

Grace Bay by Day, Iguana Island at Sunset — A 5-Day Turks and Caicos Itinerary

A 5-day Turks and Caicos itinerary: Grace Bay Beach, a two-tank reef dive with Dive Provo, a sandbar stop at Iguana Island, and a day trip to North and Middle Caicos' limestone caves.

DURATION

5 Days

BEST TIME TO GO

February – April

Turks and Caicos' dry season runs roughly January through April, with the best mix of weather, pricing, and availability landing February through April. Hurricane season runs June through November, with the highest statistical risk in August and September; water temperatures stay warm (79-85°F) year-round regardless of season.

FROM

\$1,450 USD / person

for 2 people, mid-range (not all-inclusive)

Day 1

Arrival & Grace Bay Beach

A relaxed first day: clear customs at Providenciales, settle in at a beachfront hotel, and get straight onto the sand that put this island on the map.

Arrival — Providenciales International Airport

On arrival · PLS airport

Most flights route through Miami, New York, or Toronto. A passport valid for the length of your stay is required for all visitors; US, UK, Canadian, and most EU passport holders enter visa-free. Departure tax is typically built into the cost of your return airfare rather than collected separately at the airport.

Grace Bay Beach

Afternoon · free, public beach

Twelve miles of white sand and calm, clear water on Provo's north shore, consistently ranked among the best beaches in the world. No entry fee and no crowds compared to its reputation — just walk out from almost any hotel along the strip.

Check-In — Sibonné Beach Hotel

Check-in 3pm · from \$244 USD/night

A 30-room boutique hotel directly on a sheltered stretch of Grace Bay, with an on-site restaurant and a quieter, less corporate feel than the big resorts next door — a comfortable base for the first two nights.

Sibonné Beach Hotel · +1 649-946-5547 · sibonne.com

Day 2

Diving the Reefs with Dive Provo

A two-tank boat dive out to the walls and channels that make Turks and Caicos one of the Caribbean's best-regarded dive destinations, then a move to a splurge-worthy resort for the back half of the trip.

Two-Tank Boat Dive — Dive Provo

Half day, 8:30am-1pm · from \$179 USD/person + 12% tax (certification required)

A morning boat dive to sites around Grace Bay, Northwest Point, West Caicos, or French Cay, depending on conditions — dramatic wall drop-offs, healthy coral, and regular sightings of reef sharks and turtles. Nitrox available for an extra \$10/tank; non-divers can usually book a snorkel seat on the same boat.

Dive Provo · +1 649-231-5040 · diveprovo.com

Check-In — Beaches Turks & Caicos Resort Villages & Spa

Check-in 3pm · from \$824 USD/night, all-inclusive

The island's largest all-inclusive resort, with its own water park, multiple restaurants, and a long stretch of Grace Bay frontage — a worthwhile splurge upgrade for the second half of the trip after two nights at a smaller hotel.

Beaches Turks & Caicos · +1 649-946-8000 · beaches.com

Dinner — Da Conch Shack

Dinner · \$25-45 USD/person

A barefoot, sand-floor beach shack in Blue Hills serving conch pulled straight from the water out front, plus jerk chicken and ribs. Live Junkanoo band on Wednesday nights — worth timing dinner around if your dates line up.

Da Conch Shack · +1 649-946-8877 · daconchshack.com

Day 3

Iguana Island & a Sunset Sandbar

A half-day boat trip to an uninhabited cay that's home to an endangered rock iguana population, with a sandbar stop before heading back for an upscale dinner.

Little Water Cay ("Iguana Island") Half-Day Boat & Sandbar Tour

Half day · from \$89 USD/person

A short boat ride to Little Water Cay, an uninhabited national park cay home to several hundred endangered Turks and Caicos rock iguanas, with a boardwalk trail through the dunes and a stop at a nearby sandbar for swimming and snorkeling on the way back.

Free Afternoon — Beaches Resort Beach & Water Park

Afternoon · free for hotel guests

An easy afternoon back at the resort — the water park, the beach, or just a nap before dinner, after a morning on the water.

Dinner — Coco Bistro

Dinner · \$50-70 USD/person · reservations recommended

Open-air dining in a coconut grove just off Grace Bay Road, known for lobster and Caribbean-fusion seafood — the island's classic upscale dinner and worth booking a table in advance.

Coco Bistro · +1 649-946-5369 · cocobistro.tc

Day 4 North & Middle Caicos Day Trip

A full-day boat tour to the quieter, undeveloped sister islands north of Provo — limestone caves, a flamingo pond, and a beach with almost no one on it.

Full-Day North & Middle Caicos Tour — Caicos Dream Tours

Full day, 9am-1pm · \$350 USD/adult, \$175 USD/child (ages 3-10)

A boat tour to North and Middle Caicos, connected by a causeway bridge, with stops at Flamingo Pond, the Conch Bar Caves (a limestone cave system with Taino historical significance), and Bambarra Beach for a grilled lunch with rum punch included — a slower, undeveloped contrast to Provo's resort strip.

Caicos Dream Tours · +1 649-231-7274 · caicosdreamtours.com

Free Evening — Beaches Resort

Evening · free for hotel guests

A quiet evening back at the resort after a long day on the water — dinner at one of the property's restaurants and an early night before the last full day.

Day 5 Departure

A free morning on the beach before the flight out.

Free Morning — Grace Bay Beach

Morning · free

One last swim or beach walk before checkout — Grace Bay is calmest and least crowded in the early morning.

Airport Departure Transfer

~15 min · included with most resorts or ~\$20-30 USD/person by taxi

Providenciales International Airport is a short drive from the Grace Bay hotel strip; build in at least two and a half hours before an international flight.