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VISITOR'S GUIDE
2025



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Welcome to Jamaica!

As we step into 2025, we are more excited than ever to showcase the incredible richness of our tourism offerings and to make your experience here unforgettable. Jamaica has long been celebrated for its natural beauty, vibrant culture, and warm-hearted people. From the bustling shores of our tourism capital, Montego Bay, to our peaceful countryside, every corner of Jamaica has a story to tell, one that we are eager to share with both first-time visitors and loyal friends who return again and again.

From the lively vibes of our destination areas to the peaceful waves of our pristine beaches, Jamaica offers a unique blend of remarkable properties, exceptional attractions, and captivating experiences. Here, you'll find luxurious resorts, renowned local eateries, and a mix of historic sites that bring to life our rich heritage. Jamaica has a heartbeat all of its own, drawing visitors in with a promise of adventure, relaxation, and culture.

We're on a mission to welcome five million visitors and secure five billion US dollars in tourism earnings by 2025 — a goal that is within reach thanks to Jamaica's diverse offerings, our expansion into new markets, and an impressive repeat visitor rate of over 40%. Every visit to Jamaica contributes not just to our economy, but to our way of life. I encourage you to explore every inch of this beautiful island, taste the unforgettable flavours of our unique cuisine, feel the rhythm of our pulsating music, and immerse yourself in the warmth of our hospitable people.

Our tourism product is evolving with you in mind, and we look forward to welcoming you, your family, and your friends again and again, as we continue to grow together. Thank you for choosing Jamaica, where every moment becomes a lasting memory.

Warm Regards,

The Hon. Edmund Bartlett, OJ, CD, MP
Minister of Tourism, Jamaica



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Welcome!

Welcome to our 2025 Jamaica Travel Guide.

As you turn these pages, you're not just planning a vacation; you're embarking on a journey to rediscover yourself in the warm embrace of our unique island.

Jamaica is more than a destination; it's a feeling, a rhythm, and a vibrant tapestry of experiences waiting to unfold. From the pulsating energy of Kingston—a UNESCO-designated Creative City of Music—to the serene beauty of our world-renowned beaches in Montego Bay, Negril, and Ocho Rios, every corner of our island invites you to come back—to Jamaica and to the very best version of yourself.

As you explore this guide, you'll discover a wealth of experiences catering to every type of traveller, whether you're seeking the thrill of adventure in our lush Blue Mountains, the romance of our pristine beaches, the rich flavours of our cuisine, or the warmth of our vibrant culture.

We're particularly proud of our commitment to sustainable and eco-friendly travel. From our UNESCO World Heritage Blue and John Crow Mountains National Park to our numerous eco-attractions, we invite you to experience our island's natural beauty while supporting our efforts to preserve it for generations to come.

As we continue to expand our offerings and welcome visitors from new markets across the globe, we remain committed to providing you with the highest standards of hospitality and unforgettable experiences. Our recent investments in airport expansions, new hotel developments, and enhanced infrastructure ensure your journey to and through Jamaica is a seamless pleasure.

Whether it's your first time here or you're a returning friend, Jamaica is ready to welcome you with open arms and warm smiles. Let the pages of this guide inspire your Jamaican adventure, and let our island help you rediscover the joy of travel, the beauty of connection, and the essence of living in the moment.

One Love,

Donovan G. White

Director of Tourism, Jamaica Tourist Board

YOUR ALL-INCLUSIVE ADVENTURE *Awaits*

Couples Resorts has set the standard for unforgettable escapes on the sun-kissed shores of Jamaica.



With four perfect settings — two in Ocho Rios and two in Negril — you can experience your own legendary island adventure. With no kids, no singles, no hassles, and the most inclusions of any resort in Jamaica, it's easy to recharge and reconnect at Couples Resorts.





**Jamaica Visitors Guide is a publication of the
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BEST.
DAY.
EVER



BEST.
NIGHT.
EVER.



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+ DRINK



SHOPPING
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TRAVELLERS'
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VENUE





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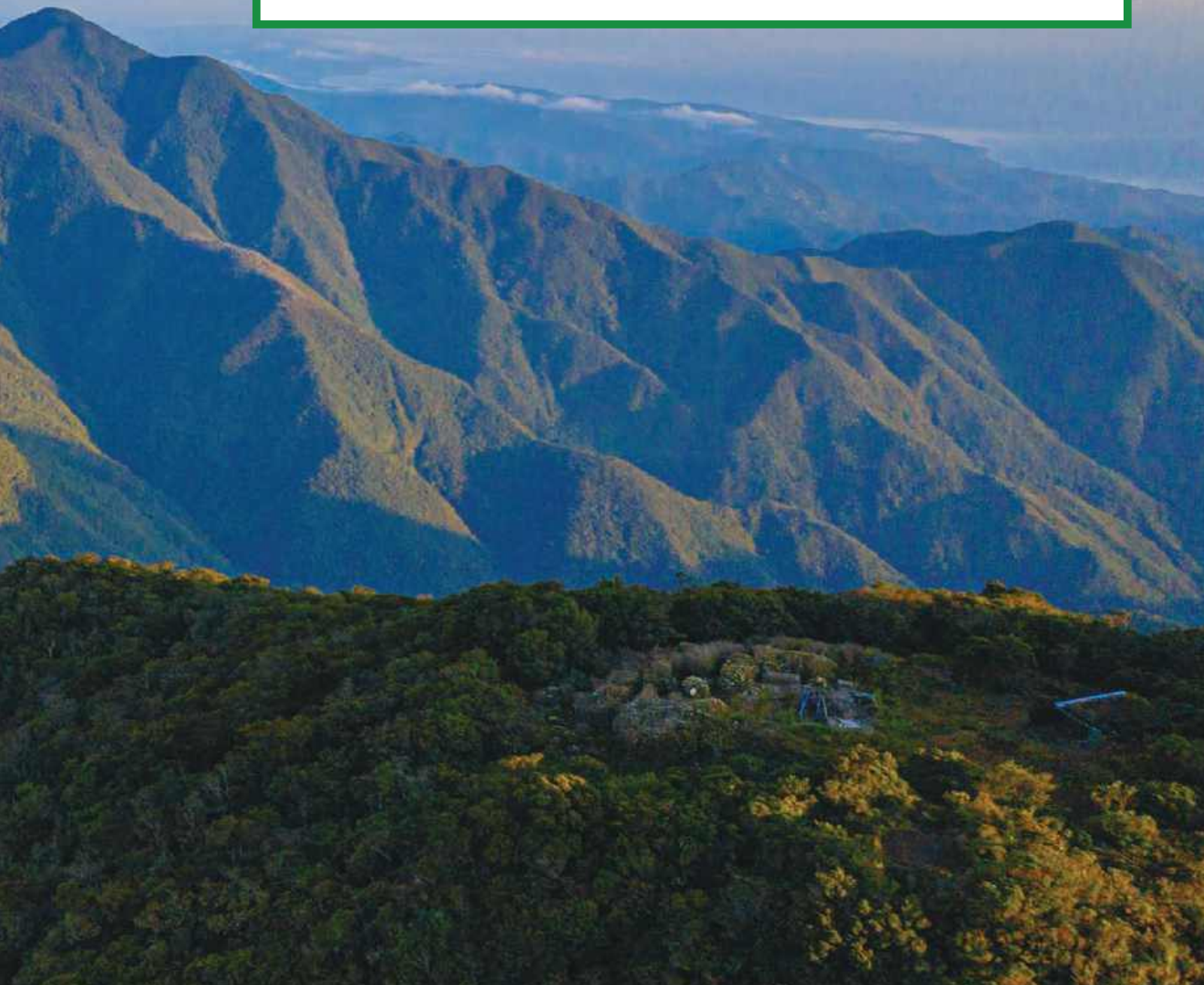
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Support the businesses at the heart of our island economy.





WELCOME TO **JAMAICA!**

Let the pages of this guide be your invitation to unwind at serene spas and on pristine beach loungers, dive into dancehall beats and rugged tree-lined adventures, and connect with the heart and soul of our island's irrepressible spirit. From Montego Bay's delightfully playful vibe, Ocho Rio's active pursuits, and Kingston's cultured savvy to the tranquil shores of Negril, Port Antonio, and the South Coast, thrills and relaxation await in equal measure. So, get ready to step into a different kind of comfort zone and let Jamaica work its magic on your soul.



Customise your **Getaway**

EVERY TRAVELLER IS A LITTLE DIFFERENT AND EVERY GETAWAY OFFERS NEW OPPORTUNITIES TO DISCOVER DIFFERENT PARTS OF JAMAICA AND DIFFERENT VERSIONS OF YOURSELF. EXPLORE THE ISLAND WITH A FRESH PERSPECTIVE EACH TIME YOU VISIT. YOU'LL NEVER DO THE SAME THING TWICE... UNLESS YOU WANT TO!

Beachside **EXPERIENCES**

You're on an island, so you can't miss a beach! Every corner of Jamaica is blessed with beautiful strands where the rolling surf comes in various shades of Caribbean blue.

- **See and Be Seen:** Doctor's Cave Beach, Montego Bay
- **Lounge and Stroll:** Seven Mile Beach, Negril
- **Post-Adventure Relaxation:** Bamboo Blu Beach, Ocho Rios
- **Fall in Love:** Frenchman's Cove, Port Antonio
- **Hit the Waves:** Lighthouse Surf Beach in Bull Bay, Kingston



Silver Sands Villas

Bob Marley Museum



Cultural IMMERSIONS

Jamaica punches well above its weight class when it comes to its cultural influence on the world. From the running track to the sound booth, our island is the birthplace of stars.

- **Relive the Flavours:** Take Home Walkerswood Sauces
- **Listen & Vibe:** Bob Marley Museum and Trench Town Culture Yard, Kingston
- **Fall in Love:** Lovers Leap, South Coast
- **Get Spooked:** Rose Hall Greathouse, Montego Bay
- **Learn More:** Maroon Town Settlement



Thrilling ADVENTURES

Snorkel clear blue waters, climb an idyllic waterfall, and make friends before jumping off a cliff. There is an adventure around every corner of Jamaica, where playing is part of the experience.

- **Bobsled & Zipline:** Mystic Mountain, Ocho Rios
- **Splash & Swim:** YS Falls, South Coast
- **Dive Deep:** Blue Lagoon, Port Antonio
- **See It All:** Parasail, Montego Bay
- **Two-Wheel It:** Blue and John Crow Mountains, Kingston



Blue Lagoon



WELLNESS

Recharge and Reconnect

Jamaica's commitment to wellness is a deeply rooted aspect of its culture. Known for its vibrant energy and natural beauty, the island has long embraced holistic health, with a focus on plant-based nutrition, natural *bush* remedies, and a lifestyle that prioritises inner peace and vitality. The Rastafari culture, in particular, has upheld the Ital lifestyle, a clean, vegan approach to eating that emphasises unprocessed, natural foods—a philosophy that has influenced practices across the island.

A growing fusion of wellness and tourism is evident through events, especially in nature-based towns like Ocho Rios. Fusing education and awareness with star-studded line-ups, these gatherings blend wellness and culture

with entertainment. With discussions, special promotions, informative displays, and more, these festivals embody the island's holistic approach to physical, mental, and social well-being.

For those looking to explore Jamaica's healing landscape, the island offers a wealth of destinations. Bath Mineral Springs in St. Thomas, the tranquil vibes of Negril, and the lush Holywell Park in the Blue Mountains provide serene environments to recharge. Treasure Beach, known for its close-knit community, and the island's many rivers and waterfalls, like White River in Ocho Rios, add to Jamaica's rejuvenating offerings.

Jamaica's wellness retreats and spas further enhance the experience, with treatments that utilise local herbs and

cultural healing traditions, inviting visitors to nourish both body and soul in the heart of the Caribbean.

No matter where you're staying on the island, Couples Resorts offers romantic all-inclusive hideaways in some of the most idyllic settings with access to world-class spa facilities. Couples Sans Souci in Ocho Rios, Couples Negril, and Couples Swept Away each houses an impressive in-house spa. From spa gazebos designed for couples' treatments to organic therapy rooms, an open-air beachfront hut, and a secluded treehouse, you'll understand just how Couples earned "Best Caribbean Spa" recognition from Travel + Leisure. Unwind in private treatment rooms set along a Buddha plunge pool, breathe in relaxation in a eucalyptus steam room, and indulge in a selection of showers with specific targeting properties. An indulgent menu of spa services includes massages, facials, and body treatments like rejuvenating wraps and scrubs. For a truly immersive wellness escape, stay at the Oasis Spa Villas in the flagship Couples Tower Isle or Couples Sans Souci. Conceived with insight gathered from previous guests, avid spa proponents, and the industry's most respected health and wellness experts, a stay at one of these secluded villas includes



Couples Swept Away Spa

private, individualised attention and complimentary access to all spa services and treatments throughout your stay.

Also in Negril, the Spa Princess at Princess Grand Jamaica offers a serene place to relax, renew, and refresh. Set against the backdrop of one of Jamaica's most beautiful beaches, the spa offers an extensive menu of massages, body treatments, and salon services. For a more immersive spa experience, head to the ultra-luxe Princess Senses The Mangrove, a 19,000-square-foot facility located at the five-star, adults-only sister resort just moments away. This expansive retreat provides a broader range of invigorating services, including a hydrotherapy circuit with a steam room, sauna, hot and cold plunge pools, and jetted pools in an unrivaled setting.

The aptly named Ocean Spa at Jamaica Inn in Ocho Rios is a place where treatments harness all the goodness of locally sourced ingredients to soothe mind, body, and soul. Here, treatments are created using the island's indigenous plants, which are either sourced from local organic farmers or wild-gathered using sustainable methods. Experience a thoroughly relaxing massage, achieve a youthful glow with an invigorating body scrub or a pampering facial, and unleash your hair's potential with dedicated treatments.

For thorough relaxation in Montego Bay, book a massage or beauty treatment at Sol-Mer Spa in the Catalonia Hotel. There the facilities include a water circuit, sauna, and Turkish bath, as well as a well-equipped fitness centre, where you can keep up with your healthy exercise routine with views of the Caribbean Sea. The hotel is located a short drive from Doctor's Cave Beach, itself famed for its pristine white sands and crystal-clear waters said to have healing properties.

Perfectly suited for pre-wedding pampering and post-ceremony relaxation, the on-site Relax Spa by Pevonia at Breathless Montego Bay Resort & Spa provides a luxurious retreat with services like soothing massages, facials, and salon treatments, perfect for brides, grooms, and their guests.



Island Gully Falls, Ocho Rios

Committed to You

Jamaica naturally radiates a sense of romance and connection. With its close proximity to North America, it is an ideal destination for engagements, weddings, honeymoons, anniversaries, or simply secluded retreats for couples seeking quality time together. Plus, the island is well equipped to accommodate diverse cultural and faith-based ceremonies, including Indian and Jewish weddings. Many of the island's resorts and event facilities and services are tailored for multi-day events, whether that involves three-day nuptials or a series of dinners, showers, brunches, and more.

Home to a range of romantic accommodations from all-inclusive resorts with comprehensive wedding packages to intimate boutique hotels, Jamaica woos couples with the power of choice. Choose from breathtaking seaside settings to serene hilltop venues, each setting offers the perfect backdrop for creating lasting memories.

From the tranquil beaches of Jamaica Inn in Ocho Rios to Montego Bay's Catalonia Hotel, the island boasts a wealth of romantic spots. Each location caters to couples seeking relaxation, adventure, or cultural immersion.

Couples Resorts, designed specifically with romance in mind, offers four breathtaking, all-inclusive destinations across Jamaica, each with its unique charm and perfect settings for an unforgettable destination wedding or honeymoon. Couples Tower Isle in Ocho Rios blends vintage Hollywood glamour with island charm, featuring a private island for exclusive ceremonies and a touch of classic elegance. Guests can enjoy fine dining, a top-rated spa, and signature excursions like the "Dunn's River Catamaran Cruise." For those seeking romance and seclusion, Couples Sans Souci offers a hidden oasis nestled in lush cliffs. With cliffside views, mineral springs, and secluded beaches, it's perfect for intimate weddings. Couples Negril is located right on Seven Mile Beach, perfect for couples who enjoy a casual atmosphere. It offers beach and garden ceremony options and unique reception ideas like sunset bonfires. Just down the coast, Couples Swept Away is the right place for active couples who want to balance relaxation with fitness. Known for its sprawling 10-acre sports and fitness complex, it provides beachside and garden ceremony spots amidst swaying palms.



Courtesy of Couples Resorts / JTB / Courtesy of Couples Resorts



In Montego Bay, the SeaGarden Beach Resort offers a charming, intimate setting for those seeking a low-key but elegant wedding celebration. This family-owned hotel features lush gardens, a private beach, and personalized services that cater to smaller gatherings and romantic escapes. Nearby, the Catalonia Hotel provides a more modern ambiance with a blend of Caribbean and Spanish influences, offering couples beautiful oceanfront venues and a variety of customizable wedding and honeymoon packages that make planning easy and enjoyable.

At Breathless Resort & Spa, couples discover a vibrant, upscale wedding experience designed for sophistication and excitement. The resort's chic, modern facilities include elegant oceanfront venues, stylish ballrooms, and intimate garden spaces, providing a variety of settings for ceremonies and receptions. Couples can choose from a range of customizable wedding packages that include everything from floral arrangements and décor to gourmet dining and live entertainment options. Breathless also offers a dedicated wedding coordinator who attends to every detail, ensuring a seamless and stress-free experience. Whether it's a private beach ceremony at sunset, a lively poolside reception, or an elegant ballroom celebration, Breathless Resort & Spa offers couples a destination wedding experience that's both glamorous and unforgettable, blending romance with the resort's signature vibrant atmosphere.

Ocean Coral Spring and Ocean Eden Bay, two luxurious sister resorts in Montego Bay, provide an idyllic setting for destination weddings, with tailored packages and stunning beach views. Featuring a range of wedding venues, from scenic beachfront spots to elegant indoor spaces, each has its own vibe and is fully equipped to accommodate any kind



of event. As a family-friendly resort, Ocean Coral Spring is an ideal choice for couples who want to include all their family members and friends with children in their celebrations. Ocean Eden Bay amps up the sophistication as an adults-only retreat. It is a blissful destination for honeymoons and couples seeking a quieter, more exclusive wedding experience. Choose from customised wedding packages, which include everything from floral arrangements and décor to professional photography, videography, and even beauty services at the on-site spa.

For a city vibe with an elegant twist, Kingston's Courtleigh Hotel provides well-appointed event spaces perfect for urban weddings and celebrations. With rooftop views and a sophisticated atmosphere, this hotel offers all the amenities needed for a stylish and memorable occasion right in the heart of the capital.

Take a **Flavourful** Journey



Curried goat reflects the strong, longtime presence of the Indian community on the island. It is a beloved staple of Sunday meals. Slow-cooked with turmeric, coriander, and cumin, the tender meat is served with white rice or rice and peas. Escovitch fish showcases Spanish influences with fried fish topped with a spicy vinegar-based sauce with pickled onions, carrots, and peppers. Other local favorites include oxtail stew and brown stew chicken, both of which showcase the deep, savoury flavours that characterise Jamaican cuisine.

Food and culture are inextricably intertwined, and this is just as true in Jamaica as it is anywhere else. Some of the most iconic eateries offer a blend of delightful options with an unexpected ambiance. After sampling the local cuisine, visitors can unwind at Floyd's Pelican Bar in the South Coast—the famed bar on stilts out at sea—or watch a world-famous sunset while enjoying well-made drinks right on Seven Mile Beach at Margaritaville Negril. Nothing beats an afternoon treat at Devon House in Kingston, where I Scream flavours available island-wide add a sweet finish to the local food journey.

But culture has strong ties to history, and Jamaica's foodways reflect a melting pot of global influences passed down and shared by the island's diverse population. Indian, African, Chinese, and European culinary traditions have all left their mark, creating a cuisine that's truly Jamaican but with global roots. For example, curried dishes like curry chicken and curry shrimp stem from Indian indentured labourers. Today, these dishes are mainstays in Jamaican households and restaurants.

In recent years, fusion dishes have taken the stage as chefs blend Jamaican flavors with international cuisines. Jamaican-Japanese fusion sees dishes like jerk sushi rolls, pairing seasoned meats with sushi rice and tropical fruits. Jamaican-Italian combinations like pizzas topped with jerk chicken or curried lobster bring familiar flavors into new contexts, capturing both exotic and comforting notes.

For those seeking urban dining with a local twist, Alexander's Restaurant at Kingston's Courtleigh Hotel serves traditional Jamaican dishes alongside international favorites, while Mingles Bar and Lounge offers signature cocktails to round out an evening of fine taste.

At Catalonia Montego Bay, guests can grab a burger or sandwich at Sea Blue during the day or savour authentic jerk dishes without stepping off the sand at the Jerk Bar. In the evening, a variety of à la carte restaurants tempt diners with themed offerings: freshly grilled seafood at Terrace, Caribbean specialties at BLoved, wood-fired pizzas at Mamma Mia, and teppanyaki dishes cooked to order at Ayami. After dinner, Players offers a vibrant space for drinks and dancing, making it the ideal spot for nightlife.

Jamaica's culinary landscape is as rich and diverse as its culture, blending traditional flavours with international influences to create a vibrant, ever-evolving food scene. With roots in African, Indian, Chinese, Spanish, and British cuisines, Jamaican food is both a journey through the island's history and an expression of its creative present. From roadside jerk stands to upscale dining, Jamaica offers a unique mix of classic dishes, innovative twists, and new culinary trends that food lovers will find unforgettable.

No culinary exploration of Jamaica is complete without tasting the iconic dishes that reflect the island's heritage and bold flavors. Among these, jerk is undoubtedly the most famous, and Scotchie's in Montego Bay is a popular spot to savour it in its authentic form. Traditionally made with chicken or pork, jerk involves marinating meat with a spicy blend of pimento, Scotch bonnet peppers, thyme, and other spices, and then slow-cooking it over pimento wood. The result is a smoky, flavourful dish that offers a perfect balance of heat and spice. It is best paired with festival (fried cornmeal dumplings) or rice and peas. You're bound to yearn for the tangy, spicy, smoky flavours when you're back home, so make sure you pick up a few bottles of Walkerswood sauces to hold you over until your next escape.

Ackee and saltfish—Jamaica's national dish—combines pieces of creamy, buttery ackee fruit with salted cod, onions, peppers, and spices. Served with fried dumplings, breadfruit, or boiled green bananas, it captures the essence of Jamaican home cooking.

The farm-to-table movement has gained momentum in Jamaica, with chefs focusing on fresh, locally sourced ingredients. Many restaurants emphasise sustainability, incorporating local vegetables, yams, sweet potatoes, and seafood, like snapper and lobster. Plant-based and vegan menus have also become popular, reflecting global dietary trends and the Rastafarian Ital diet, which is vegan and minimally processed.

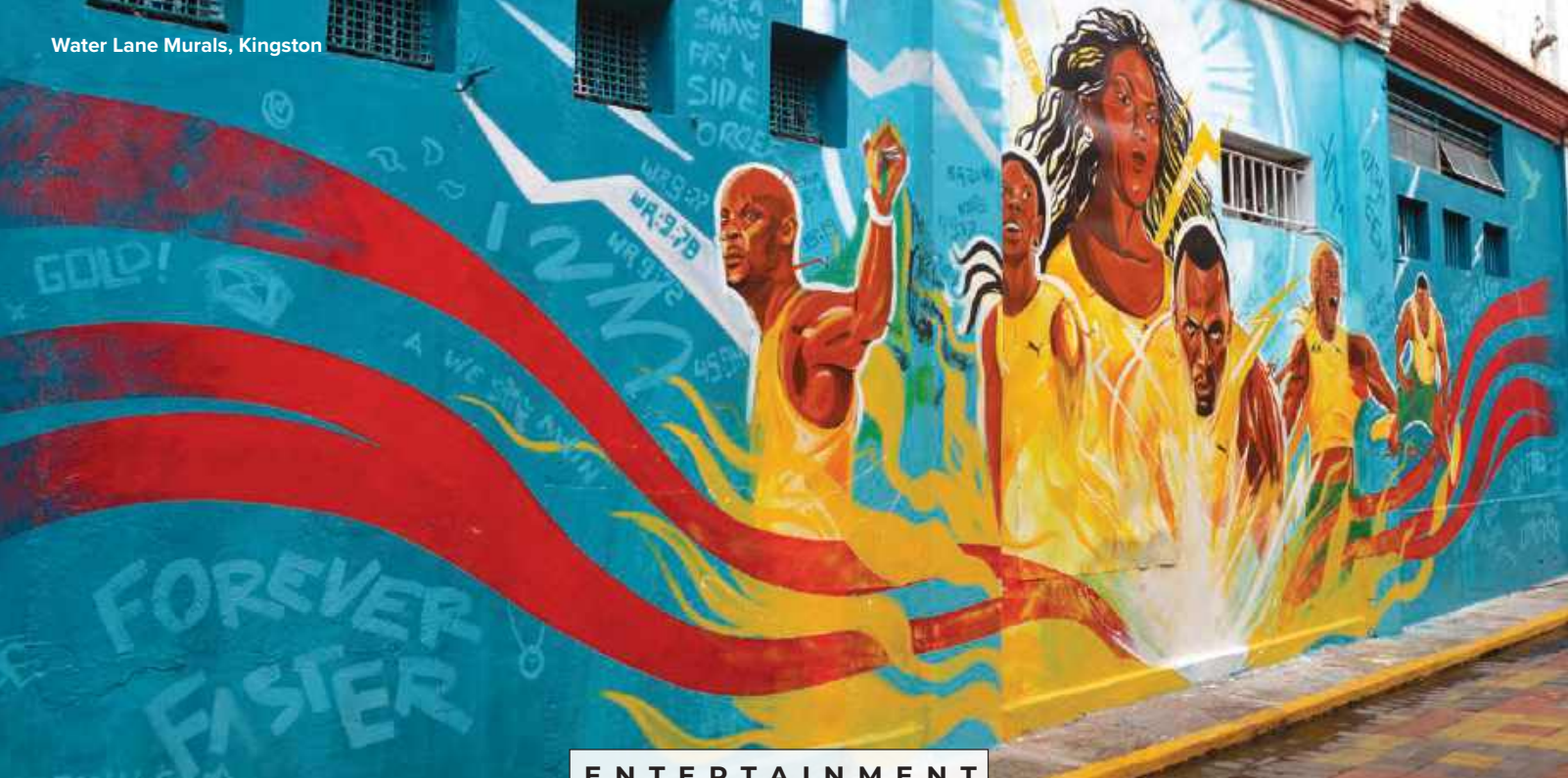
Dining at the historic Jamaica Inn captures this approach perfectly. Guests can enjoy afternoon tea, beachside pizza, or fresh island flavors from a nightly-changing dinner menu. For an upscale experience, the inn's Terrace restaurant serves a carefully curated five-course menu with international dishes featuring Caribbean twists, often enjoyed al fresco beneath swaying palms and starlight to the sound of live music. Diners can also enjoy grilled seafood during weekly lobster nights or casual beachside meals at Teddy's Beach Bar & Grill, where feet-in-the-sand evenings come alive with flame-kissed flat breads, Angus beef, and spiced shrimp kebabs.

Are you a foodie looking to have your tastebuds wowed with a crowd? Jamaica's culinary calendar is filled with events that celebrate the island's food culture. Restaurant weeks across various parishes bring together top chefs and restaurants to offer curated menus showcasing local and fusion dishes at discounted prices. These events provide an excellent opportunity to sample Jamaican cuisine in different settings.

The Jamaica Food & Drink Festival in Kingston is a highlight, featuring food and drink experiences ranging from street food tastings to wine-pairing dinners. Other events, such as Negril's Jerk Fest and Ocho Rios Seafood Festival, celebrate specific Jamaican flavors and dishes, allowing visitors to experience the regional specialties that make each area unique.

From classic dishes like jerk chicken and curried goat to fusion and farm-to-table creations, Jamaica's culinary scene is dynamic. The island's mix of tradition and innovation ensures that every meal tells a story of heritage, culture, and creativity.





ENTERTAINMENT

Seeing Stars

Jamaica's rich culture and lively spirit shine through its vibrant entertainment scene. The island pulses with music, dance, arts, sports, and unforgettable activities, making it a top destination for travellers seeking fun and immersion in local culture. From musical events to scenic seaside adventures, here's a guide to the entertainment highlights that await in Jamaica.

In the birthplace of reggae, ska, and dancehall, you'll be drawn to the rhythms all around you, from songs playing on old radios at food stalls and the beats punctuating city traffic to the tunes that spill out of bars and clubs at night. In Kingston, the Bob Marley Museum and Trench Town Culture Yard honour the legacy of reggae's pioneers, whilst venues across the island host concerts and live performances featuring local and international artists. Visitors can experience the thrill of a live dancehall show, enjoy reggae sessions at beachside bars, or join an evening drumming circle to learn traditional rhythms and dances. The annual Reggae Sumfest in Montego Bay is one of the largest music festivals in the Caribbean, drawing thousands of visitors to celebrate music and culture with performances from top talent.

Entwined with the musical dynamic of the island and deeply rooted in Jamaican heritage, dance and dancers of all kinds—from traditional Afro-Caribbean folk to vibrant dancehall—are everywhere. It is a powerful expression of Jamaican resilience, joy, and creativity, reflecting the island's spirit. Join local dance classes or attend a performance

Cinnamon Hill Golf Course



whilst visiting. Considered one of the most innovative dance companies to have achieved world acclaim in the last half century, the National Dance Theatre Company of Jamaica has a full schedule of performances throughout the summer, and proceeds from ticket sales for each performance benefit a different group.

In the visual realm, Jamaica's art scene is a colorful mix of creativity and cultural heritage. In Kingston, the National Gallery of Jamaica displays a rich collection of Jamaican art, from contemporary pieces to historical works that reflect the island's complex history and cultural diversity. But, creativity and talent are not limited to museum walls. Local artisans create beautiful handicrafts that make great souvenirs and gifts. Take a look at the wood carvings, woven baskets, and beaded jewellery available at markets across the island.

Montego Bay's Hip Strip features several art galleries and shops where visitors can purchase one-of-a-kind pieces crafted by Jamaican artisans. Negril and Ocho Rios also have bustling craft markets where travellers can find mementos like colourful paintings, hand-carved wooden masks, and intricate beadwork. Remember, shopping for handicrafts often supports local communities.

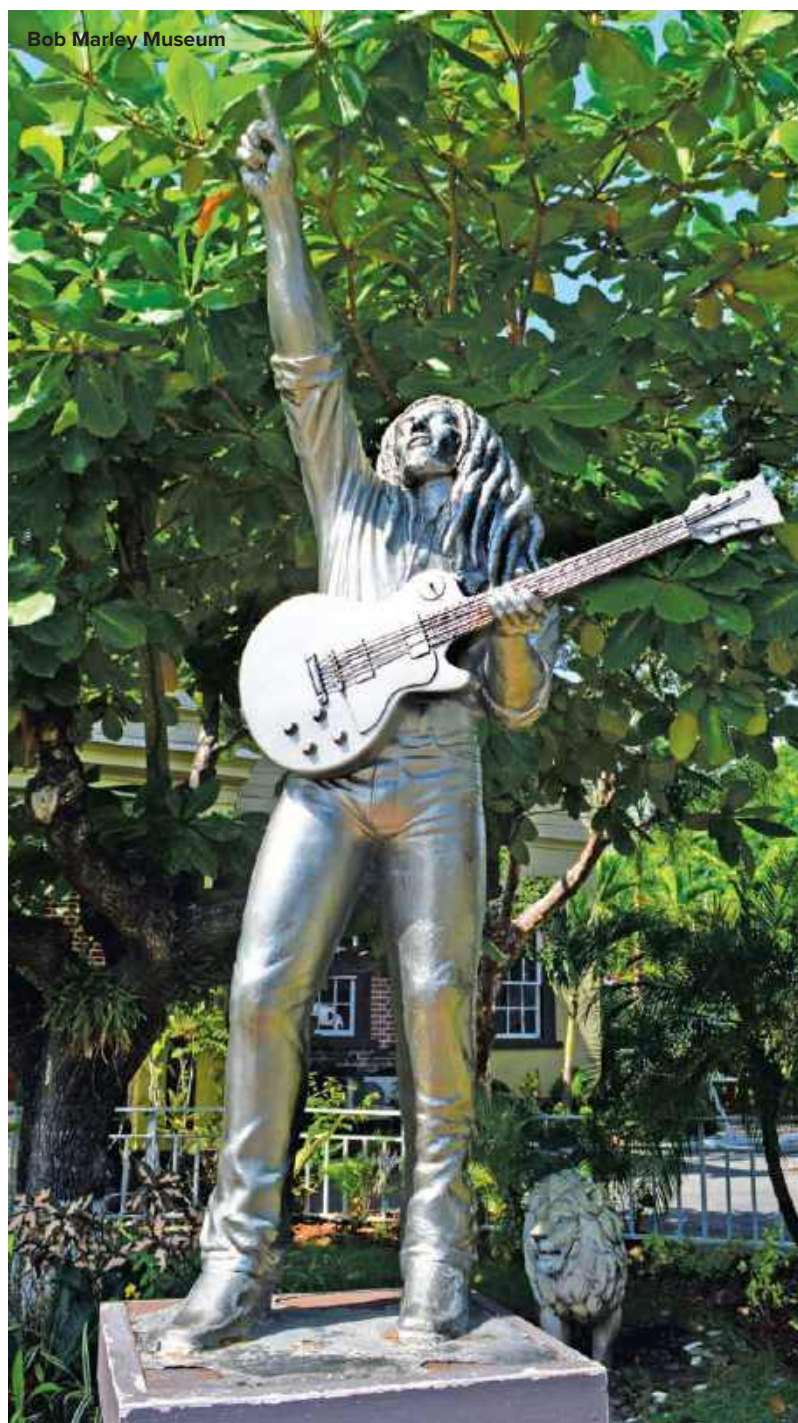
Beyond the artistic realm, Jamaicans have made a name for themselves internationally in the athletic realm. The island is a sports powerhouse, home to famous athletes including track and field celebrities like eight-time Olympic gold medalist and world record holder Usain Bolt, the "Pocket Rocket" Shelly-Ann Fraser-Pryce, "Queen of the Track" Merlene Ottey, five-time Olympic champion sprinter Elaine Thompson-Herah, and two-time Olympic gold medalist Veronica Campbell-Brown. For fans of athletics, the Jamaica International Invitational track meet is a thrilling annual event held in Kingston, featuring world-class athletes from around the globe. Cricket and soccer are also wildly popular, with local matches often bringing together communities for friendly competition and lively entertainment.

For golfers, Jamaica offers stunning courses set against tropical backdrops, combining challenging play with breathtaking scenery. Top courses like White Witch and Cinnamon Hill at Montego Bay's Rose Hall estate attract golfers from around the world. The White Witch course offers challenging play with panoramic ocean views and lush, rolling hills, whilst Cinnamon Hill combines coastal and inland holes, showcasing Jamaica's natural beauty and historic allure.

If you want to explore off-land activities, Montego Bay is a paradise for water sports enthusiasts. It's easy to try anything from snorkelling and scuba diving to paddleboarding and jet skiing whilst there. A short drive from MoBay, YS Falls is an absolute must-visit for nature lovers and adventure seekers. Located on Jamaica's South Coast, this stunning natural attraction features a series of cascading waterfalls surrounded by lush tropical forests. Visitors can swim in the natural pools, enjoy thrilling zip-line rides over the falls, or simply relax and take in the scenery.

For thrill-seekers, Mystic Mountain in Ocho Rios offers a unique blend of adventure and stunning natural scenery not far from Dunn's River Falls. This eco-adventure park invites you to soar through the treetops on a series of ziplines, descend the mountain on a thrilling bobsled ride inspired by Jamaica's Olympic team, and enjoy sweeping views of Ocho Rios and the Caribbean Sea from the Sky Explorer chairlift. Play all day and then enjoy some downtime in the butterfly and hummingbird garden, or relax at the infinity pool.

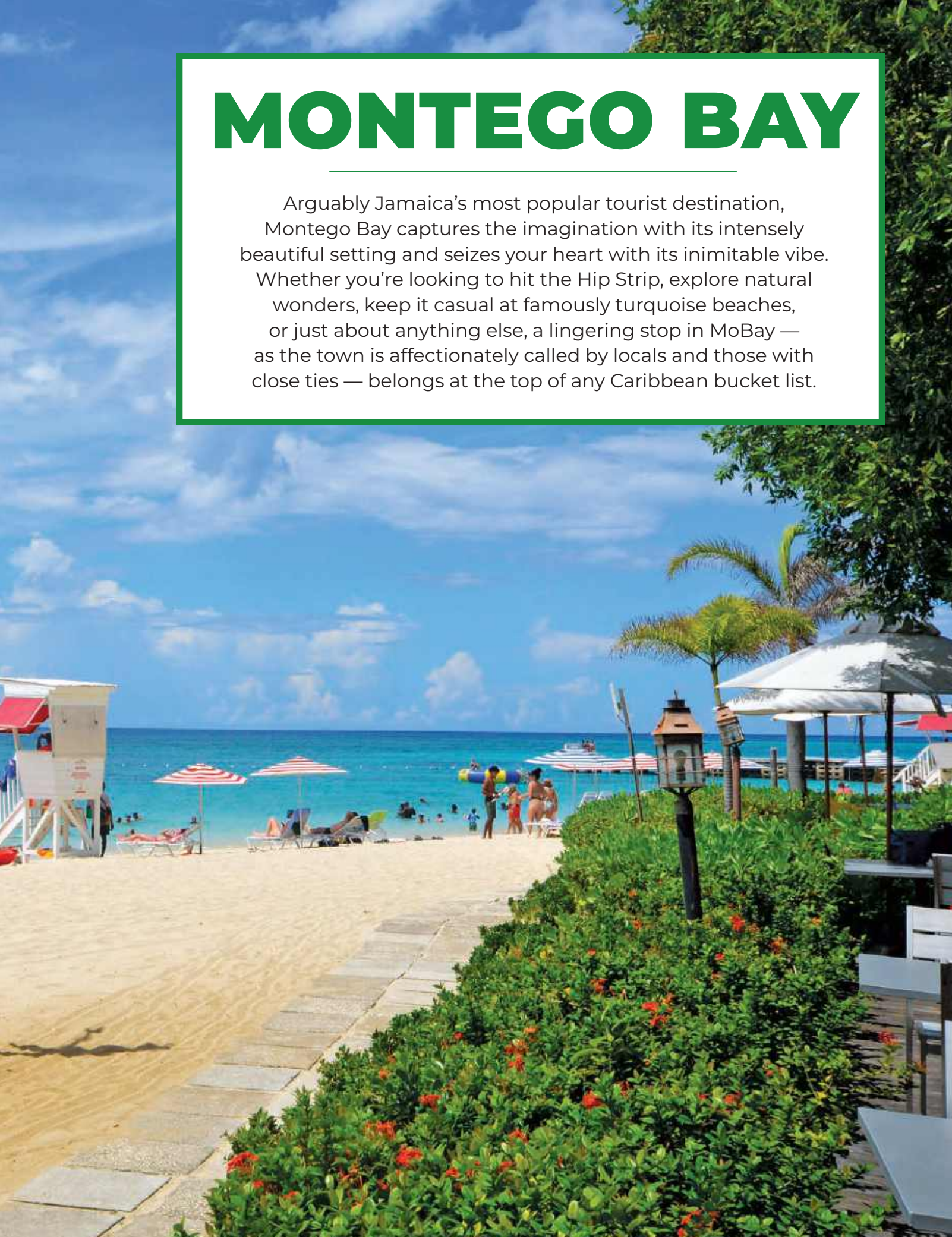
No matter where you go, you'll find culture and activity just steps away. So, whether you want to hit the croquet lawn at Jamaica Inn, keep up your pickleball ranking at Couples Swept Away in Negril, take a plein air art class at your resort, or just enjoy the music and nightlife on the Hip Strip, there's always something exciting to do.





MONTEGO BAY

Arguably Jamaica's most popular tourist destination, Montego Bay captures the imagination with its intensely beautiful setting and seizes your heart with its inimitable vibe. Whether you're looking to hit the Hip Strip, explore natural wonders, keep it casual at famously turquoise beaches, or just about anything else, a lingering stop in MoBay — as the town is affectionately called by locals and those with close ties — belongs at the top of any Caribbean bucket list.





LODGING

MoBay's accommodations options range from world-famous all-inclusive resorts that set the standard for a tropical vacation to small, private, family-run hotels whose settings are as unique as the experiences they offer. High-end, adults only retreats with a curated list of amenities. Sprawling, family-friendly complexes with multiple pools and an ever-changing menu of onsite activities. Historic properties. Global brands. They're all here. All you have to do is choose the perfect place to rest, refresh, and plan your next moment in the sun.

BEACHES

Beyond the lush greenery of the manicured resort grounds, you'll want to make time for your vacation blues. You can start with the iconic Doctor's Cave Beach Club. Once promoted as a restorative destination with curative waters, this is widely considered one of the island's best beaches. With its comfortable mix of locals and visitors enjoying its perfectly white sands and mellow gin-clear waters, it's a relaxing place to spend a beach day and still have access to lounge chair and umbrella rentals, bathrooms, and dining options.

But there's clearly more to the city than just one beach. A beautiful stretch of white sand and turquoise waters, Montego Bay's Cornwall Beach is a great spot to spend the day swimming, sunbathing, and enjoying a relaxed, tropical atmosphere. Family-friendly Aqua Sol Beach features calm waters where you can enjoy water sports. The beach's mix of bars, restaurants, and fun activities makes for an always lively atmosphere. Harmony Beach Park offers a well-maintained, family-friendly environment with picnic areas, jogging trails, and playgrounds. It's also where you're likely to encounter all kinds of events, from live music to festivals and holiday celebrations.

HISTORY

Doctor's Cave may offer a slice of Jamaica's past with its heavy helping of recreation, but

Rose Hall Great House



A romantic scene of a bride and groom embracing in a lush garden at night. The bride is wearing a white lace wedding dress and holding a bouquet of white flowers. The groom is in a dark suit with a white shirt and a dark bow tie. They are standing in front of a large, ornate stone fountain. The background is filled with tropical plants and a building with warm lights.

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SeaGarden
BEACH RESORT

GREAT FOOD • FRIENDLY PEOPLE • FAMILY FUN

An aerial view of the SeaGarden Beach Resort. The resort is situated on a tropical island with clear turquoise water. It features several buildings with thatched roofs, a large swimming pool, and a beach area with lounge chairs. The background shows a lush green hillside with more buildings.

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SeaGarden
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there's a lot more to experience and learn at the nearby great houses and cultural villages.

Step back in time at one of Jamaica's most famous historic landmarks: the legendary Rose Hall Great House. Perched atop a hill overlooking the Caribbean, this beautifully restored Georgian mansion is as captivating as it is chilling. Once the home of the "White Witch of Rose Hall," Annie Palmer, the estate is steeped in tales of mystery and intrigue. Visitors can explore opulent rooms with period furnishings and enjoy the lush grounds while learning about the legend of the infamous enslaver who is said to have murdered her husbands, tortured the enslaved people at her estate, and practiced dark magic. It is said she haunts the property to this day.

Those seeking chilling thrills will delight in the Rose Hall Haunted Night Tour, which leads guests through the candlelit corridors where paranormal activity has been reported. Whether you're a history buff or a fan of the otherworldly, this attraction can't be missed.

For a decidedly different vibe, head to the Greenwood Great House. Built between 1780 and 1800, it was the

What is widely known as Jamaica's second city is also the beating heart of the "land of wood and water." It's an action-packed adventure, romantic getaway, unforgettable party, and a delightful culinary experience all rolled into one effortlessly cool destination.

Rose Hall Great House





#FeelTheOcean

Ocean Coral Spring

This exclusive Caribbean resort is perfectly located along the shores of Montego Bay 40 minutes from MJB Intl Airport. Ocean Coral Spring has exclusive suites, themed restaurants, meeting rooms, a Despacio Spa Centre, a scuba dive center and a wide range of sports and entertainment options, including a children's water playground and family bowling alley.



Ocean Eden Bay

This unique seafront adults only resort have access to a spectacular white sand beach with turquoise waters. Ocean Eden Bay has exclusive suites, themed restaurants, meeting rooms, a Despacio Spa Centre, a scuba dive center and a wide range of sports and entertainment options, including full access to Ocean Coral Spring, which is located right next door.



home of Richard Barrett, a cousin of poet Elizabeth Barrett Browning. As a testament to its literary connections, the estate features the Barrett family's original library, which features a sizable collection of rare books. Take a tour of the home and enjoy the antique furnishings as well as the island's largest and rarest collection of musical instruments.

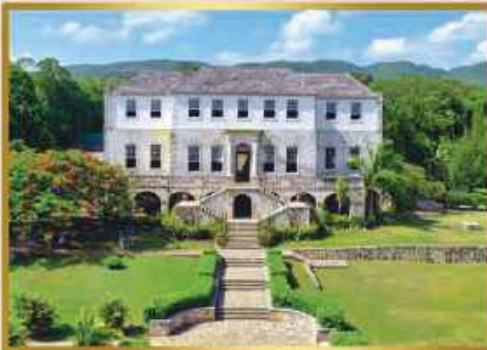
Farther inland, nestled in the lush hills of Trelawny parish, Good Hope Estate is a stunning 18th-century plantation that offers visitors the perfect blend of history, adventure, and natural beauty. Once a thriving sugar plantation, this sprawling estate is now a top destination for both history enthusiasts and thrill-seekers. Wander through the impressive Great House, where antique furnishings and captivating stories of Jamaica's colonial past will transport you to a bygone era.

For those seeking more than a historic tour, this is also the ideal place for outdoor adventures. Whether it's tubing down a tranquil river, soaring through the treetops on a zipline, or navigating an obstacle course, there's something for every adventurous inclination. The estate also features rum tasting tours and a range of activities suitable for families.

ART & CULTURE

Enjoy a cultural immersion with a visit to a traditional community that opens a window into Jamaica's rich Rastafarian heritage. The Rastafari Indigenous Village is a

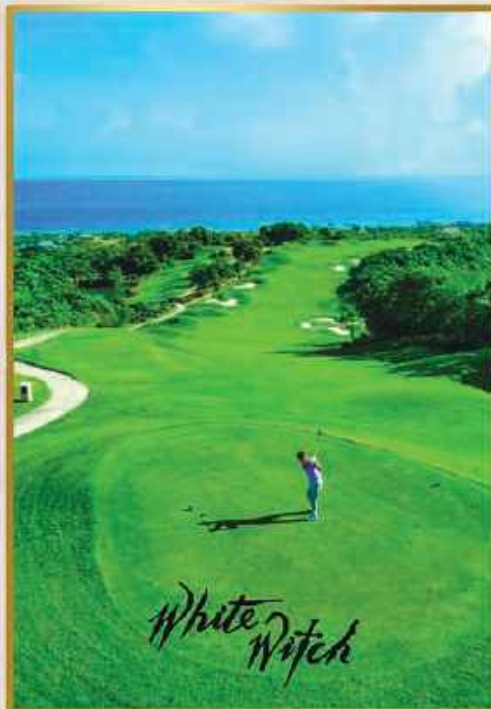




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Rafting down the river



place where music, crafts, and spirituality combine in the unique lifestyle and belief system of this locally established community.

To add a little art to your cultural excursion head to bustling Sam Sharpe Square — one of downtown MoBay's busiest areas — for a visit to the Montego Bay Cultural Centre. There you'll find the National Gallery West and the National Museum West, where you can see a sizable permanent collection of artistic works created by Jamaica's most talented visual artists and sculptors, visiting exhibitions that complement those at the National Gallery in Kingston, and exhibits that focus on Jamaica's history and folk culture. The centre also has an active events programme that's well worth checking out.

Sugar Mill Restaurant



JTB / Courtesy of Rose Hall Developments

NATURE

Just beyond Montego Bay is Glistening Waters Luminous Lagoon, home to microorganisms that emit flashes of light when touched. Sign up for a boat tour and watch the lagoon glow as you glide over the bioluminescent waters.

The Martha Brae River about 40 minutes away offers an excellent opportunity for a unique outing. The Martha Brae Rafting Experience takes guests on a secure bamboo raft down the famed Martha Brae River. Relax and enjoy the breeze and the sounds of local birds as your skilled raft captain shares stories and offers insight on the plants and animals you encounter along the way.

DINING

Savor a variety of dining options at the hotels, on the Hip Strip, and nearby. The Pelican Grill is a classic local establishment beloved for its famous malts and milkshakes. Start the day with an authentic Jamaican breakfast of ackee and saltfish, or make plans to stop in for lunch or dinner. This perennial favorite among locals and visitors does not disappoint.

Another spot that will curb your hunger with unforgettable flavors is Scotchies Jerk Centre. Renowned for its slow-cooked jerk chicken, pork, and fish, this rustic, open-air eatery offers a casual dining experience, where meats are grilled over pimento wood for that mouthwatering smoky flavor. Pair your protein with traditional Jamaican sides like festival, bammy, and rice and peas at this iconic eatery.

In Montego Bay you can go for fine waterfront dining, Thai, Indian, Latin, casual fast food and so much more.

NIGHTLIFE

Open-air nightclubs pulsating with the sounds of reggae, dancehall, and international beats get all the attention, but the city is home to bars, lounges, live entertainment venues, casinos, and so much more. Pier 1 is a local favorite where the city's dancers can always be found in their finest form. Watch the action or take a lesson or two from locals ready to teach their best moves. Jimmy Buffett's Margaritaville is popular for its great ambiance. Here, tropical cocktails and casual dining complement the music and laid-back vibes. Whether you explore what's hot on the Hip Strip or opt for an evening pass at one of the town's resorts, there's always something to do in Montego Bay — day or night.

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Caribbean Sea

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experiences

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Hours in Montego Bay

Day 1

ARRIVAL & BEACH RELAXATION

► Welcome

Arrive at **Sangster International Airport** and transfer to your resort. Depending on what time you arrive, enjoy brunch, lunch, or dinner with a view.

► Out and About

Head to **Doctor's Cave Beach**. Famous for therapeutic turquoise waters and soft white sand, it's a great beach to lounge, swim, or enjoy water sports.

► After Sunset

Hit the **Hip Strip** and explore the bars, dance clubs, and live music venues down Jimmy Cliff Boulevard. Then try your luck at **Coral Cliff Gaming**.

MoBay Hip Strip



Jerk Chicken



Day 2

ADVENTURE & CULTURE

► Good Morning, Sunshine!

Take a guided tour of the **Rose Hall Great House**, an 18th-century estate with gorgeous grounds, a spooky history, and a renowned golf course.

► Out and About

Savour the authentic Jamaican jerk dishes at **Scotchies**, and then snorkel, dive, or take a glass-bottom boat tour at the **Montego Bay Marine Park**.

► After Sunset

After a day in the water satisfy your hunger with the delicious local specialties at **Pork Pit** and to close the evening, go dancing.



Day
3

EXCURSIONS & RELAXATION

► Good Morning, Sunshine!

Kick off the day with a yoga session at **Good Hope** before raising your heart rate ziplining and exploring the grounds with **Chukka Caribbean Adventures**.

► Out and About

Enjoy lunch while surrounded by the estate's lush greenery. On the way back, pick up souvenirs at **The Shoppes at Rose Hall** or **Montego Bay Craft Market**.

► After Sunset

Unwind with the refined Caribbean cuisine at the **Sugar Mill Restaurant**, and end your evening with a drink at **The Cliff Hotel's Bar**.



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NEGRIL

Jutting out on the far west coast of the island, Negril's scenic landscapes range from a white-sand beach that stretches for miles and dramatic limestone cliffs set against turquoise waters to a verdant jungle backdrop. It's a laid-back town with bohemian roots that now has plenty to offer every kind of traveller without losing its sense of authenticity.

Whether you're relaxing on the beach, jumping off a cliff, enjoying the famous sunset views from a catamaran, or dancing the night away, this part of Jamaica offers a perfect blend of relaxation and adventure.





LODGING

From luxurious all-inclusive resorts to charming privately owned boutique hotels, you can find the perfect place for your perfect getaway. The Princess Grand Jamaica is a luxurious 5-star, family-friendly resort with expansive ocean-view suites and a beachfront setting. With its thematic game zone featuring virtual reality activities, pickleball courts, an archery range, and thrilling slides at Wild Princess Water Park, it's the ideal base for an active romantic escape, a fun family vacation, or a group getaway. Those seeking a more sophisticated adults-only experience can book one of 14 over-water villas with private infinity pools at the adjacent Princess Senses The Mangrove. Beyond these idyllic accommodations, the resort also offers ocean-view suites and a curated list of exclusive amenities and services. For a more low-key vibe, escape to the trendy Skylark Negril Beach Resort. Here, chic, minimalist décor and the widely celebrated Miss Lily's restaurant have made the resort a favorite amongst those in the know. Further along the coast, Tensing Pen and Rockhouse Hotel's cliffside villas open up to spectacular seaside views tailor-made for a more secluded, romantic getaway.

BEACHES

Once you see Negril's shoreline, you'll understand why the beaches in this sleepy town are legendary. World-famous Seven Mile Beach is a pristine stretch of turquoise waters lapping up against powdery white sand. Whether you're

Further along the coast, Tensing Pen and Rockhouse Hotel's cliffside villas open up to spectacular seaside views tailor-made for a more secluded, romantic getaway.

lounging, swimming, snorkeling, or trying to keep your balance on a paddleboard, this beach is at the heart of Negril's renowned lifestyle. To turn things up a notch, head to the West End where the beach gives way to limestone cliffs and a more rugged vibe. Soak in the dramatic views and, if you're more daring, scratch cliff jumping off your bucket list at Rick's Café.

HISTORY

While this relaxed coastal town is most often recognized for its beach culture, it also has a rich history with a strong



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Princess Grand Jamaica

maritime presence. In the early 19th century, its geographic isolation made Negril ideally suited to serve as a naval base during the War of 1812. It was here the British fleet would stop to regroup before sailing to the Battle of New Orleans. Though there's nothing to commemorate that part of the town's history, the Negril Lighthouse in the West End offers a slice of history along with its panoramic views. Built in 1894, it's a place to get a sense of the area's seafaring past. Negril's modern identity truly began in the 1960s, when the town attracted hippies and backpackers to its serene beaches. It was this countercultural influx that set the foundation for the laid-back, bohemian vibe the town retains to this day.

ART & CULTURE

Art and cultural pursuits are a reflection of nature in this captivatingly lush town. Local markets and roadside stalls brim with handmade crafts that range from jewellery to paintings, showcasing Jamaica's talent for arts and crafts. The JamWest Adventure Park goes beyond adventure tours with cultural experiences that delve into the area's rich heritage. Meanwhile, events like the Reggae Marathon and festivals held throughout the year highlight the influence of music and dancehall culture. Over at Island Village, the recently opened Reggae and Dancehall Museum offers a deep dive into Jamaica's musical legacy, paying homage to the genres that have defined the island's global identity.

NATURE

Negril is an outdoor lover's paradise, with no shortage of natural beauty. Mayfield Falls is a must-visit for those who want to explore lush waterfalls and take a dip in the natural pools. You can also embark on a bamboo rafting trip down the Martha Brae River, where you'll glide through lush greenery and listen to the sounds of nature. For the more adventurous, JamWest Motorsports & Adventure Park offers off-the-beaten-path experiences with a waterpark, a circuit track where you can ride with a professional driving instructor, ATV tours, ziplining, and even a push kart experience. In nearby Lucea, Dolphin Cove is the place to arrange a dolphin swim, as well as trainer for a day programs, and encounters with stingrays and other marine life.

DINING

Negril's dining scene is as diverse as it is delicious. Local favorites like Miss Lily's restaurant at Skylark Resort and 3 Dives Jerk Centre specialize in Jamaican classics. Get your fill of mouthwatering jerk chicken,

rice and peas, and other traditional dishes made right. For a fine-dining experience with unbeatable views, head to Rock House or Zest at The Cliff, where you can sample creative, modern takes on Caribbean dishes that leave a lasting impression. If international flavors are what you're craving, Ciao Jamaica is the place to go for an authentic taste of Italy with a dash of Jamaican character. Order a stone-fired pizza and pair it with a bold wine and cliffside Caribbean views.

NIGHTLIFE

After jumping off the cliffs into the gin-clear waters by Rick's Café, the iconic restaurant becomes the ultimate spot to watch the sunset and transition into a lively evening scene with nighttime cocktails and dancing. For a more laid-back vibe, head to LTU Pub or Wine with Me, where you can enjoy a few drinks under a canopy of stars. All along Seven Mile Beach, you'll find a festive crowd at places like Alfred's Ocean Palace and Margaritaville. No matter where you decide to stop, you'll find there's plenty of live music, refreshing cocktails, and a friendly atmosphere.

Rick's Café



Hours in Negril

Seven Mile Beach



Day 1

ARRIVAL & BEACH TIME

► Welcome

Arrive at **Sangster International Airport** in Montego Bay and transfer to your Negril resort. Settle in with a refreshing drink and enjoy a relaxing meal overlooking the beach.

► Out and About

Spend your first day delighting in the world-famous **Seven Mile Beach**, home to **Margaritaville Negril**. Walk to the iconic yellow flip-flop, have a frosty margarita, and let your inner kid play on the water trampolines.

► After Sunset

Head to **Rick's Café**, famous for its sunset views, cliff diving, and live music. Enjoy the sights, brave the heights, and end the night dancing.

Day 2

ADVENTURE & NATURE

► Good Morning, Sunshine!

Pack some goodies and start your day with a snorkelling or scuba excursion to **Booby Cay Island**. Take a **glass-bottom boat** to enjoy the underwater views on your way there.

► Out and About

When you return, explore **local craft markets** for souvenirs, or if you want more adventure, go **horseback riding along the beach**.

► After Sunset

Sink your teeth into the freshest local seafood at **Ivan's Bar & Restaurant** while soaking in the views. For a casual meal, go to **Pushcart Restaurant** at Rockhouse Hotel. End the night with live music or karaoke.

Day 3

CHILL & EXPLORE

► Good Morning, Sunshine!

Welcome the sun and the island vibes with a yoga session at your hotel or **Negril Yoga Centre**. Afterward, treat yourself to breakfast on the beach at **Cosmo's**.

► Out and About

Immerse yourself in the rich culinary heritage and savor award-winning dishes with a farm-to-table demonstration at **Zimbali Culinary Retreat**.

► After Sunset

Book a **sunset catamaran cruise**, and then have a romantic cliffside dinner at **The Caves**.

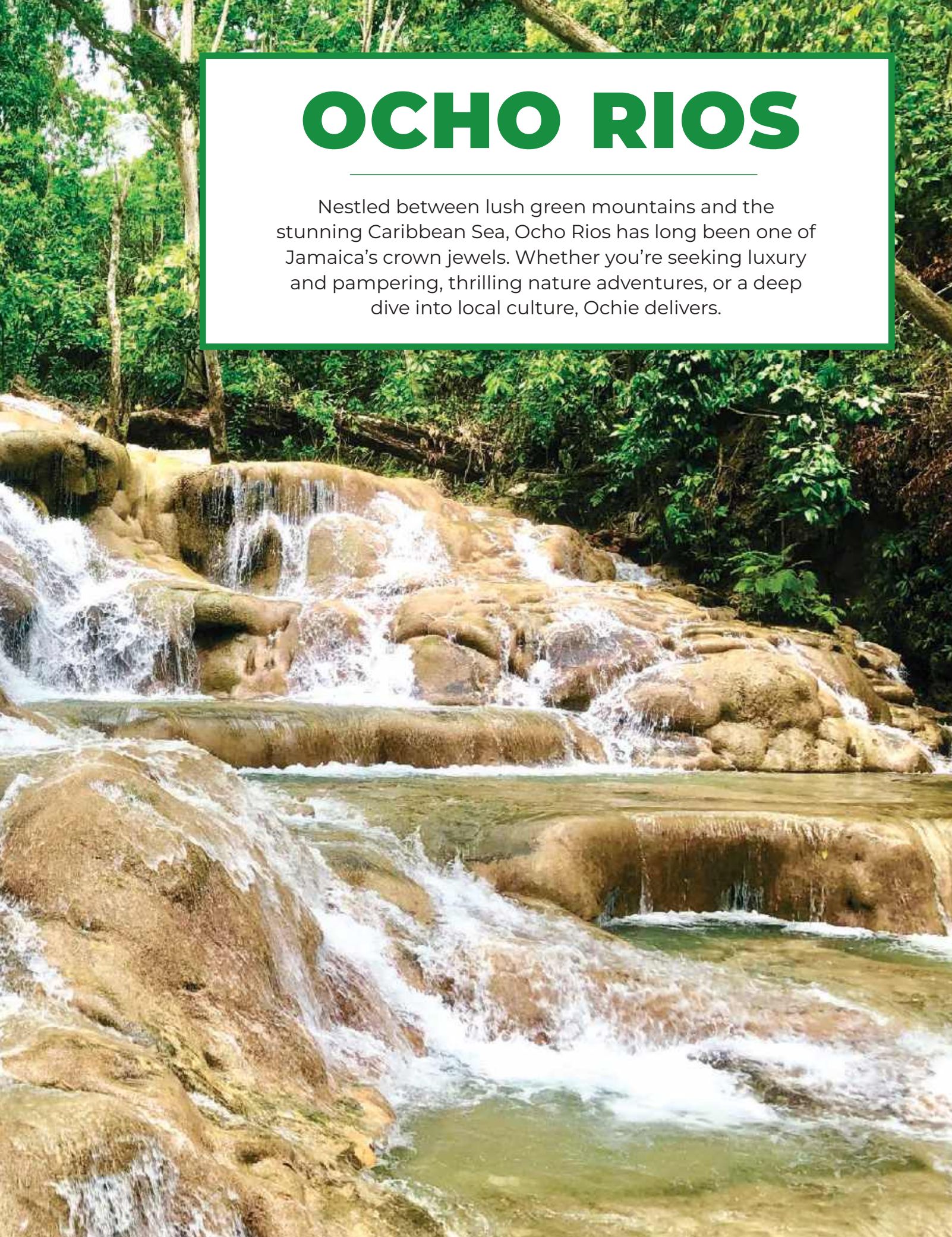
Blackwell Rum Bar,
The Caves





OCHO RIOS

Nestled between lush green mountains and the stunning Caribbean Sea, Ocho Rios has long been one of Jamaica's crown jewels. Whether you're seeking luxury and pampering, thrilling nature adventures, or a deep dive into local culture, Ochie delivers.





With its mix of natural beauty, rich culture, and exhilarating sense of adventure, Ocho Rios is the perfect destination for travellers seeking to balance relaxation and excitement.

LODGING

Luxury meets nature in perfect harmony in Ocho Rios. Whether you're looking for exclusive beachfront properties or more laid-back resorts, you'll find something that fits your vacation style and your group's needs. The iconic Jamaica Inn is an elegant escape with world-class service that has been wooing visitors since the 1950s. Its charming cottages are set against a private beach. For a more modern stay, Moon Palace Jamaica's all-inclusive experience comes with multiple pools, a lavish spa, and a range of activities, all near the centre of town. For something more intimate, Hermosa Cove was tailor-made for romantic getaways. The boutique resort is known for its private villas and serene tropical gardens.

BEACHES

The beaches in Ocho Rios are known for their beauty and diversity. Ocho Rios Bay Beach (also known as Turtle Beach) features soft white sands and calm, shallow waters that are perfect for swimmers of all ages and proficiency. Just outside of town, Puerto Seco Beach in Discovery Bay — said to be the first place Christopher Columbus landed on the island — delivers a white-sand paradise with an adventure-packed aqua park. Make a day of it enjoying water sports or book a dolphin experience at the iconic Dolphin Cove outpost. For something more relaxed, Mahogany

Beach is a quiet spot with a laid-back vibe, best suited for sunbathing and enjoying classic eats at nearby restaurants.

HISTORY

Ocho Rios brims with rich historic significance. Not far from the town is Seville Heritage Park, where you can learn about Jamaica's Taino ancestry as well as its Spanish and British colonial history. The Green Grotto Caves, a 5,000-foot-long limestone cave system, offers a cool underground glimpse into Jamaica's geologic record. Plus, the caves have seen plenty of human activity, from runaway slaves to smugglers seeking refuge. Closer to town, visit Firefly, the hilltop estate of playwright Sir Noël Coward. It overlooks the stunning coastline and offers insight into the life of one of Jamaica's famous expatriates.

Just a short drive away, in Oracabessa, is GoldenEye, the former home of author and James Bond creator, Ian Fleming. This luxurious and secluded retreat offers a blend of history and adventure, and it now also offers luxe

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ART & CULTURE

Nothing gets you in the thick of local culture quite like a visit to the local market. The Ocho Rios Craft Market, Olde Market Craft Shoppes, and Island Village all feature tables, stalls, stands, and shops full of handmade jewelry, art, and wood carvings, amongst countless other goods. Events also offer an excellent opportunity to browse a more curated selection of goods. From healing workshops where you can find self-care products and music festivals where you can listen to great music and support artists by buying merchandise to theme-related goods, there's plenty to discover outside the retail circuit.

NATURE

If there is a place that best reflects Jamaica's balanced blend of verdant woods and clear, refreshing waters, it's Ocho Rios. The legendary Dunn's River Falls is a must-see, must-experience destination. Climb the cascading waterfall hand-in-hand with the people in your group, or just watch the action as you relax on the sandy beach below. Thrill-seekers will love Mystic Mountain, where ziplining, bobsledding, and the Sky Explorer offer exhilarating views of the tropical forest and the Caribbean coastline. Take the road slightly less travelled to stroll through botanical gardens and enjoy the calls of exotic birds at Konoko Falls and Park. The place is also home to a mini zoo, so it's sure to be a hit with nature lovers and kids. If you're looking for a more tranquil escape, glide

over tranquil waters through bamboo groves whilst on a river rafting tour down the White River.

DINING

Ocho Rios offers a tantalising array of dining options that can easily satisfy any craving. Those looking for an authentic jerk experience need look no further than Ocho Rios Jerk Centre. Find perfectly spiced jerk chicken and pork, as well as fish grilled to perfection. Miss T's Country Kitchen is a beloved local spot where traditional Jamaican cuisine is given a modern twist. Enjoy mouthwatering dishes like curried goat and oxtail, all made with fresh, locally and regionally sourced ingredients. If you're in the mood for a more internationally inspired meal, Passage to India provides a unique experience with its fusion of Indian flavors and Caribbean charm. For tropical cocktails, casual fare, and a festive poolside atmosphere, you really should visit Jimmy Buffett's Margaritaville.

NIGHTLIFE

When the sun goes down, Ocho Rios comes alive with a dynamic nightlife scene. Jimmy Buffett's Margaritaville goes from laid-back after-dinner drinks to lively evening music and dancing — with the drinks still flowing, of course. If you're looking for a more local experience, check out the clubs and bars along Main Street, where reggae and dancehall beats thump well into the wee hours. For a more relaxed night out, listen to live jazz whilst enjoying a well-made cocktail at Almond Tree Restaurant, or stick to the beach at Bamboo Blu, where the views are as delicious as the drinks.



Mento Band



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Relax and savour the sights, smells, and sounds of this tranquil Jamaican retreat. Rejuvenate at the Ocean Spa, and let the pressures of time fade away, leaving you free to fully unwind.

Ocho Rios, Jamaica, West Indies.

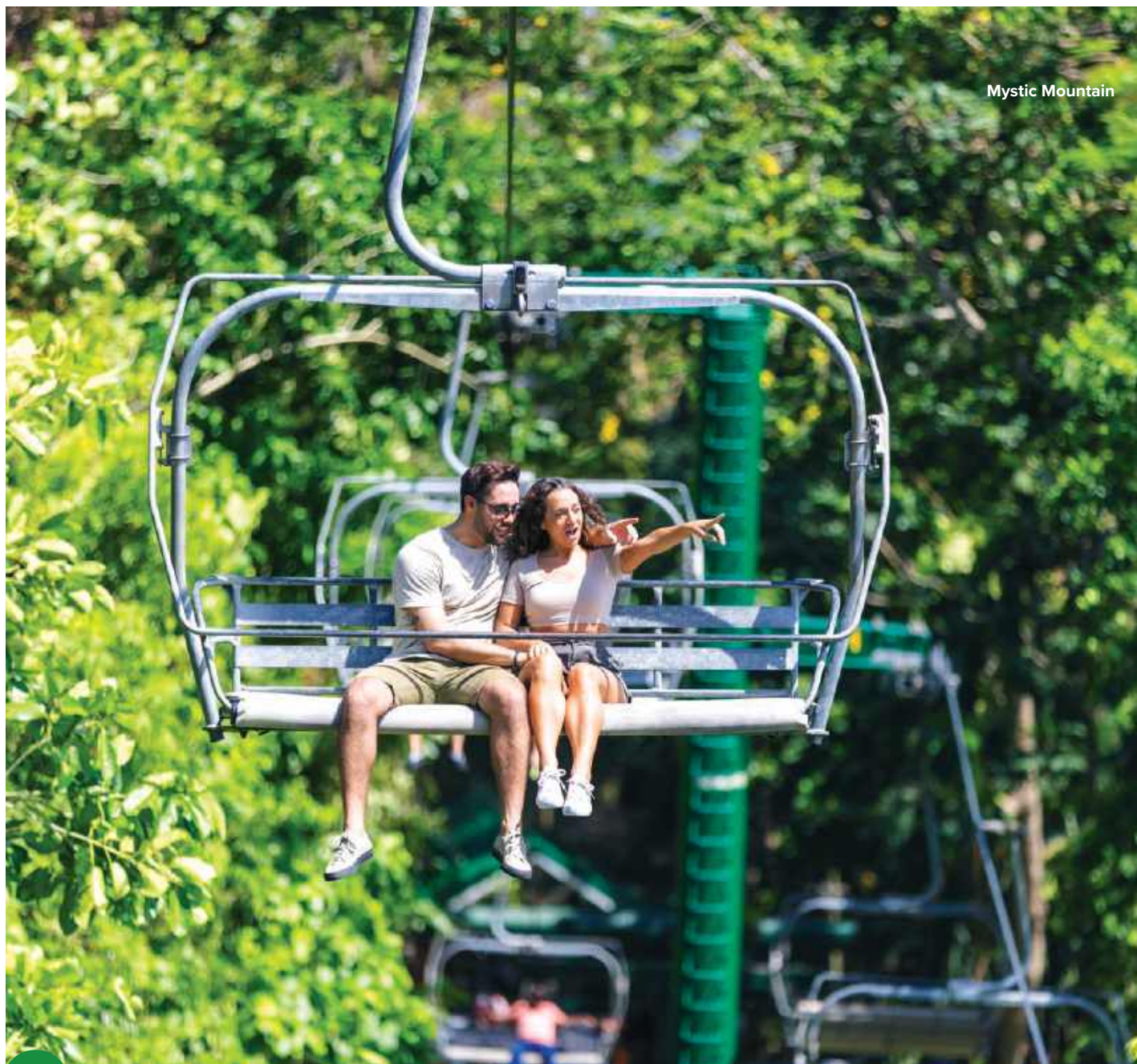
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Hours in **Ocho Rios**



Mystic Mountain

Day
1

ARRIVAL & WATERFALL ADVENTURE

► Welcome

Arrive and transfer to your Ocho Rios hotel. Settle in, unwind with a beach-front meal, and get ready to explore.

► Out and About

Head straight to **Dunn's River Falls**, one of Jamaica's most famous attractions. Climb the cascading waterfalls or relax in the natural pools.

► After Sunset

Enjoy dinner at **Miss T's Kitchen** for authentic Jamaican flavors, then take a stroll through the **Island Village**, where you'll find live music and vibrant nightlife.

Day 2

ADVENTURE & HISTORY

► Good Morning, Sunshine!

Start the day with a morning swim or a snorkeling session at Turtle Beach. Thrill-seekers may prefer the coast and cliff adventures at **Chukka Cove Farm**.

► Out and About

Visit the **Bob Marley Museum** in Nine Mile to experience the legacy of the reggae icon. Afterward, enjoy a traditional Jamaican lunch at **Scotchies**, known for its delicious jerk dishes.

► After Sunset

Enjoy a romantic evening at Jamaica Inn's **Terrace** restaurant, a beachfront gem with class, or kick back and order a cocktail at the beach bar at **Jimmy Buffett's Margaritaville**.



Day 3

ISLAND EXPLORATION & RELAXATION

► Good Morning, Sunshine!

Head to **Dolphin Cove**, where you can enjoy swimming and interacting with dolphins, snorkel, and then take a nap on the beach.

► Out and About

Get ready for high-flying thrills at **Mystic Mountain**, where you can spend the day riding a mountain coaster, ziplining, bobsledding, and more. On your way back, stop for souvenirs at the **Ocho Rios Craft Market**.

► After Sunset

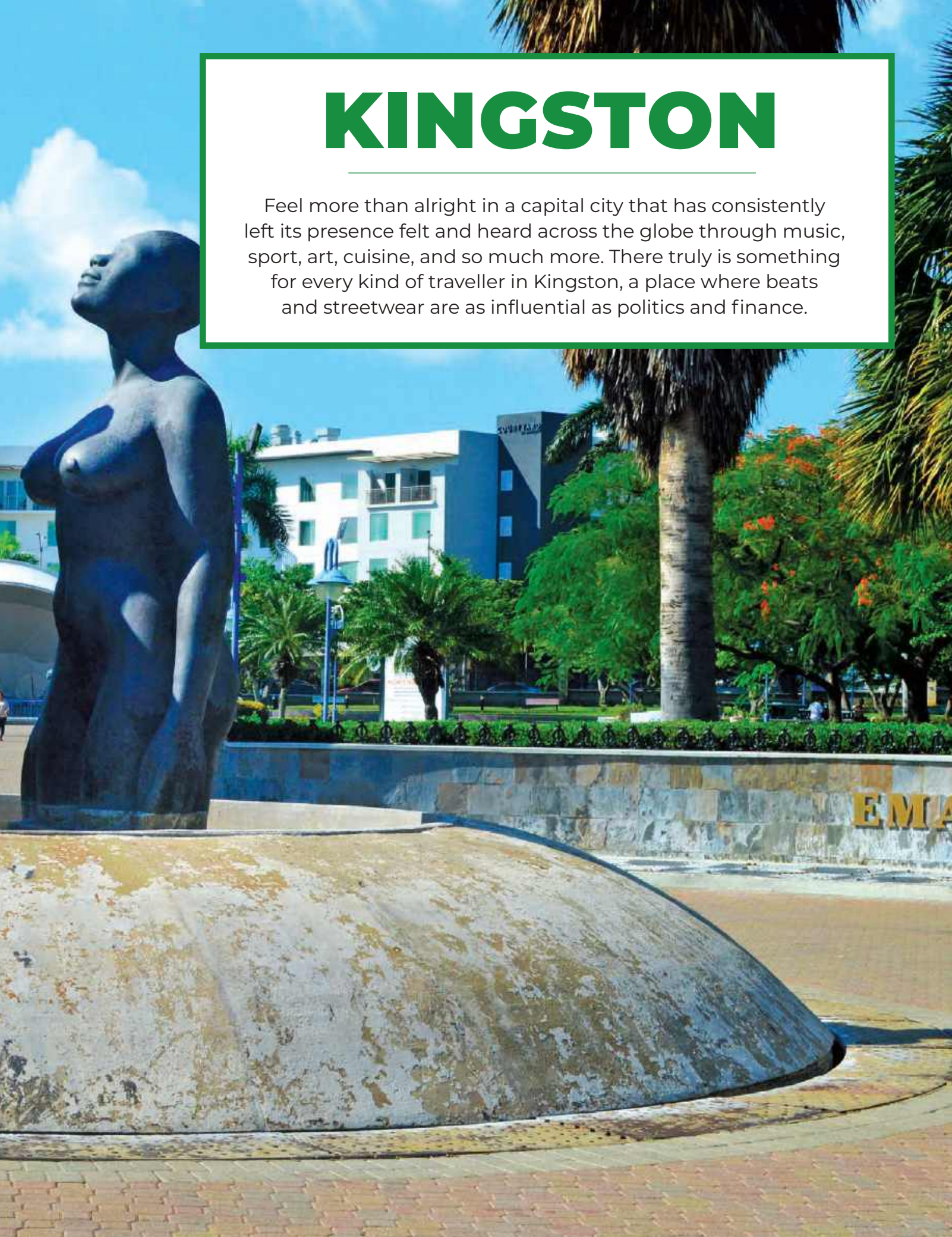
End your Ochie visit with a dinner cruise or a laid-back meal at **The Almond Tree Restaurant**, offering delectable dishes paired with gorgeous views.

Redemption Song at
Emancipation Park, New Kingston



KINGSTON

Feel more than alright in a capital city that has consistently left its presence felt and heard across the globe through music, sport, art, cuisine, and so much more. There truly is something for every kind of traveller in Kingston, a place where beats and streetwear are as influential as politics and finance.



LODGING

Offering an eclectic mix of accommodations, Kingston answers the call of personal style every step of your journey. Business professionals who gravitate toward modern hotels equipped with every convenience are spoilt for choice. The Courtleigh Hotel and Suites in the heart of New Kingston is an upscale business and leisure hotel renowned for its warm Jamaican hospitality and convenient location near key spots, including government offices. There, stylish rooms and suites equipped with modern amenities provide a comfortable stay with views of Kingston or the surrounding mountains.

For those returning to the island to visit family or simply planning an extended stay, there are plenty of rental properties and hotels designed to feel like home, with kitchenettes, washers, and other amenities that cater to longer visits. But Kingston isn't just a straight-laced business-only destination. Its boutique hotels and chic resorts beckon travellers seeking a cosmopolitan getaway with rooftop pools, swanky cabanas, and the kind of stylish ambiance that elevates the art of letting go. Whether you're in town for a corporate retreat or a romantic escape, Kingston's diverse accommodations roll out the welcome mat.

BUSINESS & LEISURE

BEACHES

Equal parts unsurprising and unexpected, the beaches around Kingston are a welcome respite from the hustle and bustle of the city. Local beaches are just a quick drive away, and they are blessed with crystal-clear waters and a mix of laid-back places to grab a beer and a bite after a day in the sun. Renowned for its soft sand and calm waters, Lime Cay is a hidden gem just across the way from Port Royal, making it a perfect beach break on a day of sightseeing. Enjoy a boat ride with family and friends followed by snorkelling around the small cay. Across the bay on the mainland, Hellshire Beach is a local favorite that's great for swimming. It also has some of the best seafood on the island, served right on the beach.

Thrill-seekers who need a little more wave action will delight in the surrounding coastline, with Bull Bay being the go-to surf spot. The area's consistent waves and laid-back surf culture attract local and international surfers. Several surf schools and rental shops are available, making it easy for beginners to catch their first wave.

HISTORY

Once a notorious pirate haven and thriving port in the Caribbean, much of the now quiet fishing village of Port Royal was submerged by a devastating earthquake in 1692. Four of five major forts were destroyed and more than 30 acres were submerged in the bay. The underwater ruins, along with its historical structures, make it a potential UNESCO World Heritage site of exceptional global value whose nomination is still in progress. Take a day trip to explore the historic town, the museum's displays of recovered artefacts, and tour Fort Charles, the only remaining fort.



ART & CULTURE

In 2015, Kingston was recognised as a UNESCO Creative City of Music, such has been its influence on the world stage. Beyond its contributions of reggae, dancehall, and ska, the city stands out for having countless recording studios and working artists. But its creativity spins well past music to encompass multiple genres, including dance, theatre, and visual arts.

The Bob Marley Museum offers an immersive journey into the life and legacy of the global reggae icon. Located at Marley's former home and recording studio, this historic site features platinum records and personal artefacts that offer a glimpse of the man behind the legend. Visitors can tour the grounds, explore the famous recording studio, and see his bedroom. A must-visit for reggae fans and music lovers, the museum celebrates Marley's profound cultural impact and enduring spirit. For a complete experience, visit his Trench Town home just a 20-minute drive away.

Celebrate the life and legacy of reggae pioneer and founding member of The Wailers at The Peter Tosh Museum. A showcase of the prolific writer's music, activism, and personal artefacts, the museum offers a fascinating glimpse into his influential role in reggae and his fight for social justice and equality worldwide.

Founded in 1962, The National Dance Theatre Company brings Jamaica's vibrant culture to life through powerful, captivating performances that blend traditional Caribbean rhythms with contemporary dance. Their shows are an electrifying celebration of movement, music, and storytelling, making them a must-see for anyone looking to experience high art while on the island. Likewise, The National Gallery features major works by established and emerging Jamaican artists. The largest public art museum in the English-speaking Caribbean is home to a permanent collection and has an engaging programme of visiting exhibits, live performances, short films, and other activities.

Out on the street, the art takes on a different life. With 59 new murals, two art spaces, and a series of regular events

and festivals, the Downtown Kingston Art District is an ongoing creative project spearheaded by Kingston Creative. Its Paint the City mural project continues showcasing and celebrating different aspects of Jamaican Culture through art that is accessible to all. On the last Sunday of every month, the group's Kingston Creative Art Walk takes visitors on a guided tour that weaves through downtown streets to learn and experience the city's history and culture through its architecture, craft markets, and delicious street food.

NATURE

The capital city offers a stunning blend of natural beauty and adventure for the curious traveler. Just beyond its bustling streets, the Blue Mountains rise above the noise, providing a serene escape into one of the island's most breathtaking landscapes. Hike through mist-covered peaks and lush rainforests, where bright hummingbirds zoom past and exotic flowers bloom. Along the way, discover hidden waterfalls and coffee plantations. For a more relaxed approach to your travels, take a guided bicycle tour through the mountain trails, breathing in the fresh air and taking in panoramic views of the Caribbean Sea.

DINING

Kingston's dining scene is a vibrant fusion of international flavors and local favourites, offering everything from food

trucks and market stalls to fine dining establishments. The Jamaica Food and Drink Festival celebrates this variety with a week of culinary events showcasing top chefs and gourmet cuisine. At the historic Devon House, food lovers can enjoy prime cuts at The Steak House on the Verandah or choose between the local and international dishes on The Grog Shoppe menu. For a unique experience, explore the Blue Mountain Culinary Trail, home to restaurants surrounded by breathtaking mountain views that serve dishes made with locally sourced ingredients, including the smooth-as-silk Blue Mountain coffee.

Out on the waterfront, the dining scene buzzes with popular spots like Ribbiz and Gloria's Seafood, while the nearby Grand Port Royal Hotel offers oceanfront dining.

NIGHTLIFE

Without a doubt, Kingston lays claim to the best nightlife on the island. Live music venues pack the house with marquee artists while street parties and trendy clubs keep the crowds dancing until sunrise.

For live music lovers, Ribbiz Ocean Lounge serves up stellar performances from some of Jamaica's top reggae and dancehall artists, all set against stunning ocean views. If you're after something more underground, check out a dub session in one of the city's secret venues or groove to soca beats at a local soca fete.



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81 Knutsford Boulevard
New Kingston, Kingston 5
Jamaica

www.jamaicapegasus.com
reservations@jamaicapegasus.com

Hours in Kingston

Day 1

ARRIVAL & CULTURE

► Welcome

Arrive at **Norman Manley International Airport** and transfer to your hotel. Enjoy a local meal at **Devon House**, a cultural landmark known for its restaurants and world-famous ice cream.

► Out and About

Visit the **Bob Marley Museum** for an immersive experience into Jamaica's reggae legacy. Then, explore **Emancipation Park** to soak in the local atmosphere.

► After Sunset

Head to **Kingston's Waterfront** for dinner at **Gloria's Seafood**, followed by live music and cocktails at **Ribbiz OceanLounge**.

Shops at Devon House



I Scream



Day
2

ADVENTURE & HISTORY

► Good Morning, Sunshine!

Grab your favourite Starbucks order before heading on a scenic drive to the **Blue Mountains**. Hike, tour coffee farms, and have a proper Jamaican breakfast with a view at **Strawberry Hill**.

► Out and About

Find your sea legs in **Port Royal**, where Jamaica's golden pirate days are remembered. Be sure to try the fresh seafood at a local eatery after your fascinating journey into a turbulent past.

► After Sunset

Return to the city centre and take in the casual nightlife vibes at **Di Lot Art Gallery & Bar** or hit a soca or dancehall party at **Mas Camp**.

Day
3

NATURE & RELAXATION

► Good Morning, Sunshine!

Visit Hope **Botanical Gardens** for a peaceful morning walk or yoga session. Then, stop by **Café Blue** for coffee and light bites.

► Out and About

Explore the capital's artistic footprint at the **National Gallery of Jamaica**. Pick up art-related goods at the gift shop or take a short walk to the **Kingston Craft Market** for locally made crafts.

► After Sunset

Wind down with an upscale dinner at **Uncorked** or **The Steak House on the Verandah** at **Devon House**. Have a nightcap at **Mingles Bar & Lounge** before turning in for the night.



PORT ANTONIO

A long-held secret held dear amongst Jamaicans, Port Antonio is a place of astounding natural beauty and a deeply relaxed rhythm. Nestled between the Blue Mountains and the Caribbean Sea, this off-the-beaten-path destination offers a rich mix of adventure, culture, and tranquility.





LODGING

From eco-luxe resorts like Geejam to spellbinding boutique seaside retreats such as The Trident Hotel, Port Antonio has accommodations that can easily suit the getaway you are envisioning. Hotel rooms with ocean views, private villas surrounded by nature, and peaceful hideouts with upscale amenities make the area perfect for travellers looking to escape the bustle of bigger cities. Whether you're exploring waterfalls, rafting through lush landscapes, or soaking in local history, Port Antonio invites you to linger a little longer as you delight in the joys of breathtakingly simple living.

BEACHES

Located just 60 miles from Kingston, "Portie," as locals refer to it, offers respite for many Kingstonians in search of tranquil beaches that are nothing short of postcard-perfect. Frenchman's Cove offers a dreamy spot where a river meets the ocean, while Winnifred Beach is known for its colorful snorkelling and local ambiance. Those seeking something with a little more action won't be disappointed. Long Bay Beach boasts one of the longest stretches of sand on the island and consistently great waves surfers can enjoy.

HISTORY

Take a step back in time with a visit to Folly Ruins, where the remnants of a once-grand mansion are shrouded in local legend. For a very current experience with a fascinating history, delve into Jamaica's storied past with a trip to Charles Town, where a Maroon community has continually lived since 1754. It is one of four Maroon settlements in Jamaica today, and unlike the others, which can be found deep in the mountains, Charles Town is on the flat coastal plains. The museum there showcases the story of the Maroon's struggle for freedom, as well as exhibits and performances.

ART & CULTURE

Beyond the Charles Town Museum, which celebrates Maroon heritage and hosts traditional festivals, Port Antonio offers an accessible approach to authentic cultural and artistic experiences. Visit one of the local markets to see and pick up handmade crafts, jewelry, and other goods that reflect the area's creativity. Find anything from farm-fresh vegetables to souvenirs, wood carvings, and oil paintings at Musgrave Market, or head to The Village for fine art, furnishings, clothing, and Jamaican memorabilia. No matter where you go, you'll always find a place to grab a bite to eat or quench your thirst with some fresh fruit juice.

NATURE

Portie's natural wonders are legendary. Reach Falls and Somerset Falls offer lush rainforests and crystal-clear pools ideal for swimming and feeling like you are a world away. The aptly named Blue Lagoon is a beautiful body of water that appears to change colour from turquoise to sapphire and even royal blue depending on how the sun strikes

Celebrities may have come for the seclusion, but visitors stay for Port Antonio's natural beauty, which reveals itself through enchanting waterfalls, hidden lagoons, lush rainforests, and beachy coves.

the surface throughout the day. Experienced guides will share fun facts, including the lagoon's movie appearances and celebrity visitors. Fed by cool underground freshwater springs and warm sea water, its alternating temperatures add to its mystical appeal. If you'd rather glide than swim, don't miss your chance to go on a bamboo rafting adventure down the Rio Grande. The ubiquitous rafts once provided transportation for produce and have evolved to be part of a quintessentially Jamaican experience.

DINING

For an unforgettably glamorous experience, head to The Trident Hotel for a meal at Mike's Supper Club, where jazz, Caribbean ingredients, and Japanese culinary artistry come together to great effect. For authentic, homestyle Jamaican dishes, Soldier Camp is a favorite. But if you're craving something more casual, like a satisfying burger instead, Woody's Low Bridge Place serves up some of the best homemade burgers in town.

NIGHTLIFE

Port Antonio's nightlife is more laid-back than Kingston or Montego Bay, but that slower pace is precisely what many visitors to the area seek. Still, you can't go wrong with an evening of live music at Geejam's Bushbar, or simply enjoying cocktails and making friends at one of the many bars that line the beach. For a more lively evening, Mike's Supper Club will give you a reason to dress up and lean into the deliciously retro vibe.

Hours in Port Antonio

Day 1

ARRIVAL & NATURE IMMERSION

► Welcome

Arrive at **Norman Manley International Airport** and transfer to your Port Antonio hotel.

► Out and About

Spend the afternoon at **Frenchman's Cove**. Pack a picnic and spend the day swimming and enjoying the secluded beach where a freshwater river meets the sea.

► After Sunset

Dine at **Woody's Low Bridge Place** for burgers with a Jamaican twist. Find yourself a good spot to enjoy the night sky.

Day 2

ADVENTURE & WATERFALLS

► Good Morning, Sunshine!

Start your day with a boat ride to **Reach Falls**. Hike through the forest and swim in the crystal-clear pools. Don't miss the hidden underwater cave!

► Out and About

Check out the historic **Port Antonio Market** for local crafts, fresh produce, and Jamaican souvenirs.

► After Sunset

Savor Caribbean-Japanese dishes at **Mike's Supper Club** at The Trident Hotel, followed by a nightcap at the trendy **Cannon Ball Café**.



Frenchman's Cove

Day 3

HISTORY & RELAXATION

► Good Morning, Sunshine!

Tour **Folly Ruins**, the remnants of a once-grand mansion that has a mysterious history.

► Out and About

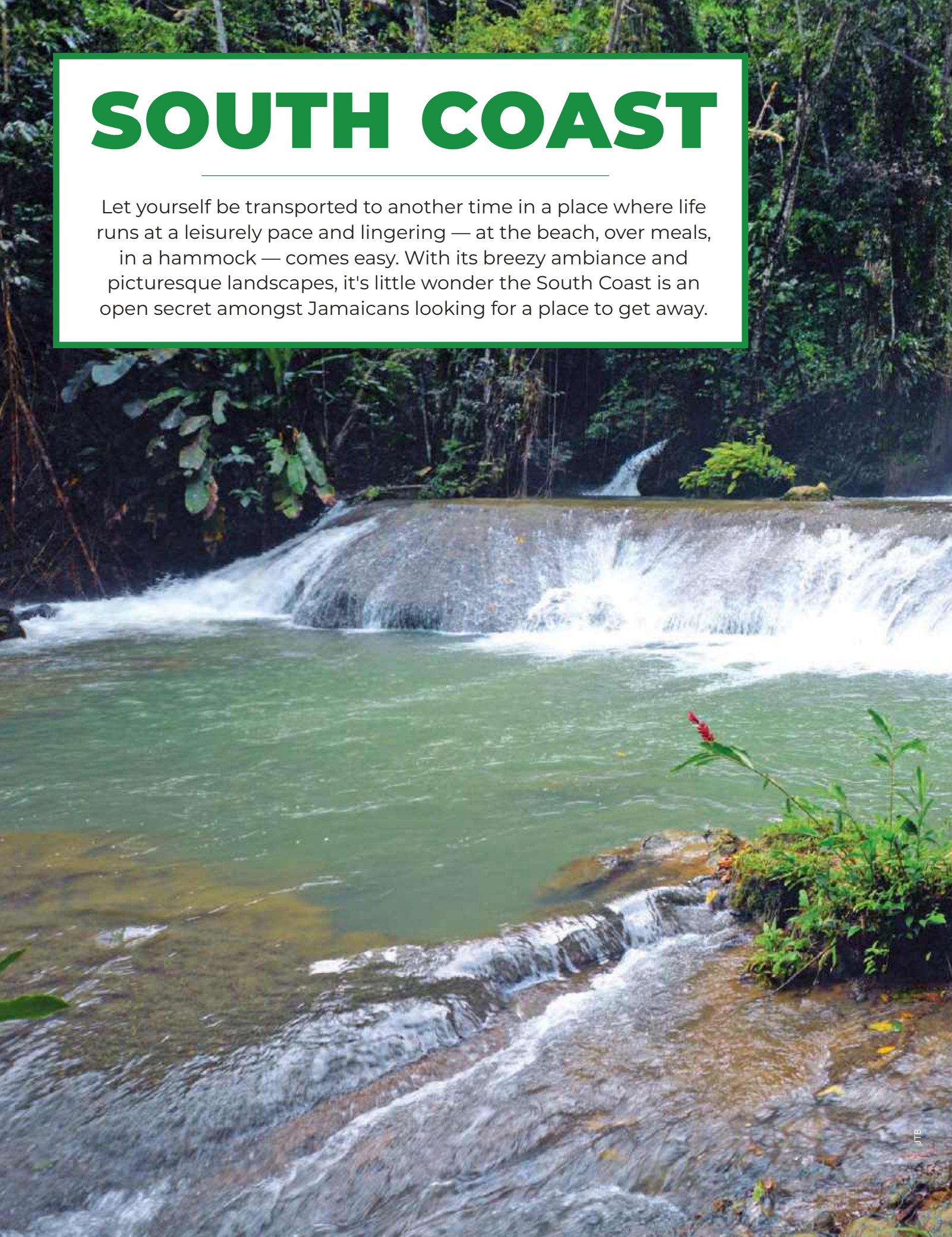
Visit the **Blue Lagoon**, a mystical 180-foot-deep sea-and-spring-fed lagoon. Learn fun facts along the boat ride.

► After Sunset

End your trip with dinner at **The Veranda** at Jamaica Palace Hotel, where you can enjoy international cuisine in an elegant setting.

SOUTH COAST

Let yourself be transported to another time in a place where life runs at a leisurely pace and lingering — at the beach, over meals, in a hammock — comes easy. With its breezy ambiance and picturesque landscapes, it's little wonder the South Coast is an open secret amongst Jamaicans looking for a place to get away.







YS Falls

A tranquil escape marked by unspoiled beaches, charming fishing villages, and lush landscapes, the South Coast's authentic local vibe creates the ultimate off-the-beaten-path retreat.

LODGING

The South Coast of Jamaica offers an escape from the usual tourist bustle, with accommodations that immerse guests in laid-back luxury and natural beauty. Jakes Hotel in Treasure Beach exudes bohemian charm with rustic accommodations and beachfront vibes, perfect for unwinding. Adorned with driftwood and other natural materials, its bright, artsy cottages are a reflection and a celebration of the natural surroundings. For all-inclusive luxury and an opulent sense of seclusion, Sandals South Coast in Whitehouse offers a deliciously off-the-beaten-track self-contained destination in Westmoreland. Set within a 500-acre nature preserve, the resort's marquee accommodations are without a doubt the overwater bungalows laid out in the shape of a heart. Villas and privately run rental homes round out the lodging options in this quiet part of the island.

BEACHES

Boasting some of the island's most unspoiled beaches anywhere, South Coast offers serene strands that will make you feel like you are on your own deserted island. Treasure Beach is a laid-back gem, perfect for sunbathing and connecting with the local fishing community. Fonthill Beach Park features protected wildlife sanctuaries, where you can spot sea turtles and crocodiles. For a unique experience, explore the volcanic black sand beaches that dot the coast. Stretching along pristine waters, any of the beaches in the region are perfect for unwinding far from the crowds.

ART & CULTURE

Though you won't find any large museums or weekly art walks in this corner of Jamaica, you will find the celebrated Calabash Literary Festival every other year at Treasure Beach. It's a weekend dedicated to literary interests with panels, readings, author interviews, and more. Nearby, looking down

upon Cutlass Bay, a statue dedicated to unbreakable bonds marks the spot known as Lover's Leap. The historic attraction honours the romance between two enslaved lovers who chose to jump from the 1,700-foot cliff rather than spend their lives apart and bound by the shackles of slavery.

NATURE

With its verdant mountains, picturesque villages, and tranquil beaches, this is indeed a nature lover's paradise. The region is home to protected marine areas like the Galleon Fish Sanctuary and Fonthill Beach Park, where visitors can see plenty of resident and migratory birds or encounter crocodiles, sea turtles, and other wildlife in their natural habitats. Inland, you can plan a trip down a river, to bathe in a waterfall, or explore the wonders of the wetlands. Glide along one of Jamaica's longest rivers, on a Black River safari and spot crocodiles basking on the banks. At YS Falls, seven cascading waterfalls flow into a series of cool natural pools said to have therapeutic qualities.

DINING

The South Coast's dining scene reflects its deep agricultural roots and coastal abundance. St. Elizabeth is home to some of Jamaica's most productive farms, ensuring that fresh, locally sourced ingredients are widely available across the region's homes and in the local restaurants. Little Ochi, one of the island's most beloved seafood spots, serves freshly caught fish prepared in a range of authentic Jamaican styles steps away from the rolling surf. Meanwhile, Floyd's Pelican Bar offers a unique place to enjoy a few drinks. Perched on stilts a mile out to sea, this rustic bar invites guests to sip cocktails, enjoy fresh seafood, and soak in panoramic sea views. Back on land, Jack Sprat is at the heart of the Treasure Beach community, offering a casual space where locals and visitors mingle whilst enjoying great food, live music, and a welcoming atmosphere.

Hours in South Coast

Day 1

ARRIVAL & RELAXATION

► Welcome

Arrange a transfer from your arrival airport to your hotel. After settling in, enjoy a relaxing beachfront lunch at Treasure Beach.

► Out and About

Spend the afternoon exploring the laid-back charm of **Treasure Beach** or swim and relax on the uncrowded shores.

► After Sunset

Dine on fresh seafood at **Jack Sprat**, a local favorite known for its pizzas and seafood dishes.

Day 2

NATURE & ADVENTURE

► Good Morning, Sunshine!

Take a boat out to **Floyd's Pelican Bar**, a rustic establishment on stilts in the middle of the sea. Swim, sunbathe, have a cold Red Stripe, and enjoy.

► Out and About

Marvel at the seven waterfalls that cascade into natural swimming pools at **YS Falls**. Zipline over the falls or swim in the cool waters and have lunch nearby.

► After Sunset

Return to your hotel to freshen up and then have a casual dinner at **Little Ochie**, where the fresh seafood and open-air beach huts hit different.

Day 3

LOCAL CULTURE & EXPLORATION

► Good Morning, Sunshine!

Tour the **Appleton Estate** to sample some of the finest rums whilst learning about Jamaica's rum-making history and sugar cane heritage.

► Out and About

See crocodiles and other wildlife on a scenic **Black River Safari** boat ride along Jamaica's longest river.

► After Sunset

On your final evening, enjoy a clifftop dinner at **Lover's Leap**, a Jamaican restaurant with a fascinating backstory and the best coastline views.



YS Falls A Jamaican Utopia

Imagine cooling off in majestic waterfalls and pools, picnicking in natural gardens and ziplining over a lush paradise. Nestled in the hills of St. Elizabeth, visitors can enjoy a tractor-drawn jitney ride through a working farm and sign up for a Chukka zipline ride. Get an intimate look at the stunning natural beauty.

Y.S. Estate Middle Quarters, St. Elizabeth
(867) 997-6360 - ysfalls.com - info@ysfalls.com Instagram: [ysfallsjamaica](https://www.instagram.com/ysfallsjamaica)

Opening hours: 9:30am - 3:00pm
Closed on Mondays and ALL PUBLIC HOLIDAYS

CALENDAR OF EVENTS

From music festivals and culinary celebrations to thrilling sporting tournaments and cultural showcases, Jamaica's ongoing calendar of exciting and engaging events highlights the island's distinctive culture, creativity, and vibe.

Plan your trip around a specific engagement or check out what's happening while you're in town. We promise, there's something for every kind of traveller and every kind of visit.





JANUARY

► **Rebel Salute**

St. Ann

FEBRUARY

► **Reggae Month Celebrations**

Kingston

► **Lost in Time Music Festival**

Kingston

► **Hanover Charities / Chukka Polo Tournament**

Hanover

► **Coveside Concert Series**

St. Ann (Feb-May)

MARCH

► **BRT Weekend**

St. Ann

► **Run for Fun Cruise Event**

Montego Bay

► **The Well Encounter**

Kingston

► **Jamaica Blue Mountain Coffee Festival**

Kingston

► **Earth Hour –**

Kingston

APRIL

► **Carnival in Jamaica Series Varied Venues**

Kingston & Ocho Rios

► **Cycle Jamaica Runaway Bay**

St. Ann

► **Pan American Air Badminton Championship**

St. Catherine

► **Expo Jamaica National Arena**

Kingston

► **Jakes Off Road Triathlon Treasure Beach**

South Coast

MAY

► **Discover Jamaica by Bike**

Kingston, Portland, St. Ann, Westmoreland

► **Mochafest Varied Venues**

Negril

► **Calabash Literary Festival**

South Coast (Biennial)

► **Vinyl Record Collectors Memorial Weekend**

Kingston

JUNE

► **Annual Backgammon Tournament**

Ocho Rios

► **RuJohn Foundation Celebrity Event**

Kingston & Montego Bay

► **Jamaica Ocho Rios Jazz Festival**

Ocho Rios

► **Liguanea Art Festival**

Kingston

JULY

► **Boston Jerk Celebration**

Port Antonio

► **Amalgamation Little Theatre**

Kingston

► **Reggae Sumfest**

Montego Bay

► **Dream Weekend**

Negril

AUGUST

► **Portland Paradise Weekend**

Port Antonio

► **Best Weekend Ever!**

Ocho Rios

SEPTEMBER

► **Jamaica Bridal Expo**

Montego Bay



OCTOBER

► **Jamaica Food and Drink Festival**

Kingston

► **Merritone Homecoming**

Kingston & Negril Family Reunion Festival Week

NOVEMBER

► **Cycle Jamaica Runaway Bay**

St. Ann

► **Jamaica Classic NCAA Basketball**

Montego Bay

DECEMBER

► **Reggae Marathon**

Negril



STAY IN THE LOOP

There's always something happening in Jamaica and a lot of details can change throughout the year. Scan the QR code below for the most up-to-date information on the festivals, events, and activities taking place throughout the island.

BANKS / CURRENCY

Accessible licensed Cambio centers and commercial banks are available in all resort areas. It's advisable to shop around for the best exchange rate before converting cash, as the official currency exchange rates vary daily. Most ATMs accept international bank cards with Visa, MasterCard, Cirrus, and Plus logos. Banks provide credit card advances, change traveler's checks, and offer other financial services.

CLIMATE

We enjoy a hot and humid tropical climate year round, which is perfect for a relaxing vacation. Temperatures range from 19 degrees Celsius (66 Fahrenheit) to 32 degrees Celsius (99 Fahrenheit). Although we're known for sunshine, we have two rainy seasons—May to June and September to November. Keep an eye on the news for hurricanes that may pass between June and November.

CLOTHING

Lightweight, breathable fabrics are best. Shorts, swimwear, and flip-flops will keep you comfortable. Bring a thin sweater for the evenings. Semi-casual wear for women and a jacket for men will get you into all of our fine-dining restaurants. Pack lightly as you'll want to take some of our special clothing back home with you.

COMMUNICATIONS

Jamaica is well connected to the rest of the world. Direct international telephone service operates 24/7 in all areas, and telephone operators facilitate collect third-party, and credit card calls. Email and Internet access are available at hotels,

parish libraries, and local Internet cafes. Stay informed with three daily newspapers and five weekend newspapers. Some hotels and gift shops also carry international editions.

DRIVING

We drive on the left side of the road, and the speed limit is generally 50 kmph (30 mph) in built-up areas and 80 kmph (50 mph) on highways, though not always. All drivers must carry a valid license. Jamaica recognizes valid international driver's licenses, and visitors from North America may use their country's license for up to three months per visit. Car rental is available in most major towns, cities, and airports, but you must be over 25 years old to hire a car yourself.

DRUGS

In Jamaica, it is illegal to use, sell, or possess drugs such as ganja (marijuana), cocaine, crack, ecstasy, heroin, and any other controlled substance. Violators are subject to severe punishment.

ELECTRICITY

Jamaica uses a 110 volts/50 cycles standard electrical supply, and electrical appliances use plugs that are two-pronged and flat (as in the United States and Canada). Bring along any adapters or converters you might need. Most hotels provide hair dryers, alarm clocks, radios, and clothing irons, but confirm first.

LANGUAGE

Officially, we speak English but mix it up with our island version of patois. It takes a little getting used to, but you're sure to have lots of fun trying out a few expressions.

PETS

We love animals here on the island, but the pets must be healthy if joining you on your trip. The importation of all live animals into Jamaica requires an import permit from the Veterinary Services Division of the Ministry of Agriculture prior to arrival. All animals must be rabies-free and must never have been vaccinated against rabies. Dogs and cats (with permits) are allowed into Jamaica only from Great Britain, Northern Ireland, and Eire. For more information, contact the Veterinary Services Division at 876-977-2489 or 876-977-2492. To secure a permit, fax a letter of request to 876-977-0885.

TIME ZONE

Jamaica falls within the Eastern Time Zone (UTC/GMT -5 Hours) and does not observe Daylight Saving Time. The island is located within the tropics, so it does not experience drastic seasonal

changes in sunrise and sunset times. Year-round, the island averages between 11.5 and 12.5 hours of sunlight a day.

WATER

Water is abundant in Jamaica, with hundreds of natural springs and rivers above and underground. The island has developed comprehensive water treatment and supply systems, ensuring that all drinking water in Jamaica is purified and filtered using modern methods. You can confidently drink, clean your teeth, bathe, and wash clothes in our water. However, if you prefer not to drink tap water, many brands of Jamaican spring water that meet or exceed the highest international standards are available at most shops and restaurants.

WORD TO THE WISE

When traveling to any destination, it is essential to prioritize your safety. Here are some tips to ensure you have a safe and enjoyable vacation:

- ▶ Always travel with a valid passport or visa (if required). Also, bring another valid form of photo ID and make photocopies of both in case of loss or theft.
- ▶ Familiarize yourself with local laws and practices before arriving at your destination.
- ▶ Share your contact information and itinerary with friends and family.
- ▶ Register with your country's embassy or consulate before traveling so that your country can be aware of your whereabouts in case of emergencies.
- ▶ Keep your luggage, handbags, or backpacks within view at all times, and carry your possessions close to your body.
- ▶ Avoid carrying large amounts of cash and expensive jewelry or valuables on road trips or excursions





HOTELS, INNS, GUEST HOUSES & FACILITIES

WESTMORELAND

- Bar-B-Barn
- Beaches Negril Resort & Spa (all-inclusive)
- Charela Inn
- Coco La Palm
- Coral Cove Resort
- Cotton Tree Place
- Country Country Limited
- Couples Swept Away Hotel
- Foote Prints On The Sand
- Fun Holiday Beach Resort
- Grand Pineapple Beach Resort
- Hidden Paradise
- Hotel Riu Palace Tropical Bay
- Hotel Samsara
- Kibo Hotel
- Legends Hotel
- Luna Sea Hotel Limited
- Merrills 2
- Negril Escape Resort & Spa ("Mariners Inn")
- Negril Palms Hotel
- Negril Tree House Resort
- Rayon Hotel
- Rock House Hotel
- Rondel Village
- Rooms Negril
- Sandy Haven Resort
- Sandals South Coast Jamaica
- Seastar Inn
- Shields Negril
- Sunrise Club Hotel
- Tensing Pen Limited
- The Boardwalk Village Limited
- The Caves/Island Caves 2006 Ltd
- The Cliff Hotel & Spa Limited
- The Commingle Hotel
- The Oasis Resort Hotel
- The Spa Retreat
- Westender Inn

ST. JAMES

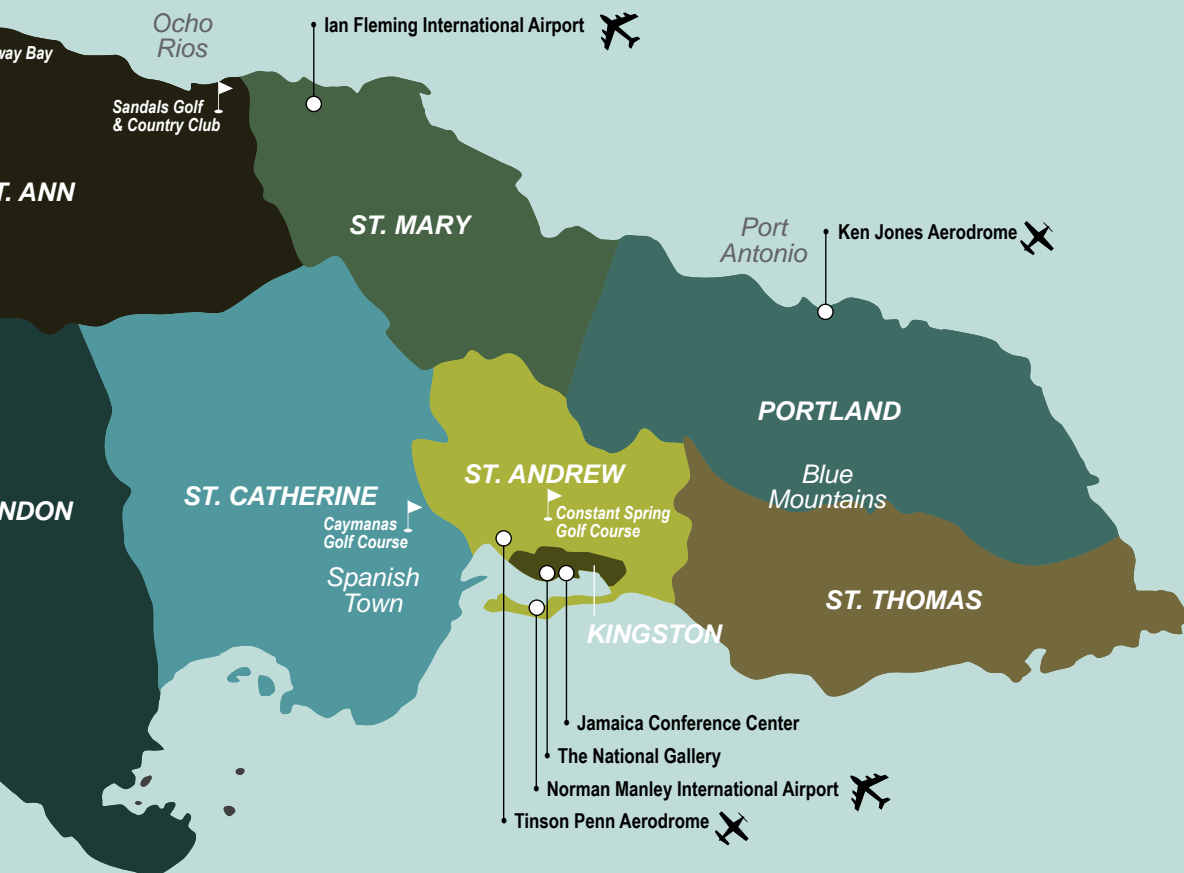
- Altamont West Hotel
- Breathless Montego Bay Resort
- Caribblue Beach Hotel
- Catalonia Montego Bay
- Deja Resort
- Doctor's Cave Beach
- Donway - A Jamaican Style Village
- Grand Decameron Cornwall Beach
- Grand Decameron Montego Beach
- Grandiosa Hotel
- Half Moon Resort
- Hilton Rose Hall Resort & Spa
- Hotel 39
- Hotel Gloriana & Spa
- Hotel Montego
- Hotel Riu Montego Bay
- Hotel Riu Palace Jamaica
- Hotel Riu Reggae
- Hyatt Ziva, Hyatt Zilara
- Iberostar Selection Suites
- Iberostar Waves Rose Hall Beach
- Jewel Grande Montego Bay Resort & Spa
- JOIA Rose Hall by Iberostar
- Milbrooks Resort
- Relax Resort
- Sandals Carlyle (all-inclusive)
- Sandals Montego Bay
- Sandals Royal Caribbean Resort & Offshore Island
- SeaGarden Beach Resort
- Secrets St. James & Secrets Wild Orchid Resorts
- The S Hotel
- Tobys Resort
- Verney House Hotel
- Zoetry

HANOVER

- Azul Beach Resort Negril
- Couples Negril (all-inclusive)
- Grand Palladium - Lady Hamilton & Jamaica Resort & Spa
- Hedonism II
- Princess Grand Jamaica
- Princess Senses The Mangrove
- Round Hill Hotel And Villas
- Royalton Negril; Hideaway At Royalton Negril; Hotel Grand Lido Negril
- Sandals Negril Beach Resort & Spa
- Sunset at the Palms
- Tryall Golf & Beach Club

ST. ELIZABETH

- Lashings Villas Limited
- Jakes Hotel Villas & Spas
- South View Hotel
- Treasure Beach Hotel



TRELAWNY

- Excellence Oyster Bay
- Glistening Waters Hotel
- Hideaway at Royalton Blue Waters
- Hotel Rio Bueno
- Ocean Coral Spring
- Ocean Eden Bay
- Royalton Blue Waters

MANCHESTER

- Golf View Hotel
- Mandeville Flats
- Mandeville Hotel

CLARENDON

- Bridge Palm Resorts
- Platinum Hotel

ST. ANN

- Bahia Principe Jamaica Resort
- The Cardiff Hotel & Spa
- Club Hotel Riu Ocho Rios
- Decameron Club Caribbean
- Franklyn D. Resort
- Hermosa Cove
- Hibiscus Lodge Hotel
- Jamaica Inn
- Moon Palace Jamaica
- Mystic Ridge Resort
- Piper's Cove Resort
- Rooms On The Beach
- Sandals Ochi Beach Resort
- Sandals Dunn's River
- Sandals Royal Plantation Hotel
- Sea Crest Beach Hotel
- Shaw Park Beach Hotel & Spa
- Silver Seas Hotel
- Tamarind Tree Resort
- The Village Hotel
- Villa Sonate

ST. MARY

- Beaches Ocho Rios Resort & Golf Club
- Casa Maria Hotel
- Couples Sans Souci
- Couples Tower Isle
- Galina Breeze (was Trade Winds Resort)
- GoldenEye
- Moxons Beach Club

ST. ANDREW & KINGSTON

- AC Hotel By Marriott
- Altamont Court Hotel
- City View Hotel
- Courtyard By The Marriott
- Eden Gardens Wellness And Resort & Spa
- Hotel Four Seasons
- Indies Hotel
- The Jamaica Pegasus
- Mayfair Hotel
- Medallion Hall
- R. Hotel
- ROK Hotel Kingston, Tapestry Collection
- S Hotel Kingston
- Terra Nova All-Suite Hotel
- The Courtleigh Hotel & Suites
- The Prestige Hotel (formerly Sandhurst Hotel)
- Terra Nova All-suite Hotel Limited

PORTLAND

- GeeJam
- Hotel Mocking Bird Hill
- Hotel Tim Bamboo Ltd.
- Jamaica Palace Hotel
- San San Tropez
- Trident Hotel
- Tropical Lagoon Heights Resorts Limited

ST. THOMAS

- Morant Villas
- Whispering Bamboo Cove

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