

Discovered by Christopher Columbus in 1498 during the day of St. Vincent and dedicated to the Saint, it strongly defended its independence for two centuries, until the proud Caribbean population was defeated by the English first and then by the French.

But the history of these populations was tormented in different ways; many African slaves that were able to survive a shipwreck arrived here and during the Nineteenth century, the famous captain Bligh, after his sailors stirred up a revolt, was able to join the locals who learnt how to cultivate the artocarpus, of which he brought the plants for seeding.

The territory is still fertile and suitable for the cultivation of bananas and vegetables. Unfortunately in 1902, *La Soufrière* erupted and caused 2000 victims, followed by a second eruption in 1979; said events slowed down the development of tourism. The territory of the island is also impassable and hard to penetrate, but certainly today, this can constitute an actual attraction.

The capital is Kingstown, city of 40,000 inhabitants, with well restructured buildings, stores, and a multicoloured market. In the internal area of the island, there are uncontaminated and luxuriant landscapes, where it is possible to notice rocky patterns (

**Layout**

), or the natural park of

**Buccament Valley**

characterised by precious varieties of birds, among which the

**parrot of St Vincent.**

It is a suggested destination for

**cruises**

on

**rented sailing boats**

towards the

**Grenadines**

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