

St Vincent Retreat

Travel & Logistics

Cane Grove, St Vincent · Tuesday 26 January – Monday 1 February 2027

The retreat at a glance

Event — SVG Retreat

Principals — Tom Myers & Christy Punnett.

Dates — Tuesday 26 January – Monday 1 February 2027.

Venue — Cane Grove House, Cane Grove, St Vincent.

Daily rhythm — The same rhythm runs each teaching day, finishing at 3:00 pm. Lunch is provided at Cane Grove each teaching day.

Free day — Friday 29 January — an adventure day (see below).

The free day — Friday 29 January

Friday is an adventure day with three suggested options. Options 1 and 2 are guided outings run by a local tour guide, each with room for about 12 people. Option 3 is a self-directed day trip to Bequia by ferry.

Option 1 — Falls of Baleine (boat ride + short river hike)

Guided outing, approx. 12 places · approx. US\$80 per person. A boat ride up the western (leeward) coast to the Falls of Baleine on the remote northern tip of the island, reachable only by sea, with a stop at a private beach along the way. After landing, a short hike in the river leads to the waterfall and its pool for a swim. Start Time 9 a.m. End Time approximate 4 p.m.

Note: the boat is open and uncovered, so you are exposed to the sun and elements throughout. Bring a hat, a cover-up, plenty of water and reef-safe (eco-friendly) sun protection. Organisers – Boatman Alex does not supply Food or Drinks, to be discussed.

Option 2 — La Soufrière volcano (full-day hike)

Guided outing, approx. 12 places · approx. US\$120 per person. A full-day guided hike up La Soufrière, the active volcano in the north of the island (around 4,000 ft / 1,230 m; last erupted in 2021). Strenuous, and needs reasonable fitness, good walking shoes, plenty of water, sun cover and a light layer for the summit. Start Time 7 a.m..

Option 3 — Day trip to Bequia (by ferry)

Self-directed; travel independently or in small groups. A day on Bequia, the nearest Grenadine island — white-sand beaches, calm swimming and a walkable harbour town, with a different feel from mainland St Vincent. Take a taxi to the Kingstown ferry terminal, then a passenger ferry to Port Elizabeth (about 1 hour).

Ferry times (*current schedules; reconfirm nearer the date*). Out (Kingstown → Bequia): Bequia Express approx. 8:00 am and 10:30 am; Roughly EC\$25 one-way / EC\$45 return. Back (Bequia → Kingstown): Admiral approx. 2:00 pm; Bequia Express approx. 1:00 pm and 4:30 pm. **On Bequia:** Princess Margaret Beach and Lower Bay for swimming, the Port Elizabeth waterfront for lunch, water taxis for short hops around Admiralty Bay.

Getting there — flights

Everyone flies into Argyle International Airport (SVD), on the windward side of the island. The suggested arrival day is Monday 25 January, ready for teaching to start on Tuesday 26th. Mondays commonly have inbound flights to St Vincent from the US, the UK, Barbados and Trinidad, which makes it a good day to travel.

Common routes in

From Trinidad — Caribbean Airlines flies Port of Spain (POS) direct to St Vincent.

Via Barbados (BGI) — The main regional hub — Barbados to St Vincent is under an hour on interCaribbean, Caribbean Airlines or Virgin connects with long-haul flights from the UK, US and Canada.

From the UK — British Airways and Virgin Atlantic serve the region; most routings connect through Barbados for the last leg.

From the US — American Airlines from Miami; Barbados is also a reliable connection.

Booking: airline timetables for January 2027 are not published yet — book once schedules are released. Where possible, book flights that land in daylight; the roads are dark, narrow and winding at night.

Arrival & departure

Arrive Monday 25 January to be settled before teaching starts on Tuesday 26th. Teaching finishes at 3:00 pm each day, through Monday 1 February. Depart Tuesday 2 February, or take a late flight on Monday 1 February after 3:00 pm.

Airport transfers & car rental

Taxis

Taxis meet every flight in the arrivals hall. Fares are fixed, not metered, so agree the price in Eastern Caribbean dollars before setting off. Allow about 45 minutes to an hour from Argyle to Cane Grove.

Car rental — National / Enterprise

A car is useful for the free day and evenings. National operates in St Vincent through the Enterprise network, with rental desks (Enterprise and Avis) in the Argyle arrivals hall, generally open about 8:00 to 19:00. Book ahead for the retreat week. Minimum driver age is usually 21 to 25, and a credit card is needed for the deposit.

Local driving permit required. Visitors must buy a temporary Vincentian driving permit — about EC\$100 (roughly US\$38), valid 6 months — on presentation of a home licence. It is issued at Argyle by the licensing officer in arrivals (also available in Kingstown). The rental company will usually help arrange it.

Driving in St Vincent — Important

Drive on the left; if this is unfamiliar, take your first short drive somewhere quiet to adjust. Roads are mountainous, narrow and winding, often only wide enough for one car, with steep hills and blind hairpin bends. Sound your horn before blind corners, drive slowly, and expect pedestrians, schoolchildren, and the occasional goat or dog on the road. 😊
Avoid driving at night if you are not used to the roads.

Getting to Cane Grove

Cane Grove is in the green windward interior. Allow roughly 45 minutes to an hour from Argyle by car or taxi, depending on traffic near Kingstown. The roads wind, so even short distances on the map take longer than they look — plan the transfer with time to spare.

Accommodation

These are some recommended places to stay with the distances shown are rough map estimates; on St Vincent's winding roads the real drive is usually longer. Some Airbnb's have pets so please ask questions of your host if you have any particular concerns. St Vincent is an adventure location and you can expect that everything moves slowly and that accommodation will have quirks!

Rachel's places (Airbnb) — Top of the Valley, great views, off grid feeling

[View listing 1](#) [View listing 2](#)

Grenadine House, Kingstown — a hotel in the capital, about 18 minutes' drive (map estimate).

[View on TripAdvisor](#)

Beachcombers Hotel, Villa — a hotel on the south coast, about 30 minutes' drive (map estimate).

Near the beach and the venue (Airbnb) — cute, well-reviewed and dog-friendly; close to both the beach and the house.

[View listing](#)

Layou (Airbnb) — in Layou, a fishing village on the leeward coast.

[View listing](#)

A larger, resort-style apartment (Airbnb) — more of a resort feel — a good fit for some guests.

[View listing](#)

A place for sharing (Airbnb) — larger, suited to a few people sharing.

[View listing](#)

Rocky's Place (Airbnb)

[View listing](#)

Striking exterior, simpler interior (Airbnb) — beautiful outside, plainer within.

[View listing](#)

Sandals St Vincent — a full resort on the south coast, for anyone who'd prefer a hotel with everything on site.

Practical information

Currency — Eastern Caribbean dollar (EC\$ / XCD), fixed at about EC\$2.70 to US\$1. US dollars are widely accepted (change usually given in EC). Cards work in hotels and larger places; carry cash for taxis, ferries, the market and small vendors. ATMs in Kingstown and a bank in the airport arrivals hall.

Electricity & adapters — Both 110V and 230V are in use (local supply often 110V, newer hotels 230V), 50Hz. Sockets are mostly British-style three-pin (Type G), with some US-style two-pin (Type A/B). Bring a UK Type G adapter. Most phones and laptops are dual-voltage (100–240V); single-voltage items such as some hairdryers need a converter.

Insects — Expect mosquitoes and sandflies (no-see-ums), worst at dawn and dusk and near beaches and the valley. In keeping with the eco-friendly nature of the event, please bring a natural, plant-based repellent (oil of lemon eucalyptus, citronella or neem) rather than DEET. Cover arms and legs in the evening; a citronella candle, mosquito net or room fan also helps.

Sun protection — Strong tropical sun. Please use reef-safe (eco-friendly) sun protection, especially on the water and at the beach.

Driving side — Left-hand side, on mountainous, narrow, winding roads (see the driving notes above).

Emergency information

Emergency (all services) — 999 or 911 — police, fire, ambulance.

Main hospital — Milton Cato Memorial Hospital, Kingstown. 24-hour A&E: (784) 456-1955. General: (784) 456-1185.

Private clinic — Modern Medical & Diagnostic Centre, Kingstown: (784) 458-9087 (imaging, dialysis, trauma capacity).

Travel insurance — The island stabilises emergencies but transfers serious cases off-island (usually Barbados or Trinidad). Comprehensive travel insurance with medical evacuation is strongly recommended. Save your insurer's 24-hour line before travelling.

Key contacts

Christy +1 (507) 226-7197

Beth +1 (246) 284-2870