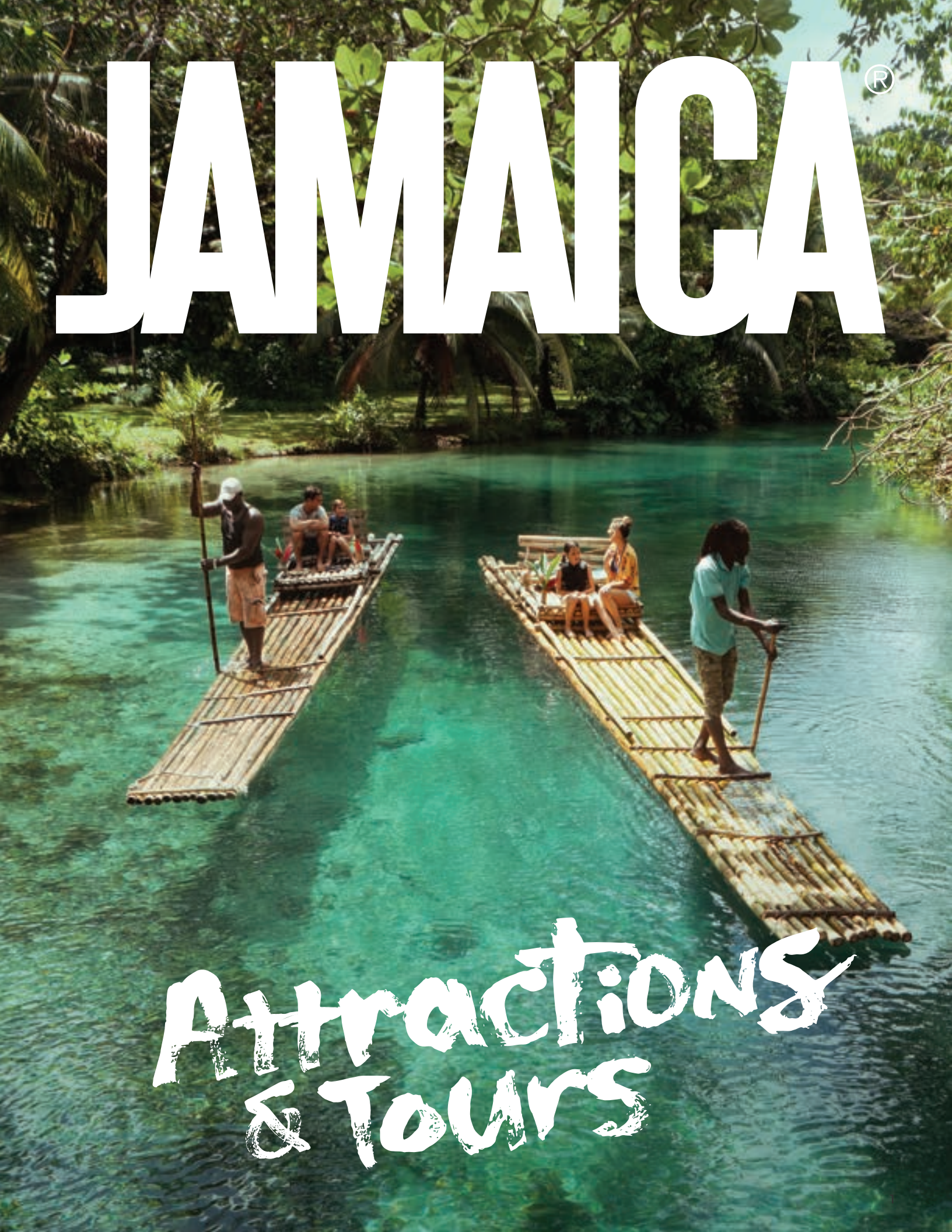
JAMAICA®



Attractions & Tours

Welcome to Jamaica

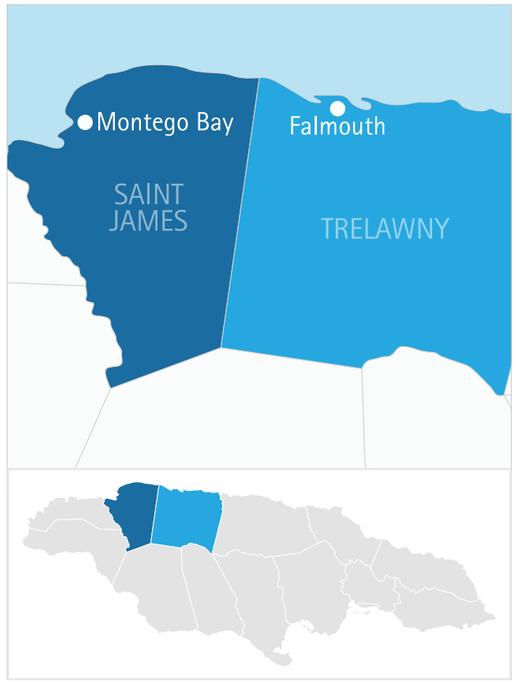
Alluring seascapes, lush mountain backdrops, friendly people, spicy flavours and island beats make Jamaica the vibrant heart of the Caribbean and one of the top destinations for travellers.

There's so much to see and experience in Jamaica. While you may be here for a short visit, it is our hope that Jamaica's over 150 attractions will be appealing and intriguing, so much so, that you will return to explore the island's rich cultural heritage and natural scenic beauty.

Whatever your interest, this destination has something for everyone. This guide provides a list of things to see and do by resort area, but bear in mind that this is only a sampling of what our island has to offer. Distances are reasonably short from one resort area to the next, making it possible to arrive in one resort area and enjoy the attractions in another.

The Jamaica Tourist Board is always more than happy to provide you with guidance and suggestions. Be sure to visit us on the web at www.visitjamaica.com for more information to make your visit a memorable one.

Montego Bay & Falmouth



Montego Bay, popularly called Mobay, is Jamaica's tourist capital. It is the second largest city and a major cruise port with numerous beach resorts. This resort region also includes the popular Doctor's Cave Beach as well as snorkeling and diving at coral reefs in the protected waters of the Montego Bay Marine Park.

Nearby, **Falmouth** is the capital town of Jamaica's Trelawny Parish. It's a busy cruise port that lies between Ocho Rios and Montego Bay on the island's north shore. The town is characterized by its Georgian architecture, concentrated in the Falmouth Historic District. To the south, the 18th-Century Good Hope Estate was originally a sugar plantation. Further east, the Martha Brae river cascades over limestone rocks in the cockpit country, then meanders into the seas.

» Animal Farm & Nature Reserve

Animal Farm & Nature Reserve offers tours to individuals or groups, to view a wide range of exotic birds and animals, as well as learn about alternative energy with solar and bio-gas generating plants.
animalfarmjamaica.com

» Bellefield Great House

The Bellefield Great House and its Estate have the distinction of being one of the oldest sugar plantations in Jamaica. This lush tropical estate sits on 10 acres of land, and has been part of the Kerr-Jarrett family holdings for more than eleven generations.
bellefieldgreathouse.com

» Cinnamon Hill Golf Club

The Cinnamon Hill Course at the Rose Hall Resort and Spa is situated on what used to be a large sugar plantation. Jamaica's past history is still present throughout the golf course in the form of graveyards and ruins of old homes.

Cinnamon Hill Golf Club

ATV Safari Sandy Bay

» Chukka Caribbean Adventures

Jungle River Tubing & Kayaking
Canopy Tour
ATV Safari Sandy Bay
Dune Buggy
Zipline Canopy
www.chukka.com

» Chukka Eco—Adventure Outpost

Once a working village and sugar plantation dating to the 1700s, Good Hope Estate is now home to a variety of adventure and cultural experien ces. Recreational park and soft adventure playground on a 2,000-acre estate with a historic Great House.

Club Mobay

Enjoy the warmth of Jamaican hospitality and luxury with our fast track and personalized meet and greet services and VIP Lounges.
www.vipattractions.com

» Croydon In the Mountain

A 132-acre working plantation in the foothills of the Catadupa mountains (45 minutes from MoBay). Its main crops are coffee, pineapples, plantains and citrus. Half-day tour.
croydon-estate.com

Montego Bay

» **Doctor's Cave Bathing Club**
Five miles of pure white sand and crystal clear water have made this beach a popular destination for tourists and families.
www.doctorscavebathingclub.com

» **Falmouth Outdoor Adventures**
Nestled in the heart of the lush woodlands of Falmouth you'll find the ultimate paintball experience in Jamaica. Gear up to rumble in the jungle with fully equipped outdoor facilities and field ideal for players of all levels.

» **Greenwood Great House**
Over 200 years old. Formerly owned by the family of Elizabeth Barrett Browning, the famous English poet. Greenwood is one of the best preserved great houses on the island.
www.greenwoodgreathouse.com

» **Half Moon Equestrian Centre**
Let our team help you experience the joy of riding in a fun and safe environment. The park is home to rabbits, goats and donkeys as well as our ponies.
www.halfmoon.com

» **Hampden Estate Rum Tour**
Hampden produces distinctive types of rum known for centuries throughout Europe and South America where they are used to flavor and blend many retail rum brands. Learn about the over 260-year old rum making process and explore the picturesque 3,500 acre estate surrounding the Hampden Great House.
hampdenestaterum.com

» **Harmony Beach Park**
Harmony Beach Park offers serene sandy shores, clear waters, and lush surroundings, providing a perfect escape for relaxation and recreation. Perfect for families with amenities like picnic areas and water sports facilities.

» **Luminous Lagoon**
Experience the enchantment of the Luminous Lagoon in Falmouth at Glistening Waters. Sunset marks the start of daily boat tours to this natural wonder, where bio-luminescent organisms illuminate the waters, creating a mesmerizing light show. Swim in the shallow, glowing waters for an unforgettable
www.glisteningwaters.com/experience

» **Margaritaville Montego Bay**
Hailed as the place to be on Montego Bay's 'Hip Strip', Gloucester Avenue, Margaritaville is perfect for anyone looking for exciting entertainment. A lively, fun atmosphere, delicious food and fun concoctions.
www.margaritavillecaribbean.com

» **Montego Bay Arts Council**
National Gallery West is the National Gallery of Jamaica's new branch at the Montego Bay Cultural Centre.
www.montegobayculturalcentre.org

» **Rastafari Indigenous Village**
The Rastafari Indigeneous Village is a space that will showcase the life, skills and experiences of our people. Visitors can take a tour of the village, participate in organic farming, learn to make traditional crafts or receive lessons in music.

» **Rafting on the Martha Brae**
Rafting on the Martha Brae, is the island's premier river- rafting attraction located a mere twenty miles from Montego Bay and forty miles from Ocho Rios.
www.jamaicarafting.com

» **Rose Hall Great House**
Explore this Eighteenth Century plantation Great House by day and delight in an exquisite architectural celebration of Jamaica's heritage and culture.
www.rosehall.com

Doctor's Cave Beach

Martha Brae

Rose Hall Great House

OCHO RIOS & RUNAWAY BAY

Ocho Rios, spanish for “Eight Rivers”, is truly the centrepiece of Jamaica. A former fishing village, it’s now a resort with a cruise ship harbor and a busy bay beach lined with hotels.The fern-clad hills and cascading waterfalls of Ocho Rios are located in the heart of the north-coast region.The surrounding parish of Saint Ann is home to a rainforest. rivers and waterfalls, including Dunn’s River Falls, a terraced 180 meter mountain waterfall with lagoon pools, surrounded by trees.

A short drive from “Ochi” is **Runaway Bay**, a tranquil seaside town Spanish colonizers fled from to Hispaniola, when the British took possession of Jamaica in 1655. Some of the best diving and snorkeling sites can be found along the Runaway Bay coastline.

» Bamboo Beach Club

“Reggae-style’ hospitality reigns at Jamaica’s immensely popular Bamboo Beach Club where smooth white sand, clear blue water and breathtaking views create an unforgettable tropical paradise.
www.bamboobeachclub.com

» Chukka Caribbean Adventures

White River Valley Tubing
Get up close and personal with the Chukka White River Valley location, offers stuning natural beauty and historic landmarks.

Original Canopy Zipline Tours
The location is home to an exciting zipline adventure through the trees of this perfect piece of paradise

ATV Safari Tours
Take an exhilarating safari in your own ATV Buggy. Your tour begins with a short safety briefing and riding lesson before heading across the Richmond Property

Horseback Ride & Swim
Combine trails and waves in this one-of-a-kind adventure, the Horseback Ride ‘N’ Swim!
www.chukka.com

» Dolphin Cove

Swim with the dolphins and see animals and birds in a natural cove surrounded by a lush, tropical rain forest. rivers and waterfalls.
www.dolphincoveja.com

» Dunn’s River Falls and Park

Dunn’s River Falls is one of Jamaica’s national treasures, a famous waterfall near Ocho Rios, Jamaica.
www.dunnsriverfallsja.com

» Green Grotto Caves Tour

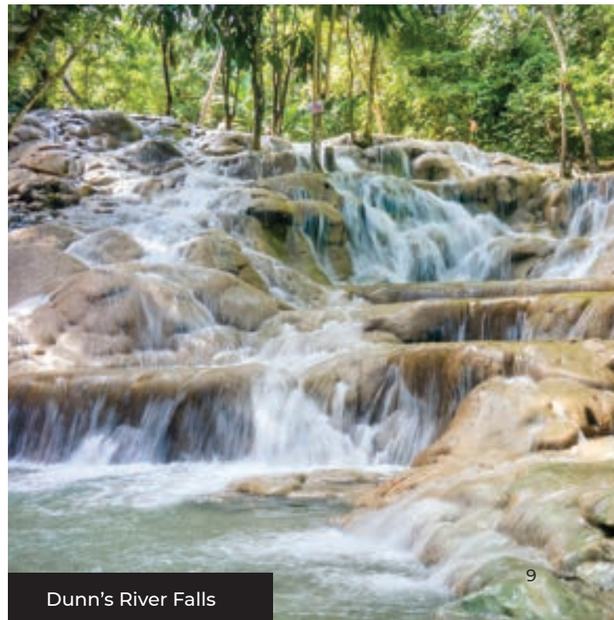
An out of this world journey into the very heart of Jamaica’s “innerworld’. In just under an hour, your guide will take you through a maze of sturdy, majestic stalactites and stalagmites, and other exquisite dripstone formations.
www.greengrottocavesja.com

» Reggae Hill

Reggae Hill is a beautiful outdoor property with a park-like setting that lies along a riverbank in a fertile green clearing. Surrounded by native plants, multi-colored flowers and hundred-year-old trees, here you can relax in your chair and really soak up the wild beauty of Jamaica.
https://reggaehill.com

» Yaaman Adventure Park

Take a tour of an 18th century estate at Prospect, in Ocho Rios, the home of Yaaman Adventure Park. Start your adventure with an open-aired carriage ride and learn about the agricultural resources on the plantation. Take a cooking class with our resident chef. Ready for more? Then turn up the excitement on the mud ATV or buggy ride.
yaamanadventure.com



Dunn’s River Falls

» Island Gully Falls/Blue Hole

Your time spent there will include a cascading waterfall climb, opportunities for scenic pictures, and cliff diving & rope swing for the adventurous.

Island Gully Falls

» Konoko Falls and Park

Situated just five minutes away from the centre of Ocha Rios, come and discover the diverse and serene experience that is Konoko Falls.
www.konokofalls.com

» Mystic Mountain

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. Enjoy a thrilling ride through tropical landscapes on sleds, or take the zip line through the lush green forest.
mysticmountain.com

» Sandals Golf and Country Club

Narrow fairways have been resurfaced with Bermuda grass while miniscule, dropoff greens have been rebuilt with Tifdwarf Bermuda grass for a beautifully manicured course.
www.sandals.com/golf/jamaica

» Seville Great House

The Seville Great House and Heritage Park is one of Jamaica's most interesting and informative cultural attractions. The history behind the Seville Great House is one of legend as it was here that Christopher Columbus first came in contact with the Taino Indians.
www.jnht.com/site_seville_great_house.php

» Sun Valley Plantation Tours and Trails

The go-minute tour of this plantation tells the story of the property from the slave era to present day. Join the tour and learn about tropical fruits and plants, taste coconuts, otaheite apples and other exotic fruits. Watch bananas being packaged for export at the farm too.
E-mail: sunvalleyjamaica@gmail.com

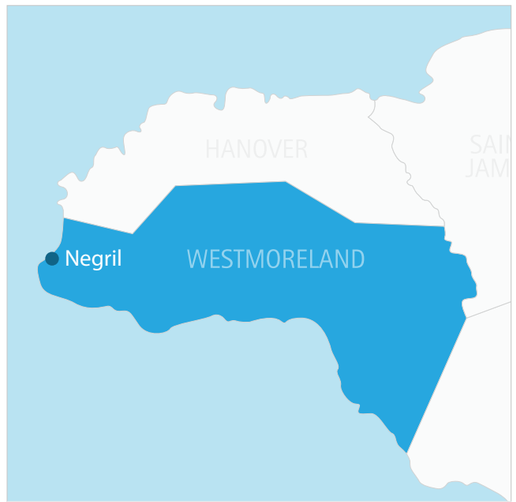
River Rapids

» The River Rapids Adventure

Tour the Rio Bueno River, enjoy scenic waterfalls, splashing rapids, picturesque river pools, and even a private beach at Bengal Bay.
https://riverrapidsjamaica.com

Blue Hole

Negril



Located at the western tip of Jamaica, **Negril** is about an hour's drive from Montego Bay. Known as the "Capital of Casual," this unspoiled paradise is famous for its natural beauty, free spirited ambience and ribbon of white-sand Seven Mile Beach, flanked by rugged limestone cliffs.

» Benta River Falls

Benta Falls is located in the heart of Westmoreland, just 27 miles from Negril on Jamaica's west coast. It is off the beaten track but well worth the effort it takes to get there. It is one of Jamaica's best kept secrets. An attraction that is family friendly and features 7 beautiful waterfalls and a breathtaking blue lagoon.

» Jamwest Motor Sports & Adventure Park

Experience the ATV Tour, a Safari Tour, Zipline Challenge, Horseback Ride, Aviary, Mineral Spring Pool, and of course Jamwest Speedway. The property is also home to the largest goat farm in Jamaica.
www.jamwest.com

» Negril Hills Golf Club

The golf course at the Negril Hills Golf Club offers an affordable and challenging game with an unpretentious atmosphere. Elevated tees, sand traps, and natural water hazards make the golf course even more interesting.
www.negrilhillsgolfclub.com

» Rastafari Experience

Take an amazing and unique journey through the countryside! Jump on brand new atv's and drive them through the hills, plains, farms and a beautiful village where you can swim in crystal clear mineral springs, discover and taste exotic fruits and plants and much more.

» Margaritaville Negril

Stroll down the white-hot strip of famous 7-Mile Beach to Margaritaville's iconic yellow flip flop. Sparkling sugar sand, crystalline warm waters, and sunsets unlike anything you've ever seen are only a few of the things Margaritaville Negril has to offer. Experience private cabanas for lounging beachside, a rustic Tiki Beach Bar serving up endless island-inspired refreshments, and open-air dining with a menu so delightful, the fish won't be the only ones biting. The town of Negril may have inspired Jimmy Buffett's "Jamaica Mistaica", but make no mistake, you'll find your slice of heaven at Margaritaville Negril. Exchange your worries and shoes, for barefoot fun in the sand and surf, the entire family can enjoy.
margaritavillecaribbean.com

» Dolphin Cove Negril

Dolphin Cove Negril sits on 23 acres of ocean frontage in just a short car ride from Negril. Guests have the opportunity to interact and swim with dolphins in their natural habitat, enjoying the thrill and love of these amazing lovable marine mammals.
dolphincoveja.com

» Mayfield Falls

Located off the beaten path in the Negril resort area of Jamaica, this hidden gem thrives with wildlife and cool, crystal clear waters. Experience the coolness of one of the island's rivers or explore the land as you climb the clear watered waterfall and take in the beautiful and tranquil surroundings. Mayfield Falls is the perfect escape from the ordinary, and a great haven for nature lovers.
chukka.com

South Coast

Jamaica's **South Coast** offers a delightful off-the- beaten-path experience even though it's quite easy to get there. The region is unique for its rugged coves, black-sand beaches, and secluded swimming spots, with Treasure Beach providing a six-mile stretch of unspoiled coastline dotted with fishing boats. It's also known for community tourism, which means your vacation isn't just good for your soul, it directly benefits the local community. A must-see attraction while you're here is YS Falls, a cascading waterfall surrounded by lush, tropical vegetation where vacationers can zipline, swing, and swim all day. To top off your adventure, enjoy the Joy Spence Appleton Estate Rum Experience to appreciate the essence of Jamaican rum from harvesting to sipping.

» The Joy Spence Appleton Estate Rum Experience

Appleton Estate Rum Tour gives visitors an inside look at the rum-making process. Visitors watch resident donkey "Pax" demonstrate how juice was extracted from sugarcane in the 18th century. From there the tour takes visitors to the Distillery & Aging House where the different methods of distillation are shown. Visitors are then able to juice their own cane, sample white rum and boil "wet sugar".
appletonestate.com/en/visit-our-estate

» Camp Irie Adventures

Located in Appleton, St. Elizabeth on a property of over 600 acres. The property, surrounded by lush rainforest, and has been redeveloped for farming and eco-tourism adventure. Experience the rush of ATV rides, the history of architectural remnants, the thrill of a laser battle or a hike through the trails of the countryside. Thrill and Chill seekers and nature lovers, your IRIE ADVENTURE BEGINS HERE! Live IRIE
campirie.com

» Y.S. Falls

Boasting a magnificent seven-tiered cascading waterfall, an expansive wading pool fed by underground springs, exciting canopy rides which careen you down the alley high above the falls, river tube rides and spectacular views. Adventure awaits you in the jungle!

» Y.S. Falls Zipline Canopy

Fall in love with the stunning YS Falls while enjoying the ride of your life with a thrilling zipline canopy tour. The YS Falls is one of Jamaica's most famous waterfalls due to its dramatic rainforest setting.This beautiful sequence of waterfalls lined with abundance of picnic areas makes it a lovely outing for the entire family.
www.ysfalls.com/attractions/canopy

Appleton Estate Rum

Y.S Falls

Kingston

Nestled between the majestic Blue Mountains and one of the world's largest natural harbours you'll find **Kingston**, Jamaica's capital city and a cultural mecca for those who are drawn to our rich cultural heritage and music.

Famously, Kingston is the birthplace of reggae music and serves as a rite of passage for music fans from all over the world. One popular stop is the Bob Marley Museum, where fans can tour Marley's former home and recording studio and come one step closer to connecting with the life and legacy of this legendary artist. But music isn't Kingston's only attraction. Visitors can also tour the historic Devon House mansion, which dates back to the late 19th century and is renowned for its homemade ice cream. The National Gallery of Jamaica is another must-visit cultural destination, showcasing the works of Jamaican artists from the 1920s to the present day. History buffs will enjoy visiting Port Royal, an historic old fort that was once a hub for piracy in the Caribbean.

Bob Marley Museum

Devon House

» **Blue Mountain Downhill Bicycle Tour**
The Blue Mountain Bicycle Tour, offers a downhill riding tour that is a truly delightful bicycle trip, down the mountainsides and rolling hills, a grand way to see Jamaica.
www.bmtoursja.com

» **Bob Marley Museum**
Bob Marley's former residence and recording studio, the Bob Marley Museum is a landmark place in Kingston dedicated to the icon of reggae music Bob Marley.
www.bobmarleymuseum.com

» **Craighton Great House & Coffee Estate Tour**
Blue Mountain coffee is coveted the world over and this tour will give you an exclusive Blue Mountain Coffee experience, a nature getaway and a journey back in time. Don't miss this opportunity for a close-up look at coffee growing and a comprehensive lecture on the bean that helps to keep you moving.

» **Devon House**
Sitting on 11 lush acres, the stately Devon House mansion was the home of Jamaica's first black millionaire, George Stiebel. It was built in 1891, on what was originally a 51-acre property. Visitors can go back in time with a tour of the Georgian-style great house. Also visit the Port Royal-style Grog Shoppe, restaurants, crafts and souvenir shops.
www.devonhouseja.com

» **Fort Charles and the Maritime Museum at Port Royal**

The oldest and greatest of the ancient city's six fortresses, Fort Charles was built in the 17th century. Lord Horatio Nelson, Admiral Rodney, Sir Henry Morgan and many other famous men strode proudly across the ramparts of this fearsome fort, which boasted as many as 104 cannons and 500 men.

www.jnht.com

» **Jamaica Food and Drink Kitchen**

A passport to Jamaica Culinary + Dining Experiences for visitors who want to gain greater knowledge of Jamaican flavours and learn to whip up a delicious Jamaican meal right in the heart of Kingston.

www.jamaicafoodanddrinkkitchen.com

» **National Art Gallery of Jamaica**

Located in the Kingston Mall, the National Gallery of Jamaica is Jamaica's premier art collection housing several important works, mostly by artists from Jamaica, including Mallica 'Kapa" Reynolds, Cecil Baugh, Albert Huie, Carl Abrahams, Petrona Morrison, Hope Brooks, and Edna Manley.

www.natgalja.org.jm

» **Peter Tosh Museum**

Devoted to the legacy of the great Peter Tosh, visitors can view photos and artifacts from the revolutionary musician's life. On display, is his M-16 rifle shaped guitar—a gift Tosh received in 1983 from a teenage fan while on tour in California. See his Grammy award for Best Reggae Album, awarded posthumously in 1988 for 'No Nuclear War.

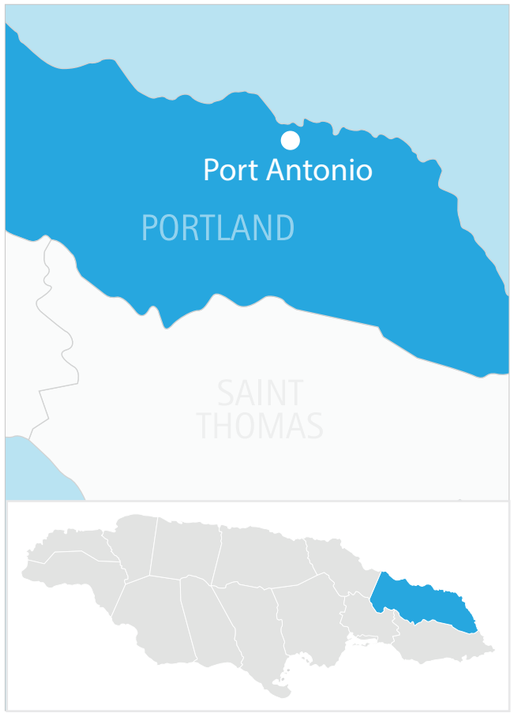
www.petertosh.com/museum

» **Worthy Park Estate**

Worthy Park Estate is Jamaica's newest rum tour attraction, celebrating one of the island's oldest sugar and rum producers. Elevated 1200 feet above sea level in the cool hills of Lluidas Vale, St. Catherine, the guided rum tour immerses your senses in the sights, sounds, flavours, aromas and craft of 100% Pot Still distilled rum making. Located just 50 minutes from Kingston and Ocho Rios, the Worthy Park Estate tour takes you on a journey of rich history from 1670 into the present day, including the process of converting sweet, sugar cane to pure, premium Jamaican rum.

worthyparkestate.com

Port Antonio



There's a reason why so many famous movies were filmed on location in Port Antonio. The natural beauty of this remote tropical location is like visiting a set on an old Hollywood classic. It has everything you want in a Caribbean vacation—a remote paradise that feels like your own private island.

Located just 60 miles from Kingston, Port Antonio offers respite for visitors and locals alike who are seeking privacy and tranquility. With many of the island's most breathtaking waterfalls, secluded swimming holes, untampered beaches and rivers of bamboo rafts, whether staying in a resort or your own private villa, visitors are encouraged to make this special place their playground. For those in the know, Port Antonio is Jamaica's Jamaica and a home away from home.

Frenchman's Cove

» Frenchman's Cove Beach

The legendary Frenchman's Cove Resort has been entertaining celebrities for decades. Guests can enjoy the villas and facilities which are set amidst lush gardens and mere steps away from the beach.
frenchmanscove.com/world-famous-beach

» Reach Falls

Located in Portland, visitors will enjoy a truly beautiful setting, situated amongst exotic virgin rain forest. Vines hang and natural bamboo stand throughout the falls. You'll see species of plants here that you won't see anywhere else in the world.

» Rio Grande Rafting

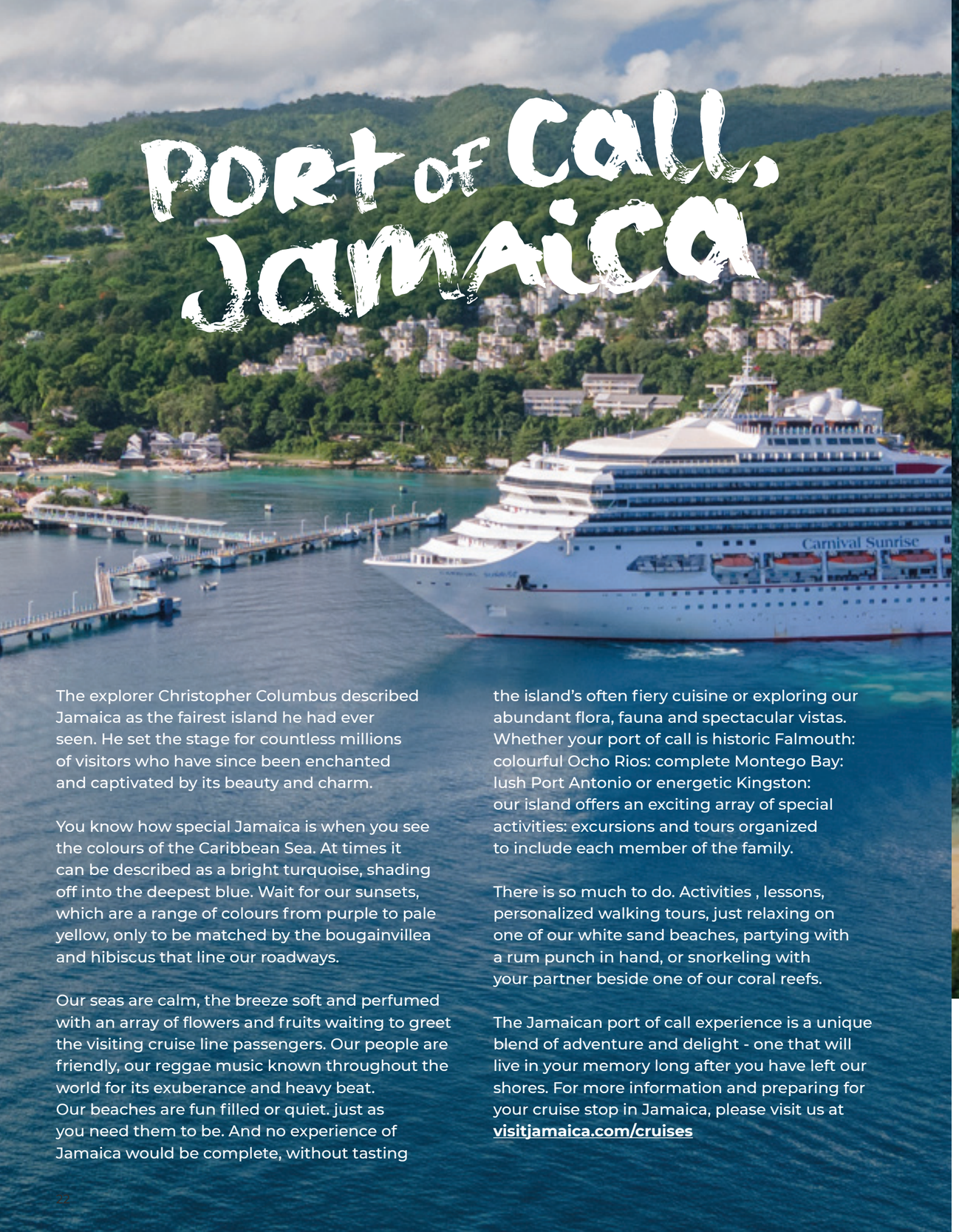
A bamboo raft for two passengers is poled downriver by a skilled licensed raft captain for your river adventure down the Rio Grande river valley which is dominated by bamboo and banana groves. Rio Grande rafting provides some of the most beautiful views you will ever see and for about two to three hours you will be swallowed up by Jamaica's natural beauty.

» Valley Hikes

Guides from the surrounding communities. Excursions include visits to the Valley communities to meet descendants of Nanny of the Maroons, Jamaica's only national heroine.

Reach Falls

Rio Grande Rafting



Port of Call, Jamaica

The explorer Christopher Columbus described Jamaica as the fairest island he had ever seen. He set the stage for countless millions of visitors who have since been enchanted and captivated by its beauty and charm.

You know how special Jamaica is when you see the colours of the Caribbean Sea. At times it can be described as a bright turquoise, shading off into the deepest blue. Wait for our sunsets, which are a range of colours from purple to pale yellow, only to be matched by the bougainvillea and hibiscus that line our roadways.

Our seas are calm, the breeze soft and perfumed with an array of flowers and fruits waiting to greet the visiting cruise line passengers. Our people are friendly, our reggae music known throughout the world for its exuberance and heavy beat. Our beaches are fun filled or quiet. just as you need them to be. And no experience of Jamaica would be complete, without tasting the island's often fiery cuisine or exploring our abundant flora, fauna and spectacular vistas. Whether your port of call is historic Falmouth: colourful Ocho Rios: complete Montego Bay: lush Port Antonio or energetic Kingston: our island offers an exciting array of special activities: excursions and tours organized to include each member of the family.

There is so much to do. Activities , lessons, personalized walking tours, just relaxing on one of our white sand beaches, partying with a rum punch in hand, or snorkeling with your partner beside one of our coral reefs.

The Jamaican port of call experience is a unique blend of adventure and delight - one that will live in your memory long after you have left our shores. For more information and preparing for your cruise stop in Jamaica, please visit us at **visitjamaica.com/cruises**

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For additional information, go to visitjamaica.com or call your nearest Jamaica Tourist Board office.

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