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or call the Jamaica Tourist Board  
office nearest your location.

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# JAMAICA<sup>®</sup> HOME OF ALL RIGHT GUIDE



# JAMAICA...

## THE HEART AND SOUL OF THE CARIBBEAN

From each morning's glorious sunrise until the sea swallows the sun at night, JAMAICA presents a magnificent palette of color, a kaleidoscope of beauty that makes our island the most precious jewel in the Caribbean. We are a land of unique experiences, engaging activities, breathtaking landscapes and a warm, welcoming people. We are the social and the cultural hub of the Caribbean. Experienced travellers and seasoned jetsetters who know the playgrounds of the Caribbean come back to JAMAICA again and again. No place on earth provides the range of attractions and the cultural diversity that can be found here. No place on earth feels like it. No place on earth shines like it.

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# OUR HISTORY AND PEOPLE

## EARLY HISTORY

Christopher Columbus landed in JAMAICA on May 4, 1494. In his log, he described JAMAICA as "the fairest island that eyes have beheld; mountains and the land seem to touch the sky...all full of valleys and fields and plains."

In JAMAICA, the Spanish mariners found a gentle American Indian people, the Tainos, who named the island "Xaymaca," meaning "land of wood and water." The words "hurricane," "tobacco" and "barbecue" were also derived from their language.

Under the Spanish settlement, the entire Indian population, perhaps a hundred thousand, died from a combination of forced labour and European infections, like the common cold, to which they had no immunity.

In 1509, the Spaniards established a capital, New Seville, near the town of Ocho Rios. The Spaniards actually called the area Las Chorreras, meaning "waterfalls." The English misunderstood, interpreting Las Chorreras to mean "eight rivers," hence the name Ocho Rios. Today, the foundations of New Seville are under excavation, and the search continues for the two ships that Columbus beached nearby. There is also an attempt to identify the first settlement of the early Spanish settlers in the area. In their century and a half of rule, the Spaniards brought sugar cane, and later, slaves from Africa to cultivate the cane.

The English captured JAMAICA in 1655 and turned the island into one vast sugar plantation, making the planters rich. In England, they used to say, "as rich as a West Indian planter" to mean the richest person around. To grow the sugar cane, the English brought many more Africans to work as slaves, most from the west coast of the continent and from present-day Nigeria. Buccaneers soon operated out of JAMAICA, attacking the treasure ships of Spain and France. One was a young indentured labourer from Wales named Henry Morgan. He would prosper and rise to Lieutenant Governor. His home base, Port Royal, was known as "the richest and wickedest city in Christendom." But, in 1692, an earthquake destroyed Port Royal, pushing it below the sea.

When the English arrived, the Spaniards fled to the neighbouring islands. Their slaves escaped into the mountains and formed their own independent groups, called Maroons. The Maroons were in time joined by other slaves who escaped from the English. For a long time they fought against the English who sought to re-enslave them. So successful were the Maroons, fighting from their fortresses, that the English were forced to sign peace treaties granting the Maroons self-government and ceding to them the mountain lands that they inhabited. The runaways periodically staged rebellions until the treaty in 1739 that gave

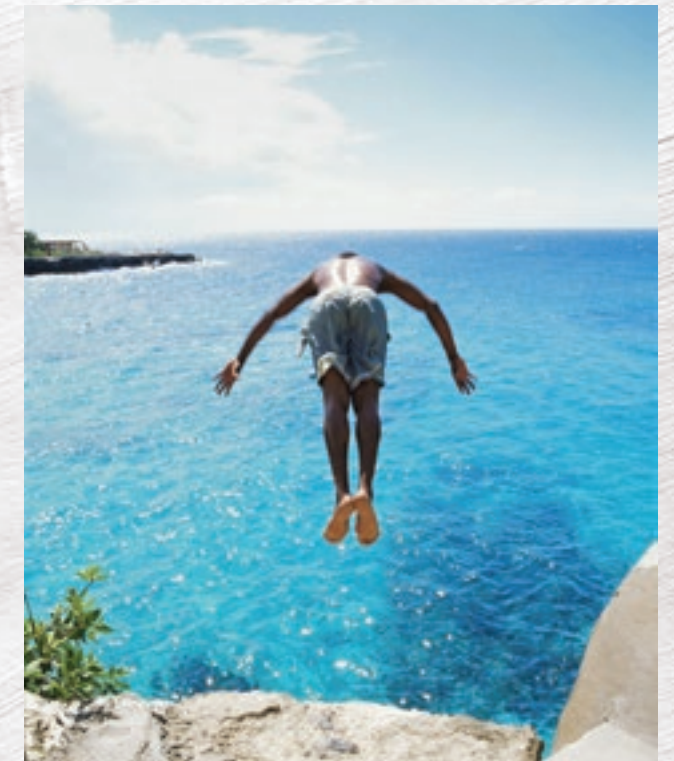
them a measure of local autonomy that they still retain today. Slavery was abolished in 1834. In the economic chaos that followed emancipation, one event stood out: the Morant Bay Rebellion of 1865. The uprising was led by a black Baptist deacon named Paul Bogle and was supported by a wealthy Kingston businessman, George William Gordon. Both were executed and are now among JAMAICA's national heroes. In the years that followed, much of modern JAMAICA was forged. Migrants from India and China came as indentured workers for sugar estates and rapidly moved to other occupations. Soon, Jewish settlers came to JAMAICA, followed by migrant traders from the Middle East.

## OUR PEOPLE

Mixed marriages created today's unique racially mixed Jamaican people and are the basis of JAMAICA's national motto, "Out of Many, One People." Ambition and opportunities sent many abroad. A Jamaican workforce helped to build the Panama Canal. Others grew cane in Cuba and mahogany in Belize while some enterprising migrants started communities in the United States, Great Britain and elsewhere.

Jamaicans continue to prosper and to give the world men and women of distinction: American civil rights activist Marcus Garvey, legendary entertainer Harry Belafonte, basketball player Patrick Ewing, baseball player Charles (Chili) Davis, the fastest man in the world and Olympic medalist Usain Bolt, reggae superstar Bob Marley, middleweight boxing champion Michael McCallum (Hall of Fame inductee), heavyweight boxing champion Lennox Lewis, and Scripps Howard spelling bee champion Jodi Ann Maxwell, among others.

In the 1930s, politics in JAMAICA was born. Two very dissimilar men, Norman Manley and Alexander Bustamante (who, in a uniquely Jamaican coincidence, happened to be cousins), founded the two major political parties, the Peoples National Party and the Jamaica Labour Party, respectively. On August 6, 1962, at a midnight ceremony witnessed by Britain's Princess Margaret and U.S. Vice President Lyndon Johnson, the British Union Jack was lowered; the new black, gold and green Jamaican flag was raised; and JAMAICA became an independent nation. For 30 years, the island's rich bauxite (alumina) deposits were the bedrock of the economy, supplying nearly two thirds of the U.S. requirement for aluminum in the 1970s. Today, tourism is the economy's cornerstone.



# OUR CULTURE

## MUSIC AND DANCE

Reggae legend Bob Marley, along with such artists as Jimmy Cliff, Peter Tosh, Toots & The Maytals and Third World have received global acclaim for decades. A more recent derivative of Reggae, Dancehall, has become the driving force for a younger generation, heavily influencing local and international trends in fashion and dance – even street language. Sean Paul, Beenie Man and Shaggy are lighting up the charts across the Caribbean and around the world.

It's not only our music gaining world recognition. A variety of Jamaican paintings and carvings are on display at Kingston's National Gallery. Priceless intuitive pieces of Dunkley and Kapo, as well as contemporary pieces, ensure the art scene in JAMAICA remains as vibrant as any. Regular exhibitions grace art galleries all around the island.

The National Dance Theatre Company showcases JAMAICA's colourful history and contemporary ideas, while groups like the Jamaica Folk Singers and University Singers perform traditional song and dance that honour the country's past. Kingston's lively theatre scene offers a rich variety of locally themed and topical plays. A hallmark of Jamaican theatre is the Ward Theatre's LTM Pantomime – an annual Jamaican folk musical with original song and dance and dramatic costumes. The season opens each year on December 26th and runs for several months.



## CUISINE

The richest Jamaican cultural history lesson is in the food Jamaicans eat. To conceal their whereabouts, the Maroons devised "jerking," a method of spicing and cooking pork underground so that smoke would not be seen. Today, jerk pork, jerk chicken and jerk fish are everywhere. To feed slaves cheaply in the 1700s, the breadfruit was brought from Africa, as were a variety of roots, vegetables and fruit. To preserve meat and fish, spices and pepper were added, and unique seasonings, like our famous Pickapeppa sauce, were devised. Cassava, a root tuber, was cultivated by the Tainos and is still used today to make bammie, a flat, toasted wafer eaten with fried fish. Another traditional bread, "festival," is frequently served with jerk. Jamaican's favorite dish is the gently spiced ackee and saltfish.

Indian and Chinese influences have made curries and chow meins part of the national menu. Mangoes, pineapples, papayas and bananas abound and otaheite apples and soursop combine in desserts like "matrimony," a fruit salad bound with condensed milk.

JAMAICA is also home to some of the most celebrated rums and exotic blends, including the award-winning Tia Maria coffee liqueur. Blue Mountain coffee, JAMAICA's own, is considered one of the finest in the world.



# RESORT AREAS

## MONTEGO BAY ALL RIGHT, RESORT STYLE

Travellers have always been lured to Montego Bay: the quintessential Caribbean destination, surrounded by white sand beaches, grand all-inclusive resorts and charming small hotels, as well as villas and apartment accommodations. Renowned for its beauty and range of activities, Montego Bay is a place where history and legend come together to offer the most intriguing attractions.

Visit Rose Hall Great House and hear the shivering tale of the white witch, Annie Palmer. Tour historical plantation houses like Greenwood and Bellefield. Play a round of golf at one of the five championship courses. Take a river rafting trip down the Great River or the Martha Brae for an experience of serenity. The Montego Bay Marine Park covers 10 square miles of protected waters alive with coral reefs and exotic fish. Swim at legendary Doctor's Cave Beach, known for its therapeutic waters. Gloucester Avenue's "Hip Strip" is the pulse of the town and boasts restaurants, art galleries, nightclubs, bars and duty-free shopping to rival any port. Shopping is sensational all over town. And don't miss the local crafts markets. Montego Bay plays host to a roster of music festivals, including the largest Reggae show on earth, Reggae Sumfest. Jazz and Blues lovers can catch the annual Jamaica Jazz & Blues Festival.

A few miles east of Montego Bay is the town of Falmouth, where the Parish Church built in 1795 and the courthouse built around 1815 complement the well-preserved Georgian architecture. As night falls, the phosphorescence at nearby Oyster Bay lagoon is so thick, it glows like fire in the dark. Montego Bay – the complete resort that has it all.



## NEGRIL ALL RIGHT GONE CASUAL

Imagine a stunningly beautiful ribbon of white sand beach. Seven miles of it! Imagine honeycombed cliffs and crystal clear waters. Imagine carefree days and fun-filled nights. Imagine Negril.

This unique resort welcomes its guests with a "do-as-you-please" wink of approval. Tucked away in JAMAICA's most western point, Negril is truly spectacular. Negril is JAMAICA's watersports centre where you can dive, snorkel, sail, parasail, water-ski, windsurf, kayak or glide along the coastline by catamaran. Or, do nothing but quietly work on your tan in a secluded cove.

In Negril, each day is a new, fun-filled and exciting adventure. Ride a horse along the shore or a bike on the bluff. Stroll the sandy shore or dive from the cliffs. Golf and tennis are available. Bargaining for colourful crafts is a delight and, when the choices become too complex, you can steal away for a culinary treat at one of the local restaurants. The sunsets in Negril are mesmerising and magical. Nightspots abound and you can lose yourself in the knowledge that you are in a place like no other on earth. Stay up all night dancing to the hypnotic beat of a live Reggae band. Dance barefoot in the sand. And then sleep for as long as you like to the lullaby of gentle waves lapping at your doorstep.

Negril is the ultimate freedom vacation. It's a kick-off-your-shoes, shrug-off-your-blues way of life that makes the tomorrows prettier than the yesterdays. Eat and drink, love and laugh, play, party and be happy. Negril – come and experience the pleasure.



# RESORT AREAS

## KINGSTON THE HEARTBEAT OF ALL RIGHT

The largest English-speaking city in the Caribbean, this colourful, cosmopolitan capital is a cultural mecca. Home to the University of the West Indies, Mona, the Bob Marley Museum, and the Jamaica Conference Centre, Kingston is the financial and commercial core of JAMAICA.

The majestic Blue Mountains form a backdrop for gleaming high-rises and hillside homes. Tours will take you to explore mansions like historic Devon House, and to enjoy the arts at the Little Theatre or the National Gallery, which houses a comprehensive collection of Jamaican art. Kingston is the place to witness the pomp and ceremony of Parliament. A city of museums, theatres and art galleries, Kingston is also the birthplace of our infectious Reggae music. The metropolitan area abounds with nightclubs, dancehalls, restaurants and bars that keep the city's nightlife sizzling!

Kingston is colourful and diverse. You can play golf, watch horse races, catch a live music concert, and watch the National Dance Theatre Company or the University Singers perform. Enjoy live Jazz at Devon House or the Red Bones Café. Picnic on the beach or at the nearby offshore island of Lime Cay. Tour the Hope Botanic Gardens. Kingston also boasts a spectacular market for arts and crafts, and duty-free shopping is everywhere. A short drive from the city into the majestic Blue Mountains takes you to old-fashioned hillside inns and lush tropical gardens. Visit the plantation of our world-renowned Blue Mountain coffee. Take some home.

Nearby Spanish Town dates back to the days of Columbus and was the island's capital until 1872. Visit the historic 17th-century pirate lair of Port Royal with the Maritime Museum, the Museum of Historical Archeology, Giddy House (which tilts on a 45-degree angle) and Fort Charles, a former Colonial stronghold. Kingston – come for the moonlight, stay for the magic.

## SOUTH COAST THE QUIET SIDE OF ALL RIGHT

Explore a jungle river in the wild wetlands. Share a drink with locals at the village bar. Catch and cook your own red snapper for dinner. Or golf at the Manchester Golf Club, said to be the oldest surviving Club in the Western Hemisphere. Ramble through hills without ever retracing your steps. Discover hidden beaches where you'll never see a footprint other than your own. Marvel at majestic cliffs that rise from the sea.

A journey through the South Coast begins with 19th-century sugar plantations around the seaport town of Savanna-La-Mar. Enjoy the Georgian architecture along High Street in Black River. This old seaport town also offers a chance to experience a great deal of JAMAICA's fascinating wildlife. A knowledgeable boatman will take you on the island's longest navigable river and into our largest protected wetlands. Crocodiles are complimentary!

Visit Lovers' Leap. Delight in the stunning view from the 1,700-foot cliff and ask your guide how it got its name. Hike to the top of YS Falls and take time to swing into the cascading waters, Tarzan-and-Jane style. Or just find yourself a secret bathing place around Treasure Beach. Eating escoveitched fish at Border, savouring the spicy peppered shrimp at Middle Quarters or blending your own rum at Appleton Estate are some of the temptations the traveller must face. Contemplate majestic Bamboo Avenue on the way to Mandeville. This mountain resort with its cool temperatures and crisp air prides itself on its trappings of tradition as well as its richly appointed residences. Move on to nearby Christiana, which sits over 2,700 feet above sea level and where the gardens are full of blossoms. Nature tours are available to better take advantage of the spectacular views. From the lush mountains to the rugged coastline, you will find the South Coast isn't just another shore. It's where you will uncover another fascinating world.



# RESORT AREAS

## PORT ANTONIO WHERE ALL RIGHT COMES NATURALLY

Picture perfect, Port Antonio is a panorama of nature's finest work. It is a place of palms and pimento and an abundance of orchids found nowhere else on earth. Ferns and bananas grow by the roadside with bamboo trees. Port Antonio is the home of butterflies and hummingbirds. It's where the graciousness of another era is set against the lush, verdant beauty of nature.

Port Antonio was a thriving banana shipping port about a century ago. Today it is a quaint seaside town. Stop at the Musgrave Market and barter for crafts items. Shops and stores are all over town, including the European-styled Shopping Village of St. George. Even the accommodations in Port Antonio are special. They are all low-rise, mostly villa-type facilities tucked amidst the deep green of JAMAICA's most lush foliage.

Port Antonio harkens back to a quiet, more romantic time in a special place filled with unforgettable beauty and charm. Port Antonio was said to be Errol Flynn's great love. The swashbuckling Hollywood superstar of the 1930s, '40s and '50s established a home here, entertaining family and close friends. Here you can explore the majestic Blue Mountains and swim or dive the calm Blue Lagoon. Raft down the swirling Rio Grande or visit the magnificently forested Somerset Falls and Reach Falls. And be sure to sample our world-famous jerk chicken or jerk pork in its original home.

Flynn said Port Antonio was more beautiful than any woman he had ever seen. It is certainly enchanting. Port Antonio remains with you forever.



## OCHO RIOS A PICTURE POSTCARD OF ALL RIGHT

Ocho Rios does not, as its name suggests, have eight rivers, but it does boast some of the most magnificent cascades in the Caribbean. It is the garden of JAMAICA and the place where, Jamaicans say, heaven spills into the sea. Grassy hills roll gently to the white sandy coves and turquoise-blue waters of the craggy coastline. Ocho Rios is abuzz with activity and seems in constant motion. Bargaining for handmade items at the Crafts Market is a treat in itself. Duty-free shops carry a bounty of brand-name goods. Nightclubs live happily beside taverns and lounges. Gourmands will delight in Ocho Rios' elegant restaurants and cafés.

The world-famous Dunns River Falls offers an exhilarating climb through warm, cascading waters. The tropical splendour of Coyaba and Shaw Park Gardens is magnificent. Take a drive through a forest of ferns aptly called Fern Gully. You can even ride a camel at Prospect Plantation. Play polo at nearby Chukka Cove or relax and sun at James Bond Beach. Agent 007, the fictional creation of British writer Ian Fleming, was born in JAMAICA. His first film, *Dr. No*, was filmed here. If you are a Bond aficionado, stay at his luxurious home, Goldeneye, and dream of similar adventures. Rainforest Bobsled Jamaica at Mystic Mountain is an experience not to be missed. The Sky Explorer is a state-of-the-art chairlift that sends passengers soaring above the treetops to the peak of Mystic Mountain. At the peak, there is the Bobsled and Zip Line Canopy Tour, a restaurant and a gift shop. Swimming with the dolphins and white river tubing are other unforgettable activities available in Ocho Rios.

Drive west of Ocho Rios to Discovery Bay where Columbus first landed, or to Runaway Bay, so called because slaves used this area as an escape route. Visit Seville Great House to see Indian and Spanish artifacts. Visit Green Grotto Caves or take the trek to Nine Miles, the birthplace of the legendary Bob Marley. Just east of Ocho Rios is the village of Oracabessa, the celebrated Firefly property and Jamaican retreat of playwright Noel Coward.

Ocho Rios presents a mix of excitement and serenity, truly one of the world's most exotic resorts.



# FLORA AND FAUNA

Among JAMAICA's most prized natural treasures are the vast diversity of flowering plants and a surprising array of wildlife found nowhere else in the world. Our tropical climate, with an average year-round temperature of 85 degrees, is essential. Rainfall varies around the island, while our altitude ranges from sea level to the 7,402-foot peaks of the Blue Mountains, all combining to create our unique ecosystem.

## OUR GARDENS

Today's botanic gardens are showpieces of beautiful and exotic plants that celebrate our rich horticultural heritage. They include Bath Botanic Gardens in St. Thomas, the Royal Botanical Gardens (Hope Gardens) and Cinchona, both in St. Andrew, and Castleton Gardens in St. Mary.

We also have a number of smaller, more recently developed gardens, among them Coyaba River Garden, Cranbrook Flower Forest and the Shaw Park Gardens in Ocho Rios. Most large towns feature annual horticultural and agricultural shows. Call the Jamaica Tourist Board for more information.



## OUR BIRDS

JAMAICA is a bird-watcher's paradise, with about 200 resident bird species and more endemic species than any other Caribbean island. Of these, 25 species and 21 subspecies are found nowhere else.

Our national bird, the Red-Billed Streamertail Hummingbird, affectionately called the Doctor Bird or Swallow-Tail Hummingbird (*Trochilus polytmus*), lives only in JAMAICA. Its image has become a widely utilised national symbol.

Visitors to the Hope Zoo in Kingston can view our two endemic parrots, the Yellow-Billed Parrot and the Black-Billed Parrot. Guided bird-watching tours are available everywhere in JAMAICA. At Rocklands Bird Sanctuary just outside Montego Bay, birds will sometimes perch on your finger to sip a sweet drink.

## CREATURES

Beyond the dazzling assortment of birds, there is a lot more to JAMAICA's wildlife. Snakes, lizards, frogs, the coney, iguanas and the American crocodile were on the island long before the Spaniards arrived.

Lizards are easy to find, as many live around houses and gardens, feeding on insects. The coney (closely related to the rat and resembling a large, brown guinea pig) and the iguana have not survived quite as well as the lizards, having fallen prey to the ferocious mongoose, a relative newcomer brought into JAMAICA from India to control field rats. The American crocodile (said to be harmless) and the manatee survive in small numbers along our South Coast.

Additionally, there are over a dozen different kinds of small frogs, a hundred different butterflies and 25 species of harmless bats.

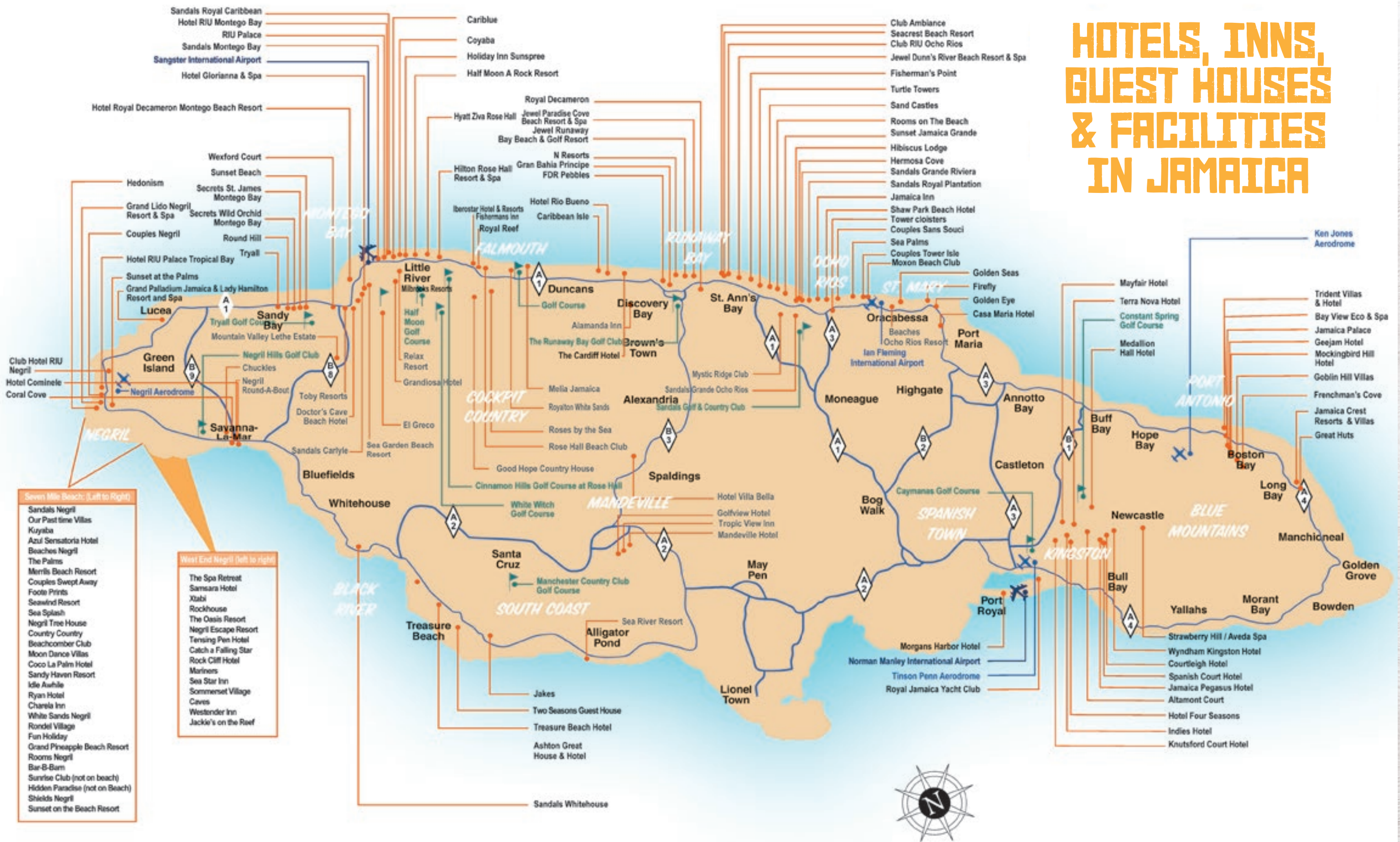




# HOW TO GET ALL RIGHT ISLAND GEOGRAPHY

JAMAICA is in the western Caribbean, at latitude 18.5° N, longitude 77.3 ° W, and is completely surrounded by the Caribbean Sea. At 4,411 square miles, JAMAICA is approximately the size of Connecticut, U.S.A. and one of the largest islands in the Caribbean. Prehistoric Jamaica was volcanic, and the mountains that soar to 7,402 feet are higher than any in the eastern half of North America. These mountains run all through the island's centre, with a narrow coastal plain on either side. Some 150 rivers, numerous waterfalls and an abundance of trees and flowering plants are found across the island, earning JAMAICA the title "land of wood and water." JAMAICA has a variety of underground caves and offshore reefs, and safe, naturally filtered drinking water. The high mountains of the east feature misty pine trees and in the north, flowers abound. There are also rain forests and rolling plains that, except for the occasional palm tree, are reminiscent of the south of England. The south resembles the African savannah or Indian plains, and has alternating black and white sand beaches as well as mineral springs.

# HOTELS, INNS, GUEST HOUSES & FACILITIES IN JAMAICA



# SHOPPING



## A UNIQUE SHOPPING EXPERIENCE

JAMAICA is truly a shopper's paradise. The national motto – "Out of Many, One People" – is mirrored in the exceptional quality and variety of arts and crafts available at crafts markets in every resort area. Bargaining is a sport, and sales come with smiles! Handcrafted mahogany sculptures, influenced by African tribal traditions, are found everywhere. Self-taught or "intuitive" artists produce paintings, pottery and fabulous tropical fashions. Sundresses and sarongs of beautiful batiks are characteristic of the Indian influence. And the truly exotic plethora of bangles and baubles, hand-sewn embroidery and straw accessories are simply smashing.

JAMAICA is the birthplace of the spicy Pickapeppa sauce. Endless varieties of local exotic spices are also available for sale, island-wide. So, too, is Tia Maria liqueur, Red Stripe Beer and fine blends of premium Jamaican rums. And there is always an abundance of our world-famous Blue Mountain coffee, either pre-ground for your convenience or as packaged, handpicked beans.

Discerning travellers have always known of the values to be found in our duty-free shops. JAMAICA's duty-free shops carry an extensive array of goods and the selections are just as satisfying as the prices. It's all here. So shop shamelessly.

Gift and duty-free shops, as well as crafts markets, are located in most resort areas. And, in case you forget to purchase a gift for that special person, you may easily pick one up at the airport or cruise port just before departure.

# MEET THE PEOPLE PROGRAMME

## THE TRUE JAMAICAN EXPERIENCE

For over four decades, the Jamaica Tourist Board has played matchmaker between visitors and Jamaicans in a very special programme called Meet the People. We will happily introduce you to Jamaicans who share the same interests as you. These are Jamaicans with religious, occupational or leisure interests similar to yours who are eager to show you their side of JAMAICA. All at no cost to you!

Your hosts might invite you along to their church services or to a rollicking Reggae concert. You may join a festive family picnic or take tea in the tranquillity of a garden. Some will find a challenge in an afternoon of tennis or basketball and beer.

We guarantee you'll come away with a new view of our island and our people. It is all up to you and your host. And if you're like so many who have enjoyed the programme, you'll come away with some friendships that last a lifetime.

Children can meet children, too! We can make JAMAICA more fun for your children by introducing them to Jamaican playmates. Just like with adults, we'll match your children's ages and interests with our children's ages and interests. And who knows? It could be the start of a terrific pen-pal relationship.

The Jamaica Tourist Board will make all the arrangements for you to participate in the Meet the People Programme. Ask your travel agent to contact their Jamaica Tourist Board representative or simply call the Jamaica Tourist Board office nearest you. All we need is your name, the names of the people in your party, your ages, occupations and interests, your travel dates and where you plan to stay in JAMAICA. We'll do the rest.



# ATTRACTIONS AND PLACES OF INTEREST

## MONTEGO BAY AREA

JAMAICA's rich cultural heritage and natural scenic beauty are reflected in the vast array of attractions that our island provides. The following attractions are listed by resort area, but bear in mind that because distances are reasonably short from area to area, it is possible to stay in one resort area and enjoy the attractions in another. And it never hurts to call ahead and check on the availability of an attraction before setting off. The Jamaica Tourist Board information office in your resort area is always more than happy to provide you with guidance and suggestions.

### ANIMAL FARM

Jamaica's newest animal sanctuary and nature retreat where you can explore the habitat of exotic birds, learn about solar electricity and relax by the river. Tel: (876) 899-0040

### AQUASOL THEME PARK

Beach facility with restaurant, bar and numerous watersports activities, including banana boating, glass-bottom boat, snorkeling, kayaking and tubing. Tel: (876) 979-9447

### BRACO STABLES

Fully guided tour with well-trained horses through the countryside. Open daily. Tel: (876) 954-0185

### CHUKKA CARIBBEAN ADVENTURE TOURS

Horseback Ride 'n' Swim, Jungle River Tubing, 4 x 4 Jeep Safari, Sea Trek, Jamaica ATV Tours, Mountain to River Bike Adventure, Canopy Tours. Tel: (876) 953-5619  
E-mail: info@chukkablue.com  
www.chukkablue.com

### CHUKKA GOOD HOPE ESTATE

Recreational park and soft adventure playground on a 2,000 acre estate with a great house built in the 1700s. www.chukka.com

### CINNAMON HILL GOLF COURSE

Tel: (876) 953-2984  
E-mail: cinnamonhill@rosehall.com  
www.cinnamonhilljamaica.com

### CROYDON IN THE MOUNTAINS

A 132-acre working plantation in Catadupa (45 minutes from Montego Bay). Its main crops are coffee, pineapples, plantains and citrus. Guided half-day tour. Tues, Wed, Fri, 10:30am to 3:00pm  
Tel: (876) 979-8267

### DOCTOR'S CAVE BEACH

World-famous, clear-water white sand beach believed fed by mineral springs. Open daily, 8:30am to 5:30pm  
Tel: (876) 952-2566  
E-mail: drscave@cwjamaica.com  
www.doctorscavebathingclub.com

### FORT MONTEGO & CRAFTS MARKET

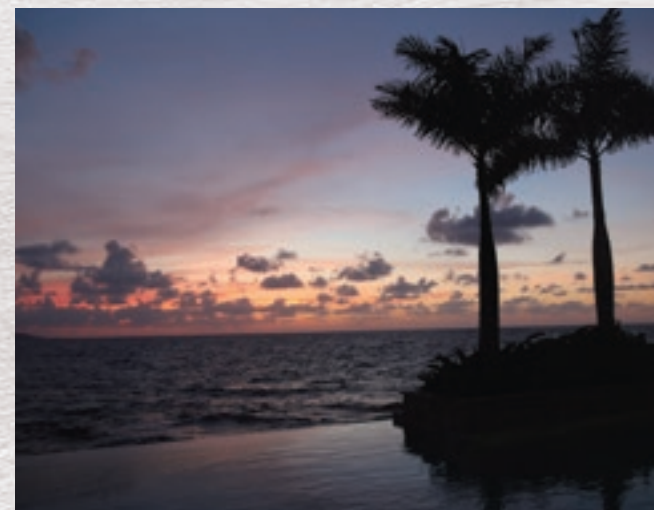
Remains of old fort standing on a hill overlooking the harbour. The Fort Montego Crafts Market is located there.

### BLISTENING WATERS

Take a night cruise on the luminous lagoon and witness the most spectacular wonders. Phosphorescent waters reveal the outline of fish and streaks of light as they swim around. Seafood restaurant also on property. Open daily from 6:30pm  
Tel: (876) 954-3229

### GREENWOOD GREAT HOUSE

Over 200 years old. Formerly owned by the family of Elizabeth Barrett Browning, the famous English poet. Great House/museum tour, bar. Open daily, 9:00am to 6:00pm  
Tel: (876) 953-1077  
E-mail: Houdini@cwjamaica.com  
www.greenwoodhouse-jamaica.ntsemp.com



### GOOD HOPE GREAT HOUSE

Stables, Great House and museum tour, horseback riding. Open daily, except Wed, 7:30am to 4:30pm  
Tel: (876) 954-3289 or (876) 995-2825

### HALF MOON EQUESTRIAN CENTRE

Riding and jumping lessons. Polo lessons. Swimming with the horses and pony rides. Tel: (876) 953-2286 or (876) 953-2211  
E-mail: r.delisser@cwjamaica.com

### HALF MOON GOLF COURSE

Tel: (876) 953-2211 or (876) 953-2560  
www.halfmoongolf.com

### HARBOUR STREET CRAFTS MARKET

Arts, crafts and souvenirs.

### IRONSHORE BOLE & COUNTRY CLUB

Tel: (876) 953-3682  
Email: whittergroup@cwjamaica.com

### JAMAICA ZIPLINE ADVENTURE TOURS

Home of the Caribbean's longest zipline: Big Timba. www.ziplinejamaica.com

### JOHN'S HALL ADVENTURE TOURS

Guided walking tour of farm, sightseeing tour of Montego Bay. Open Mon, Wed, Thurs, Fri and Sat, 9:00am to 2:00pm  
Tel: (876) 971-7776, (876) 979-0656 or (876) 952-7218  
E-mail: relax.resort@cwjamaica.com  
www.johnshalladventuretours.com

### MARGARITAVILLE CARIBBEAN BAR & BRIL

Located on Montego Bay's Hip Strip. Activities include bouncing on a giant water trampoline, relaxing in a rooftop hot tub, lounging in waterslide sky chairs or riding the monster slide that plunges 110 feet into the sea. Delicious menu includes burgers, fajitas, grilled specialties and authentic local fare. 52 tropical flavours of margaritas. Tel: (876) 952-4777  
E-mail: mobay@margaritavillecaribbean.com  
www.margaritavillecaribbean.com

### MONTEGO BAY MARINE PARK

Marine park comprising an area of 9.5 square miles, which includes the sea, the sea floor and all the marine life within its boundaries to a depth of 492 feet. Open daily, 8:30am to 4:30pm  
Tel: (876) 952-5619  
Fax: (876) 940-0659

### RAFTING ON THE MARTHA BRAE

90-minute river trip on JAMAICA's premier river-rafting attraction. Open daily, 8:30am to 4:30pm, except on public holidays  
Tel: (876) 954-5168 or (876) 952-0889  
E-mail: j.gour@cwjamaica.com  
www.jamaicarafting.com



### ROCKLAND'S BIRD SANCTUARY

Bird sanctuary at Anchovy. You can watch or you can hand-feed one yourself. Bird feeding daily, 7:00am to 5:00pm  
Tel: (876) 952-2009

### ROCK SPRING CAVE EXPLORATION

Hiking and caving tours in the Cockpit Country. Tel: (876) 610-0818  
www.stea.net/tours

### ROSE HALL GREAT HOUSE

Magnificently restored 1760 plantation house, where legend has it that Annie Palmer, the "white witch," ruled with cruelty and met a violent death. Open daily, 9:00am to 6:00pm  
Tel: (876) 953-9982

### THE TRYALL CLUB

Tel: (876) 956-5660  
www.tryallclub.com

### TRYALL WATERWHEEL

Gigantic waterwheel nearly 200 years old and still turning.

### WHITE WITCH COURSE

Tel: (876) 632-7444 or (876) 632-7445  
Email: golf@rosehall.com  
www.whitewitchgolf.com

# ATTRACTIONS AND PLACES OF INTEREST

## NEGRIL AREA

### CHUKKA CARIBBEAN ADVENTURE TOURS

Negril/Montego Bay: Horseback Ride 'n' Swim, Jungle River Tubing, 4 x 4 Jeep Safari, Sea Trek, Jamaica ATV Tours, Mountain to River Bike Adventure, Canopy Tours.  
Tel: (876) 953-5619  
E-mail: info@chukkablue.com  
www.chukkablue.com

### DOLPHIN COVE

Dolphin Cove is a marine park which allows visitors to swim with dolphins and other marine life in their natural environment.  
http://www.dolphincoveja.com

### KOOL RUNNINGS WATERPARK

www.koolrunnings.com

### MARGARITAVILLE

Located along Negril's world famous 7-mile stretch of white sand beach, Margaritaville Negril provides the perfect mix of entertainment options to please the entire family.  
www.margaritavillecaribbean.com

### MAYFIELD FALLS

A breathtaking waterfall on a 5-acre property. Activities include cliff jumping, cave diving, luxuriating in a natural jacuzzi or enjoying a massage.  
E-mail: info@mayfieldfalls.com  
www.mayfieldfalls.com

### NEGRIL CRAFTS MARKET

Arts, crafts and souvenirs.

### NEGRIL HILLS GOLF CLUB

Tel: (876) 957-4638/3641  
Email: info@negrilhillsclub.com  
www.negrilhillsclub.com

### NEGRIL LIGHTHOUSE

The highest structure in Negril, it towers 100 feet above sea level.  
Open daily, 10:00am to 6:00pm  
Tel: (876) 957-4875

### RHODES HALL PLANTATION

Horseback riding.  
Sun to Fri, 8:00am to 5:00pm  
Tel: (876) 957-6333/4  
E-mail: Rhodes@cwjamaica.com  
www.rhodesresort.com

## SOUTH COAST AREA

### ACCOMPONG

Tour an old Maroon town. Tours operate on Tues, Thurs and Sat at various times.  
Tel: (876) 952-4546

### APPLETON ESTATE TOUR

Estate rum distillery tour.  
Open daily, Mon to Sat  
Tel: (876) 963-9215/7  
E-mail: Appleton@infochan.com  
www.appletonrum.com

### BAMBOO AVENUE

Road between Middle Quarters and Lacovia lined with bamboo, forming a canopy.

### BLACK RIVER SAFARI BOAT TOUR

Boat tour of JAMAICA's longest river and YS Falls.  
Open daily, 8:30am, 9:00am, 11:00am, 12:30pm, 2:00pm and 4:00pm  
Tel: (876) 965-2513  
E-mail: josafari@hotmail.com

### BLOOMFIELD GREAT HOUSE

Restaurant/art gallery.  
Tel: (876) 962-7130  
Fax: (876) 961-0549  
E-mail: bloomfield.g.h@cwjamaica.com

### BOURIE CAVES

Christiana, two chambers, two waterfalls and an underground lake.

### HIGH MOUNTAIN COFFEE FACTORY

By appointment only.  
Tel: (876) 963-4211  
Fax: (876) 963-4309  
E-mail: sanoo@colis.com  
www.baronhall.com or  
www.caribplace.com.foods.jspol.htm

### IRIE SAFARI

Safari boat tour on the Black River. Package includes trip to YS Falls and lunch.  
Open daily, 8:30am to 5:00pm  
Tel: (876) 772-2401  
E-mail: lintonirie@hotmail.com

### JACANA AQUA BOAT TOUR

Boat tour operating daily, 9:00am to 4:30pm  
Tel: (876) 965-2513

### LOVERS' LEAP

Scenic view of the South Coast from a cliff that plunges 1,700 feet to the sea. Restaurant and bar.  
Open daily, 10:00am to 6:00pm  
www.treasurebeachjamaica.com

### THE MANCHESTER CLUB

Tel: (876) 962-2403  
Email: manchesterclub1865@gmail.com



### MARSHALL'S PEN

18th-century Great House on a 300-acre wildlife sanctuary.  
By appointment only.  
Tel: (876) 962-2260  
E-mail: annsutton@cwjamaica.com

### MORGAN'S POND CAVE

Located at Cobble Walderston. At 656 feet, the deepest cave on the island.

### PICKAPEPPA FACTORY TOUR

Tour of a spice factory. By appointment only.  
Tel: (876) 603-3441  
E-mail: pickapeppa@cwjamaica.com

### QUASHI CAVES

12 miles of underground caves in Christiana, with a river running through them.

### SALT POND

A natural pond and habitat for local birds.

### YS FALLS

Waterfall situated on 2,000 acres of pasture that cascades about 120 feet into the YS River. Open daily, except Monday and public holidays.  
Tel: (876) 634-2454  
E-mail: ysfalls@cwjamaica.com  
www.ysfalls.com



# ATTRACTIONS AND PLACES OF INTEREST

## OCHO RIOS RUNAWAY BAY AREA

### BAMBOO BEACH

[www.bamboobeachclub.com](http://www.bamboobeachclub.com)

### BLUE MOUNTAIN CYCLING TOURS

Downhill ride on mountain bicycles. Meet local coffee farmers. Breakfast, lunch and waterfall swim plus guides. Tues to Sat, 7:00am to 5:00pm  
Tel: (876) 974-7075  
E-mail: [bmbike@cwjamaica.com](mailto:bmbike@cwjamaica.com)  
[www.bmtoursja.com](http://www.bmtoursja.com)

### BRIMMER HALL PLANTATION

Plantation and Great House tour. Open daily, 8:00am to 4:00pm  
Tel: (876) 994-2309

### CALYPSO RAFTING

Rafting and river tubing on the White River. Tel: (876) 974-2527

### CHUKKA CARIBBEAN ADVENTURE TOURS

Falmouth/Ocho Rios/Boscobel: Horseback Ride 'n' Swim, River Tubing Safari, Jeep Safari, Mountain to Sea Bike Adventure, Zion Bus Line, Canopy Tours. Tel: (876) 927-2506  
E-mail: [info@chukkacove.com](mailto:info@chukkacove.com)  
[www.chukka.com](http://www.chukka.com)

### COLUMBUS PARK

Historical site commemorating the spot where Columbus first landed in JAMAICA. Open daily, 9:00am to 5:00pm

### COYABA BARDENS MUSEUM & MAHOE FALLS

Stroll through Coyaba's creek-side garden and learn about JAMAICA's past in the small museum. Restaurant with fountains and springs on site. Open daily, 8:00am to 5:00pm  
Tel: (876) 974-6235  
E-mail: [recordshack@hotmail.com](mailto:recordshack@hotmail.com)  
[coyabagarden.com](http://coyabagarden.com)

### DOLPHIN COVE

Swim with the dolphins and see animals and birds in a natural cove surrounded by lush, tropical rain forest, rivers and waterfalls. Open daily.  
Tel: (876) 974-5335, (876) 975-2272 or (876) 795-0484  
E-mail: [dolphincovejamaica@yahoo.com](mailto:dolphincovejamaica@yahoo.com)  
[www.dolphincovejamaica.com](http://www.dolphincovejamaica.com)

### DUNNS RIVER FALLS & PARK

600 feet of gently terraced waterfalls. Open daily, 8:30am to 4:00pm  
Tel: (876) 974-2857, (876) 974-5944 or (876) 974-4767  
E-mail: [dunnsriver@udcja.com](mailto:dunnsriver@udcja.com)  
[www.dunnsriverja.com](http://www.dunnsriverja.com)

### FERN BULLY

3-mile road built on an old riverbed that winds through a lush valley of ferns and trees.

### FIREFLY

Named after the luminous fireflies seen after dark, this property was the Jamaican retreat of the late playwright Noel Coward. Mon to Sat, 8:30am to 5:00pm  
Tel: (876) 725-0920  
[www.firefly-jamaica.com](http://www.firefly-jamaica.com)

### GREEN GROTTO CAVES

Runaway Bay: Intriguing network of chambers and passageways, stalactites and stalagmites and small lakes. Green Grotto is said to have been a haven for runaway slaves in the 18th century. Open daily.  
Tel: (876) 973-2841  
E-mail: [greengrotto@udcja.com](mailto:greengrotto@udcja.com)  
[www.greengrottocaves.com](http://www.greengrottocaves.com)



### HARMONY HALL

Art gallery showcasing outstanding Jamaican art as well as pieces from around the Caribbean. Open daily, 10:00am to 5:30pm  
Tel: (876) 975-4222 or (876) 974-2870  
E-mail: [info@harmonyhall.com](mailto:info@harmonyhall.com)  
[www.harmonyhall.com](http://www.harmonyhall.com)

### HOOVES LIMITED

Fully guided tour on well-trained horses through the countryside. Open daily, 9:00am to 5:00pm  
Tel: (876) 972-0905  
E-mail: [hooves@cwjamaica.com](mailto:hooves@cwjamaica.com)  
[www.hooves-jamaica.com](http://www.hooves-jamaica.com)

### ISLAND VILLAGE

A multifaceted entertainment centre with shopping, dining, film, cybercafé, gaming, art and a beach, plus an interactive celebration of Reggae music, from Ska to Dancehall. Open daily.  
Tel: (876) 675-8995

### JAMES BOND BEACH CLUB

Beach facility. Tues to Sun.  
Tel: (876) 975-3665

### MARGARITAVILLE

[www.margaritavillecaribbean.com](http://www.margaritavillecaribbean.com)

### MYSTIC MOUNTAIN

Accessible by a ride on the Rainforest Sky Lift Explorer, the park at Mystic Mountain offers multiple activities. Soar above the tree tops up to 700 feet to the top of Mystic Mountain and enjoy a ride through the rainforest on Bobsled Jamaica, the park's signature attraction, and a thrilling ride through tropical landscapes on sleds, or take the zip line through the lush green forest. Sun to Thurs, 9:00am to 5:00pm  
Fri to Sat, 9:00am to 10:00pm  
Tel: (876) 974-3990  
[www.rainforestbobsledjamaica.com](http://www.rainforestbobsledjamaica.com)

### PROSPECT OUTBACK ADVENTURES

Daily tours of a working plantation in an open jitney. Horseback riding available. Call for reservations.  
Tel: (876) 994-1058  
[www.prospectoutbackadventures.com](http://www.prospectoutbackadventures.com)

### REGGAE LAND AND NINE MILES TOUR

Tour of Bob Marley's birthplace and mausoleum.  
Tel: (876) 995-1763/843-0498

### RIO NUEVO VILLAGE

Tel: (876) 588-1635/573-6284

### RIVER RAPIDS ADVENTURES

[www.riverrapidsja.com](http://www.riverrapidsja.com)

### RUNAWAY BAY GOLF CLUB

Tel: (876) 973-7319  
[www.jewelresorts.com](http://www.jewelresorts.com)

### SANDALS GOLD & COUNTRY CLUB

Tel: (876) 975-0119  
[www.sandals.com](http://www.sandals.com)

### SEVILLE GREAT HOUSE

Great House and Heritage Park. Open daily, 9:00am to 5:00pm  
Tel: (876) 972-2191  
E-mail: [seville@wtjam.net](mailto:seville@wtjam.net)

### SHAW PARK BARDENS

Tropical gardens with waterfall overlooking the town of Ocho Rios. Open daily, 8:00am to 5:00pm  
Tel: (876) 974-2723

### STRAWBERRY FIELDS TOGETHER

Beach facility, campsite, cabins and picnic area. Tues to Sun, 10:00am to 5:00pm  
Tel: (876) 337-6127 (St. Mary)  
E-mail: [kim@cwjamaica.com](mailto:kim@cwjamaica.com)  
[www.strawberryfieldstogether.com](http://www.strawberryfieldstogether.com)

### SUN VALLEY PLANTATION TOUR AND TRAILS

The 90-minute tour of this working plantation tells the history of the property from the slave era to the present day. Boxing of bananas takes place at the farm. Open daily, 9:00am to 4:00pm  
Tel: (876) 995-3075

### TURTLE RIVER FALLS AND BARDENS

This 15-acre tropical gardens features 14 waterfalls, tropical gardens, a Japanese Koi pond and walk-in aviary.  
[www.turtleriverfallsandgardens.com](http://www.turtleriverfallsandgardens.com)

### WHITE RIVER VALLEY TOURS

Hidden paradise offering an escape to a unique tropical adventure. Shopping, restaurant, rubber rafting, horseback riding, hiking and bike trails.  
Tel: (876) 974-2017  
E-mail: [whiterivervalley@hotmail.com](mailto:whiterivervalley@hotmail.com)



# ATTRACTIONS AND PLACES OF INTEREST

## KINGSTON AREA

### BOB MARLEY MUSEUM

Bob Marley's former residence and recording studio. Open daily, Mon to Sat. Tel: (876) 927-9152. E-mail: marleyfoundation@cwjamaica.com

### BOON HALL OASIS

Picnic area and tropical gardens with restaurant and river in the hills of St. Andrew. Sunday brunch at 11:00am. Tel: (876) 942-3064. www.boonehalloasisja.com

### CASTLETON BOTANICAL GARDENS

Exotic flora abound only an hour's drive from Port Antonio. Open daily. Tel: (876) 942-0717

### CAYMANAS GOLF & COUNTRY CLUB

Tel: (876) 746-9772/4. Email: play@caymanasgolfclub.com. www.caymanasgolfclub.com

### CAYMANAS PARK

Horse racing is every Saturday, some Wednesdays and most public holidays. 12:30pm to 6:00pm. Tel: (876) 988-2523/6. www.caymanasracetrack.com

### COCO JAM

A family and party centre designed for entertaining small children. www.cocojamja.com

### COINS & NOTES MUSEUM

Located in the Bank of Jamaica Building. Tel: (876) 922-0750

### CONSTANT SPRING GOLF CLUB

Tel: (876) 924-1610. Email: csgc@cwjamaica.com. www.constantspringgolfclub.com

### CRAIGTON HOUSE & COFFEE ESTATE TOUR

Restored Great House. By appointment only. Tel: (876) 929-8490/1 or (876) 944-8224

### DEVON HOUSE

Restored Great House. On the grounds are the Port Royal-style Grog Shoppe, restaurants, crafts shops and an African museum. Tues to Sat, 9:00am to 5:00pm. Tel: (876) 929-6602 or (876) 926-0815. E-mail: devonhouse@cwjamaica.com

### FORT CHARLES AND THE MARITIME MUSEUM AT PORT ROYAL

Guided tours. Open daily, 9:30am to 4:30pm. Tel: (876) 967-8438

### HOLLYWELL RECREATIONAL PARK

Hiking trails 2 miles from Newcastle. Open daily, 9:30am to 6:30pm. Tel: (876) 920-8278 (Jamaica Conservation Development Trust). E-mail: jcdt@kasnet.com

### HOPE BOTANICAL GARDENS & ZOO

Largest botanical gardens in the West Indies. Zoo also on site. Open daily, 10:00am to 5:00pm for zoo; 8:30am to 6:30pm for gardens. Tel: (876) 927-1085 for zoo; (876) 927-1257 for gardens

### INSTITUTE OF JAMAICA

Library with historical books and artifacts. Open Mon to Thurs, 8:30am to 5:00pm. Tel: (876) 922-0620/6. E-mail: ioj.jam@mail.infochan.com

### JAMAICA CONFERENCE CENTRE

Ultramodern convention centre with on-site restaurants, gardens, offices and duty-free shops. Tel: (876) 922-9160/9

### JAMAICA DEFENCE FORCE MUSEUM

Wed to Fri, 10:00am to 5:00pm. Call for appointment. Tel: (876) 926-8121 or (876) 926-8129, ext. 2017

### KINGSTON CRAFTS MARKET

Arts, crafts and souvenirs. Open Mon to Sat

### MARVIS BANK COFFEE ESTATE TOUR

Tours arranged by appointment. Tel: (876) 977-8013

### NATIONAL ART GALLERY OF JAMAICA

A showcase of JAMAICA's national art collection from the intuitive to the modern. Open Tues to Thurs, 10:00am to 4:30pm. Fri, 10:00am to 4:00pm. Sat, 10:00am to 3:00pm. Tel: (876) 922-1561/1563/1564 or (876) 922-8540. Fax: (876) 922-8544. E-mail: ngalleryja@cwjamaica.com

### PORT ROYAL MARINE LABORATORY

University of the West Indies marine laboratory. Research centre for marine sciences. Tel: (876) 967-8344

### ROCKFORT MINERAL BATH

Mineral spring. Open Tues to Sun, 8:00am to 3:00pm. Tel: (876) 938-5055

### SERENITY PARK

Educational wildlife tour. A fishing and wildlife sanctuary located in Bushy Park. Petting Zoo, Pond Fishing, Paddle Boating, Zoo Tours, Outdoor Games. Restaurant. Open Thurs to Sun. Tel: (876) 978-5760 or (876) 708-5517

### SUNSHINE AMUSEMENT COMPLEX

Knutsford Boulevard, Kingston. Provides miniature golf, pool tables, amusement rides, snacks. Open Sat and Sun. Tel: (876) 906-4814. www.sunshineamusement.com

### TOUR OF KING'S HOUSE

Official residence of the Governor-General of Jamaica. By appointment only. Tel: (876) 927-6424. E-mail: kingshouse@www.cwjamaica.com

### UNIVERSITY OF THE WEST INDIES

Stroll around the campus and you will find aqueducts alongside modern murals. Mon to Sat, 8:30am to 4:30pm. Tel: (876) 977-5941

### WHITFIELD HALL

A historic Blue Mountain coffee farm and hostel dating back to the 1700s. www.whitfieldhall.com



## PORT ANTONIO AREA

### BLUE LABOON

Locals say Blue Lagoon is bottomless. Swim in these mystical azure waters, which change colour dramatically as light, shadows and reflections vary throughout the day. Watersports operation also on location. Tel: (876) 993-7791. Fax: (876) 993-7792. E-mail: bluelagoon@cwjamaica.com

### BLUE MOUNTAIN DOWNHILL BICYCLE TOURS

Open Mon to Sat. Tel: (876) 974-7075. E-mail: info@bmtoursja.com

### BOSTON BEACH

Popular bathing beach. Waves are high enough for surfing. Famous Jamaican dishes, jerk pork and jerk chicken, also sold here.

### ERROL FLYNN MARINA

A 32-slip mega yacht facility offering safe, sheltered berthing in an attractive surrounding. Facilities include promenade, gift shop, restaurant and bar, Internet access, laundry and showers. Tel: (876) 715-6044. www.errolflynnmarina.com

### FRENCHMAN'S COVE

A narrow but gorgeous strip of white sand beside a wide crescent bay with a rich reef a few yards from the shore. It provides good snorkeling. Just across from the beach is the tiny Peter's Island, also known as Princess Island. Tel: (876) 993-7558

### REACH FALLS

Reach Falls sits on 11 acres and features waterfalls, natural swimming pools and tropical gardens. Tel: (876) 993-6606 or (876) 993-6683. www.udcja.com/attractions/reach-falls

### RIO BRANDE RAFTING

A two-hour river cruise on a bamboo raft for two, poled by an expert raftsmen through spectacular scenery. Open daily, 8:30am to 4:30pm. Tel: (876) 993-5778

### SOMERSET FALLS

The Daniels River plunges through a gorge of natural rock in a series of cascades and pools. On-site restaurant. Daily, except Christmas Day and Good Friday. Tel: (876) 873-1198 or (876) 330-6741

### VALLEY HIKES

For history enthusiasts, there are tours into the Land of Look Behind, Maroon Country and a meeting with the Maroon chief. Venture down trails to tiny villages. Open daily, Mon to Fri, 9:00am to 4:30pm; Sat and Sun, 9:00am to 12noon. E-mail: valleyhikes@cwjamaica.com

# THINGS TO KNOW BEFORE YOU GO

## GETTING HERE AND GETTING AROUND

Daily flights arrive from major cities worldwide at our two international airports: the Donald Sangster International Airport in Montego Bay and the Norman Manley International Airport in Kingston. If you are in a hurry to get to your favourite beach or resort, a network of domestic air shuttles awaits. Taxis, buses and rental vehicles are also available. Remember, in JAMAICA we drive on the left.

## PLACES TO STAY

Accommodation in JAMAICA is available to suit any budget or taste from luxurious to standard, athletic to restful, seaside to mountaintop, in the proud tradition of Jamaican hospitality.

The island boasts a colourful assortment of delightful inns and charming small hotels, many located off the beaten track. Enjoy freshly cut flowers on your bedside table and coffee served on the verandah. In a world of refinement, your host remembers your name and your favourite dessert and will remind you to kick back in the shade with a cool planter's punch, or send you rafting down river, picnic basket in hand.

You may choose from an extraordinary collection of condominiums and apartments. They range from cozy

and comfortable to stylish and sophisticated and are particularly alluring for the family vacationer. Then, for activities in abundance, we have carefree all-inclusive resorts. Some are couples-only, designed for lovers, where the sea and the sand are perfect for romance.

Others are for families with children, and there are those that cater especially to singles, making them feel perfectly at home. JAMAICA's elegance is particularly enchanting. Here, accommodations are extravagant and dinner is amidst candlelight, white linen and old silver. We also have very private places – a spectacular array of hillside and beachfront villas where the staff is efficient and discreet, and the décor is sumptuous.

Convention hotels with the most modern facilities and amenities are complete with business and computer centres, helpful staff and a range of activities to keep the family happy.

Whatever your fancy – a delightful small hotel or an exquisite elegant resort, a charming country inn or a magnificent convention property, a captivating condominium colony or a sparkling apartment, an award-winning all-inclusive or a luxurious villa estate – JAMAICA has it all.

## CURRENCY

Major foreign currency may be readily exchanged for Jamaican dollars at banks or licensed exchange bureaus in airports and hotels. Jamaican dollars may be reconverted to foreign currency at the airport upon departure. Foreign currency or Jamaican dollars may be taken into or out of JAMAICA. However, amounts exceeding US\$10,000 (or its equivalent in any other foreign currency) or J\$150,000 must be declared to Jamaican customs.

## BANKING

Banking hours island-wide are 8:30am to 2:00pm, Mondays to Thursdays, and 8:30am to 4:00pm, Fridays. Many business offices are open on Saturdays.

## CREDIT CARDS

All major credit cards are accepted at established businesses, resorts, airlines and car rental agencies.

## LANGUAGE

The official language of JAMAICA is English, but Jamaican patois, a combination of several languages, is spoken throughout the island.

## CHILDREN

Most hotels welcome children and there are some that have kiddies' centres with all-day play and classroom activities. There are parks island-wide, a zoo in Kingston and petting zoos elsewhere on the island. Most family hotels and villas also provide baby-sitting services. Ask your travel agent for details.

## CLOTHING

Lightweight, tropical clothing is best throughout the year. A light sweater is suggested for evening, especially in winter months. Some hotels require casual eveningwear for women, and a jacket for men when dining. Laundering and dry cleaning facilities, hair salons and barbers are available throughout the island.





# THINGS TO KNOW BEFORE YOU GO

## GETTING MARRIED IN JAMAICA

If love and romance are a part of your Jamaican adventure, getting married on the island is as easy as ever. Your Jamaican wedding can be as extravagant or as simple as you want it to be. You can get married by the spray of a waterfall or at the altar of a church. You need to be on island for at least 24 hours to exchange vows, and many hotels will make all the arrangements for your nuptials if you alert them in advance. A few hotels offer the wedding free if you book for a week. JAMAICA has dozens of marriage officers island-wide who will preside over your wedding for a small fee. Even the paperwork is easy. If you are an adult and have not been previously married, all you need is proof of citizenship – a certified copy of your birth certificate, which includes your father's name. If you are under 18, a written consent from parents is required.

If you are divorced, you will also need to provide an original certificate of divorce. A widow or a widower will require a certified death certificate of deceased spouse.

Italian nationals getting married in JAMAICA must notify their embassy and a certified copy of the marriage certificate must be forwarded to the embassy to be translated and legalised. All documents that are not issued in English must be translated by an Official Translator and subsequently certified by the Ministry of Foreign Affairs of the country of residence and by the nearest Jamaican Mission or Honorary Consulate. For more information, please contact the Jamaica Tourist Board office nearest you.

## COMMUNICATIONS

International cables and e-mail can be sent from most hotels. Post offices are located throughout the island. Direct international telephone service operates 24 hours a day.

## ELECTRICAL SYSTEMS

110 volts/50 cycles is standard, 220 volts is used in some hotels. Adaptors are available where applicable for clothes irons and blow dryers.

## CRUISE SHIPPING

About 10 cruise lines call on the Jamaican ports of Ocho Rios, Montego Bay and, to a lesser extent, Port Antonio. Most cruise lines sail from Miami and

passengers may choose from a number of tours and attractions while in port. The Falmouth Cruise Port, for example, is where visitors can begin a journey of the historic town of Falmouth.

## GAMING

While there are no casinos, a number of resorts have game rooms with slot machines. Horse racing is available at the Caymanas Race Track just outside Kingston, and the national lotto can be played island-wide.

## MEDICAL FACILITIES

There are regional hospitals and clinics in all the major resorts. Doctors are on call at all hotels and some hotels have resident nurses.

## PETS

No pets can be brought into JAMAICA.



## DEPARTURE TAX

The departure tax from JAMAICA is J\$1,800 and it's incorporated in the cost of the air ticket.

## CUSTOMS

An adult 18 years or older is allowed to bring in the following duty-free items: up to 50 cigars, 200 cigarettes or one and a half pounds of tobacco, one quart or one litre of spirits, cordials or wine, 6 fluid ounces of perfumed spirits and 12 fluid ounces of toilet water. For more information, contact Customs House at (876) 922-5140/9.

Incoming restricted items include fresh flowers, plants, honey, fruits, meats and vegetables (except canned). Coffee (in any form), firearms and explosives are restricted as well as dangerous drugs, including marijuana and cocaine. Kosher foods require special documentation. Outgoing U.S. visitors returning from JAMAICA may take back US\$800 in purchases after each 48-hour visit. U.K. visitors may carry 200 cigarettes, 100 cigars, one litre of spirits, plus goods valued at under £45. Canadian and Japanese visitors should call the Jamaica Tourist Board office, Embassy or Consulate for details.

## PROOF OF CITIZENSHIP

All persons, including U.S. citizens, will be required to present a passport as mandated by the United States Department of Homeland Security for entry and re-entry to the United States. Foreign nationals entering or

transiting to JAMAICA through the United States must present a passport. For more information on the Initiative and how it will affect your travel, please visit the U.S. State Department's consular website at [www.travel.state.gov](http://www.travel.state.gov). Canadian-born citizens (not in possession of a passport) may travel on their original birth certificate and two government-issued photo identification documents. Nationalised citizens may travel on their citizenship card plus one government-issued photo identification document.

Citizens of the United States and Canada do not require a visa to visit JAMAICA as tourists and are permitted to visit the island for a period not exceeding six months. Commonwealth citizens need a valid passport but require no visas. In addition, all visitors are required to travel with a round-trip or onward airline ticket for entry to JAMAICA.

## TAX-FREE STATUS

A 1981 treaty between the U.S. and JAMAICA makes expenses for a meeting or convention held in JAMAICA tax-deductible.

## TIME ZONE

Eastern Standard Time. JAMAICA does not observe Daylight Saving Time.

## TIPPING

Most hotels have a service charge from 10 to 15%. The same amount is generally accepted at restaurants.

# DOS AND DON'TS

Tourism is a leading industry in JAMAICA today. We are proud of our marvellous tradition of guest hospitality.

We regard every single visitor to JAMAICA as our special guest: here with us to share the many pleasures of our homeland. We want your visit to be special. We want you to leave us with fond memories, eager to come back again soon.

Remember, when you are away from home, no matter where you go, it makes good sense to take extra care to ensure that your journey is safe and pleasant. Because JAMAICA cares about you we've prepared suggestions to help make your time with us as enjoyable as possible.

## AT THE AIRPORT DO

- Use authorised pick-up points for rented cars, taxis and buses
- Use authorised transportation services and representatives

## DON'T

- Pack valuables (cash, jewellery, etc.) in your luggage
- Leave baggage unattended

## IF YOU RENT A CAR

- Use car rental companies licensed by the Jamaica Tourist Board
- Ask for a map with directions to your destination before leaving the airport
- Lock your car doors
- Go to a service station or other well-lit public place if, while driving at night, you become lost or require assistance
- Check your vehicle before heading out on the road each day. If problems develop, stop at the nearest service station and call to advise your car rental company. They will be happy to assist.

- Leave your car engine running unattended
- Leave valuables in your car. Store valuables, luggage and packages in your trunk.

## ON THE ROAD

- Remember to drive on the left
- Observe posted speed limits and traffic signs
- Use your seat belts
- Always beep your horn when approaching a blind corner on our narrow and winding country roads
- Try to travel with a group at night

- Stop on dark roads or in secluded areas
- Pick up hitchhikers

## WHILE SHOPPING

- Carry your wallet discreetly
- Use credit cards or traveller's cheques for major purchases, if possible

- Carry your wallet, cash or other valuables in a rear pocket
- Display large amounts of cash when making simple purchases

## IN YOUR HOTEL

- Store valuables in a safety deposit box
- Report suspicious-looking persons or activity to hotel security or front desk
- Lock doors securely whenever you are in your room

- Open your door without verifying your caller
- Draw attention to yourself by displaying cash, jewellery or other valuables
- Invite strangers into your room
- Leave purses, wallets or keys unattended or out of sight when at the pool or on the beach

## POLICE

Please bear in mind that local police and resort patrol officers are easily identified by their uniforms. Members of the Jamaica Constabulary Force wear blue-striped shirts and black pants with red stripes down the side.

## DRUGS

The use, sale or possession of drugs such as marijuana, cocaine, crack or any other controlled substance is illegal in JAMAICA, and violators are subject to arrest, fines and imprisonment. If approached by someone trying to sell you drugs, firmly say no.

## EMERGENCY ASSISTANCE

Call toll-free.....0991-9999  
Police.....119  
Ambulance.....119, 110  
Fire.....110

There are eight visitor information booths on the island, conveniently located in Montego Bay, Ocho Rios and Negril. Each one has radio contact with the police and with the Jamaica Tourist Board offices. Security personnel and front desk managers at hotels are also able to offer assistance in an emergency.

Jamaica Tourist Board offices have personnel on hand to offer assistance when needed. Our offices are located in Montego Bay and Kingston.

