Colonized by the French in the 18th century, it was exploited thanks to the work of African slaves, for the cultivation of sugar cane and cotton. It extends for 30 kilometres and it is the biggest island of the **Grenadines**.

The island is crossed longitudinally by hills. Its name in the Caribbean language means "land of the corals", and it is not hard to see that, due to the extension of the reef along its entire perimeter.