

Top 10 Activities Recommended by Locals in Turks and Caicos

From kiteboarding to exploring caves, there are numerous ways to savor the beauty of this Caribbean archipelago.

The Caribbean islands are known for their white-sand beaches, turquoise waters, and a relaxed pace of life. However, each destination in the region offers its own unique charms and attractions. [St. Barts](#) is renowned for its five-star hotels, [luxury villas](#) and luxury shopping, St. Lucia boasts incredible hiking opportunities, and [Anguilla](#) is a top choice for honeymooners and couples. Among these, Turks and Caicos stands out as an archipelago comprising 40 islands and cays, perfect for those looking to explore the aquatic wonders while also enjoying beachside relaxation.

Karen Whitt, Vice President of Sales and Marketing at The Hartling Group, which owns The Palms and The Shore Club and has called Providenciales (or “Provo”) home for the past 18 years, dispels a common misconception about Turks and Caicos. She suggests that travelers venture beyond the beach or pool and “get on the water” for activities like snorkeling, scuba diving, fishing, and boating. Val Kalliecharan, the founder of Luxury Experiences Turks & Caicos, concurs, emphasizing that being on the water is “the best way to experience the islands.” He adds, “You look around, and you’re literally seeing 360 degrees of turquoise with a dozen shades of blue.”

Whether you’re planning your first visit or returning to [Turks and Caicos](#), we’ve compiled a list of the best things to do in the archipelago, with insights from the local experts.

1. Take your time and enjoy the beauty of Grace Bay Beach.

While there are plenty of stunning beaches in Turks and Caicos, it’s worth highlighting that Grace Bay Beach was crowned as the world’s best beach in 2022.



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2. Indulge in conch, prepared in various delicious ways.

“Turks and Caicos boasts a thriving conch population, and numerous dining establishments offer freshly harvested conch,” Whitt explains. “Whether you prefer it as fritters, in a salad, as ceviche, straight from the beach, or fried, experiencing this island delicacy is a must for every visitor.” Her recommended dining destination? Da [Conch Shack](#)

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3. Embark on a boat excursion

For an authentic glimpse of Turks and Caicos, consider arranging a boat tour. “It’s an excellent way to immerse yourself in the coastal splendor, explore hidden cays, and perhaps encounter wildlife like dolphins or migrating humpback whales,” Whitt suggests. The tourism board suggests several charter companies, including Moana Charters, Sail Beluga, and Island Adventure TCI.

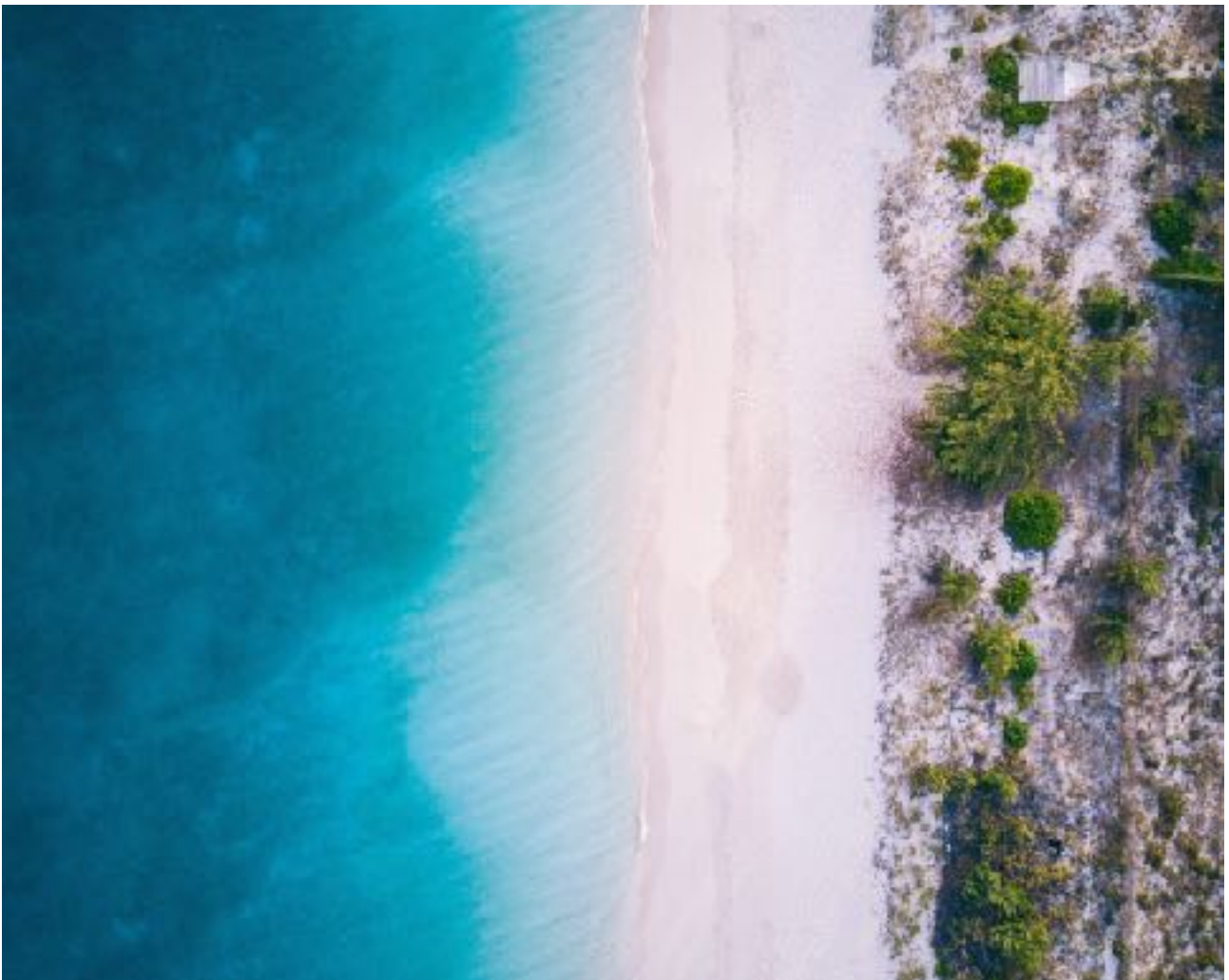
4. Discover the caves on the islands

Hall, who hails from Grand Turk and enjoyed much of his youth on Middle Caicos, recommends exploring “the twin islands of North and

Middle Caicos to experience their untouched, natural beauty and captivating caves.” Conch Bar Caves and Indian Cave, both dry cave systems, are accessible to the public.

5. Discover one of the planet’s largest barrier reefs

Turks and Caicos proudly features the third-largest barrier reef, spanning approximately 340 miles in total, and both Hall and Whitt highly recommend it. Whitt expresses, “It offers some of the finest snorkeling and diving opportunities, showcasing a vibrant ecosystem teeming with colorful fish, stunning coral formations, and the exciting possibility of encountering sea turtles and dolphins.”



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6. Take a swim with humpback whales

plan your Turks and Caicos visit between January and April, the time of the annual humpback whale migration. Grand Turk and Salt Cay are

prime locations for whale sightings, but it's important to exercise caution and maintain a safe distance when swimming or snorkeling near these majestic creatures. Approaching or pursuing the whales too closely is not advisable.



7. Embark on a horseback riding adventure

“For a truly memorable way to discover Turks and Caicos, I suggest arranging a tour with Provo Ponies,” recommends Whitt. “This company provides guided horseback rides along the picturesque beaches of Providenciales. Visitors can savor a leisurely journey along the shoreline, soaking in breathtaking vistas of the turquoise waters and pristine white-sand beaches.”

8. Savor a cocktail as the sun sets

Indulge in a revitalizing cocktail or enjoy a chilled local beer there are numerous establishments provide sunset vistas, live music, and a lively ambiance. Plus, if you're fortunate, you might witness the orange-hued sky and the elusive green flash,” adds Kalliecharan. The latter is a rare and captivating phenomenon resulting from the refraction of sunlight through the atmosphere into distinct frequencies.

9. Savor the freshest catch of the day

Crackpot Kitchen's grilled or fried fish paired with peas and grits.

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10. Conclude your holiday with a sophisticated dining experience

Topping his list is an exquisite dinner at the Chef's Table at Provence by Eric, yet there are other upscale dining choices to explore, such as Grace's Cottage, Coco Bistro, and Caicos Café. or [rent a villa in Turks and Caicos with private chef](#)

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