

# Things to Do in St. Thomas: Your Complete Personal Guide

## Welcome to your perfect tropical escape!

Whether you're on a cruise stop or planning a full week in the U.S. Virgin Islands, **St. Thomas** offers unforgettable experiences—from relaxing on the beach to snorkeling with turtles and shopping duty-free in historic downtown streets.

In this **guide**, you'll discover the **top things to do**, the **best times to visit**, insider tips, and ways to **make your trip extra special**.

## First, Why You'll Love St. Thomas







What's great about St. Thomas is how easy it is for **Americans** to visit. You don't need a **passport**, everyone speaks **English**, and you use the **U.S. dollar**. It has the perfect mix of beautiful Caribbean vibes and familiar comforts.

The island has amazing energy—there are fun, lively spots and also quiet, peaceful places where you can completely relax. There's something for everyone.

## Why Visit St. Thomas?

You might be wondering—**what makes St. Thomas so special?**

Here's what travelers love most:

-  **Easy access** – Flights and cruises come in daily
-  **No passport needed** for U.S. citizens
-  **Breathtaking beaches** with calm, clear water
-  **Epic views** from hills and mountain lookouts
-  **Duty-free shopping** in downtown Charlotte Amalie
-  **World-class snorkeling and boating**

You can spend your days **relaxing by the ocean**, **exploring pirate history**, or **hopping between islands**. It's the perfect blend of chill and adventure.

# Getting Around the Island

Before we dive into the activities, here are a few quick travel tips:

- 🚗 **Renting a car?** They drive on the **left side** of the road!
- 🚢 **Cruising in?** Many activities are available right near the port.
- 🚕 **Taxis** are plentiful but not metered—always ask for a price first.
- 📶 **Cell service** can be spotty in some areas. Download maps before heading out.

Now, let's explore the best things to do on your St. Thomas adventure.

## My List of Top 12 Things to Do in St. Thomas (2025)

These are the activities I always do when I'm in St. Thomas. They are the heart of a perfect trip.

### 1. Relax at Magens Bay Beach

💙 *Calm, scenic, and family-friendly*

This is St. Thomas' **most famous beach**, and it's easy to see why. With soft, white sand and **water so calm it feels like a swimming pool**, Magens Bay is ideal for swimmers, families, and anyone looking to just unwind.

You'll find:

- Paddleboard & kayak rentals
- Clean restrooms and showers
- A casual bar & grill for beach bites

🕒 **Best Time to Visit:** Morning (8–10 AM) or late afternoon (after 3 PM)

### 2. Ride the Skyride to Paradise Point

🚡 *For one of the best views on the island*

Hop aboard a scenic cable car that lifts you **700 feet above sea level**, offering panoramic views of Charlotte Amalie and the sea beyond. At the top, you'll find:

- A restaurant with Caribbean cocktails 🍹
- A gift shop
- Photo ops galore at sunset 🌅

### 3. Snorkel with Turtles at Coki Beach

🐢 *Great for underwater explorers*

Coki Beach is famous for its **clear waters and colorful sea life**. Bring or rent snorkel gear and head into the shallows—you're almost guaranteed to spot vibrant fish, coral, and even sea turtles.

☀️ Don't miss:

- Beachside BBQ and local vendors
- Coral World Ocean Park next door (more below!)
- Chair rentals and umbrella service

### 4. Visit Coral World Ocean Park

🐠 *Interactive marine life experience for all ages*

Perfect for families, this small ocean park lets you get close to marine life without needing to scuba dive.

📋 Top highlights:

- Touch tanks with sea stars and rays
- Sea lion and dolphin experiences
- An underwater observatory
- Snorkeling areas for beginners

### 5. Take in the Views from Drake's Seat

### *Instagram-worthy overlook*

This quick photo stop offers one of the **most iconic views of Magens Bay**. Legend has it that Sir Francis Drake used this lookout to spot ships coming into the harbor.

#### It's:

- Free
- Quick to visit
- A must for your travel photos

## 6. Explore Historic Charlotte Amalie

### *The cultural and shopping hub of the island*

Take a walking tour of downtown Charlotte Amalie, filled with colorful buildings, cobblestone alleys, and centuries-old architecture.

Things to explore:

- **Fort Christian** – the oldest building in the Virgin Islands
- **99 Steps** – climb this colonial staircase for scenic views
- **Shopping** – from designer brands to handmade jewelry
- **The Synagogue of St. Thomas** – the oldest in U.S. territory

## 7. Sip a Banana Daiquiri at Mountain Top

### *A drink with a view*

Drive up to the highest point in St. Thomas and enjoy a **famous Banana Daiquiri** while looking out over 20+ nearby islands. It's a breezy stop with:

- Epic photos
- Huge souvenir store
- Clean restrooms

## 8. Island Hop to Water Island


 *For peaceful beach vibes*

Take a short ferry from St. Thomas to **Water Island**, a tiny, quiet escape perfect for a laid-back day.

At Honeymoon Beach, you can:

- Rent kayaks or snorkel gear
- Eat fresh fish tacos from beach shacks
- Lounge under palm trees with fewer crowds

## 9. Set Sail on a Catamaran Tour

 *Unforgettable ocean adventures*

Book a catamaran or boat tour that lets you:

- Snorkel with sea turtles 🐢
- Visit Buck Island or Christmas Cove 🌊
- Sip drinks while sailing into the sunset 🍷

🟢 Great for couples, solo travelers, or even families

## 10. Try Local Cuisine & Rum


 *Taste the island*

You can't leave without trying:

- Pate (Caribbean empanadas)
- Fungi and fish (a local classic)
- Jerk chicken and island BBQ
- Cruzan rum cocktails 🍹

Ask locals for recommendations—you'll find hidden gems everywhere.

## 11. Go Duty-Free Shopping

 *Bring an empty suitcase!*

St. Thomas is a **duty-free shopping haven**, especially for U.S. travelers. You'll find:

- Jewelry and watches
- Electronics and perfumes
- Island crafts and fashion
- Rum, spices, and chocolates

 Best shopping areas: Main Street in Charlotte Amalie and Havensight Mall (near cruise port)

## 12. Watch the Sunset at Lindquist Beach

 *End your day in paradise*

Less crowded than Magens Bay, **Lindquist Beach** is part of Smith Bay Park. It's pristine, romantic, and ideal for sunset lovers.

- Quiet and peaceful
- Restrooms available
- Small entry fee (worth it!)

# Top 10 Outdoor Adventures & Activities in St. Thomas, USVI

Looking for the **best outdoor things to do in St. Thomas, US Virgin Islands**? From ziplining and UTV rides to snorkeling and hiking, here's a list of **must-try activities** that are fun, safe, and unforgettable.

## 1. UTV/ATV Off-Road Adventure – St. Thomas

Explore the rugged beauty of St. Thomas on a UTV/ATV. Perfect for thrill-seekers!

- **Duration:** 2 hours
- **Rating:** 9.2/10 (9 reviews)
- **Price:** \$155 per adult (taxes included)

## **2. Tree Limin' Extreme Zipline Tour**

Soar through the treetops and enjoy breathtaking island views.

- **Duration:** 2.5 hours
- **Rating:** 10/10 (4 reviews)
- **Price:** \$155 per adult (taxes included)

## **3. Full-Day Virgin Gorda Adventure – From Westin St. John**

Visit the famous Baths of Virgin Gorda and enjoy island hopping.

- **Duration:** 8.5 hours
- **Rating:** 10/10
- **Price:** \$329 per adult
- **Free Cancellation**

## **4. Fantastic St. Thomas Race**

Join a fun race around the island – a mix of sightseeing and challenges.

- **Duration:** 2.5 hours
- **Price:** \$67 per adult
- **Free Cancellation**

## **5. Guided Tour: St. John & Annaberg Plantation**

Explore historical ruins and enjoy scenic views of St. John.

- **Duration:** 4 hours
- **Price:** \$67 per adult
- **Free Cancellation**

## **6. Santa Maria Beach Hike**

Enjoy a peaceful, scenic hike ending at a quiet beach.

- **Duration:** 1.5 hours
- **Price:** \$70 per adult
- **Free Cancellation**

## **7. Cas Cay Kayak, Hike & Snorkel Adventure**

Experience all three in one trip – kayak through mangroves, hike the island, and snorkel!

- **Duration:** 3 hours
- **Rating:** 10/10 (6 reviews)
- **Price:** \$99 per adult
- **Free Cancellation**

## **8. Mount Healthy National Park Private Hike – Tortola**

A guided hike through nature with a private group in Tortola.

- **Duration:** 2.5 hours
- **Price:** \$70 per adult
- **Free Cancellation**

## **9. Half-Day Jeep Beach Cultural Adventure – St. Thomas**

Travel by jeep to explore beaches, local life, and culture.



- **Duration:** 4 hours
- **Price:** \$450 per traveler\*
- \*Lower prices for groups (2+ adults)
- **Free Cancellation**

## **10. Honeymoon Beach Hike & Relax – St. John**

A short hike with time to relax on a quiet beach.

- **Duration:** 3 hours
- **Price:** \$99 per adult
- **Free Cancellation**

## **Awesome Adventures Beyond the Beach**

### **1. Take a Boat Trip to St. John**

This is my top recommendation for a day trip. The island of St. John is right next door and is mostly a national park. The beaches there, like Trunk Bay, are arguably the most beautiful in the Caribbean. The ferry from Red Hook takes about 20 minutes and is an easy trip.

### **2. Explore Charlotte Amalie**

The main town is full of history and color. Walk up the famous "99 Steps" for a great view and explore the duty-free shops for jewelry and souvenirs.

- My personal tip: Wear comfy shoes! The streets are charming but hilly.

### **3. Find a Quieter Beach**

While I love Magens Bay, some of my best days were at smaller beaches. Sapphire Beach is gorgeous and great for snorkeling. Lindquist Beach is more secluded and feels like a hidden gem. Don't be afraid to explore!

## Free Things to Do in St. Thomas

You can have an amazing time without spending a dime!

1. **Hike to the top of Drake's Seat.** This is the famous curve in the road where Sir Francis Drake supposedly watched his fleet. The view of Magens Bay and the Atlantic is absolutely breathtaking and costs nothing. It's the perfect photo spot.
2. **Explore the Historic Streets of Charlotte Amalie.** Window shopping is free! I love wandering down the cobblestone alleyways like Palm Passage and Royal Dane Mall, admiring the old Danish colonial buildings. The vibrant Vendors Plaza is also fun to walk through.
3. **Snorkel at Brewers Bay.** While gear rental costs money, the underwater sightseeing is free! This beach, near the airport, has a great reef close to shore. I've seen sea turtles here! Just bring your own snorkel set.

## Things to Do in St. Thomas at Night

The island has a fun, relaxed vibe after the sun goes down.

1. **Enjoy Sunset Cocktails and Live Music.** Head to the Windmill Bar or a beachfront restaurant like Latitude 18. They often have fantastic local bands playing reggae or calypso. Sipping a cocktail with your feet in the sand to a great soundtrack is a perfect night.
2. **Try Your Luck at a Casino.** The major resorts like the Marriott Frenchman's Cove and The Ritz-Carlton have lively casinos. Even if you're not a big gambler, it's a fun, air-conditioned place for a drink and some people-watching.
3. **Take a Romantic Nighttime Sail.** Many boat companies offer sunset and evening cruises. Sailing on the calm water under the stars, often with a champagne toast, is an incredibly romantic and memorable experience.

## Things to Do in St. Thomas for Couples

The island is pure romance. These are my top picks for couples.

1. **Private Sunset Catamaran Charter.** This is the ultimate splurge. I did this for a special occasion, and it was unforgettable. Having a boat, captain, and champagne all to yourselves as the sun dips below the horizon is pure magic.
2. **A Romantic Dinner for Two at Oceana.** For a truly special meal, book a table at this restaurant in the Villa Olga. It's in a beautiful historic house with incredible harbor views. The food and atmosphere are perfect for a date night.
3. **Kayak Through a Bioluminescent Bay.** Paddle through the water at night and watch it sparkle with every stroke! While the brightest bay is on the nearby island of Vieques, some tours in St. Thomas offer similar experiences in certain lagoons. It's a magical, otherworldly date.

## Unusual Things to Do in St. Thomas

Get off the beaten path with these unique ideas.

1. **Visit the Haunted Pirates Treasure Museum.** Housed in a 17th-century dungeon, this quirky museum is full of pirate lore and supposedly ghostly inhabitants. It's cheesy, spooky, and a lot of fun—a great break from the beach.
2. **Find the "Floating City" of Frenchtown.** This charming, working-class fishing neighborhood feels a world away from Charlotte Amalie. It's quiet, colorful, and home to some of the best, most authentic seafood restaurants on the island, like Frenchtown Deli.
3. **Tour the St. Thomas Synagogue.** The Beracha Veshalom Vegmiluth Hasidim synagogue is the second oldest in the Western Hemisphere. Its sand floor is a unique historical feature. It's a peaceful and fascinating glimpse into the island's diverse history.

## Things to Do in St. Thomas for Adults

Focus on relaxation and sophisticated fun.

1. **Go on a Rum Distillery Tour.** The St. Thomas Rum Distillery offers tours where you can learn about the process and, most importantly, sample the goods. It's a fun, flavorful way to spend an afternoon.

2. **Indulge in a Luxury Spa Day.** Resorts like The Ritz-Carlton and Marriott Frenchman's Reef have world-class spas. Treat yourself to a massage in an open-air cabana overlooking the ocean. The sound of the waves is the ultimate relaxation therapy.
3. **Bar Hop in Red Hook.** This bustling area on the east end is where the locals hang out. Spend an evening hopping between casual bars like Tap & Still (for great burgers and beer) and Xobe Beach Bar (for drinks on the sand). It's a more local experience than the hotel bars.

## Best 5 Food & Drink Tours in St. Thomas

Discover the local flavors, enjoy ocean views, and make your trip even more delicious with these top **St. Thomas food tours and sunset sails**.

### 1. Sailing Trip with Snorkeling, Breakfast & Lunch

A half-day sail with food, drinks, and snorkeling.

- **Duration:** 5 hours
- **Rating:** 10/10
- **Price:** \$157 per adult
- **Free Cancellation**

### 2. Semi-Private Sunset Sail (6 Guests Max)

A romantic evening sail with drinks, limited to just 6 guests.

- **Duration:** 2 hours
- **Rating:** 10/10 (2 reviews)
- **Price:** \$129 per adult
- **Free Cancellation**

### 3. Charlotte Amalie Caribbean Food Tour

Taste Caribbean dishes and explore the town on foot.

- **Duration:** 3 hours
- **Rating:** 8.4/10 (13 reviews)
- **Price:** \$145 per adult
- **Free Cancellation**

#### 4. Sunset Cocktail Cruise – Sapphire Beach

Cruise at sunset with a cocktail in hand.

- **Duration:** 2 hours
- **Rating:** 9/10 (2 reviews)
- **Price:** \$117 per adult
- **Free Cancellation**

#### 5. Full-Day Sailing & Snorkeling – St. John & Cays

Sail around St. John and nearby islands with snorkeling included.

- **Duration:** 6.5 hours
- **Rating:** 9.6/10 (9 reviews)
- **Price:** \$245 per adult
- **Free Cancellation**

### Best Time to Visit St. Thomas

Season	Weather	Best For
<b>Dec–Apr</b>	Sunny, breezy	Peak season (book early)
<b>May–June</b>	Warm, fewer crowds	Better rates

<b>Sep–Oct</b>	Rainy, hot	Budget travel (hurricane risk)
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✓ **Pro Tip:** Plan your beach days early and your shopping or history tours for mid-afternoon when it's hot.

## 3-Day St. Thomas Itinerary for First-Time Visitors

*A relaxed, unforgettable guide for solo travelers, couples, and families*

### Day 1: Welcome to Paradise – Beach, Views & Sunset

#### ☀️ **Morning: Magens Bay Beach**

- Start your vacation with the most famous beach on the island.
- Calm waters, white sand, easy vibes.
- Rent a paddleboard or just float around.

#### 💰 **Approx. Cost:**

- Entry fee: \$5 (adults), Free for kids under 12
- Chair rental: ~\$10
- Snacks/lunch: ~\$15–\$25 per person

#### 🕒 **Afternoon: Explore Charlotte Amalie**

- Visit **Fort Christian, 99 Steps**, and browse the duty-free shops.
- Grab an ice cream or local smoothie as you walk the colorful streets.

#### **Optional Add-On:**

- Short historical walking tour (~\$25 per person)

#### 🌅 **Evening: Skyride to Paradise Point**

- Ride the cable car for sweeping sunset views 🌇
- Sip a Bushwacker cocktail at the top!

💰 **Approx. Cost:**

- Skyride ticket: ~\$24 adults, ~\$10 kids
- Drinks/food: ~\$10–\$30

## Day 2: Ocean Fun – Snorkeling & Sailing Adventure

### 🌊 **Morning to Afternoon: Snorkeling Boat Tour**

Book a **half-day catamaran tour** that includes:

- Snorkeling with turtles 🐢
- Snacks & open bar 🍹
- Stops at offshore islands

💰 **Approx. Cost:**

- ~\$100–\$150 per adult
- Kids (age 4–11): ~\$65–\$95
- Private charters available for families

🟢 *Tip: Book early! These tours fill up fast.*

### 🍴 **Evening: Dinner by the Sea**

- Dine at a waterfront restaurant like **The Twisted Cork** or **Hook, Line & Sinker**
- Watch the boats while enjoying Caribbean cuisine

### **Average Meal Cost:**

- Solo: \$25–\$35
- Couple: \$60–\$80
- Family: \$100–\$150

## **Day 3: Island Exploration & Chill**

### **Morning: Ferry to Water Island**

- Ride a 10-minute ferry to this peaceful escape
- Relax at **Honeymoon Beach**
- Kayak, snorkel, and enjoy beachside lunch

### **Ferry Cost:**

- Round trip: ~\$10–\$15 per person
- Beach chair: ~\$10
- Kayak/snorkel: ~\$20–\$30

### **Afternoon: Drake's Seat + Mountain Top**

- Short scenic drive to 2 must-see overlooks
- Don't miss the famous Banana Daiquiri! 🍌

### **Approx. Cost:**

- Entry: Free
- Drinks/Souvenirs: ~\$10–\$20

### **Evening: Last-Minute Shopping + Sunset at Lindquist Beach**

- Buy any last souvenirs in Charlotte Amalie



- Head to **Lindquist Beach** for a quiet, breathtaking sunset
- Reflect, take photos, and relax

## Cost Estimate Table for 3 Days in St. Thomas

Expense Category	Solo Traveler	Couple (2 Adults)	Family (2 Adults + 2 Kids)
Hotel (mid-range)	\$600	\$700–\$900	\$900–\$1100
Meals & Drinks	\$150–\$250	\$300–\$450	\$500–\$700
Beach Entry & Rentals	\$30–\$50	\$50–\$80	\$100–\$150
Tours & Activities	\$200–\$300	\$400–\$550	\$650–\$900
Transport (Taxi/Car)	\$80–\$150	\$100–\$180	\$150–\$250
Shopping & Souvenirs	\$50–\$100	\$80–\$150	\$120–\$200
<b>Total (3 Days)</b>	<b>\$1,110–\$1,500</b>	<b>\$1,630–\$2,310</b>	<b>\$2,420–\$3,300</b>

✔ Prices include estimated meals, activities, and tips. Flight not included.

## Helpful Tips From Someone Who's Been There

- **Getting Around:** Taxis are easy to find but can be expensive for longer trips. If you're comfortable with it, renting a car gives you the most freedom. Just remember—they drive on the *left* side of the road here! It feels strange at first but you get used to it quickly.
- **When to Go:** The weather is sunniest from December to April, but that's also the most crowded and expensive time. I've found that May and November are also really lovely and a bit quieter.
- **Be Smart:** St. Thomas is very safe for tourists. Just use common sense. Don't leave your valuables unattended on your beach towel.

## Answers to Common Questions

**What is the one thing you can't miss?**

For me, it's a tie between the sunset from Paradise Point and swimming in the unbelievably blue water at Magens Bay.

**Is it good for families?**

Absolutely! It's a fantastic family destination. The beaches are calm, and kids love Coral World and the boat rides.

**Do I need to carry a lot of cash?**

Not really. Most places take credit cards. I just like to have some cash on hand for small vendors, tips, and local snacks.

**Do I need a passport for St. Thomas?**

If you're a U.S. citizen, **no passport is required!**

**Is St. Thomas safe for tourists?**

Yes, especially in tourist areas. Still, use basic precautions—don't leave valuables unattended and avoid isolated places after dark.

**What's the best way to get around?**

If you're staying multiple days, rent a car. Otherwise, taxis and tour shuttles are easy to find near ports and hotels.

**What should I pack?**

- Sunscreen (reef-safe)
- Lightweight clothing
- Swimsuits and flip-flops
- Snorkel gear, if you have it

**Ready to Start Your Adventure?**

I hope my personal guide gets you excited for your trip! St. Thomas is a special place where you can have an adventure and find total relaxation.

Ready to start planning? You can find great deals on flights and hotels to St. Thomas.

What sounds most exciting to you? Let me know what you're most looking forward to in the comments below! I'd love to hear about your plans.

Have the most amazing time. You're going to love it.