

JAMAICA

We Make it Easier For You to Sell

Travel Agent Reference Guide

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Listings in this manual are a directory of services for information purposes only and do not represent endorsement by the Jamaica Tourist Board. The Jamaica Tourist Board disclaims any and all responsibility for any inaccuracies contained in these listings.

GENERAL INFORMATION

ACCOMMODATIONS: Jamaica has 144 hotels, 91 guest houses and 282 resort cottages/villas/apartments.

ATMS: Most Jamaican ATMs (called ABMs on the island) accept international banking cards with Visa, MasterCard, Cirrus and Plus logos.

AIRPORTS: There are three (3) International and four (4) Domestic Airports in Jamaica. Airports Authority of Jamaica; T: 924.8452 www.airportsauthorityjamaica.aero

International Airports:

Norman Manley, Kingston: T: 924.8452-6 / www.nmia.aero
Donald Sangster, Montego Bay: T: 952.3124 / www.mbjairport.com
Ian Fleming, Boscobel St Mary: T: 975.3101 / www.ifia.aero

Domestic Airports:

Ken Jones Aerodrome, Kingston: 913.3173 or 913.3926
Negril Aerodrome, Negril: 957.5016
Tinson Pen Aerodrome, Kingston: 923.0022
Lionel Densham Aerodrome, St. Elizabeth: C/O Jason Henzel; 965.3000

ANIMALS: Not allowed to enter.

BANKING: Commercial banks maintain branches throughout the island: The hours 9 A.M.-2 P.M. Monday to Thursday; 9 A.M.-4 P.M. on Fridays. Exchange Bureaus are open in Montego Bay, St Mary and Kingston airports for all international flight arrivals and departures.

CHILDREN: Most hotels provide nursemaid service and have a range of age appropriate activities. There is a zoo at Hope Gardens in Kingston.

CLIMATE: The northeast trade winds and mountain breezes keep the temperature pleasant year round.

MONTH	LOW	HIGH	AVERAGE	DAYS OF RAIN
Jan	66.2°F (19.0°C)	88.9°F (31.6°C)	78.3°F (25.7°C)	7
Feb	66.9°F (19.4°C)	87.4°F (30.8°C)	77.9°F (25.5°C)	4
Mar	70.2°F (21.2°C)	88.5°F (31.4°C)	78.4°F (25.8°C)	5
Apr	70.7°F (21.5°C)	90.7°F (32.6°C)	80.8°F (27.1°C)	7
May	70.5°F (21.4°C)	90.9°F (32.7°C)	81.5°F (27.5°C)	12
Jun	72.5°F (22.5°C)	92.8°F (33.8°C)	82.8°F (28.2°C)	12
Jul	69.8°F (21.0°C)	94.8°F (34.9°C)	85.1°F (29.5°C)	6
Aug	73.4°F (23.0°C)	95.2°F (35.1°C)	85.1°F (29.5°C)	7
Sep	73.0°F (22.2°C)	94.8°F (34.9°C)	84.9°F (29.4°C)	7
Oct	71.6°F (22.0°C)	93.9°F (34.4°C)	81.9°F (27.7°C)	12
Nov	71.8°F (22.1°C)	91.4°F (33.0°C)	82.0°F (27.8°C)	5
Dec	68.5°F (20.3°C)	91.2°F (32.9°C)	81.0°F (27.2°C)	8

CREDIT CARDS: Major credit cards are accepted.

CURRENCY: The official rate of exchange fluctuates daily, depending on foreign exchange markets. Foreign exchange may be exchanged for Jamaican dollars at any bank during regular business hours or at licensed exchange bureaus in the airports and at the hotels island wide. Purchases of goods and services on island may be made in a currency recognized by the Jamaican government. Jamaican dollars may be reconverted to foreign currency at the airports' exchange bureaus upon departure by presenting a foreign exchange receipt. Foreign or Jamaican currency may be taken into or out of the country, however, amounts in excess of US\$10,000 or its equivalent in any other foreign currency, must be declared to Jamaican Customs authorities.

CUSTOMS: Incoming allowed - an adult 18 years or older is allowed the following items duty-free: no more than 50 cigars or 200 cigarettes or 1 ½ pounds of tobacco; one quart or one litre of spirits, cordials and wine, 6 fl oz of perfumed spirits and 12 fl oz of toilet water. Incoming restricted items are: fresh flowers, plants, honey, fresh fruits, fresh meats and fresh vegetables, coffee (in any form), firearms, explosives and dangerous drugs (including marijuana). All Carcasses being imported by persons who use only Kosher foods must have: (a) meat inspection certificates from either the USDA, Ministry of Agriculture and Veterinary Division of Canada or the official government veterinary department of any other country, certifying ante and post mortem inspection; (b) stamp of approval on all carcasses; and(c) an import license from the Ministry of Agriculture (T: 927-1731) in Jamaica. The Jamaica Tourist Board will make arrangements to obtain this license if given two weeks notice.

OUTGOING:

U.S.: Residents who have been out of the country for 48 hours or more may take home items valued up to US\$800 once every 30 days without incurring duty. Adults may include 200 cigarettes, 100 non-Cuban cigars and one liter of alcohol. A second liter of alcohol is allowed duty-free if it is produced by a Caribbean Basin country. Visitors may mail gifts to the U.S. (not including perfume, cigars or liquor) worth up to US\$100.

U.K.: Visitors are allowed 200 cigarettes, 50 cigars and 250g of tobacco. All other goods, including gifts and souvenirs should value no more than £390 without having to pay tax and/or duty.

Canada: Residents, temporary residents, and former residents of Canada returning to live in Canada, may claim goods duty-free under one of the following exemptions: C\$800 on a 7-day absence from Canada; C\$800 for any 48-hour absence from Canada; C\$200 (alcohol and tobacco products not

included) for any 24-hour absence from Canada. One of these exemptions must be claimed, and visitors cannot combine exemptions with other passengers. Visit www.cbsa-asfc.gc.ca for more information.

Japan: Duty free allowance up to 200,000 yen (approximately U.S.\$1,800.00). Liquor allowance is 3 bottles, each 760 ml. Persons under twenty years of age must pay duty on all liquor brought into Japan.

DEPARTURE TAX: J\$1800.00 (subject to change without notice) or its equivalent in foreign currency. Most airlines include this tax in the cost of the airline ticket. Otherwise, the fee may be paid only in cash upon check-in.

ELECTRICAL SYSTEM: 110 volts/50 cycles is standard; 220 volts is used at some hotels. Adaptors are available at some hotels.

ENTRY REQUIREMENTS: U.S. Citizens travelling to and from Jamaica must present a valid passport when leaving and on re-entering the United States. U.S. citizens travelling to Jamaica for work or for extended stays are required to have a current U.S. passport and visa issued by the Embassy of Jamaica or Consulate General of Jamaica. U.S. Residents must present their Alien Resident Card (Green Card) together with passport of country for which they hold citizenship.

Canadian Citizens may visit Jamaica as a tourist for a period of up to six months with a valid Canadian passport. Canadian residents must present a Canadian Permanent Resident Card and a valid passport showing country of citizenship.

In addition, all visitors are required to travel with a return ticket or onward ticket for entry into Jamaica, and must be able to show, if so required by a Jamaican immigration officer, that they have sufficient funds for their visit.

FIREARMS: It is illegal to take arms or ammunition into or out of Jamaica.

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. The national lotto can be played island-wide.

HEALTH: No vaccinations required unless you have visited the following countries within the past six weeks; Gambia, Ghana, Sudan, Nigeria, Zaire, Burkina, Faso, Trinidad & Tobago, Belize, Costa Rica, Dominican Republic, El Salvador, Mexico, Guatemala, Panama, Nicaragua, Honduras, Haiti, South America. Please check with the Jamaica Consulate near you www.embassyofjamaica.org/contactus.htm#other

LANGUAGE: The official language of Jamaica is English, although most locals converse using 'Patois' - a colorful dialect.

MEDICAL FACILITIES: There are facilities in all major resort areas as well as drug stores that provide pharmaceuticals. There are private doctors and dentists throughout the island. Most large hotels have a resident nurse and doctor on call.

MEET THE PEOPLE: For the adventurous travelers who seek the authentic Jamaica experience to connect with locals and embrace the destination's culture which goes beyond the traditional resort and beach setting. The Jamaica Tourist Board's (JTB) Meet The People Program offers an ideal option, giving visitors the opportunity to meet program ambassadors who share a common profession, hobby or interest.

The Meet the People Program is offered free of cost. Once travel dates are confirmed, visitors are encouraged to sign up on the JTB's website www.VisitJamaica.com or contact the nearest JTB office. A program coordinator will confirm arrangements with travelers as soon as they arrive in Jamaica.

PUBLIC HOLIDAYS: On public holidays, all government agencies, schools and most private businesses are closed. New Year's Day (January 1); Ash Wednesday; Good Friday; Easter Monday; Labour Day (May 23); Emancipation Day (August 1); Independence Day (August 6); National Heroes Day (3rd Monday in October); Christmas Day (December 25); Boxing Day (December 26).

SHOPPING:

Shopping: Crafts markets - items crafted from wood, straw, beads and embroidery are available. In-bond jewelry, crystal, china, electronic equipment, alcohol, liqueur, perfumes and Jamaica Blue Mountain Coffee.

TAX-FREE STATUS: Due to a tax treaty between the United States and the Jamaican Government made in December 1981, all expenses incurred for holding a meeting or convention in Jamaica are tax deductible. If you need assistance, contact the Jamaica Tourist Board's Groups & Convention Department; T: 800.294.7687 or visit www.visitjamaica.com.

TIME ZONE: Eastern Standard Time, Jamaica does not observe Daylight Savings Time.

TIPPING: It is customary to leave a 10 to 15 percent gratuity at restaurants. Some establishments may include the gratuity to your total.

WATER: All drinking water in Jamaica is purified and filtered by the most modern methods. Water temperature is approximately 78°F.(25°C) .

THE LAND, THE HISTORY AND THE PEOPLE

THE LAND

Jamaica is 4,441 sq. miles (10,991 sq. km). The island is divided into three counties and 14 parishes. It is 146 miles (235 km) long with widths varying between 22 miles (25 km) and 51 miles (82 km). Jamaica is the third largest Caribbean island and the largest English-speaking Caribbean island. It is a very mountainous country. Almost half the island is above 1,000 feet (304.8 m). Blue Mountain Peak, the highest point, is 7,402 feet (2,256 m).

The annual average rainfall is 78 inches (198 cm). Rainfall is unevenly distributed because of the effects of the mountains. Some hilly areas get nearly 300 inches (762 cm) yearly while the dry southern plains receive as little as 30 inches (76 cm).

The annual average temperature is 80°F (27°C). For every 1000 feet (305 m) in altitude the temperature drops 3.5°F (1°C) so that the Blue Mountain Peak has an annual average temperature of 56°F (15°C).

The tides around the coast hardly vary. The difference between high and low tides is never more than 16 inches (41 cm).

Jamaica has 120 rivers. Most flow to the coast from the central mountain ranges. Those on the northern mountain slopes tend to be shorter and swifter than those on the southern slopes.

HISTORY AND PEOPLE

The first Jamaicans were the Taino Indians. When Christopher Columbus first landed in Jamaica on May 4, 1494 on his second voyage to the New World, these were the people he found living here. The Tainos are now extinct in Jamaica having died from either overwork or European diseases to which they had no immunity. The word “Jamaica” comes from the Taino word “Xaymaca” which means “land of wood and water”. In fact, the Tainos contributed several words to the English language. The words hammock, tobacco, barbeque, and canoe are derived from the Taino language.

Columbus first landed at Discovery Bay, near Ocho Rios. On his fourth voyage, he spent a year at St. Ann's Bay because his ships were worm-eaten and he had to wait for help to arrive. That was the longest time he ever spent in any one place on any of his voyages.

The Spaniards imported African slaves to work their plantations on which cattle and small stock were bred, and staple foods were grown to feed themselves and to supply passing ships. When the English invaded the island in 1655, the Spaniards fled to neighbouring islands, releasing their African slaves who escaped into the mountains. These African slaves, called Maroons because of their style of ambush, fought against the English who sought to re-enslave them. Eventually the English were forced to sign a peace treaty with the Maroons, granting them self-government and the mountain lands that the Maroons inhabited. Descendants of the Maroons still live today on these lands in the western parish of Trelawny in the Cockpit Country and the eastern parish of Portland at Moore Town, and continue the tradition of self-government. They elect a council, headed by a colonel, to administer their affairs. They have independent representation at the United Nations.

Jamaica's first town, built near St. Ann's Bay on the north coast by the Spaniards in 1509, was Sevilla Nueva. In 1538, the Spaniards abandoned this site and moved to Spanish Town on the south coast, making it the island's capital. Sevilla Nueva now lies beneath the earth in St. Ann, and archaeological excavations are currently being made of this site.

Under the English rule, Jamaica became a vast sugar plantation, making the English land owners extremely wealthy. In England the phrase “as rich as a West Indian planter” was used to describe the richest person. African slaves were again brought to Jamaica, this time by the English, to work the sugar plantations. Most of the slaves came from the west coast of Africa from the Fanti and Ashanti tribes; slaves from the Ibo and Yoruba tribes were from present day Nigeria. When slavery was abolished in 1838, most of the slaves deserted the sugar plantations and settled in the hills to cultivate their own small plots of land. They founded a peasantry which is still regarded today as the “backbone” of Jamaica. The English imported East Indians and Chinese as indentured servants for the plantations once slavery was abolished.

Over 90% of the Jamaican population is of African descent. There have been much inter-racial marriages over the centuries and this is reflected in the culture and the diverse physical appearance of Jamaicans. The cuisine, religious practices, art, music, dance, language, folk tales and proverbs reveal the kaleidoscope of cultures that contribute to Jamaica's unique flavour. Jews are among the oldest residents, some having been here from the time of the earliest Spanish settlements. Although very small in number, the Jewish community has been very influential.

The official language in Jamaica is English; however, the majority of the population speak Jamaican Creole called “patois”. There is a dictionary of Jamaican English published by Cambridge University Press.

Jamaica has a very youthful population of which 66% is under 29 years old. The majority of the population is Christian with small Jewish, Hindu, Muslim and Baha'i communities. The older established churches are Anglican (Episcopalian), Baptist, Methodist, Roman Catholic, Moravian, and the United Church (Presbyterian and Congregational). The Pentecostals also have a large number of adherents. Many Jamaicans are members of indigenous religious groups, e.g., Pocomania, Revivalism and Rastafarianism. Rastafarianism is a religious sect which believes in the divinity of the late emperor of Ethiopia, Haile Selassie. During the 1960's and 1970's, the Jamaican music, reggae, was popularized through the Rastafarian movement and the late reggae superstar, the Honourable Bob Marley.

Jamaica's cuisine combines the colourful and spicy mix of the island's historical traditions and cultures. The national dish is ackee (a fruit imported originally from West Africa) and salt fish (codfish) – the ackee is a bright yellow fruit sautéed with tomatoes, onions and spices and then combined with codfish. Other savoury dishes that form the customary Jamaican fare are rice and peas, jerk pork and jerk chicken, curried goat, oxtail and lima beans, stew peas and rice, escoveitched fish, pepperpot soup, pumpkin soup, banana fritters, roasted yam and exotic desserts with names like blue draws and matrimony.

MAJOR CITIES AND RESORT TOWNS

KINGSTON

Kingston, located on the south-east coast of Jamaica, was founded in 1692 and became the capital city of Jamaica in 1872. It is a blend of a bustling metropolis and a relaxed resort. Kingston is the largest English-speaking city in the Caribbean. All government headquarters are situated in the capital, which is also the seat of all economic and financial institutions. Kingston has a shipping centre, modern cruise ship facilities, and the Norman Manley International Airport.

There is a diverse collection of hotels and restaurants as well as extensive shopping in crafts markets and duty-free shops.

Kingston, which was once centered only around its seaport, has extended into its rural surroundings and created more business districts and shopping malls in and around the spreading metropolitan residential areas. Modern houses and apartments juxtaposed with Georgian-style architecture with entry porticos and galleries add vibrancy and charm to the city.

Interesting landmarks in downtown Kingston are:

The Institute of Jamaica houses a collection of historical documents on the Caribbean.

The National Art Gallery of Jamaica is located in the Roy West Building at Orange Street and Ocean Boulevard. The gallery exhibits Jamaica's art history through different periods and movements.

The Jamaica Conference Centre, located on Duke Street, is suited for large meetings and conventions. The Centre has a secretariat building and a multi-storey parking garage.

Kingston is a centre for sport activities such as cricket, soccer (football), and athletic meets held in a modern arena and stadium.

In close proximity to Kingston are the historical towns of Port Royal and Spanish Town.

MONTEGO BAY

The Complete Resort town—where there is something for everyone. It may be known as the “Second Largest City”, but with the high energy, wealth of historical spots and adventure attractions, Montego Bay (known by friends as “MoBay”) has been catapulted into the island's number one tourist destination spot.

It has a modern cruise ship pier, a growing industrial free-zone area and the Sangster International Airport.

Take it easy on the historic Doctor's Cave Beach, which has welcomed visitors for more than a century with its refreshing turquoise water and powdery sand; Or rip through the canopies

of Rose Hall Estate on a zip line tour. Sport enthusiasts can keep moving thanks to the numerous championship golf courses, many with breathtaking sea views, or even explore the terrain on horseback.

From luxury watches to locally handmade crafts, shopping is a delight in MoBay. A wealth of duty free options treat the pocket, while Harbour Street market offers a glimpse of the island's unique crafts and arts. And once you've crossed off all the items on your shopping list, a little history or culture is the perfect way to round off your time here. Home to the infamously haunted Rose Hall Great House; statues of two of our national heroes; and our most famous export, Appleton Rum, the Montego Bay area will leave you breathless with options. And with so much to offer, you will have to come back for a second visit.

Montego Bay's tourism dates back to 1924 when the first hotel was built there. Today, the city boasts a wide range of hotels and guesthouses ranging from super luxurious to standard. The resort has five championship golf courses, tennis facilities and numerous attractions, restaurants, and entertainment spots. There are ample opportunities for waterskiing, sailing, deep sea fishing, snorkelling, scuba diving and river rafting.

Interesting landmarks in Montego Bay are:

Fort Montego, which dates back to the days when the coastal towns had to be defended. The fort was hardly ever used. A battery with three cannons and the powder magazine are all that remain.

The Dome was built in 1837 over the creek which used to supply Montego Bay with water. The keeper of the creek had his office there.

The Cage was built in 1806 as an overnight jail for runaway slaves, disorderly seamen, and vagrants.

The St. James Parish Church was built in 1778 and is dedicated to St. James the Great. The church was almost completely destroyed by an earthquake in 1957, but has been faithfully restored.

Burchell Memorial Church was established in 1824 by Reverend Thomas Burchell, a Baptist missionary and abolitionist. The early congregation was mostly slaves. Samuel Sharpe, the great slave leader, was a deacon there.

Montego Bay boasts a wide range of hotels, inns and guest houses, ranging from super luxurious, all-inclusive, to standard.

MAJOR CITIES AND RESORT TOWNS (continued)

FALMOUTH

The past comes to life at the coastal town of Falmouth just 22 miles east of Montego Bay. Famous for its Georgian architecture, and rich colonial history that recently received a new lease on life, it is now a port town that has awoken from a deep slumber, and is ready to redeem its former glory.

Falmouth's history is one of wealth, politics, revolution and love. It is this electric history that once again rumbles through the cobbled streets and brings the town to life. Falmouth was founded in 1790 from land owned by Edward Barrett. But it was the island's biggest exports that lifted the town to fame, sugar and rum. The economic boom in the Falmouth of the 18th and 19th centuries resulted in the development of one of the most industrialized towns in the Western Hemisphere. They received running water before New York City, and its meticulous planning illustrated one of the earliest urban planning developments.

Hotels, newspapers, thriving commerce and culture ruled Falmouth during its heyday. However, with the abolition of slavery came the demise of the sugar and rum production. Development slowed and the town fell into ruin, becoming a sleepy seaside town. Now this Sleeping Beauty has awoken, and is ready for its revival.

OCHO RIOS/DISCOVERY BAY/RUNAWAY BAY

Ocho Rios boasts a wide range of visitor accommodations from the large all inclusive to the small boutique resorts. The new Ian Fleming International Airport is only 9 miles away.

Ocho Rios literally translates from Spanish to mean "eight rivers", however the town has many more than that. It's believed that when the Spanish were on a raid from nearby Cuba, they called the area Las Chorreras, meaning "the waterfalls", however the British, who fought off the invading forces, came up with Ocho Rios. From battleground to sleeping village, Ocho Rios has since risen as cruise ship mecca and adventure hotspot with the perfect combination of thrill-seeker activities, botanical gardens and sandy beaches. Like Montego Bay, Ocho Rios boasts a wide range of accommodations from the large all-inclusive to the small boutique resorts.

The attractions of Ocho Rios include calypso rafting on the White River, Dolphin Cove, Coyaba River Garden and Museum, Shaw Park Gardens with its exquisite grounds and panoramic view of the bay and coastline; the Prospect and Brimmer Hall Plantation Estates which display the elegant architecture and furnishings of another era; three championship golf courses; Dunn's River Falls, a 600-foot cascade of water which can be climbed; and Fern Gully, a three mile roadway which winds through a canopy of lush forest foliage, including ferns found only in Jamaica. Go to Nine Miles to visit the final resting place of reggae superstar, the Honourable Bob Marley.

At nearby Runaway Bay, slaves escaped from the island in canoes.

Along the coast is the Seville Estate, the site of Sevilla Nueva, the first Spanish settlement in Jamaica.

At Discovery Bay, tour the Green Grotto Caves and see the landing site of Christopher Columbus.

PORT ANTONIO

Port Antonio is located on Jamaica's north eastern coast and has preserved its charm as a sleepy fishing village while still offering the comfort and variety of a vacation hideaway.

Port Antonio owes its early prosperity to the banana trade with the U.S.A. and England, which officially began in 1870. Among the houses built at the height of the "banana boom" was the DeMontevin Lodge Guesthouse which resembles a gingerbread house. Titchfield High School was founded in 1785 and is housed in the barracks of Fort George, the remains of which can still be seen. Titchfield was, in fact, the old name of the town, which was part of the English estate owned by Lord Portland, from whom the parish gets its name. The legendary Folly Great House was built in 1905 by a wealthy American. The mansion began to crumble around 1936 because the seawater used to mix with the cement caused the steel to decay.

Some of Port Antonio's attractions are: the Twin Harbours – described by the American poet, Ella Wheeler Wilcox, as the "most exquisite spot on earth" – where marlin, tarpon and red snapper can be caught by the avid fishers; Nonsuch Caves with its majestic limestone formations; rafting on the Rio Grande; visit Somerset and Reach Falls; dive in the placid lapis lazuli waters of the Blue Lagoon, which is believed to be bottomless; go surfing at Boston Beach. Fishing tournaments are held from the Port Antonio Marina and there are historical tours of the town. The seven-acre Navy Island, which was once owned by Errol Flynn, has 24 hour ferry service from the mainland for a nominal fee. Flynn used to anchor his boat, the Zacca just off its coast.

Port Antonio is the perfect escape for those with more solitary or romantic habits. Artists and writers find inspiration in this haven. Robin Moore wrote the *French Connection* under a mango tree in his yard.

Today, there are many activities to enjoy including guided walking tour programmes e.g. from Port Antonio to Moore Town, home of Nanny, who was one of the spiritual and military leaders of the Maroons. Movie moguls have found the lush vegetation and tropical

Port Antonio has preserved its charm as a sleepy fishing village while still offering the comfort and variety of a vacation hideaway.

MAJOR CITIES AND RESORT TOWNS (continued)

splendor of the area a veritable paradise for film making. This is the reason such movies as “Clara’s Heart”, “Club Paradise”, “Cocktail” and “The Mighty Quinn” were all filmed here. European royalty and famous Americans are known to vacation in Jamaica’s “Little Hollywood”.

Hollywood greats who have vacationed in Port Antonio include Denzel Washington, Whoopi Goldberg, Tom Cruise, Robin Williams, and model Cheryl Tiegs.

NEGRIL

Negril is at the western tip of the island and extends from Bloody Bay in Hanover to Negril lighthouse in Westmoreland, encompassing seven miles of white sand beach. Calico Jack, one of the most notorious pirates in Jamaica’s history, was captured on the beach in Negril.

Negril has a carefree ambiance and offers a wide collection of accommodations; from rustic beachfront cottages to modest Jamaican homes to luxurious all-inclusive hotels. To preserve its natural beauty, the law in Negril is that no building can be higher than the tallest palm tree. An 18-hole championship golf course, reefs teeming with varied aquatic life form, plus a diversity of water sports activities make Negril ideal for the active vacationer. For those who want to do nothing, lazing on Negril’s stretch of white powdery beach is perfect.

SOUTH COAST

The South Coast, with its rolling hills, old-world towns and unspoilt beaches is a haven for nature lovers. The South Coast experience is 19th century sugar plantations around Savanna-la-Mar; it is Georgian architecture in Black River, where Jamaica’s longest navigable river is found; it is sampling rum at Appleton Estate and eating peppered shrimp in Middle Quarters; it is a swing into cascading waters at YS Falls and delighting in the panoramic view at Lover’s Leap, a 1600-foot cliff. The South Coast is the other side of Jamaica.

Mandeville is Jamaica’s mountain resort, about 64 miles from Kingston. The town was built in 1816 and was named for Lord Mandeville, the eldest son of the Duke of Manchester, the governor after whom the parish is named. Mandeville is surrounded by mineral-rich agricultural lands and two major bauxite plants. More than a trace of old England still lingers in Mandeville. Its hotels are charming and quaint. Its parish church and clock tower, gracious and well-appointed residences, winding streets and rolling hills lend a character that is both traditional and modern.

Black River, once a busy seaport, has reputable companies that offer excursions up the river where its lush and serene ambiance can be enjoyed.

Treasure Beach is a sleepy fishing village with deserted expanses of spectacular black sand beaches. The Pelican Bar provides Jamaican fare in the middle of the sea, just off Treasure Beach’s coast.

MONTEGO BAY CONVENTION CENTER

The newest addition to the Meetings and Conventions market is the Montego Bay Convention Centre with a combined total of over 142,000 sq. ft. of meeting exhibition, ballroom and plenary space. The perfect venue for conventions, trade shows, banquets and theater-style conferences. Groups will appreciate the unparalleled attention from the dedicated team.

At the Montego Bay Convention Centre, you will enjoy the ocean front location and breathtaking views, one of the most beautiful settings in the world.

Montego Bay Convention Centre

Half Moon P.O. 4058, Rose Hall, Montego Bay, St. James, Jamaica W.I.

Phone: 1.622.9330 ; Fax: 1.622.9360

E-Mail: mobaysales@mobaycentre.com ; Website: www.mobaycentre.com

Additional information can be obtained through the Jamaica Tourist Board, Groups & Convention; 800.294.7687 or www.visitjamaica.com

GETTING TO JAMAICA

COMPUTER ACCESS CODES FOR JAMAICA

AMADEUS – 1TV0 //

APOLLO Travellers Guide-TD*31231

SABRE Traveler Planner-N*/JAMAICA

WORLDSPAN – Travel File □□TVL (enter)

INTERNET: <http://www.visitjamaica.com>

E-mail: info@visitjamaica.com

APPROXIMATE FLYING TIMES TO MONTEGO BAY

Atlanta	2 hrs 40 min	Chicago	3 hrs 45 min	London	10 hrs 15 min	Newark	3 hrs 45 min	Saskatoon	6 hrs
Baltimore	3 hrs	Cleveland	3 hrs 15 min	Los Angeles	5 hrs 30 min	New York	3 hrs 20 min	San Francisco	6 hrs *
Barcelona	15 hrs*	Dallas	3 hrs 20 min	Madrid	13 hrs 30 min*	Orlando	2 hrs	Santiago	8 hrs 30 min
Bogota	5 hrs 20 min*	Detroit	3 hrs 15 min	Mexico City	5 hrs 30 min*	Ottawa	4 hrs 30 min	St Louis	3 hrs 40 min
Boston	3 hrs 40 min	Edmonton	6 hrs 45 min	Miami	1 hr 25 min	Panama City	1 hr 40 min	Tokyo	19 hrs*
Buenos Aires	10 hrs 30 min*	Ft Lauderdale	1 hr 30 min	Milan	13 hrs 30 min	Paris	13 hrs 30 min*	Toronto	4 hrs
Calgary	6 hrs 30 min	Frankfurt	10 hrs	Milwaukee	3 hrs 45 min	Philadelphia	3 hrs 15 min	Vancouver	6 hrs 45 min
Charlotte	3 hrs	Halifax	4 hrs	Minneapolis	5 hrs*	Phoenix	5 hrs 45 min	Winnipeg	5 hrs 10 min
		Houston	3 hrs 10 min	Montreal	4 hrs 30 min	Rome	4 hrs 30 min*		
		Indianapolis	4 hrs	New Orleans	3 hrs	Regina	6 hrs		

*Lay-over time included.

DIRECT SCHEDULED AIR SERVICE

AIRLINE	GATEWAY	DESTINATION(S)	TELEPHONE
Air Canada	Toronto, Canada	MBJ/KIN	888-247-2262
AirTran Airways	Baltimore, MD / Atlanta, GA / Orlando, FL, Chicago, IL (Starting April 13, 2013)	MBJ	800-247-8726
Air Turks & Caicos	Providenciales	MBJ	649-941-5481
American Airlines	Miami, FL Dallas, TX / New York, NY	MBJ/KIN MBJ	800-433-7300
British Airways	London/Gatwick, England	KIN	800-247-9297
Caribbean Airlines	Ft Lauderdale, FL / New York, NY Toronto, Canada Grenada Havana (available in Jamaica only) London/Heathrow (code share with Virgin Atlantic) England London/Manchester (code share with Virgin Atlantic) England Nassau, Bahamas	MBJ/KIN	800-523-5585
Cayman Airways	Panama	MBJ	800-422-9626
COPA Airlines	Panama City	KIN	800-359-2672
Condor	Frankfurt & Munich, Germany	MBJ	49 180 6 767767
Delta Airlines	Atlanta, GA, Detroit, MI & Minneapolis, MN	MBJ/KIN	800-221-1212
JetBlue Airways	New York, NY / Ft. Lauderdale, FL / Orlando, FL	MBJ/KIN	800-538-2583
LTU	Dusseldorf & Munich, Germany	MBJ	49 0-1805 737 800
Martin Air	Amsterdam, Netherlands	MBJ	31 20 601 1777
Spirit Airlines	Ft. Lauderdale, FL	MBJ	800-772-7117
United Airlines (Formerly Continental Airlines)	Chicago, IL & Washington D.C	MBJ/KIN	800-231-0856
US Airways	Philadelphia, PA / Charlotte, NC	MBJ	800-428-4322
Virgin Atlantic	London Gatwick	KIN	44-0844-209-7777
WestJet	Toronto, Canada	MBJ/KIN	888-937-8538

CHARTER AIR SERVICE

Charter Operator	Gateway	Destination(s)	For Reservations
USA:			
Apple Vacations	Chicago, IL / Baltimore, MD / Milwaukee, WI	MBJ	800- 517-2000
Frontier Airlines	Chicago, IL	MBJ	800-432-1359
Funjet Vacations	Detroit, MI	MBJ	888-558-6654
IBC Airways	Miami, FL	MBJ	954-351-2223
Miami Air	Miami, FL / Boston, MA & Des Moines, IA	MBJ/KIN	305-3678
Ryan Int'l	Detroit, MI / Milwaukee, WI / St. Louis, MO	MBJ	800-727-0457
Sun Country	Minneapolis, MN & St. Louis, MO	MBJ	800-359-6786
Sunwing Airlines (Vacations Express)	Cincinnati, OH & Nashville, TN	MBJ	800-309-4717
Xtra Airways	Boston, MA	MBJ	775-738-6040
CANADA:			
Air Canada Vacations	(Various gateways – seasonal)	MBJ	877-752-7710
Sunquest	(Various gateways – seasonal)	MBJ	800-268-8899

CHARTER AIR SERVICE CONTD.

Charter Operator	Gateway	Destination(s)	For Reservations
Sunwing	(Various gateways – seasonal)	MBJ	888-822-2623
Transat Holidays	(Various gateways – seasonal)	MBJ	800-587-2672
Westjet Vacations	(Various gateways – seasonal)	MBJ	877-737-7001
EUROPE:			
Blue Panorama	Milan, Italy	MBJ	T: (39) 069-895-6666; E: booking-mil@distal.it or bookingrom@distal.it, www.distal.aero
Livingston	Milan, Italy	MBJ	T: (39) 033-126-7321, E: info@livingstonair.it, www.livingstonair.it
Neos	Milan, Italy	MBJ	T: 0331-232811, E: neos@neosair.it www.neosair.it
Thomson Fly	London Gatwick, Manchester & Birmingham, England	MBJ	T: 44-0871-231 -4787
Thomas Cook	London Gatwick & Manchester England	MBJ	T: 44-0871-895-0045
Air Plus Comet	Frankfurt, Germany	MBJ	T: 877-999-7587
Austrian Airlines	Vienna, Austria	MBJ	T: 800-462-2012
Belair	Zurich	MBJ	T: 0 1805 73 7800
Condor	Frankfurt, Germany	MBJ	T: 49 (0) 1805 767 757
First Choice Holiday	London / Gatwick & Manchester, England	MBJ	T: 01 293 588 710
Jet X	Reykjavik, Iceland	MBJ	T: 354 527 6000
Jetair Fly	Brussels	MBJ	T: 877-442-6427
LTU (Air Berlin)	Dusseldorf & Munich, Germany	MBJ	T: 49 (0) 1805 737 800
My Travel Airways	London/Gatwick & Manchester, England	MBJ	T: 0 871 644 7940
Travel Service	Prague, Czech Republic	MBJ	T: 420 220 11 5069
TUI Airlines	Amsterdam, Netherlands	MBJ	T: 49 511 566 1901
CARIBBEAN:			
Air Turks & Caicos	Providenciales	MBJ	T: 649-946-4181
Bahamas Air	Nassau	KIN	T: 800-713-2622
Caribbean Airlines	Port-of-Spain Trinidad	MBJ	T: 800-920-4225
Cubana	Havanna	MBJ	T: 245-254-4566
Exportador	Santo Domingo	MBJ	T: 55 313 279 9084

CRUISE SHIPS CALLING AT JAMAICA

JTB Website – www.cruisejamaica.com

Carnival Cruise Line/Carnival Place 3655 NW 87th Avenue Miami, Florida 33178-2428 (800) 327-9501 / www.carnival.com	Holland America Line 300 Elliott Ave West Seattle, Washington 98119 (800) 426-0327 / www.hollandamerica.com	Princess Cruises 24305 Town Center Drive Santa Clarita, CA 9355 (800) 421-0522 / www.princess.com	See Tours Frankfurter Str. 233, D63263 Issenbourg 49 610 2811 000 / www.a-rose.de
Celebrity Cruises 1050 Caribbean Way Miami, FL 33232 (800) 437-3111 / www.celebrity-cruises.com	MSC Cruises 6750 North Andrews Ave Ft. Lauderdale, FL 33309 (954) 772-6262 / www.msccruises.com	Radisson Seven Seas Cruises 600 Corporate Drive, Suite 410 Ft. Lauderdale, FL 33334 (800) 285-1835 / www.rssc.com	SilverSeas Cruises 110 East Broward Blvd Ft. Lauderdale, FL 33301 (800) 722-9955 / www.silverseacruises.com
Costa Cruise Lines Venture Corporation Center #2, Suite 200 200 South Park Road Hollywood, Florida 33021 (800) 462-6782 / www.costacruises.com	Norwegian Cruise Line 7665 Corporate Center Drive Miami, Florida 33126 (800) 327-7030 / www.ncl.com	Royal Caribbean International 1050 Caribbean Way Miami, FL 33132 (800) 327-6700 / www.royalcaribbean.com	Starclipper 7200 NW 19 Street, #206 Miami, FL 33126 (305) 442-0550 / www.starclippers.com
Hagap-Lloyd Ballidam 25 D-20095 Hamburg, Germany 49(40) 30001-4600 / www.hlkf.de	Oceania Cruises 8210 NW 53 At, Suite 100 Miami, FL 33166 (305) 514-2300 / www.oceaniacruises.com	Saga Cruising The Saga Building Middleburg Square Folkestone, Kent CT20 1AZ +44 1303 771111 / www.sagacruises.co.uk	Swan Hellenic Richmond House; Terminus Terrace Southampton, SO14 3PN +44 2380 531990 / www.swanhellenic.com
Fred Olsen Cruises Lines 33 Little West 12 Street, Suite 106 New York, NY 10014 +44 1473 746175 / www.fredolsencruises.co.uk	P & O Cruises Richmond House; Terminus Terrace Southampton SO14 3PN +44 2389 534200 / www.pocruises.com	SeaDream Yacht Club 2601 South Bayshore Dr; Penthouse 1B Coconut Grove, FL 33133 (305) 631-6100 / www.seadreamyachtclub.com	Windstar Cruises 300 Elliot Avenue West Seattle, WA 98110 (206) 281-3535 / www.windstarcruises.com

GETTING AROUND JAMAICA

BY AIR: Intra-island airline services are offered by:

Jamaica Air Shuttle (parent company – Airways International)

Reservations Centre: (876) 906.9026/30; Corporate Offices (876) 923.0371/3

Website: www.jamaicaairshuttle.com

Offers scheduled services from Montego Bay to Kingston (Tinson Pen)

Offers charters from Jamaica to the Caribbean

Timair

Telephone: (876) 952.2516; 979.9113

Website: www.timair.net

Offers charters within Jamaica – Kingston, Negril, Ocho Rios, Port Antonio etc.

International Air Link

Telephone: (876) 940.0195; 940.6660

Website: www.intlairlink.net

Media Contact: Mr. Howard Levy; Email: intairlink01@gmail.com

Scheduled services and connections between Kingston, Montego Bay, Ocho Rios, Port Antonio & Negril. Charter Services to the Caribbean.

BY RENTED CAR:

In Jamaica, we drive on the left. The speed limit is 30 mph (50 kmph) in urban areas and 50 mph (80 kmph) on highways. Given the mountainous terrain, rural roads are often winding, bumpy and narrow. Service stations are open daily and will accept cash. Those in the larger urban centres will accept major credit cards when accompanied by official identification. Tourists can rent cars in most major towns and cities, and usually clients must be no less than 25 years

old to rent. The driver and front passenger are required to wear safety belts, and children under 3 years old must travel in infant carriers or child safety seats. All drivers are required to carry a valid license. Jamaica recognizes valid International Driver's Licenses, but visitors from North America may use their country's license for up to three months per visit, and United Kingdom residents may use theirs up to one year.

By Taxi/Bus/Limousine: Licensed taxi services have pre-determined rates between locations and all taxi vehicles have red license plates. Limousines, air-conditioned coaches and local bus services connect major cities and towns

DRIVING TIMES:

Kingston to Mandeville	98 km (61 miles) – 1 ½ hours
Montego Bay to Negril	83 km (52 miles) – 1 ½ hours
Montego Bay to Ocho Rios	107 km (67 miles) 1 ½ hours
Negril to Treasure Beach	107 km (67 miles) 1 ¾ hours
Ocho Rios to Port Antonio	106 km (66 miles) 2 ½ hours
Ocho Rios to Kingston	86 km (54 miles) 2 hours
Port Antonio to Kingston	98 km (61 miles) 2 hours

REST STOPS: For the convenience of travelers, rest facilities are available on some main roads. The Bamboo avenue rest stop is in St. Elizabeth; Birds of Paradise in Mandeville and the Tortuga Rum Cakes Factory in Montego Bay. In addition to restroom facilities, light refreshments can be purchased along with quality local arts and crafts

CAR RENTAL COMPANIES

Kingston:

Avis Rent A Car (KGN Airport) Tel: .924.8293; www.avis.com.jm
Beaumont's Car Rental & Tour Ltd. Tel: 926.0311; Fax: 906.3135
Bowla's Car Rental Ltd. Tel: 960.0067; E: bowlasrentacar@cwjamaica.com
Compact Car Rentals Tel: 978-4914; E: compactcarrental@gmail.com
Fiesta Car Rentals Tel: 929.3833; E: fiesta@kasnet.com
Galaxy Leisure & Tours Ltd. Tel: 925.4176; E: leisuretours@yahoo.com
Garmack Car Rentals Tel: 920.1119; E: garmack@jmaweb.net
Hertz/Liberty Car Rental Tel: 924.8024 (KGN Airport) www.libertycarrentals.com
Holi-Jam Car Rental Tel: 927.6426; E: holijam@hotmail.com
Island Car Rentals Tel: 926.8861; Website: www.islandcarrentals.com
Kosmo Car Rentals Tel: 920.1192-3; E: kosmocarrental@gmail.com
Metro Car Rentals Tel: 978.5468; E: metrocars@cwjamaica.com
O'Brien's Int'l Car Rentals Tel: 754.202; E: obriens-international@yahoo.com
Sunbird Car Rental Ltd. Tel: 929.6647; E: sunbirdja@gmail.com
Tropic Island Trading Company Tel: 759.1353; E: dianas@cwjamaica.com

Ocho Rios:

Abe Motor Car Rentals & Sales Ltd. Tel: 974.1008; E: abemotorcar@yahoo.com
Caribbean Car Rentals Ltd. Tel: 974.2513; E: caribcars@usa.net
Exodus Car Rental & Sales Co. Ltd. Tel: 975.5400; E: info@exoduscarrental.com
Island Car Rental Tel: 974.2334; www.islandcarrentals.com
Rent-A-Car Caribbean & Tours Ltd. Tel: 974.9555
Salem Motors Company Ltd. Tel: 973-4167; E: salem.motors@cwjamaica.com
Sunshine Car Rental Tel: 974.5025; E: sunshine@cwjamaica.com
Villa Car Rental Company Ltd. Tel: 974.2975; E: villacarrentalscoltd@msn.com

Negril Area:

Jammin's Car Rental & Transport Ltd. T: 955.4042; E: mbadaloo@cwjamaica.com
Pats Taxi Service & Car Rental Ltd. Tel: 918.0431; E: pats-cars@yahoo.com

Mandeville/South Coast:

Auto All Limited Tel: 986.6930; E: autoallcars@gmail.com
Carren Limited Tel: 986.1687; E: carrenlimited@yahoo.com
Hemisphere Car Rental, Tel: 962.1921; E: hemiscar@yahoo.com
Mid Island Car Rental Tel: 961.2342; E: bingroyelliott@yahoo.com
One of a Kind Car Rental Tel: 904.2618-25

Montego Bay:

Allure Car Rental Tel: 979.7828; E: allurecars@hotmail.com
Apex Car Rental Tel: 952.7587; E: apexcars@cwjamaica.com
Avis Rent A Car (Mobay Airport) Tel: 952.0762; www.avis.com.jm
Bargain Car Rental Tel: 952.0762
Beaumont Car Rental Tel: 940.1494
Budget Car Rental Tel: 952.3838; www.budgetjamaica.com
Caribbean Car Rental Tel: 952.7121
Caribic Vacations Tel: 953.9878-9; E: info@caribicvacations.com
Central Rent-A-Car Ltd. Tel: 952.3347; E: easton@centralrentacar.com
Chickory Car Rental Tel: 940.2987; E: chickorycarrental@yahoo.com
Coles Car Rental Tel: 952.9156; E: barrintoncole99@yahoo.com
Danjor Car Rentals Tel: 953.9258; E: danjorcars@cwjamaica.cm
Dhana Car Rental & Tours Tel: 953-9555; E: ghanaw@cwjamaica.com
Exclusive Holiday of Elegance Ltd. Tel: 952.5825
Fiesta Car Rental Tel: 953.9444; Fax: 953 – 9566
Fine Style Travel & Car Rental Ltd. Tel: 940.4562; Fax: 971.8016
Genuine Quality Car Rental Tel: 979.3259; E: gqrentals@hotmail.com
Horizon Car Rentals Tel: 952.0185; E: delkerlew@cwjamaica.com
Hertz/Liberty Car Rental Tel: 979.0438 (Mobay Airport) www.libertycarrentals.com
Island Car Rental Tel: 952.5771 or 952.7225; www.islandcarrentals.com
Jamaica Tours & Car Rental Tel: 953.3700; E: jtladmin@jamaicatoursltd.com
Kosmo's Car Rental Tel: 970.1995; Fax: 952.8495
Patmar's Car Rental Tel: 971.4909; E: kayan27fg@yahoo.com
Praise Tours Car Rental Tel: 979.0500-2
Prospective Car Rental Ltd. Tel: 952.0112; E: prospective@cwjamaica.com
Select Car Rental Tel: 971.9441; E: cuteswill@yahoo.com
Sun Jam Car Rental & Sales Ltd. Tel: 979.9570
Sunbird Car Rental Tel: 952.0055
Suncity Car Rental Tel: 952.3207; E: cs@suncitycarrentals.com
Sunsational Car Rental & Tours Ltd. Tel: 952.1212; E: sensational@cwjamaica.com
Ucals Car Rental Tours & Taxi Service Tel: 952.3836; E: ucalscarrental@yahoo.com

Portland:

Eastern Car Rental Ltd. Tel: 993-3624/ 4364; E: eastcar@cwjamaica.com

TRANSFER AND SIGHT-SEEING COMPANIES

USE AREA CODE 876 FOR ALL NUMBERS LISTED BELOW

Operators	Telephone No.	Website
Attractions .Link .Ltd	993-7614	www.attractionslink.com
Bamboo Beach Club	974-0653	www.bamboobeachclub.com
Best Travel Limited	974-0653	www.besttraveltd.com
Blue Mountain Tours .Ltd	74-7075	www.bmtoursja.com
Caribbean Cruises Shipping & Tours	952-6260	www.ccstoursjamaica.com
Caribic Vacations	953-9895-6	www.caribicvacations.com/about.aspx
Chukka Caribbean Adventures (Mobay/Negril)	953-5619; Toll 877-424-8552	www.chukkacaribbean.com
Chukka Caribbean Adventures (Ocho Rios/Boscobel/Runaway Bay/Falmouth)	972-2506	www.chukkacaribbean.com
Galaxy Tours	925-4176	www.galaxyisuretours.com
Glamour Tours	953-3810	www.glamourdmc.com
Holiday Services	953-2638	www.holiday-services.com
Island Hoppers Helicopter Tours	974.1285	www.jamaicahelicopterservices.com
Island Routes	(305) 663-4364; Toll 877-768-8370	www.islandroutes.com
Jamaica Tours	953-3700	www.jamaicatoursltd.com
Jamaica United Tours & Travel .Ltd	540-2816 / 351-1226	www.jamtoursandtravel.com
JCAL Tours Ltd	952-7574 / 952-8277	www.jcaltours.com
JUTA Tours (Montego Bay)	952-0813 / 952-0623	www.jutatoursltd.com
JUTA Tours (Ocho Rios)	974-2292	None
JUTA Tours (Negril)	957-9197 / 957-9197	www.jutatoursnegrilltd.com
Karandas Tours	974-2063	www.karandastours.com
Knutsford Express	971-1822	www.knutsfordexpress.com
Leisure For Pleasure Holiday	924-7027	www.leisurejamaica.com
Limo Tours Limited	978-6315	www.limotourstm.com
Marks Tours	432-1177	www.markstours.com
Maxi Tours	974-2971	www.maxitoursja.com
Prospective Tours	952-0112	www.prospectiveentacar.net/jamaica-ttractions.php
Sun Holiday Travel & Tour (Montego Bay)	953-3144	E: reservation@sunholidayjamaica.com
Sun Venture Tours	960-6685	www.sunventuretours.com
Tim Air Limited	952-2516	www.timair.net
Tourwise Ltd.	974.2323 / 974.5632	www.tourwise.org
Treasure Tours Jamaica/ South Coast Ltd	965-0126	www.treasuretours-ja.com
Tropical Tours	952-1126; Toll 888-250-4504	www.tropicaltours-ja.com

HOTEL REPRESENTATIVES

UNITED STATES		
Representative / Hotel	Toll-Free Number	Website
Beaches Resorts	888-BEACHES	www.beaches.com
Caribbean Castle Resort	951-609-3648	www.ccoresorts.com/jamaica.html
Couples Resorts	800-268-7537	www.couples.com
Gran Bahia Principe Jamaica	866-282-2442	www.bahia-principe.com
Grand Palladium	888 774-0040	www.grandpalladiumjamaicaresort.com
Hilton Rose Hall Resort	866-799-3661	www.rosehallresort.com
Holiday Inn Sunspree	800-465-4329	www.caribbeanhi.com/jamaica
Iberostar Hotels & Resorts	888-923-2722	www.iberostar.com/en/hotel/jamaica
Island Outpost	800-688-7678	www.islandoutpost.com
Jamaica Inn	800-837-4608	www.jamaicainn.com
Ritz Carlton	800-241-3333	www.ritzcarlton.com
RIU Hotels & Resorts	888-RIU-4990	www.riu.com
Sandals Resorts	888-SANDALS	www.sandals.com
Seashore Bay Beach Resort	800-726-3207	www.seashorebaybeachresort.com
Secrets Resorts	866-GOSECRETS	www.secretsresorts.com
Sunset Resorts Montego Bay	877-734-3486	www.sunsetresortsjamaica.com
Superclubs Resorts	877-467-8737	www.superclubs.com

HOTEL REPRESENTATIVES

CANADA

Representative / Hotel	Toll-Free Number	Local Number	Fax Number	Website
Caribbean Castle Resorts	905-315-9037	905-315-9038		
Couples Resorts	800-268-7537	416-607-6091	954-665-2988	www.couples.com
Iberostar Hotels & Resorts	888-923-2722	905-821-4505		www.iberostar.com
Palladium Hotels & Resorts	450-922-9279	450-922-4076		www.fiestahotelgroup.com
Sandals/Beaches; Unique Vacations	800-545-8283	416-223-0028	416-223-3306	www.sandals.com / www.beaches.com
Resort to the Best	800-567-5327	416-322-7824	416-322-7381	www.resorttothebest.com
Sunset Resorts	877-734-3486	514-486-1920		www.sunsetresortsjamaica.com
Superclubs	800-701-5923	905-475-4242	905-475-9636	www.superclubs.com

UK & EUROPE

Representative / Hotel	Toll-Free Number	Local Number	Contact	Website
AMG Ltd: Jewel Dunn's River; Jewel Runaway Bay	+ 44 020 8487 9881	+44 0208 878 9124	Suzy Trott	suzy@amg ltd.biz
Cara Hotel Marketing: Secrets Wild Orchid, Secrets St. James	+44 020 8545 2680	+44 0870 126 8398	Paul Bodart	infol@carahotelmarketing.com
ClubCenturia: Half Moon, A Rock Resort	+44 020 3016 7555	+44 02078395855	Max Tchanturia	max@clubcenturia.com
Essential Detail: Jamaica Inn, Round Hill	+44 020 8977 6099	+44 020 8614 5605	Annette Quinn	annette.quinn@essentialdetail.co.uk
Group Promotions: Couples Resorts, Sunset Resorts	+44 01582 792260	+44 01582 792112	Tom McNamara	sales@group-promotions.com
Iberostar	+44 020 8275 3882		Aishling McLoughlin	aishling.mcloughlin@iberostar.com
Island Outpost: Caves, Strawberry Hill, Jakes	+44 01895 422476		Siobhan Randles	Siobhan.Randles@islandoutpost.com
K.E.I.S & Caribbean: Holiday Inn Sunspree/Morgans Harbour Hotel	00 31 475 332059	00 31 475 310573	Marco Becker	marco.becker@keis.nl
LXR Luxury Resorts: Rosehall Resort & Spa – A Hilton Resort	+44 01923 283838	+44 0208 906181	Jane Richardson	Jane.richardson01@hilton.com
RIU Hotels UK: RIU Resorts	+ 44 0190 326 2150		Paul Bunce	pbunce@riu.com
Sandals Resorts UK: Sandals & Beaches Resorts	+44 0207 581 9895	+44 0207 823 8758	Vanessa Barrow	Vanessa.barrow@sandals.co.uk
PSA Marketing: Shaw Park , Coyaba, Country Country	+44 01590 688014	+44 01590 688014	Paul Shields	paul@psamarketing.co.uk

VILLA REPRESENTATIVES

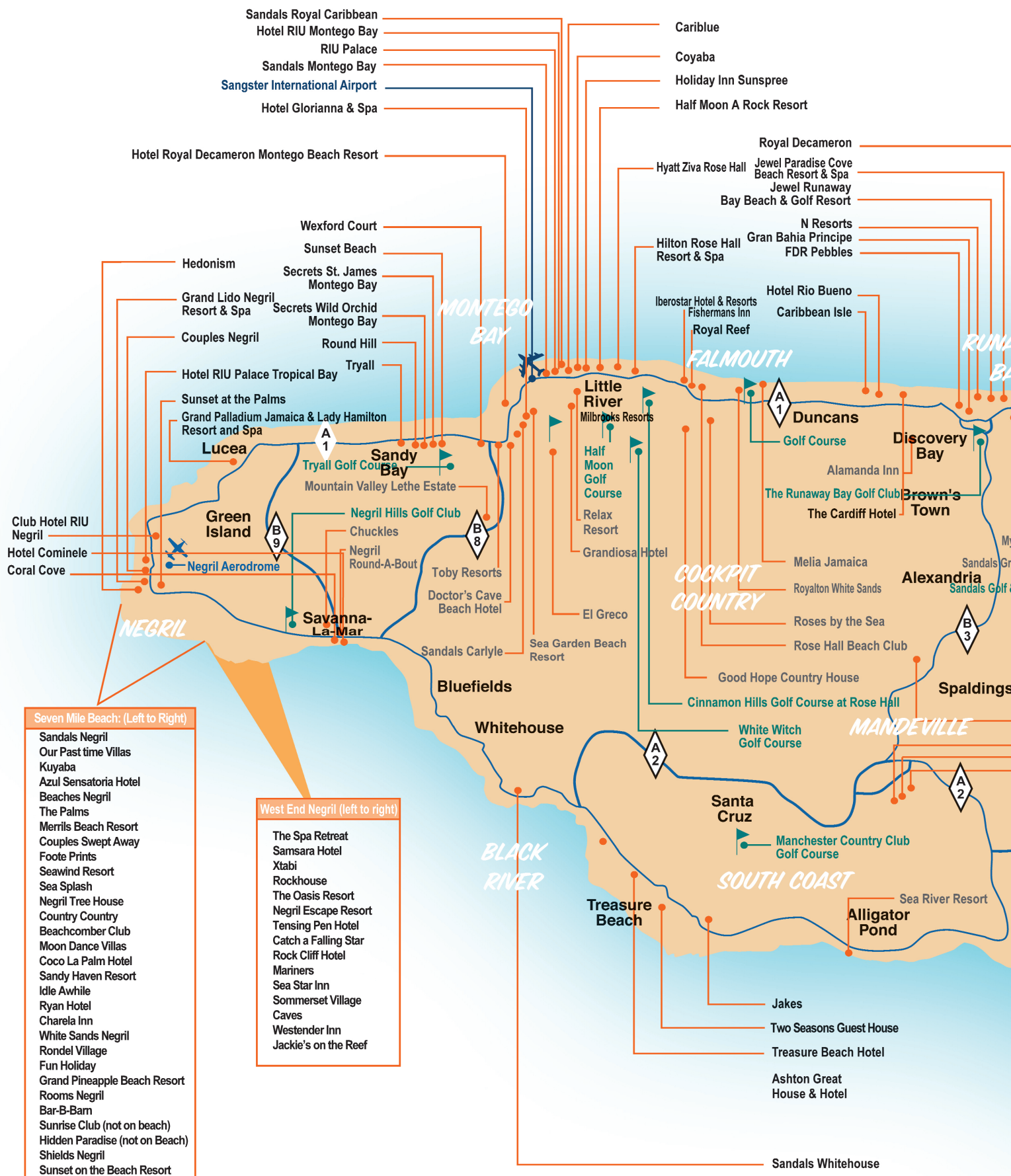
NORTH AMERICA

Representative	Toll-Free Number	Local Number	Fax Number	Website
At Home & Abroad	NONE	(212) 421-9165		www.athomeabroadinc.com
Bluefields Bay Villas	NONE	(202) 232-4010		www.bluefieldsvillas.com
Goblin Hill Villas .San .San	(800) 472-1148	(876) 925-8108		www.goblinhillvillasansan.com
Island Hideaways	NONE	(703) 378-7840		www.islandhideaway.com
JAVA	(800) 845-5276	(773) 463-6688		www.villasinjamaica.com
Jamaica Villas by Linda Smith	NONE	(301) 229-4300		www.jamaicavillas.com
LaCure Secret Escapes	(800) 387-2726	(416) 968-2374		www.lacure.com
Marketing in Motion	NONE	(518) 303-1310		www.luxuryhotelmktg.com
Passport Villas	(800) 331-8681	(770) 486-0800		www.passportvillas.com
Prospect Villas	(800) 733-5077	(876) 994-1373		www.prospect-villas.com
Russell Villas	(800) 238-5289	(876) 953-3707/3009		www.russellvillas.com
Luxury Villas	(800) 361-9949	(678) 320-0520		www.tryallclub.com
Unique Vacations	(800) 327-1991	(305) 284-1300		www.uniquevillasofjamaica.com
Unusual Villas & Island Rentals	(800) 846-7280	(804) 288-2823		www.unusualvillarental.com
VHR Worldwide	(800) 633-3284	(201) 767-9393		www.vhrww.com
Villa Leisure	(800) 526-4244	(561) 624-9000		www.villaleisure.com
Villas & Apartments Abroad	(800) 433-3020	(212) 897-5045		www.ideal-villas.com
Villas Caribe	(800) 645-7498	(303) 680-3100		www.villascaribe.com
Villas of Distinctions	(800) 289-0900	(914) 273-3331		www.vissasofdistinction.com

HOTELS, INNS, GUEST HOUSES & FACILITIES

RESORT AREA:	TYPE	# ROOMS	TEL (876)	FAX (876)	WEBSITE/EMAIL	FAMILY	FACILITIES
KINGSTON AREA							
Altamont Court Hotel	AR	58	929-4497-8	929-2118	www.altamontcourt.com	F	A, D (1) F, H, M, NG, NT P, S
Courtleigh Hotel & Suites	H/S	128	929-9000	906-2224	www.courtleigh.com	F	A, CC, D(3), F, FT, H, K, M, NG, P, R, S, SH, TV, WL, WR, WF
Hotel Four Seasons	H	76	929-7655-7	929-5964	www.hotelfourseasonsjm.com	F	A, D, M, NG, P, S
Indies Hotel	H	15	926-2952	926-2879	www.indieshotel.com	F	A, D (2) NF, NG, NT, S
Jamaica Pegasus Hotel	H	350	926-3691-9	929-5855	www.jamaicapegasus.com	F	A, D (4), FT, H, M, NG, P, S, T (2N)
Knutsford Court Hotel	H	143	929-1000	960-7373	www.knutsfordcourt.com	F	A, CC, D(1), FT, H, K, M, NG, P, R, S, SH, TV, WL, WF
Mayfair Hotel	H	32	926-1610	926-8380	www.mayfairja.com	F	D, (1) K, M, NG, P, S, F
Medallion Hall	H	21	927-5721	927-4081		F	
Morgan's Harbour Hotel	H	45	631-6920	967-8073	www.morgansharbour.com.jm	F	A, B, D F, MA P, S, W
Spanish Court Hotel	H/S	109	926-0000	926-1613	www.spanishcourthotel.com	12	A, C, D(2), E, FT, H, M, P, R, SP, TV, WL, WR, WF
Strawberry Hill	BH	16	944-8400-6	622-9000	www.islandoutpost.com	F	D (1), CC, F, M, P, R, S, SP, WL, WR, WG
Terra Nova Hotel	H	35	926-9334	929-4933	www.terranovaljamaica.com	F	A, D, (3) K, M, P, S
SOUTH COAST AREA:							
Ashton Great House	H	24	965-2036	965-2036		F	A, D, (1), MA NB, P, S
Golf View Hotel	H	50	962-4471	962-5640		F	A, A/C, D(1), P, S
Hotel Villa Bella	H	17	964-2243	964-2765	www.hotelvillabella.com	F	D, M, H, NG, S
Jake's Place I	H	29	965-0552	965-0552	www.islandoutpost.com	F	A/C, D(2), P, B
Sandals White House European Village & Spa	AI/H/S	360	640-3000	640-3001	www.sandals.com	Adults	A, A/C, B, C, D(7), DS(7), E, FT, H, JA, MB, M, P, R, S, SH, SP, T(4), TD, TL, W, WL, WR
South View Hotel	H	17	962-0654		southviewhotel@yahoo.com	F	A, B, D(1), M, P, S
The Mandeville Hotel	H	60	962-9764	962-0700	www.mandevillehoteljamaica.com	F	A/C, D(1), K, M, NG, P, R, TV, WL
TWO Seasons Guest House	GH	10	571-0817		www.2seasonsguesthouse.com	F	C, D, F, K, M P, S, WL, WF(some rooms)
Treasure Beach Hotel	H	32	965-0110-4	965-2544	www.jamaicatreasurebeachhotel.com	F	A, B, D (1) M, P, S
Tropics View Inn	H	48	625-2452	625-4402		F	A, K, D(1), P, S, FT
Village Spa	H	22	962-7265	965-8041		F	
MONTEGO BAY & FALMOUTH AREA							
Altamont West	H	31	952-9087	971-7337	altamontwesthotel@yahoo.com	F	
Caribbean Beach Hotel	H	17	953-2022	953-3580	caribblue@cwjamaica.com	F	A, B, D, K, NG, P, W
Coyaba Beach Resort	H/S	50	953-9150	953-2244	www.coyabaresortjamaica.com	F	A, B, D(3), G, M, NB, NG, P, T(1M), TD, W
Doctor's Cave Beach	H	81	952-4355	952-5204	www.doctorscave.com	F	A, A/C, C, CC, F, FT, JA, K, M, P, TD, TV, WL
El Greco	H	128	940-6116	940-6115	www.elgrecojamaica.com	F	A, B, D, K, P, S, T(2), TD, WF

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Hotels, Inns, Guest Houses & Facilities IN JAMAICA



HOTELS, INNS, GUEST HOUSES & FACILITIES

RESORT AREA:	TYPE	# ROOMS	TEL (876)	FAX (876)	WEBSITE/EMAIL	FAMILY	FACILITIES
MONTEGO BAY & FALMOUTH AREA							
Fisherman's Inn (Falmouth)	H	8	954-3427	954-4078	www.fishermansinnjamaica.com	F	A, D, P, S, TD,
Grandiosa Hotel	H	45	979-3205	952-7618	www.grandiosahotel.com	F	A/C, D, P, WL
Half Moon A Rock Resort	H/S	419	953-2211	953-9496	www.halfmoon.rockresorts.com	F	A, B, CC, D(2), DS(4), FT, G, H, M, MB, P, S, SP, SH, T(13N), TD, W, WF, WL
Holiday Inn Sunspree Resort & Spa	AI/H	524	953-2486	953-9480	www.caribbeanhi.com	F	A/C, B, CC, D, E, FT, H, NG, P, S, TL, SH, SP, W
Hotel Giorgianna & Spa	H	58	979-0669	979-0698	www.hotelgiorgianna.com	F	A/C, D, P, WL
Hotel Rio Bueno	H	22	954-0048	954-0048		F	
Hotel Royal Decameron Montego Beach	AI/H	131	952-4340	971-3275	www.decameron.com	F	A, B, CC, D(2), JA, M, NG, P, S, SP, T, W
Hilton Rose Hall Resort & Spa	AI/H/S	488	953-2650	518-0203	www.rosehallresort.com	F	A, B, CC, D(5), DS(4), G, H, M, MB, P, S, SP, SH, T(6N), TD, TL, W
Hyatt Ziva Rose Hall (Opens 2014)	AI/H/S	427	953-2800	953-8980		F	A, B, CC, D(5), E, FT, H, JA, MN, M, NG, P, S, SH, SM, SP, T, TD, TL, W, WL
Iberostar Rose Hall Beach	AI/H	366	680-0000	953-8019	www.iberostar.com	F	A/C, B, CC, D(4), DS(4), E, F, FT, H, MB, M, NG, P, R, SH, SM, SP, T(3N), TD, TV, W, WL
Iberostar Rose Hall Suites	AI/H/S	319	680-0000		www.iberostar.com	F	A/C, B, CC, D(5), DS(4), E, F, FT, H, MB, M, NG, P, R, SH, SM, SP, T(3N), TD, TV, W, WL
Iberostar Grand Hotel	A/S	293	680-0000		www.iberostar.com	Adults	A/C, B, CC, D(5), DS(4), E, F, FT, H, MB, M, NG, P, R, SH, SM, SP, T(3N), TD, TV, W, WL
Milbrooks Resort	BH/AI	14	631-6412	631-6487	www.milbrookresort.com	F	A, A/C, C, D(1), FT, G, H, JA, K, MB, M, NG, P, SP, TD, TL, WL, WR, WF
N Resort							
Relax Resort	H	34	979-0656	952-7218	www.relax-resort.com	F	A, B (0/R), D(1), G, K,
RIU Montego Bay	AI/H	681	940-8010	940-8015	www.riu.com	F	A, B, CC, D, E, FT, H, JA, MB, M, NG, P, S, SH, SP, T, TD, TL, WL
RIU Palace Jamaica Hotel	AI/S	238	940-8022	940-8015	www.riu.com	Adults	A, B, D(5), E, FT, M, MB, NG, P, S, SP, T, TD, W, WF
Rose Hall	A/H/S	295	680-0000		www.iberostar.com	F	A, A/C, B, C, D(5), DS(4), E, FT, H, JA, MB, M, NG, P, R, SH, SM, S, T(3N), TD, TL, W, WL, WR, WF
Round Hill Hotel	H/BH/S	120	956-7050	956-7505	www.roundhill.com	F	A/C, B, CC, D(1); E, F, FT, NG, P, R, SH, SP T(5/2N), TD, W, WL, WR, WF
Royalton White Sands	AI/H/S	226	632-7410	632-7418	www.royaltonwhitesandresort.com	F	A, A/C, B, C, D(6), DS(4), E, F, FT, JA, M, NG, P, S, SH, SP, T(3D/N), TD, TV, W, WL
Royal Reef Hotel (Falmouth)	H	20	953-1700	953-1705	www.royalreefja.com	F	A/C, B, D(3), NG, P, S
Sandals Carlisle	AI/H/S	52	952-4140	952-6913	www.sandals.com	Adults	A, D(1), G, H, P, S, T(N)
Sandals Montego Bay	AI/H/S	243	952-5510	952-0816	www.sandals.com	Adults	A, B, D(5), M, MB, NG, P, S, SP, SH, T(2N), TD, TL, W
Sandals Royal Caribbean Resort	AI/H/S	186	953-2231	953-2788	www.sandals.com	Adults	A, B, D, DS, JA, MN, M, NG, P, S, SH, SP, T, TD, TL, W, WL
SeaGarden Beach Resort	AI/H	125	979-7761	979-0943	www.seagardenjamaica.com	F	
Secrets St. James	AI/H/S	350	953-6600	950-9705	www.secretresorts.com	Adults	A/C, B, DS, E, FT, H, JA, MB, M, NG, P, R, S, SH, SM, SP, TD, TL, W, WL, WR,

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HOTELS, INNS, GUEST HOUSES & FACILITIES

RESORT AREA:	TYPE	# ROOMS	TEL (876)	FAX (876)	WEBSITE/EMAIL	FAMILY	FACILITIES
MONTEGO BAY & FALMOUTH AREA							
Secrets Wild Orchid	AI/H/S	350	953-6600	940-9705	www.secretresorts.com	Adults	A/C, B, DS, E, FT, H, JA, MB, M, NG, P, R, S, SH, SM, SP, TD, TL, W, WL, WR,
Sunset Beach Resort & Spa	AI/H	425	979-8800	953-6744	www.sunsetbeachresort.com	F	AI, A, B, CC, D(3), F, FT, P, S, SM, SP, SH, M, MB, T, TL, TD, TL, W, WI
The Atrium	H	30	953-2605	953-3683	E: atrium@cwjamaica.com	F	A, D(1), G, K, M, NB, P, S
Toby's Resort	H	68	952-4370	952-6591	www.tobyresorts.com	F	A, D(1), G, H, NB, NT, P, S, WL
Tryall Club Golf & Beach Club	H	219	956-5660	956-5673	www.tryallclub.com	F	A, B, CC, D(3), FT, G, H, JA, M, R, S, SH, SP, T, TD, TL, W, WL
Wexford Court	H	60	952-2854	952-3637	www.thewexfordhotel.com	F	A, D(1), K, M NM, NT, P, S
NEGRIL AREA							
AZUL Sensatori Hotel Jamaica, By Karisma	BH/AI	129	618-5001	957-5947	www.seashorebaybeachresort.com	F	A, B, D(4), K, M, NG, P, S, W
Bar-B-Barn	H	28	957-4267	957-4679	www.barnbarn.com	F	A, B, D(2), h, M, NG, ST, T
Beachcomber Club	H	46	957-4171-4	957-4097	www.beachcomberclub.com	F	A, B, D, K, M, P, S, T(1), W
Beaches Negril Resort & Spa	AI/H/S	225	957-9270-6	957-9269	www.beaches.com	F	A, B, CC, DS(7), E, F, H, M, FT, MB, NG, P, S, SH, SP, T(2), TD, TL, W, WL
Catch A Falling Star	H	20	957-0390	957-0046	www.catchajamaica.com	F	AC, D, W
Charella Inn	H	49	957-4414	957-4414	www.charella.com	F	A, B, D(1), H, M NG, NT, P, W
Coco La Palm	H	75	957-4227	957-3455	www.cocolapalm.com	F	A, D, B, H, NG, N, T, S, P
Coral Cove Resort (Little Bay, Westmoreland)	H	12	457-7594		www.coralcovejamaica.com	F	
Cotton Tree Place	H	35	957-4450	957-4773	www.cottonreepace.com	F	A, B, D(1), G, K, S
Country Country	BH	14	957-4273	957-4342	www.countryjamaica.com	F	A/C, B, D(2), NG, H, W
Couples Negril	AI/H/S	234	957-5960	957-5858	www.couples.com	Adults	A, B, C, D, E, FT, G, H, MB, P, S, SP, SH, T(2N), TD, TL, W
Couples Swept Away	AI/H/S	134	957-4061-6	957-4060	www.couples.com	Adults	A, B, D, DS(2), E, FT, G, M, MB, P, R, S, SP, SH, T(10N), TD, TL, W
Footprints on the Sand	H	30	957-4300	957-4301	www.hotelfootprints.com	F	A, B, D, G, H, K, M, S, T
Fun Holiday Beach Resort	AI/H	42	957-3585	957-3141	www.funholidaybeachresort.com	F	A/C, B, D(1), F, JA, K, NG, P, S, W
Grand Lido Negril Resort & Spa	AI/H	210	957-5010	518-5147	www.grandlidorresorts.com	Adults	A, B, D(6), G, M, P, S, T(4N), W
Grand Palladium Resort & The Grand Palladium Lady Hamilton Resort & Spa (Luca)	AI/H/S	1056	620-0000	620-0001	www.grandpalladiumjamaicareort.com	F	AI, A, C, B, D(14), T, M, P, S, SP, W
Grand Pineapple Beach Resort	AI/H	65	957-4408	957-4317	www.grandpineapple.com	F	AC, B, D, NG, T, TD, W
Hedonism II	AI/H	280	957-5200	518-5147	www.hedonism.com	Adults	A, B, D(1), G, H, P, T(6N), W
Hidden Paradise	H	22	957-4404	957-9219	www.hidden-paradise.com	F	
Hotel Commingle (Savanna-La-Mar)	H	19	918-1011	918-2667	jay_maycome@yahoo.com	F	A/C, D, P
Idle A While Resort	BH	10	957-9566	957-9567	www.idleawhile.com	F	AC, B, D
Jackie's On The Reef	GH	4	957-4997		www.jackiesonthereef.com	F	B, C, DS(1), M, P, S, WF
Kuyaba	H	24	957-4318	957-9765	www.kuyaba.com	F	A/C, B, P,

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HOTELS, INNS, GUEST HOUSES & FACILITIES

RESORT AREA:	TYPE	# ROOMS	TEL (876)	FAX (876)	WEBSITE/EMAIL	FAMILY	FACILITIES
NEGRIL AREA							
Legends Beach Resort	H	59	957-3834	957-9783	www.negrilhotels.com	F	A/C, B, D, P, W
Merril's Beach Resort I	AI	54	957-4751	957-3121	www.merrilsbeachresorts.com	F	AC/D, F, G, S, T, W
Merril's Beach Resort II	AI	38	957-4614	957-4751	www.merrilsbeachresorts.com	F	AC/D, F, G, S, T, W
Merril's Beach Resort III	AI	50	957-4487	957-3121	www.merrilsbeachresorts.com	F	A/C,D, F, G, S, T, W
Moon Dance Villas	AI	20	957-9000	957-9685	www.moondancevillas.com	F	A/C, B, C, D, F, H, JA, K, NG, P, S, W
Negril Escape Resort & Spa	H	42	957-0392	957-0391	www.negrilescap.com	F	A/C, D, P, WF
Negril Tree House Resort	H	69	957-4287	957-4386	www.negriltreehouse.com	F	A, B, D, K, NG, NT, P, S, R, W
Our Past Time Villas	H	17	957-5422/5503	957-5422	www.ourpasttimenegril.com	F	A/C, B, D(1)
Rayon Hotel	H	15	957-9166	957-9387	www.rayonhotels.com	F	A/C, D, P
RIU Club Hotel Negril	AI/H/S	420	957-5700	957-5020	www.riu.com	F	A, C, B, D, T, M, P, S, SP, W
Riu Palace Tropical Bay	AI/H/S	416	957-5902	957-5727	www.riu.com	F	A, C, B, D, T, M, P, S, SP, W
Rock House Hotel	BH	34	957-4373	957-0557	www.rockhousehotel.com	12	A, C, CC, D(1), DS(2), E, MB, NG, P, RS, SH, SP, TD, WL, WF
Rondel Village	H	40	957-4413	957-4915	www.rondelvillage.com	F	A, B, C, D(1), G, K, P, S, W
Rooms Negril	H	57	957-3500	957-8497	www.roomsresorts.com/negril.asp	F	A/C, B, P, G, S, W
Sandy Haven Resort	BH	35	957-3200	957-9896	www.sandyhavenresort.com	F	A/C, D(1), H, J, M, P
Samsara Cliff Resort & Spa	H	50	957-4395	957-4073	www.negrilhotels.com	F	AC, W, T, D,
Sandals Negril Resort and Spa	AI/H/S	223	957-5216-7	957-5338	www.sandals.com	Adults	A, B, D(4), H, G, M, P, S, T(3N), W
Sea Star Inn	H	15	957-0553	640-2473	www.seastarinn.com	F	A, D(1), P, S, WF, SH
Sea Splash Resort	H	21	957-4041-3	957-4049	www.seasplash.com	F	A, B, D(1), F, G, P, S, T, W
Seawind Resort	H	29	957-9018		www.seawindresortjamaica.com	F	A, B, D, W,
Shields Negril	H	36	957-3112	957-3899	www.shieldsnegril.net	F	A, D, K, P
Summerset Village	H	45	957-4409	640-2389	www.summersetvillage.net	F	A, K, P
Sunrise Club Hotel	H	14	957-4293	957-3300	www.sunriseclub.com	F	
Sunset at The Palms	AI/H	86	957-5350	957-5381	www.sunsetatthepalms.com	F	A, C, D, F, M NG, P, T
Sunset on the Beach Resort	H	32	957-9226	957-4724	www.sunsetonthebeachresort.com	F	A, B, K, NG, R, S, W
Tensing Pen	H		957-0387	957-0160	www.tensingpen.com	F	A, D, P, S,
The Caves	BH	12	957-0269	957-4930	www.islandoutpost.com/the_caves	16	C, D(1), DS, JA, MB, NG, P, R, SP, WL, WR, WF
The Oasis Resort	H	30	957-4390	957-4153	www.oasisnegril.com	F	A/C, D(1), P
The Palms Resort	BH	34	957-4329	9570174	www.thepalmsnegril.com	F	A/C, B, D, P, W
The Spa Retreat	BH	18	957-4329	957-0174	www.thespajamaica.com	Adults	A, A/C, C, D(1), H, M, NG, P, R, SP, W, WL, WR
Westender Inn	H	13	957-4991	957-4991	www.westenderinn.com	F	A, BM, D(2), G, M, S, P, T, W
White Sands Negril	H	45	957-4291	957-4674	www.whitesandsjamaica.com	F	A, B, C, D(1), K, NG, P, WL, WF

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RESORT AREA:	TYPE	# ROOMS	TEL (876)	FAX (876)	WEBSITE/EMAIL	FAMILY	FACILITIES
NEGRIL AREA							
West Palm Hotel	H	18	956-2321		E: westpalmhotel@yahoo.com		
Xtabi Resort	GH	25	957-0121		www.xtabi-negril.com	F	B, D(1), K, NG, P
OCHO RIOS AREA:							
Beaches Ocho Rios Resort & Golf Club	AI/H/S	224	975-7777	975-7622	www.beaches.com	F	A, B, CC, DS(5), E, F, G, H, M, FT, MB, P, S, SH, SP, T(4), TD, TL, W, WL
Casa Maria Hotel	H	18	725-0157	725-0157	www.casamariahotel.net	F	A/C, D(3), H, M, P, S, T(4N)W
Club Hotel RIU Ocho Rios	AI/H/S	856	972-2200	972-2203	www.riu.com	F	A, B, CC, DS(5), FT, H, JA, M, MB, NG, P, S, SP, T, TD, TL, W
Columbus Heights	AR	65	974-2940	974-2940	www.columbusheights.com	F	A/C, D, P, S T(2N), FT
Couples Tower Isle	AI/H/S	206	975-4271-5	975-4439	www.couples.com	Adults	A, B, DS(5), E, FT, G, MB, P, R, S, SP, SH, T(5/3N), TD, TL, W
Couples Sans Souci Resort & Spa	AI/H/S	147	994-1206	994-1544	www.couples.com	Adults	A, B, D, DS(2), E, FT, G, M, MB, P, R, S, SP, SH, T(N), TD, TL, W
Fisherman's Point	AR	73	974-5317	974-2894	www.fishermanspoint.net	F	A/C, CC, D, K, P, S, R, TD, W
Golden Eye Hotel & Resort	BH	22	622-9007		www.islandoutpost.com	F	A/C, B, C, CC, D, DS, F, K, MB, P, R, S, SH, SP, T, TL, W, WL, WR, WF
Hermosa Cove	EP/S		974-3699		www.hermosacove.com	F	A, B, CC, D, F, NG, K, P, R, S, TD, TL, WL
Hibiscus Lodge	BH	26	974-2676 974-2594	974-1874	www.hibiscusjamaica.com	F	A, D, M, P, S T(1N), NB
Jamaica Grande Resort	AI	720	974-2201	974-2289	www.sunsetjamaicagrande.com	F	AI, A, B, CC, D(3), F, FT, P, S, SM, SP, SH, M, MB, T, TL, TD, TL, W, WI
Jamaica Inn	BH/S	57	974-2514	974-2449	www.jamaicainn.com	F	A, B, D(1), H, MB, NG, P, SP, TD, W, WL, WF
Jewel Dunn's River Resort & Spa	AI/H/S	256	972-7400	972-7402	www.jewelresorts.com	Adults	A, B, D(6), G, H, K, M, MB, P, S, SH, SP, T(4N), TD, TL, W
Moxon Beach Club	H	20	975-7023	-----	www.moxons-beach-club.com		A, B, D, P, WL WF
Mystic Ridge Resort	H	90	974-9831	618-1999	www.mysticridgejamaica.com	F	A, D, M, NB, P, S, T, TD, SP, WL, WF
Rooms On The Beach	H	99	974-6632	516-1544	www.roomsresorts.com	F	A/C, D, FT, P, M, S, TD, WR
Sandals Grande Riviera	AI/H/S	529	974-5691	974-5838	www.sandals.com	Adults	A, B, DS(15), G, K, M, NB, P, R, S, SH, SP, T(6N), TD, TL, W
Sandals Royal Plantation	AI/H/S	81	974-5601	974-5912	www.sandals.com	Adults	A/C, B, D, FT, N, JA, M, P, RS, S, SP, TD, TL, W
Seacrest Beach Hotel	H	24	972-1594	972-8973	www.seacrestresorts.com	F	A, B, D, NG, K, P, S
Sea Palms			975-4400	975-4017	www.seapalms-jamaica.com	F	A, B, K, P, S
Shaw Park Beach Resort	AI/H	94	974-2552-4	974-5042	www.shawparkbeachhotel.com	F	A, B, D, DS, E, F, FT, M, NG, P, R, SH, SP, TD, TV, W, WL
Tower Cloisters	H		975-4467	975-4360	www.towercloistersjamaica.com	F	A, D(1), K, M, P, S, WF
Village Hotel	H		974-9193/6	974-8894	www.villagehoteljamaica.com	F	AC, D, K, P, S, FT
RUNAWAY BAY AREA:							
Club Ambiance	AI	85	973-4705	973-5670	www.clubambiance.com	N/A	A, B, D(2), H, M, NG, NT, P, S, W
Franklyn D. Resort	AI	76	973-4591	973-4600	www.fdrholidays.com	F	A, B, D(2), K, M, NG, P, S, T(1N), W
Gran Bahia Principe Jamaica	AI/H/S	840	973-7000	670-8503	www.bahia-principe.com	F	A, B, CC, D(5), DS, F, FT, JA, J, NG, P, S, SP, SH, T, TD, W, WL
Hotel Royal Decameron Fun Caribbean	AI/H	225	973-5321	973-5971	www.decameron.com	F	A/C, B, CC, D(3), DS(2), FT, H, M, P, S, T, W

CODE TO ACCOMMODATIONS: AI=All Inclusive Resort; AR=Apartment Resort; GH=Guest House; H=Hotel; S=Suites. **CODE TO FACILITIES:** A=Air Conditioned; A/C=Air Condition or Ceiling Fan; B=Beach; C=Ceiling Fan; D=Dining (# of restaurants); F=Family; FT=Fitness Center; G=Golf; H=Handicapped Facilities; JA=Jacuzzi/Hot Tub; K=Kitchen Facilities; M=Meeting & Convention Facilities; NG=Near Golf Course; NP=Near Pool; P=Pool; S=Satellite TV; SP=Spa; T=Tennis (# of courts/nightly); W=Watersports. **MEANING OF SYMBOLS:** N/A=Not accepted as guest of hotel; O/R=On request.

HOTELS, INNS, GUEST HOUSES & FACILITIES

RESORT AREA:	TYPE	# ROOMS	TEL (876)	FAX (876)	WEBSITE/EMAIL	FAMILY	FACILITIES
RUNAWAY BAY AREA:							
Hotel Royal Decameron Club Caribbean	A/H	174	619-0739	973-4703	www.decameron.com	F	A/C, B, CC, D(3), DS(2), FT, H, M, P, S, T, W,
Jewel Paradise Cove Beach Resort & Spa	A/H/S	225	972-7400	972-7400	www.jewelresorts.com	F	A, B, CC, D(7), E, F, FT, G, H, JA, MB, M, P, R, S, SP, SH, T, TD, W, WL
Jewel Runaway Bay Beach & Golf Resort	A/H/S	266	973-6099	972-7402	www.jewelresorts.com	F	A, B, CC, D(5) G, M, P, S, SP, SH, T(4N), TD, W
The Cardiff Hotel	H	20	973-6671	973-4704	www.thecardiffhotel.com	F	A, D, M, P, S
Villa Sonate	BH	15	973-5944	973-6098	www.villasonate.com	F	AC, B, C, D(1), H, JA, M, NG, P, R, TL, WF
PORT ANTONIO AREA							
Bay View Eco Resort & Spa	BH	33	993-3118	715-5779	www.bayviewecoresort.com	F	A/C, D, F, M, P, R, S SP, TV, WL, WR
Frenchman's Cove Resort	H		993-7270	993-7404	www.frenchmanscove.com	F	
Geejam Hotel	BH	4	993-7000	993-7156	www.geejamhotel.com	F	A/C, CC, D(1), F, MB, R, TL, WL, WF
Goblin Hill Villas	H	44	993-7443 993-7537	993-7716	www.goblinhillvillas.com	F/12	A, D(1), K, M, NB, P, S, T(2), WL
Great Huts	GH	10	993-888		www.greathuts.com	F	
Hotel Mocking Bird Hill	BH	10	993-7267 993-7134	993-7133	www.hotelmockingbirdhill.com	12	B(near), C, CC, D(1), H, P, SP, TD, WL, WL
Jamaica Crest Villas	AR	66	993-8400-1	993-8432	reservations@jamaicacrest.com	12	A, B, D(2), K, M, P, S, T, W
Jamaica Palace Hotel	H/S	80	993-7720	993-7759	www.jamaica-palacehotel.com	12	A, B, D(2), H, M, S, NT, P, W, W, WR
Trident Castle & Hotel	H/S		663-7000		www.tridentportantonia.com		

NATIONAL SYMBOLS

The Flag – Jamaica's flag was unveiled on Independence Day, August 6, 1962. The flag has a diagonal cross in gold with two black triangles juxtaposed with two green triangles. The symbolism of the flag is "the sun shineth, the land is green and the people are strong and creative". Black depicts the strength and creativity of the people; gold, the natural wealth and beauty of sunlight; and green represents hope and agricultural resources.



The Coat of Arms – The original Coat of Arms granted to Jamaica in 1661 was designed by the Archbishop of Canterbury and apart from a partial revision in 1957, remains virtually the same. The Coat of



Arms shows a male and female Taino standing on either side of the shield, which bears a red cross with five golden pineapples superimposed on it. The crest is a Jamaican crocodile surmounting the Royal Helmet and Mantlings with the motto "Out Of Many One People."



The Fruit – The Ackee is an edible fruit which was brought to Jamaica from West Africa in the 18th Century.



The Flower – "Lignum Vitae" a name supposedly adopted because of the plant's medicinal qualities, is indigenous to Jamaica.



The Bird – "The Doctor Bird" lives only in Jamaica and is one of the most outstanding of all species of Hummingbirds. The feathers of this bird are beautifully iridescent, a characteristic peculiar to the family.



The Tree – The Mahoe is one of Jamaica's secondary economic timbers. Mahoe is popular with small furniture manufacturers as the attractive blue-green wood, with its variegated yellow intrusions, is capable of taking a high polish which shows up the variety of grain and color tones.

LIST OF APARTMENT ACCOMMODATIONS

Name	Location	Telephone (876)	Name	Location	Telephone (876)
OCHO RIOS AREA			THE SOUTH COAST AREA		
Alamanda Clusters (20)	Ocho Rios	974-2006	Fluer Flats (16)	Mandeville	962-1053
Carib Ocho Rios (17)	Ocho Rios	974-0305			
Chillin at Old Fort Bay (12)	Ocho Rios	754-1623	MONTEGO BAY		
Chrisanns (20)	Tower Isle	974-4467	El Greco Apts (128)	Montego Bay	940-6115-6
Columbus Heights (43)	Ocho Rios	974-2940	Upper Deck Apts (114)	Montego Bay	970-5037
Fisherman's Point (73)	Ocho Rios	974-5317			
Pier View Apts (19)	Ocho Rios	974-2607	NEGRIL		
Rose Garden (8)	Ocho Rios	972-2858	Hilltop Villas (18)	Negril	957-4253
Sea Palms Apts (64)	Ocho Rios	974-4400-2	Negril Beach Condos (15)	Negril	957-4323
Beach Resort (120)	Runaway Bay	973-4809			
Tower Cloisters (10)	Tower Isle	974-4344	PORTLAND		
Turtle Beach Apts (10)	Ocho Rios	974-5015	Paradise Inn (6)	Snow Hill	993-5169
			Rio Vista Resort (10)	St. Margaret's Bay	993-5444
KINGSTON					
Christar Villas (33)	Kingston	978-3733			
C.H. Williams & Co (3)	Kingston	978-7201			
Sunset Inn (16)	Kingston	929-7283			
The Gardens (14)	Kingston	927-8275			

(Please note that the number beside each listing indicates the available units)

GETTING MARRIED

If love and romance are a part of your client's Jamaican adventure, getting married on the island is as easy as ever. A Jamaican wedding can be as extravagant or as simple as they want it to be.

Waiting Period: Visitors can be married just 24 hours after arriving in Jamaica providing prior application has been made for a marriage license. Contact your resort for their required duration.

The following documentation is required for all persons wishing to get married in Jamaica. Documentation: (1) Proof of citizenship-certified copy of birth certificate, which includes father's name. (2) Parent's written consent if under 18. (3) Proof of divorce (if applicable) original Certificate of Divorce. (4) Certified Copy of death certificate for widow or widower. Italian Nationals celebrating their marriage in Jamaica must notify their embassy, and a certified copy of their marriage certificate forwarded to their embassy to be legalized and translated. French Canadians need a notarized translated English copy of all documents and a photocopy of the original French documents. Blood Test: None.

Arrangements: The application for the marriage license and all other arrangements can be easily done through most hotels. The cost of a license is JA\$4,000 (approximately US\$60-US\$65). To apply for your marriage license, contact the Ministry of Justice at (876) 906-4923; 2 Oxford Road, NCB Towers, 10th Floor/South Tower, Kingston 5; Email: customerservice@moj.gov.jm; Hours: Mon-Thurs 9:00a-5:00p, Fri 9:00a-4:00p. There are also non-denominational marriage officers who can perform weddings for a fee of US\$100 up. Most officers will perform weddings at their offices, in their homes, or any place chosen by the couple and can provide a witness for the ceremony.

Often ranked one of the top places for weddings and honeymoons, the island of Jamaica never falls short on romantic offerings for travelers. For a seamless journey through Jamaica's wide-ranging wedding and honeymoon options, the Jamaica Tourist Board has an online concierge service for couples to utilize when planning their dream trip to the island. Our online concierge is called "Wendy" and her role is to ensure visitors receive the best match for taste and budget. Couples can get to know the Jamaica love guru at visitjamaica.com/weddings or on Twitter at twitter.com/weddingsinja.

HOUSES OF WORSHIP

USE AREA CODE 876 FOR PHONE NUMBERS BELOW.

KINGSTON

Andrews Seventh Day Adventist	920-7782	OCHO RIOS	
Baha'i Spiritual Assembly	927-7051	Church of God of Prophecy	974-5511
Bethel Baptist Church	948-7314	Methodist Church	974-1420
Bethel United Church (Apostolic)	928-2987	Ocho Rios Baptist	974-7139
Coke Methodist Church	922-2224	Our Lady of Fatima (Catholic)	974-2523
East Queen Street Baptist Church	922-7174	St John's Anglican (Episcopal)	974-2075
Jewish Synagogue www.ucija.org	922-5931		
Kingston Parish Church (Episcopal)	948-0065	PORT ANTONIO	
North Street Seventh Day Adventist	922-7440	Blessed Sacrament Cathedral	952-1248
St Andrew Parish Church (Episcopal)	968-9366	Burchell Baptist Church	952-6351
St Andrew Scott's Kirk (Presb)	922-1818	Calvary Baptist	952-4375
St Peter & Paul (Catholic)	927-6579	Holy Trinity (Episcopal)	952-5722
Webster Memorial (Presbyterian)	926-6127	Jehovah's Witness Kingdom Hall	952-5019
Islamic-Mosque	928-1771	Knibb Memorial Baptist (Falmouth)	617-0536
Hindu-Temple	927-2239 (After 4pm)	Montego Bay Seventh Day Adventist	952-3538
Rastafarian, Ethiopian Orthodox	926-8109	St James Parish Church (Episcopal)	971-2564
			or 952-8847

MANDEVILLE

Black River Catholic Church	965-2209	St John's Methodist Church	971-3441
Mandeville Baptist Church	962-3118	St. Peter's Anglican (Falmouth)	903-6313
St Mark's Parish Church	962-2876		

MONTEGO BAY / FALMOUTH

Blessed Sacrament Cathedral	952-1248	Bethel Town Baptist	957-2732
Burchell Baptist Church	952-6351		
Calvary Baptist	952-4375	New Testament Church of God; United	
Holy Trinity (Episcopal)	952-5722	Church Jamaica Grand Cayman, Seventh	
Jehovah's Witness Kingdom Hall	952-5019	Day Adventist, Assemblies of God, United	
Knibb Memorial Baptist (Falmouth)	617-0536	Pentecostal and Jehovah Witness.	
Montego Bay Seventh Day Adventist	952-3538		
St James Parish Church (Episcopal)	971-2564		
	or 952-8847		
St. John's Methodist Church	971-3441		
St Peter's Anglican (Falmouth)	903-6313		

ATTRACTIONS

MONTEGO BAY AREA

Animal Farm: Is located in Copse, Hanover and is primarily dedicated to aviculture. The farm is environmentally friendly as they use solar power for electricity. Their motto is, don't just live, live green. Tel: (876) 899-0040/299-9360; W: www.animalfarmja.com

Bellevue Great House 1794: They offer property tours called "Taste of Jamaica" and the tour focuses on the history of Jamaican cuisine with an emphasis on guest participation and interaction. Tel: 952-2382; W: www.bellevuegreathouse.com

Braco Stables: Fully guided tour with well-trained horses through the countryside. Open daily, 8:30 am to 4:30 pm. Tour times 10:30 am & 2:30 pm Tel: (876) 954-0185 E-mail: bracostables@cwjamaica.com; Website: www.bracostables.com

Calico Sailing and Undersea Cruise: Daily cruise, 10:00 am to 1:00 pm. Tel: (876) 952-5860 E-mail: mobay@n5.com.jm Website: www.calicosailingcruises.com

Chukka Caribbean Adventure Tours Ltd. (Canopy Tour/Zipline Canopy/Horseback Ride N Swim/ Dune Buggy): They are guided by a spirit of exploration and adventure, and are driven to define, design, develop and deliver tour experience of the highest quality. Adventures are set on natural beauty; local culture and history, rest and rejuvenation. Tel: 953-5619/953-5740; W: www.chukkacaribbean.com

Chukka Caribbean Adventure Tours Ltd. (Jungle River Tubing) - (Ultimate Kayaking): They offer tours to show the woods in our tropical forest. The journey down the river is known for many moods such as lazy pools and thrilling rapids. They have a river swing where persons can test their skills. Tel: 953-6699; W: www.chukkacaribbean.com/kayak.php

Chukka Caribbean Adventures - ATV Safari: Guests get the chance of a lifetime to journey 2200 feet above sea level and experience that awe as the powerful easy to handle four wheel ATV bikes negotiates through the rugged terrains. Learn of the history of Pumpkin Bottom, Smithfield Cascade and one of the oldest Presbyterian churches in Jamaica. Tel: 684-9931; W: www.chukkacaribbean.com/avt

Cinnamon Hill Golf Club: Located in Rose Hall where persons can experience the best of Jamaica's golfing with the cool ocean breeze, the wind whistling through the pines as you tee-off on the 17th hole, 350 feet above sea level. Tel: 953-2984; W: www.rosehall.com/golf/cinnamon-hill/

Cornwall Beach: Tel: 979-0102; www.cornwallbeachja.com E: info@cornwallbeachja.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. 10:30 am to 3:00 pm, Tues, Wed, and Fri. Tel: (876) 979-8267 Fax: (876) 979-8251; E-mail: therry20@hotmail.com Website: www.montego-bay-jamaica.com/ajal/croydon

Doctor's Cave Beach: World famous white-sand and clear water beach believed to be fed by mineral springs. Daily, 8:30 am to 5:30 pm. Tel: (876) 952-2566. E-mail: drscave@cwjamaica.com Website: www.doctorscavebathingclub.com

Glistening 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. Daily 7:00 p.m. Tel: (876) 954-3229.

Good Hope Country House: The Country House, a spectacular property, sits atop a hill, set in a peaceful valley, allowing for an incredible view of the 2000 acre of valley, overlooking the Queen of Spain, the Martha Brae River and the mysterious Cockpit Mountain. Tel: (876) 469-3444; E: goodhope1@cwjamaica.com W: www.goodhopejamaica.com Great River Rafting & Plantation Tours: Tel: 956-4920/912-0020, Fax: 956-4927/4693

Greenwood Great House: Over 200 years old. Formerly owned by the family of Elizabeth Barrett-Browning, the famous English poet. Open daily, 9:00 am to 6:00 pm. Tel: (876) 953-1077 Fax: (876) 953-1387 E-mail: greenwoodgreathouse@cwjamaica.com; www.greenwoodhousejamaica.ntsempk.com

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 Website: www.horsebackridingjamaica.com

Jamaica White Water Expedition: White river rafting, kayaking on Cabarita River. Open daily. Tel: (876) 387-9342

Jamaica Zipline Adventure Tours: Enjoy the views of rural Jamaica on the longest zipline in the Caribbean, one of 5 ziplines, varying in length from 250' to the amazing 1,600' Big Timba. We welcome you to Lethe Estates, a private, gated farming community situated along the Great River. Tel: (876) 940 7394; W: www.zipline-tours.com

Jimmy Buffet's Margaritaville Montego Bay: Tel: 952-4777; W: www.margaritaville.com

John's Hall Adventure Tours: Guided walking tour of farm, sightseeing tour of Montego Bay. Open Mon, Wed, Thurs, Fri and Sat, 9:00 am to 2:00 pm. Tel: (876) 971-7776, (876) 979-0656 or (876) 952-7218; E: relax.johnshalltours@hotmail.com Website: www.johnshall-adventuretours.com

Luminous Lagoon: Tel: 954-3229

Margaritaville Caribbean Bar & Grill: 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 flavors of Margaritas. T: (876) 952-4777 E: mobay@margaritavillecaribbean.com; W: www.margaritaville-caribbean.com

Maroon Village Tour: Tel: 952-4546

Mobay Undersea Tours: Explore Montego Bay's marine sanctuary aboard a modern semi-submarine. Panoramic marine environment and coral reefs. Air conditioned cabin holds 50 passengers. Narrated by experts. Daily, 11:00 am to 2:30 pm. Tel: (876) 979-2281.

Montego Bay Marine Park: Marine park comprising an area of 15.3 square kilometers which includes the sea, the sea floor and all the marine life within its boundaries to a depth of 150 meters. Daily, 8:30 am to 4:30 pm. Tel: (876) 952-5619; Fax: (876) 940-0659.

Mountain Valley Rafting & Plantation Tour at Lethe: One hour rafting trip on The Great River, disembarking at scenic recreation area. Optional hayride and plantation tour available. Daily, 8:30 am to 4:30 pm. Tel: (876) 956-4920 or (876) 912-0026; Fax: (876) 956-4963; E-mail: letheestate@cwjamaica.com

Museum Of St. James: Tel: (876) 971-9417

Outameni Experience: Trelawny is a moving cultural experience that celebrates Jamaica's rich culture depicted in small architecturally designed villages showing Taino, Spanish, African, English, Indian, Chinese and Jamaica Today. Tel: 954 4035; W: www.outameni.com

Rafting on the Martha Brae: A 90-minute bamboo raft ride, is Jamaica's premier river-rafting attraction. Daily, 8:30 am to 4:30 pm except on public holidays. Tel: (876) 954-5168 or (876) 952-0889 Fax: (876) 979-7437; E-mail: j.rofinfo@jamaicarrafting.com Website: www.jamaicarrafting.com

Rastafari Indigenous Village: Tel: 285-4750-2/410-1770; W: www.rastavillage.com

River Raft Ltd.: Tel: 9406398/9520809; W: www.jamaicarrafting.com

Rockspring Cave Exploration: Tel: (876) 610-0818

Rockland's Feeding Station: Bird sanctuary at Anchovy. Bird feeding daily, 9:00 am to 5:30 pm. You can watch or you can hand-feed one yourself. Tel: (876) 952-2009

Rose Hall Great House: Magnificently restored 1760 plantation where legend has it that Annie Palmer, the "White Witch", ruled with cruelty and met a violent death. Daily, 9:00 am to 6:00 pm. Tel: (876) 953-2341 (876) 953-2456 or (876) 952-2009; Fax: (876) 953-2160; E: rosehall@cwjamaica.com W: www.rosehall.org

Sky Beach Bar & Seafood Grill: Tel: 956-5006/547-3971; W: www.skybeach.com

VIP Attractions: Club Mobay offers the Jamaican hospitality as you prepare to depart from the Sangster International Airport. Enjoy a unique, first class lounge experience and premium Jamaican hospitality in a dynamic environment of exhibits and audio-visual presentations showcasing the best of Jamaica. Everything from Jamaica's own world renowned beer, Red Stripe, to the arts, music, food and specialty rooms that will reflect the rich cultural expressions of Jamaica. T: (876) 619-1565 / (876) 381-0299 W: www.vipattractions.com; E: info@vipattractions.com

OCHO RIOS/RUNAWAY BAY AREA

Annandale Great House: Tel: 361-3501, Fax: 929-2780

Blue Mountain Bicycle Tours: Downhill ride on mountain bicycles, meet local coffee farmers. Breakfast, lunch, and waterfall swim plus guides. Sun 9:00 am to 5:00 pm, Mon to Fri 7:00 am to 5:00 pm, Sat 8:00 am to 4:00 pm Tel: (876) 974-7075 Fax: (876) 974-0635 E: info@bmtoursja.com W: www.bmtoursja.com

Bob Marley Mausoleum, Nine Miles: Come see, come be with Bob Marley where the legend was born. Open daily, Tel: (876) 843-0498; E: cembe@msn.com; www.bobmarleymoment.com

Bamboo Beach Club: Located on Reggae Beach on the northern tip of the island in beautiful Ocho Rios, Bamboo Beach Club lies on one of the most amazing beaches in the Caribbean. T: 954-623-3571; www.bamboobeachclub.com

Brimmer Hall Plantation: Plantation and Great House Tour. Open Mon to Fri 8:00 am to 4:00 pm Tel: (876) 994-2309, Fax: (876) 994-9118.

Calypso Rafting: Tel: 974-2527; W: www.calysorafting.com

Chukka Caribbean Adventure: Falmouth/Ocho Rios/Boscobel: Horseback Ride N' Swim, River Tubing Safari, Mountain to Sea Bike Adventure, Zion Bus Line, Canopy Tours. Open daily, 8:00 am to 5:00 pm Tel: (876) 972-2506; Website: www.chukkacaribbean.com

Columbus Park: Historical site commemorating the spot where Columbus first landed in Jamaica. Daily, 9:00 am to 5:00 pm.

Coyaba River Garden & Museum: Stroll through Coyaba's creek-side garden and learn about Jamaica's past in the small museum. Restaurant with fountains and springs on site. Daily, 8:00 am to 5:00 pm. Tel: (876) 974-6235 Fax: (876) 795-0907 E-mail: coyaba.c@cwjamaica.com; www.coyabagardens.com

Cranbrook Flower Forest: Tropical garden with river path, nature walk, pond fishing, swimming and other activities. Daily, 9:00 am to 5:00 pm. Tel: (876) 995-3097 or (876) 995-3097 Fax: (876) 973-5919; Website: www.cranbrookff.com

Dolphin Cove: Swim with the dolphins and see animals and birds in a natural cove surrounded by lush, tropical rainforest, rivers and waterfalls. Open daily, 8:30 am to 4:30 pm. Tel: (876) 795-2272, (876) 795-2795 or (876) 795-0484. E-mail: dolphincovejamaica@yahoo.com; W: www.dolphincovejamaica.com

Dunn's River Falls & Park: 600 feet of gently terraced cascades for climbing. Daily, 9:00 am to 5:00 pm. Tel: (876) 974-2857 or (876) 974-4767. E-mail: dunnriver@udcja.com

W: www.dunnriverfallsja.com

Firefly: Named after the luminous fireflies seen after dark, this property was once the Jamaican retreat of the late playwright Noel Coward. Open Mon through Thurs and Sat, 9:00 am to 5:00 pm. Closed on Public Holidays. Tel: (876) 994-0920 Fax: (876) 725-0860 W: www.islandoutpost.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, 9:00 am to 4:00 pm Tel: (876) 973-2841 E-mail: greengrotto@udcja.com Website: www.greengrottocavesja.com

Harmony Hall: Art gallery showing outstanding Jamaican art as well as pieces from around the Caribbean. Daily, 10:00 am to 6:00 pm. Tel: (876) 973-2751; Fax: (876) 973-9297 E-mail: info@harmonyhall.com Website: www.harmonyhall.com

H'Evans Scent Limited: Set in the lush hills of St Ann, Jamaica, H'Evans Scent is the ultimate family experience. Part tree top adventure, part paintball experience and part adventure park, Hevans scent is all about releasing the inner you. Tel: 955 7021; W: www.hevansscent.com

Hooves Limited: Fully guided tour on well-trained horses through countryside. Learn about medicinal properties of indigenous plants. Daily, 8:00 am to 5:00 pm. Tel: (876) 972-0975 Fax: (876) 972-9204; E-mail: hooves@cwjamaica.com; W: www.hoovesjamaica.com

Island Village: A multifaceted entertainment center with shopping, dining, film, cyber café, gaming, art and a beach, plus an interactive celebration of reggae music, from Ska to dance-hall. Daily. Tel: (876) 675-8995.

Island Routes: Island Routes will put together a series of outdoor adventure tours that allow you to explore the wonders, feel the thrills, and surrender completely to the unparalleled grandeur of Jamaica. T: (877) 768-8370, www.islandroutes.com

Jamaica Dogsled Experience: Tel: 972-0814, Fax 972-0814

Jimmy Buffet's Margaritaville Experience: Tel: 9540185/370-2186; W: www.margaritavillecaribbean.com

James Bond Beach Club: Beach facility. Tues to Sun 9:00 am to 6:00 pm. Tel: (876) 975-3663-5. W: www.islandjamaica.com

Mystic Mountain: Take the rainforest tour on the Sky. Explorer a state-of-the-art chairlift that sends you soaring 700 feet above the Jamaican treetops to Mystic Mountain. Take a thrilling ride on the Rainforest Bobsled, the Tranopy zipline or the 250-ft. Mystic Waterslide into the infinity pool. Tel: 974 3990-1; www.rainforestbobsledjamaica.com

Original Canopy Tour: www.canopytour.com

Prospect Plantation Tour: Daily tours of a working plantation in an open jitney. Horseback riding available. Tours begin 10:30 am, 2:00 pm & 3:30 pm, Mon to Sat: 11:00 am, 1:30 pm & 3:00 pm on Sunday. Tel: (876) 994-1058 Fax: (876) 994-1468.

Seville Great House: Great House and Heritage Park. Open daily, 9:00 am to 5:00 pm. Tel: (876) 972-0905 Fax: (876) 972-1919; E: seville@wtjam.net

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

Sun Valley Plantation Tour: The 90 minute tour of this working plantation tells the history of the property from the slave era to present day. Boxing of bananas for export takes place at the farm. Open daily, 9:00 am to 2:00 pm. Tel: (876) 995-3075.

The River Rapids Adventure: Tel: 954-0185; W: www.riverrapids.com

The Rio Nuevo Battle Site Assoc.: Tel: 922-1287-8, Fax: 967-1703.

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) 917-3372 E-mail: whiterivervalley@hotmail.com

Wilderness Tours Limited: Guided ATV (All Terrain Vehicle) Tours in Ocho Rios. Open Mon through Sat, 8:00 am to 4:30 pm Tel: (876) 382-4029; W: www.wildernessatvtours.com

KINGSTON AREA

Bank of Jamaica Coins & Notes Museum: Located in the Bank of Jamaica Building. Tel: (876) 922-0750; www.boj.or.jm

Bath Botanical Gardens: Tel: 702 3862

Bob Marley Museum: Bob Marley's former residence and recording studio. Mon to Sat. Tel: (876) 927-9152; Fax: (876) 978-4906 E-mail: marleyfoundation@cwjamaica.com; www.bobmarley.com

Boon Hall Oasis: Picnic area with restaurant and river in the hills of St. Andrew. Open daily, 7:00 am to 5:00 pm. Sunday brunch at 11:00 am. Free admission. Tel: (876) 942-3064.

Caymanas Track Limited: Horse racing daily 8:30 am to 5:00. Closed on Good Friday and Christmas Day Tel: (876) 988-2523/6 Fax: (876) 988-7781 E-mail: marketing.ctl@cwjamaica.com Website: www.caymanasracetrack.com

Craighton House and 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, craft shops, and an African museum. Open daily 10:00 am to 10:00 pm; stores 10:00 am to 6:00

ATTRACTIONS

pm, museum 9:30 am to 4:30 pm. Tel: (876) 929-6602 or (876) 926-00815 Fax: (876) 926-0817; E: devonhouse@cwjamaica.com

Emancipation Park: Tropical oasis in New Kingston commemorating Jamaica's freedom from slavery with jogging trail, and home to the critically acclaimed Redemption Song statue. Open daily, 4:45 pm to 11:00 pm Mon to Thurs and 4:45 pm to 12 midnight Fri to Sun & Public; Holidays. T: (876) 926-6312; F: (876) 926-1092

Flamestead Estate: Tel: 970-2286; W: www.flamestead.com

Fort Charles & The Maritime Museum at Port Royal: Daily guided tours, 9:00 am to 4:45 pm Tel: (876) 967-8438 Fax: (876) 967-1703; E-mail: jnht@wtjam.net W: www.jnht.com

Headquarters House: Tel: 922-1287/922-3990, F: 967-1703

Hollywell Recreational Park: Hiking trails two miles from Newcastle. Open Tues to Sun, 9:00 am to 5:00 pm. Tel: (876) 920-8278 (Jamaica Conservation Development Trust) Fax: (876) 960-2850 E-mail: jcdt@jcdt.org Website: www.jcdt.org.jm

Hope Botanical Gardens & Zoo: Largest botanical gardens in the West Indies. Zoo also on site. Open daily, 6:00 am to 6:00 pm Tel: (876) 927-1085 for zoo and telefax (876) 927-1257 for gardens.

INAFCA/ Mico University Museum: Tel: (876) 929-5260 or (876) 754-5021

Institute of Jamaica: Library with historical books and artifacts. Open Mon to Thurs, 8:30 am to 5:00 pm. Tel: (876) 922-0620/6; Fax: (876) 922-1147 E: ioj.jam@mail.infochan.com Website: www.instituteofjamaica.org.jm

Jamaica Conference Center: Ultra-modern convention centre with on-site restaurants, gardens, offices, and duty-free shops. Open Mon to Fri 8:30 am to 4:30 pm Tel: (876) 922-9160/9; Fax: (876) 922-7816

Jamaica Defense Force Museum: Mon to Fri, 10:00 am to 5:00 (Wed - Sun, 12:00am - 04:00pm) pm, by appointment. Tel: (876) 920-0186 or (876) 926-8122. Cost JA\$100 adults, JA\$40 children.

Jamaica Natural History Division Museum and Exhibition Gallery: Tel: 922-0621-6, Fax: 922-3795

Mavis Bank Coffee Estate Tour: Open Mon to Fri 9:30 am to 12:00 & 2:30 pm to 3:30 pm Tel: (876) 977-8013. Fax: (876) 977-8014 Tours arranged by appointment.

Liberty Hall: Tel: 948-8639/948-7058, Fax 948-8640

National Art Gallery of Jamaica: A showcase of Jamaica's national art collection from the intuitive to the modern. Open Tue to Thur 10:00 am to 4:30 pm, Fri 10:00 am to 4:00 pm and Sat 10:00 am to 3:00 pm. Tel: (876) 922-1561/1563/1564 or F: (876) 922-8544; E: ngalleryja@cwjamaica.com

National Heroes Park

People's Museum Of Craft: Tel: 929-9200

Port Royal Heritage Site: Tel: 926-3740-6/926-3590-4, Fax 926-6715

VIP Attractions: Club Kingston offers the Jamaican hospitality as you prepare to depart from the Norman Manley International Airport. Enjoy a unique, first class lounge experience and premium Jamaican hospitality in a dynamic environment of exhibits and audio-visual presentations showcasing the best of Jamaica. Everything from Jamaica's own world renowned beer, Red Stripe, to the arts, music, food and specialty rooms that will reflect the rich cultural expressions of Jamaica. T: (876) 619-1565 / (876) 381-0299 W: www.vipattractions.com; E: info@vipattractions.com

Ward Theatre: Tel: 922-0453/922-3213

PORT ANTONIO AREA

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

Castleton Botanical Gardens: Exotic flora abound only an hour's drive from Port Antonio. Open daily, 6:00 am to 6:00 pm Tel: (876) 942-0717; Fax: (876) 977-4111 (Hope Gardens)

Errol Flynn Marina & Boat Yard: 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

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 tiny Peter's Island, also known as Princess Island. Tel: (876) 993-7558

Reach Falls: Open Wed.-Sun. from 8:30 a.m. to 4:30 p.m. Tel: (876) 993-6606

Rio Grande Rafting: A two-hour cruise on a bamboo raft for two, poled by an expert raftsmen through spectacular scenery. Open daily, 9:00 am to 5:00 pm Closed on Christmas Day and Good Friday Tel: (876) 913-5434 Fax: (876) 993-5691

Somerset Falls: The Daniels River plunges through a gorge of natural rock in a series of cascades and pools. On-site restaurant. Open daily, 10:00 am to 5:00 pm, except Christmas and Good Friday. Tel: (876) 913-0046-47

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, 9:00 am to 5:00 pm Tel: (876) 993-3881 E-mail: joydonye@hotmail.com

SOUTH COAST AREA

Appleton Estate Tour: Tour explains the fermentation and distillation process. See the mini-museum, artifacts, wishing well, Italian café and gift shop. Take home bottle of rum and taste samples. Groups of up to 150; Lunch available on request. Monday-Saturday 9 a.m. - 3:30 pm Telephone: (876) 963-9215 Website: 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, 8:00 am to 5:00 pm Tel: (876) 965-2513/3351 or (876) 962-0220 Fax: (876) 965-2086 E-mail: josa-fari@hotmail.com

Chukka Caribbean Adventures Ltd. (YS Canopy): Tel: (876) 224-8552

Font Hill Beach Park: Tel: (876) 462-9011; Website: www.pcj.com/fonthill.com

Lover's Leap: Scenic view of the South Coast from a sheer 1,500 foot cliff that plunges to the sea. Restaurant and bar. Daily, 10:00 am to 6:00 pm. Tel: (876) 965-6577 Fax: (876) 965-6635 E-mail: eternalloversleap@yahoo.com Website: www.treasurebeachjamaica.com

Manchester Club: Tel: (876) 962-2403

St. Elizabeth Safaris: 90-minute guided tour up the Black River in motor launches. Daily, 9:00 am to 5:00 pm. Tel: (876) 965-2374 Fax: (876) 965-2375.

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

NEGRIL AREA

Country Western Horseback Riding: Tel: (876) 957-3259

Dolphin Cove Negril: T: (876) 974-5335; www.negrildolphincovejamaica.com

Hanover Museum: Tel: (876) 956-2584

Jimmy Buffet's Margaritaville Negril Limited: Tel: 9574467; www.margaritavillecaribbean.com

Kool Runnings Water Park: Norman Manley Blvd. Tel: (876) 957-5400 Fax: (876) 957-5228. E-mail info@koolrunnings.com; Website: www.koolrunnings.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. Open daily, 9:00 am to 5:00 pm Tel: (876) 953-3034 Fax: (876) 953-3036 E-mail: info@mayfieldfalls.com Website: www.mayfieldfalls.com

Negril Hills Golf Club & Resort Ltd.: Tel: 957-4638; www.negrilhillsgolfclub.com

Rhodes Hall Plantation: Horseback riding, scuba diving. Sun to Fri, 7:00 am to 5:00 pm. Tel: (876) 957-6833 Fax: (876) 957-6333 E: Rhodes@cwjamaica.com; W: www.rhodesresort.com

Wild Crocodile Adventure Tours: Tel: 881-6917/476-6563; W: www.wildcrocodileadventure.com

SPORTS

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BIKE RIDING: Bicycles are available for rental at some resort properties and at bike rental companies who also rent motorcycles of various CC ratings.

Montego Bay:

Surf And Turf Tel: 282-6719 / 671-2679; E: surfnturfvac@yahoo.com

Negril:

Happyworld Bike Rental.....954.4004

Tykes Bike Rental 957.0388

YACHT CLUBS: Going back to the golden days of jet-setting, Jamaica's yachting traditions is not well-known to the mainstream world, though it is treasured among sea lovers on the island. There are a number of yacht clubs and marinas around the island including The Errol Flynn Marina in Port Antonio.

Royal Jamaica Yacht Club, Palisadoes (Kingston)

Telephone: 924.8685

Email: rjycmanager@flowja.com; Website: www.rjyc.org.jm

Montego Bay Yacht Club, Montego Bay Freeport

Telephone: 979.8038

Email : mbyc@cwjamaica.com; Website: www.mobayyachtclub.com

DEEP SEA FISHING: Jamaica ranks as one of the Caribbean's best fishing spots, and anglers from around the world flock to these waters to rein in dorado & wahoo.

Charters can be arranged for half or full days through hotels or directly through operators in the resort areas (Montego Bay, Ocho Rios, Negril, Runaway Bay, Falmouth and Port Antonio. A Charter includes tackle, bait, captain and crew. Popular game fish include marlin, tuna, barracuda, bonito, kingfish and dolphin.

MONTEGO BAY:

Luminous Lagoon Tours.....276.9885

Salty Angler Fishing Charters 863.1599

SGH Fishing & Cruising.....381.3229

OCHO RIOS:

Julian Fishing Tours.....975.4359

Sunshine Water Sports770.0507

NEGRIL:

Bernard's Deep Sea Fishing421.5266

Stanley's Deep Sea Fishing 957.6341

Mandeville & The South Coast:

FI Real Tours..... 965.3433

BIRD WATCHING:

KINGSTON:

Lime Tree Farm - A Blue Mountain Coffee Plantation, an environmentally friendly coffee farm set in 10 acres at the heart of Jamaica's Blue Mountains, the highest mountain range in the the Caribbean rising up to 7,000 ft. T: 881.8788; www.limetreefarm.com

NEGRIL/SOUTHCOAST

Reliable Adventure Tours; Jamaican Eco-tour specialists. With knowledgeable guides, guests will enjoy an authentic interpretive view of Jamaica that most visitors never get to experience. Many tours are community orientated and encompass birding, mountain hiking, voluntarism, student tours. Tel: 955-.8824; Cell: 421.7449; www.rajourns.jm. com

PORT ANTONIO:

Hotel Mocking Bird Hill; T 993 7134; www.hotelmockingbirdhill.com

DIVING / WATERSPORTS: Plunge into an underwater world of deep secrets. You'll be astounded by a rockscape of caves, canyons and crevices, which hold a rainbow of shimmer tropical fish, star, rose and giant pillar coral. All the equipment you need from flippers to tanks, are available from dive shops at some of the major hotels on the island.

Diving/Watersports Facilities:

Montego Bay:

Calico Sailing & Undersea Tours Tel: 952.5860 www.calicojamaica.net

Captains Watersports... Tel: 953.3048/ 893.2859 www.captainsdivecenter.com

C. Jay's Watersports..... Tel: 940.6506/ 881.7585

SPORTS

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Diving/Watersports Facilities (cont.):

Montego Bay:

Coyaba Beach Resort Watersports	Tel: 953.9150
Dive for Fun Watersports	Tel: 417.3565
Holiday Inn SunSpree W/S	Tel: 953.2485
Intimidator Cruises	Tel: 468.5773
J's Montego Bay Ltd	Tel: 334-4355
Kelly's Watersports	Tel: 893.3859
Little One's Desire Watersports	Tel: 979-1167
Luminous Lagoon Night Attraction & Boat Tours	Tel: 954.3229
Luminous Lagoon Tour (Fishermans Inn)	Tel: 610-5797/ 995.9885
Miss Ploy Watersports	Tel: 363.5321
North Coast Marine Sports (Half Moon)	Tel: 953-2211
Resort Divers	Tel: 953-9699
Salty Angler Fishing	Tel: 863-1599
Sun Cat Triplets	Tel: 381-3299

Ocho Rios:

Beaches Boscobel Resort & Golf Club W/Sport	Tel: 975-7777/ 975.7913
Jewel Resort Runaway Bay	Tel: 633-4000/ 633.4115-6
Calypso Rafting Co. Ltd	Tel: 974-5199/ 2527
Caribic Air Services Ltd	Tel: 953.9878/9
Couples Sans Souci	Tel: 994.1206/1209/ 994.1353
Couples Tower Isle W/S	Tel: 999.0905
Dolphin Cove Ltd	Tel: 974.5335
Dolphin Sea Safari	Tel: 974.9727
Fish De Boss	Tel: 376.4779
Five Star Watersports	Tel: 974-2446 www.fivestarsports.com
Fun Seekers Watersports	Tel: 857-5000
Franklyn D Resort W/Sports	Tel: 973.4591/8
Garfield Dive Station	Tel: 395-7023
Hojapi Watersports	Tel: 973.7000
Island Dog Watersports	Tel: 975.3853
Jamaica Inn Ltd	Tel: 974.2514/ 618.7700
Jewels Dunn's River Beach Resort & Spa	Tel: 972.1610/ 1748-9
Royal Decameron W/Sports	Tel: 973.4802/ 6
Sandals Grande Ocho Rios W/S	Tel: 974.5691
Sandals Royal Plantation W/Sports	Tel: 974.5601
Sea Ventures Manufacturing	Tel: 973.6131
Sunset Jamaica Grande	Tel: 974.2201-19/ 895.5238
Sunshine Watersports	Tel: 770-0507/ 295.6918
Xedos Divers Ltd	Tel: 972.7558/ 852.8144 / 953.0006

Negril:

Alex & Herbie W/S	Tel: 844.7221
Beaches Negril W/S	Tel: 957.9270-4
Breezes Grand Resort & Spa	Tel: 957.5010
Captain Junior	Tel: 849.2301
Captain Moses	Tel: 957.9224
CETA Watersports	Tel: 990.5360
Couples Negril W/S	Tel: 957.5960
Desmond Watersports	Tel: 848.8061
Couples Swept Away Negril	Tel: 957.4061-6
Dream Team Divers	Tel: 957.0054
Enchantment Cruising Services	Tel: 957.4746/ 4080/ 445.7965
Grand Pineapple Beach Resort	Tel: 957.4408
Island Charters Co.	Tel: 430.0596
Marine Life Ventures Co. Ltd.	Tel: 957.4834
Maxine Watersports	Tel: 374-8554
Mike Glass Bottom Boat	Tel: 847.7699
Negril Charters Ltd	Tel: 395-0945
Ocean Master Watersports	Tel: 890-0596
Premium Parasailing	Tel: 957.3928
One Love Water Sports	Tel: 476.5166/ 860.3928
Rapsody Cruises	Tel: 979.0102
Sandals Negril W/Sports	Tel: 957.4216
Sea Wind Resort	Tel: 957.9018
Tri This Sailing	Tel: 356.1910
Sundance Tours II	Tel: 386.5560/ 882.4491
Tropical Advertiser Ltd	Tel: 953.2776
Total Water Sports Ltd	Tel: 322.8650
Tropical Advertisers Ltd	Tel: 957.5554/ 957.5111/ 953.2776

Windward Excursions Ltd	Tel: 281.7997
Wild Thing Watersports	Tel: 957-9930

Port Antonio:

Lady G'Diva	Tel: 995-0246 www.ladygdiver.com
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South Coast:

Island Routes Caribbean Tours	Tel: 684.8672
Sandals Whitehouse Watersports	Tel: 640.3000

GOLF:

THE JAMAICA GOLF ASSOCIATION
TEL: 755-3593 / WWW.THEJGA.COM

MONTEGO BAY:

The Half Moon, Rose Hall (800) 438-7241 features great undulating greens, demanding, challenging drives and breathtaking vistas are all part of the award-winning. The 18 hole, 7141 yards; par-72 championship course is designed by renowned course architect Robert Trent Jones, Sr. Well known across the Caribbean and around the world as one of the finest luxury golf resorts worldwide, Half Moon's Golf Course has been consistently considered as one of the top courses in the Caribbean. www.halfmoongolf.com

The Tryall Club 956-5600 is an unforgettable experience that blends the beauty of the Caribbean with the challenges of a world-class course. The course winds its way around the estate through the lush hills and palm groves down to a mile and half stretch of scenic coastline. The 18-hole, 6221-yard, par 72 course, designed by Ralph Plummer, has been called "among the most beautiful golf courses in the world." This tricky, wind-swept course offers stunning views, unique natural hazards and challenging greens. With nine holes bordering the Caribbean and nine that snake through verdant hillsides, Tryall offers stunning topography. www.tryallclub.com

The Cinnamon Hill Golf Course at Rose Hall 953-2984 : Course designers von Hagge and Baril designed Cinnamon Hill with elevations that give the sense of both links and inland golf. You'll experience the best of Jamaica golf - the cool ocean spray on your cheeks as you putt on seaside greens, then the wind whistling through the pines as you tee off on the 17th hole, 350 feet above sea level. This is a test you will enjoy, enchanting panoramas framing your every shot. To get the most out of this unique experience, talk to our caddies. They are listed among "The Best In The World" by Golfer magazine, and they will be equally happy to discuss Annee Palmer or Arnold Palmer and can read greens better than any pro. www.cinnamonhilljamaica.com

The White Witch Golf Course 953-2800/684-0174 is carved out of 600 acres of lush greenery and rolling countryside. Enjoy panoramic views of the Caribbean Sea from the convenience of your golf cart. Whether perfecting your seasoned swing or partaking in your first 18 holes, our golf courses in Jamaica provide a soothing ambience to drive optimal performance. Recognized as one of the Caribbean's top golf courses, The White Witch seamlessly combines beauty and brawn for the ultimate golf challenge. Let us help you perfect your swing as you take advantage of our professional caddies for a truly distinguished level of service synonymous with The Ritz-Carlton. The Rose Hall Resort area also includes additional championship golf courses, providing a total of 54 holes of golf. The par-71, 6,859-yard golf course in Jamaica is characterized by mountainous terrain, cool tradewinds, colorful foliage and spectacular ocean views from most holes. www.whitewitchgolf.com

NEGRIL:

Negril Hills Golf Club 957-4638: Located on the main highway outside the resort centre is easily accessible from all major hotels in Negril as well as hotels on the North and South Coasts of Jamaica. The Club lies within easy access of Montego Bay's Donald Sangster International Airport and a short distance from the Negril Airstrip. The 18-hole par 72 course measuring 6,333 yards is distinguished by gently undulating fairways, elevated tees and greens, picturesque water color and lush tropical vegetation. The topography of the course offers patrons the challenge, natural beauty and excellence of hospitality, which characterize the great golf resorts of the world www.negrilgolf.com

OCHO RIOS:

Sandals Golf & Country Club 975-0119- is an ideal spot located in Ocho Rios, which stretches out over a rolling landscape with sweeping views of the sea

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and mountains. 18-hole, resort-style course with 3 sets of tees; Plays to 6,404 yards, par 71. Narrow fairways and miniscule drop-off greens with sweeping views of the sea and mountains. www.sandals.com/golf/golf-jamaica.cfm

RUNAWAY BAY:

The Runaway Bay Golf Club 973-7319: a seventy two (72) par, eighteen (18) holes championship golf course which offers an exhilarating experience for beginners and accomplished golfers alike. The course was designed by Major John Harris from Britain and was opened in 1960. The features of the golf course are long rolling fairways, large flat greens protected by grassy mounds and sand bunkers. It has hosted many events including the Ryder Cup match between the United Kingdom and the West Indies. The Jamaica Open, The Brinks (JA) Classic, The Heineken World Cup Qualifier, CNBC Nations Cup and numerous JGA Qualifiers. The course measures 5,389 yards and is slope rated 117 from the forward. From the back it measures 6,870 yards and is slope rated 124. www.jewelresorts.com/resorts/runawaybay/activities/golf

KINGSTON:

Caymanas Golf & Country Club 746-9772: nestled in the foothills approximately 8 miles from the City of Kingston. The prestigious Golf Club offers Ultimate Leisure Experience for golfers and non-golfers alike. The course was designed by well-known Canadian Architect Howard Watson and was completed in 1958. Since then it has been "home" to the Jamaica Open numerous times, hosted "Shell's Wonderful World of Golf", the Caribbean Championships on several occasions and is currently ranked among the best in the Caribbean. www.caymanasgolfclub.com

Constant Spring Golf Club 924-1610: Located in the heart of one of Kingston's nicest residential areas, Constant Spring was built in 1920 making it one of Jamaica's oldest golf courses. It is a tight, short course with a breathtaking view at the 13th tee, and the challenge of driving to a narrow plateau of fairway beyond a steep valley. E-mail: csgc@angel.com.jm

MANDEVILLE:

Manchester Golf Club 962-2403: Located in the historic resort town of Mandeville, more than 2000 ft above sea level, Manchester Country Club was built over 100 years ago in the rolling hills of Manchester. This is Jamaica's oldest course, and one of its most popular. Set on 55 acres, it has nine greens and eighteen tee boxes, enabling you to play 18 holes

HORSEBACK RIDING: Riding is available in all resort areas and may be done in a variety of settings: along the beach, through plantations or on winding trails through the hills

Horseback Riding Facilities:

MONTEGO BAY:

Rocky Point Riding Stables at Half Moon 9:00 am, 10:00 am, 2:00 pm & 3:00 pm, Mon-Fri Tel: 953-2286

NEGRIL:

Rhodes Hall Plantation Sun to Fri 7am - 5pm Tel: 957-6333-4

OCHO RIOS:

Braco Stables Open 9:00 am to 5:00 pm Tour times are 10:30 a.m. and 2:30 pm Tel: 954-0185 Website: www.bracostables.com
Hooves Limited 9:00 am to 5:00 pm Tel: 972-0905 Website: www.hooves-jamaica.com
Chukka Caribbean Adventures 9:00 am to 5:00 pm, daily Tel: 972-2506; W: www.chukkacaribbean.com E: info@chukkacaribbean.com; Tel: .953-5619

HORSE RACING & POLO: If you want some real action, the race track at Caymanas is a good bet. All you need is a little cash to play and a little luck to win. Or enjoy a game of polo over a cup of tea at Caymanas, Chukka Cove or Drax Hall. Sportsmanship, agility and grace are what it's all about.

Knolford Polo Ranch: All-inclusive, state-of-the-art polo facilities set on a 130-acre property in Riverside, St. Catherine. Full regulation-size polo field, all weather practice field and accommodations Tel: 929-5462

JOGGING: The resort areas have jogging trails that will inspire you to new lengths or, if you prefer to run in circles, some of the hotels have tracks.

SAILING & SURFING: Ride on the wind while parasailing at Negril or with the wind on a sunfish. Breeze along the north shore on a wind surfer. You can rent equipment at most oceanfront hotels and on some public beaches. At Boston Beach the waves are high enough for surfing. Water tractors are also available on the island.

SWIMMING: Bask in the beaming sun on a total of 200 miles of glorious, uncrowded beaches or bathe in the silky, translucent sea that varies in hue from ice blue to emerald to ultramarine. There are public beaches in all resort areas. To name just a few of the most famous, in Montego Bay there is Walter Fletcher Beach, Doctors Cave Beach and Cornwall Beach; in Ocho Rios there is Turtle Beach and Ocho Rios Bay Beach; in Port Antonio there is Boston Beach, Long Beach, and San San Treasure Beach on the South Coast, and Hellshire Beach and Fort Clarence Beach are near Kingston.

TENNIS: You'll find plenty of courts all over the island (see the "Hotel & Facilities" pages). Play a few winning sets of tennis on an impeccably groomed court.

WATER CLIMBING: Climb nature's gently terraced stairway at Dunn's River Falls. There are 600 feet of cascades in all. You can go for a chilling dip at Somerset Falls and Reach Falls or just take in the view of the falls at Shaw Park.

GALLERIES

KINGSTON:

Bolivar Book/Gallery
1D Grove Rd – 926-8799
www.bolivarjamaica.com/shop.htm

Contemporary Art Gallery
7 Argyle Rd – 927-9958

Frame Art
28 Kensington Cres – 929-3058

The Frame Centre Gallery
5 Ardenne Road - 978-3980
www.framecentregallery.com

Grosvenor Galleries
One Grosvenor Terrace – 924-6684

Institute of Jamaica
10-16 East .St – 922-0620
www.instituteofjamaica.org.jm

National Art Gallery
12 Ocean Blvd – 922-1561

Olympia Gallery
202 Old Hope Rd – 927-1608
www.theolympiagallery.com

Things Jamaican
Devon House/26 Hope Rd – 926-1961
www.thingsjamaicanstores.com

MONTEGO BAY:

Gallery of West Indian Art
11 Fairfield Road - 952-4547

Things Jamaican
Montego Bay Airport – 971-0775

OCHO RIOS
Gallery Joe James
Rio Bueno – 954-0048
E: galleryjoejames40@hotmail.com

Harmony Hall Gallery
Tower Isle, St. Mary - 975-4222
www.harmonyhall.com

PORTLAND

Jamaica Palace Hotel
Port Antonio - 993-7332
www.jamaica-palacehotel.com

DINING

MONTEGO BAY AREA

Akbar Restaurant.....	Indian
Boat House Restaurant	Jamaican, Int'l
Bobsled Café	Pub Style menu
China House Restaurant	Chinese
Coyaba Restaurant.....	Jamaican, American
Day O.....	Continental
Dragon Bay Restaurant	Chinese
Fish Hut	Seafood, Jamaican
King Palace.....	Chinese
Margaritaville	Jamaican, Int'l, Seafood
Marguerites.....	Seafood, International
Mo Bay Proper.....	Jamaican
Pier 1	Seafood, Continental
Pork Pit	Jamaican
Richmond Hill	Continental, Seafood
Robbie's Kitchen.....	Jamaican, International
Royal Stock.....	Pub Style Menu
Scotchie's	Jamaican
Seahorse Grill.....	Seafood, International
Sugar Mill.....	Continental
The Chill Out Hut	Seafood
The Donway.....	Jamaican, International
The Native	Seafood, Jamaican
The Pelican.....	Jamaican
Twisted Kilt.....	Pub Style menu
Wexford Hotel	Jamaican

KINGSTON

Akbar	Indian
Cuddyz	Jamaican, International
Devonshire	Continental, Jamaican
Dragon Court.....	Chinese
East Japanese	Sushi/Japanese
Golden Gate	Chinese
Gaucht's.....	Jamaican
Grog Shoppe	Continental, Jamaican
Heathers	International, Lebanese
Hotel Four Seasons	Jamaican
Hot Pot.....	Jamaican

Jade Gardens	Chinese
Mango Ranch	Jamaica
Neville's Aubergine	Jamaican
Peppers	Jamaican
Red Bones Café	Jamaican, Italian
Scotchie's	Jamaican
Strawberry Hill	Jamaican, Continental
Tamarind.....	Indian
Tropical Cuisine	Chinese
Truck Stop.....	Jamaican, Pub style
Whitebones.....	Jamaican, Seafood

NEGRIL AREA

Bar-B-Barn Restaurant	Bar-B-Q Chicken/Ribs
Beach Comber.....	Italian
Charella Inn	Continental, Jamaican
Cosmos Seafood	Seafood, Jamaican
Country Country	Chinese
Gambino	Italian
Hungry Lion	Jamaican
Jackie's on the Reef.....	International
Kuyaba.....	International
Margaritaville	Jamaican, Int'l
Mariner's Inn	Jamaican, Seafood
Negril Beach Club.....	Jamaican, European
Negril Palm Beach	Jamaican, Chinese
Negril Tree House	Jamaican
Pirate's Cove.....	Continental
Pushcart (Rock House)	Jamaican
Rick's Café.....	Continental, Jamaican
Rock Cliff	Seafood
Sweet Spice Restaurant	Jamaican, Seafood
Winners Restaurant	Jamaican
Xtabi	Grilled Seafood

OCHO RIOS/RUNAWAY BAY

Afiya.....	Vegetarian
Almond Tree.....	Jamaican, Continental
Bibi Bips.....	Jamaican
Blue Cantina	Mexican

Café Aubergine.....	Mediterranean
Cardiff Hall @ H.E.A.R.T.....	Jamaican, Int'l
Coconuts	International
Evita's	Italian
Glenn's Restaurant	Jamaican, Int'l
Health Way	Vegetarian
Hong Kong Int'l	Chinese
Irish Rover	Pub style Menu
Island Grill.....	Jamaican
Jimmy Buffet's Margaritaville	Int'l
Lyming	Jamaican
Lobster Pot	Jamaican
Miss T's Kitchen	Jamaican
Ocho Rios Jerk Center	Jamaican
Passage to India	Indian
Ruins	International
Scotchie's	Jamaican
Spring Garden Café.....	Seafood
Toscanini.....	Italian
Tradewinds.....	International

SOUTH COAST

Bridge House Inn	Jamaican
Country Fresh (Astra Hotel)	Jamaican
Golf View Hotel	Jamaican
Jake's Restaurant	Seafood, Italian
Mandeville Hotel	Jamaican
Little Ochi, Alligator Pond.....	Seafood

PORT ANTONIO

Anna Bananna.....	Jamaican
Barracuda	Jamaican
DeMontevin Lodge.....	Jamaican
Mille Fleurs at Mocking Bird	International
San San Tropez	Italian

Juici and Tastee Patties with multiple locations throughout the island (Jamaican)

MUSEUMS

DISCOVERY BAY AREA

Columbus Park: Jamaica's only air museum is located on a bluff overlooking Discovery Bay, marking the spot where Columbus first landed. The museum displays cannons, old agriculture and farm equipment and relics of Jamaica's past. Discovery Bay, St. Ann.

KINGSTON AREA

Bob Marley Museum: Formerly Bob Marley's residence and site of Tuff Gong recording studio. Contains collection of Marley memorabilia depicting the life and career of the late reggae superstar. No filming allowed; 56 Hope Road, Kingston 6; T: 978-2929 www.bobmarleymuseum.com

Fort Charles Maritime Museum: Shows man's relationship to the sea and traces the development of Jamaican maritime history. Scale model of the forest and ships of past eras. Located in former British naval headquarters near Port Royal. T: 967-8438.

Geology Museum: Exhibits rocks & minerals of Jamaica and collections from other countries, many of them are rare. c/o Institute of Jamaica T: 922-0620; www.instituteofjamaica.org.jm

Institute of Jamaica: Contains the largest collection of books, articles and prints in the West Indies that traces the island's history. 10-16 East Street, T: 922-0620; www.instituteofjamaica.org.jm

Jamaica Defense Force Museum (Military Museum): Plans of forts around Kingston in 1780. Information, weapons, medals and uniforms of the West Indies Regiment and the Jamaica Infantry Militia existed from 1662 to 1906. Located at Up Park Camp. T: 926-8121

National Museum of Historical

Archaeology: Located in the historic town of Port Royal, it displays history of the Jamaican people and techniques of excavation being used in the study of Port Royal's history based on marine and land deposits. Port Royal, Kingston T: 922-0620; www.instituteofjamaica.org.jm

The Money Museum: See the story of money unfold and trace its development in Jamaica and the world. View the array of artifacts and the historical background of money through the ages. Tours by appointment Mon-Fri; 10:00 a – 4:00 p; T: 922-0750

MONTEGO BAY AREA:

Greenwood Great House Museum: Built by the Barrett family in the 18th century. Contains one of Jamaica's finest collections of antique furniture, musical instruments and maps. T: 953-1007; www.greenwoodgreathouse.com

OCHO RIOS AREA:

Coyaba Gardens & Museum: Gardens and Arawak Museums situated in the Shaw Park Ridge area, at an elevation of 420 feet. 383-1281 www.coyabagardens.com

Seville Great House & Heritage: Located 7 miles outside of Ocho Rios, provides you with a journey through the centuries back to the very beginnings of the island's history and culture. T: 972-2191 www.jnht.com/site_seville_great_house.php

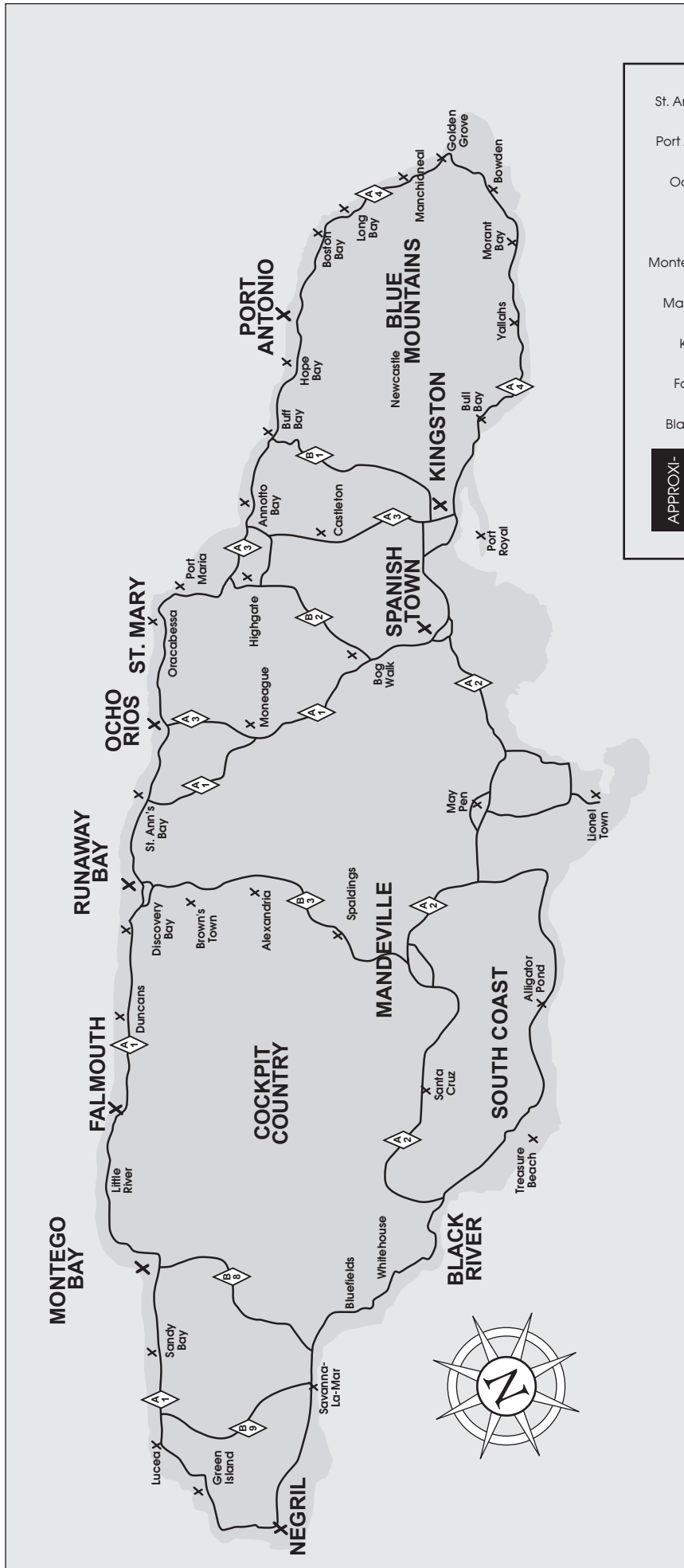
SPANISH TOWN AREA:

Archaeological Museum: Established in the Old Kings House, one of the historic buildings in Spanish Town Square. It was the governor's official residence until 1872, when the capital was transferred to Kingston. Museum exhibits artifacts excavated at the site and a history of the site between 1534-1873. C/O Institute of Jamaica T: 922-0620; www.instituteofjamaica.org.jm

Jamaica Peoples Museum of Craft and Technology: Exhibits of implements, machinery, utensils, architectural methods and industrial culture used throughout Jamaica history. Established in the stables of the Old Kings House. T: 976-922-0620, www.instituteofjamaica.org.jm

For more museums, visit The Jamaica National Heritage Trust: T: 967-1703; www.jnht.com

MAP OF JAMAICA



APPROXIMATE MILEAGE	Black River	Falmouth	Kingston	Mandeville	Montego Bay	Negril	Ocho Rios	Port Antonio	St. Ann's Bay
Black River	•	62	107	43	46	49	94	156	87
Falmouth	62	•	91	53	23	75	44	110	37
Kingston	107	91	•	6	119	153	54	61	59
Mandeville	43	53	61	•	70	92	72	117	62
Montego Bay	46	23	119	70	•	52	67	133	60
Negril	49	75	153	92	52	•	117	181	110
Ocho Rios	94	44	54	72	67	117	•	66	7
Port Antonio	156	110	61	117	133	181	66	•	73
St. Ann's Bay	87	37	59	62	60	110	7	73	•

Jamaica lies between latitude 17°43' and 18°32' north and longitude 76°11' and 78°21' west.

**Jamaica is 590 miles by air from Miami.
The third largest Caribbean island,
it is 146 miles long, 51 miles wide
and comprises 4,441 square miles.**

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JAMAICA TOURIST BOARD

For details on upcoming special events, attractions and accommodations in Jamaica, go to the JTB's Web site at www.visitjamaica.com, or call 1-800-JAMAICA (1-800-526-2422)



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