

# JAMAICA<sup>®</sup>



DUNN'S RIVER FALLS, OCHO RIOS

ATTRACTIONS AND 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 Canadian travellers. In fact, Jamaica was recently named the number one destination in the Caribbean by TripAdvisor and one of the world's top 15 destinations at the 2017 Travelers' Choice Awards.

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](http://WWW.VISITJAMAICA.COM)**

for more information to make your visit a memorable one.



# 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 [www.cruisejamaica.com](http://www.cruisejamaica.com)





# 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.

[www.homestead.com/animalfarm](http://www.homestead.com/animalfarm)

## **Barnett Plantation Tour**

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.

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



## **Braco Stables Horseback Riding**

Horseback tour through the scenic countryside, onto the shore and swimming bareback with the horses on a beautiful, private beach.

[www.bracostables.com.jm](http://www.bracostables.com.jm)

## **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.

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

## **Chukka Caribbean Adventures**

Jungle River Tubing & Kayaking • Canopy Tour  
ATV Safari Sandy Bay • Dune Buggy • Zipline Canopy

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

## **Chukka Good Hope Estate**

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

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



## 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](http://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.



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

## 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](http://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

[www.falmouth-outdoor-adventures-ltd.treksoft.com](http://www.falmouth-outdoor-adventures-ltd.treksoft.com)

## 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](http://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.horsebackridingjamaica.com](http://www.horsebackridingjamaica.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.

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



## Jamaica Jungle River Promotions

Go river tubing down Jamaica's Great River during this 2.5-hour excursion from Montego Bay

Email: [wplummer02@yahoo.com](mailto:wplummer02@yahoo.com)



## Jamaica Zip Line Adventure Tour

Enjoy the views of rural Jamaica on the longest zipline in the Caribbean. Marvel at the Jamaican hills and farmland and the Great River below, while traveling at speeds of 40 mph.

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

## 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](http://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](http://www.montegobayculturalcentre.org)

## Rastafari Indigenous Village

The Rastafari Indigenous 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.

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

## Rafting on the Martha Brae

90-minute river trip on Jamaica's premier river-rafting attraction.

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

## Rockspring Cave Exploration

Guided adventure, community and nature tourism in the wilderness area of the Cockpit Country which is known globally for its unique landscape, karst limestone topography and biodiversity

## 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](http://www.rosehall.com)



## The River Bumpkin Farm

A unique experience with everything from river tubing and kayaking down the Martha Brae River to bicycle trekking past historic ruins, The River Bumpkin Farm is the perfect place for the whole family to enjoy.

[www.islandroutes.com/bumpkin/region](http://www.islandroutes.com/bumpkin/region)





## OCHO RIOS + RUNAWAY BAY

**Ocho Rios**, Spanish for "Eight Rivers", is truly the centerpiece 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](http://www.bamboobeachclub.com)

### **Chukka Caribbean Adventures**

#### • **White River Valley Tubing**

Get up close and personal with the Chukka White River Valley location, offers stunning 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](http://www.chukka.com)

### **Calypso Rafting**

Jump aboard a bamboo raft and glide down the pretty White River, where your trusty raftsman will guide you on a 45-minute tour.

[www.calypsorafting.com](http://www.calypsorafting.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](http://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](http://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](http://www.greengrottocavesja.com)



### H'evans Scent Ziplining

A true taste of Jamaica with authentic food, and exhilarating rides set amidst the trees!

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



### 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.

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

### Konoko Falls and Park

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

[www.konokofalls.com](http://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

[www.rainforestbobsledjamaica.com](http://www.rainforestbobsledjamaica.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](http://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](http://www.jnht.com/site_seville_great_house.php)



### Sun Valley Plantation Tours and Trails

The 90-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](mailto:sunvalleyjamaica@gmail.com)



### 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.

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

### Wata Land

An amazing eco-friendly water park awaits you, filled with fun activities in the popular area of White River Valley.

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





## NEGRIL + SOUTH COAST

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.

The winding roads through tropical forests seem to go on forever in this beautiful, seemingly untouched area known as the **South Coast**. Travellers in search of privacy and solitude will enjoy scenic seaside locations and isolated beaches, where the only footprints are their own.







### 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](http://www.jamwest.com)



### Kool Runnings Adventure & Water Park

Fill your day with 10 amazing water slides, quarter mile of lazy river, Captain Mikie's Coconut Island for the kids, great food and games galore. Paintball, Outdoor Laser Tag, Go-Karts, Jamboo Rafting on the Great Morass!!

[www.koolrunnings.com](http://www.koolrunnings.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.negrilhillsclub.com](http://www.negrilhillsclub.com)



### Wild Crocodile Adventure & Tours

An attraction that offers a wide variety of nostalgic tours that take you through a panoramic 900-acre property. A true Nature Lovers, the ambience of this unique Eco-tourism attraction with its one mile of beach surely sets the mood for a very rustic and cultural experience.

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

### Appleton Estate Rum Tour

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'.

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

### Irie Safari

Tour the Irie Safari on pontoon boats, or discover the Lost River Kayak Adventure Tours. This nature-loving-escape is found in the largest natural wetland in the English-speaking Caribbean. En route to each attraction you'll experience the warm hospitality of the residents in each connecting town.



### J. Charles Swaby's Swamp Safari

An entertaining, informative and enjoyable boat tour up Jamaica's most navigable river, the Black River. This once in a lifetime experience offers you the chance to see crocodiles and various species of birds in their natural habitat. There is also a museum and crocodile nursery which could be viewed as well.

Phone: [1-876-965-2513](tel:1-876-965-2513)

Email: [jcsafari@hotmail.com](mailto:jcsafari@hotmail.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!

### YS 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.yfalls.com/attractions/canopy/](http://www.yfalls.com/attractions/canopy/)



# KINGSTON + PORT ANTONIO



Resting at the foot of the Blue Mountains and overlooking the world's seventh-largest natural harbour rests Kingston, Jamaica's capital city. **Kingston** is the largest English-speaking city south of Miami and is the cultural heartbeat of Jamaica with its pulsating reggae rhythms, rich cultural history, sophisticated, upbeat nightlife and varied dining venues.

Nestled between twin harbours on the island's northeast curve, where mist-shrouded mountains drop down to the sea, **Port Antonio** glows with the green hues of palms and ferns, laced with brilliant reds and yellows of its tropical flora. Some of the island's most elegant villas and charming small hotels are tucked along hillsides, overlooking its secluded azure coves. Though a quiet and beautiful haven, Port Antonio is known as a gateway to nearby tropical jungles, mountains and waterfalls.







### 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](http://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](http://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.devonhousejamaica.com](http://www.devonhousejamaica.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](http://www.jnht.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 "Kapo" Reynolds, Cecil Baugh, Albert Huie, Carl Abrahams, Petrona Morrison, Hope Brooks, and Edna Manley.

[www.natgalja.org.jm](http://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](http://www.petertosh.com/museum)



### 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.

[www.udcja.com/attractions/reach-falls](http://www.udcja.com/attractions/reach-falls)



### 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.

[www.portantonio.com/tours/rio-grande-rafting-tour.html](http://www.portantonio.com/tours/rio-grande-rafting-tour.html)

### Valley Hikes

Perfect for the adventure traveler who really wants to get out and see more of Jamaica, Valley Hikes offers guided hikes into some of the most interesting regions of the island. Tours are operated by 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.