring, turtling, and shipbuilding history — a quick, air-conditioned stop before the heat of the day.

Cayman Islands National Museum · www.museum.ky

Cayman Spirits Co. — Seven Fathoms Rum Tasting

~45 minutes · from \$15 USD / person

A small-batch distillery that ages its rum underwater off the coast, named for the 42-foot depth of the aging site — the short tour ends with a guided tasting flight.

Cayman Spirits Co. · caymanspirits.com

Duty-Free Browsing, Cardinal Avenue

~1 hour · Free to browse, prices vary

George Town's harborfront streets are lined with duty-free jewelry and rum shops that cater to the cruise crowd — a last easy stop before heading to the airport.

Transfer to Owen Roberts International Airport

~15 minutes · Taxi ~\$25–30 USD

The same short ride back to the airport closes out the loop that started the trip.