



# Negril & West Coast

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## Best Places for Breakfast

- ➔ Just Natural (p147)
- ➔ Pablo's Restaurant (p147)
- ➔ Cafe Goa (p145)
- ➔ Sips & Bites (p148)

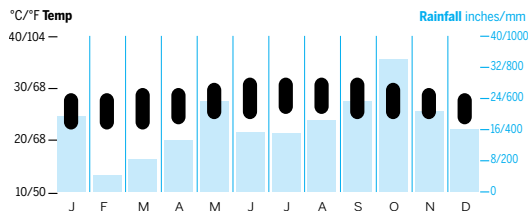
## Best Water Activities

- ➔ Mayfield Falls (p153)
- ➔ Blue Hole Mineral Spring (p154)
- ➔ Negril Tree House (p141)
- ➔ Cliff diving at Rick's Cafe (p148)

## Why Go?

If you thought the north and east coasts of Jamaica were relaxed, head west to a land of long beaches and crimson sunsets where the pleasure-seeking resort of Negril shimmers like an independent republic of guilt-free sloth. Aside from producing sugar cane and surreptitiously growing Jamaica's best ganja, Western Jamaica's *raison d'être* is almost exclusively touristic; elongated Negril and its hotel developments stretch for more than 10 miles along the entire western coast. In the quiet bucolic hinterland little pockets of local life can still be glimpsed in places such as Lucea, a pretty coastal enclave bypassed by tourist traffic, wild and wet Mayfield Falls, and diminutive Little Bay, a non-resort that still feels like Negril circa 1969. Few come to the west with a to-do list, electing instead to enjoy life in the true spirit of the hippies who founded Negril. Join them on a sun-lounger and relax...*mon*.

## When to Go Negril



**Apr–Jun** It's not as wet here as the rest of Jamaica, but small thunderstorms do occur.

**Jul–Oct** Rooms dip into low-season rates, and short bursts of rain are common.

**Nov–Mar** Sunny, clear and dry. Weather-wise, it's the best time to be in town.

## Negril & West Coast Highlights

**1** Plumbing the grottoes and reefs off **Negril** (p138) for some of the island's best scuba diving

**2** Clambering, clawing and occasionally sliding around the slick rocks and white water of **Mayfield Falls** (p153)

**3** Watching cliff divers pluck up courage (or lose their nerve) at **Rick's Cafe** (p148)

**4** Gazing into the perfect sunsets that set on fire the sugary sand of **Seven Mile Beach** (p138)

**5** Reclining in a hammock in a boutique hotel in **Negril's West End** (p143)

**6** Disappearing into the country at one of Jamaica's most scenic and atmospheric caves at **Roaring River Park** (p154)

**7** Riding a chestnut horse across the hills east of Negril from **Rhodes Hall Plantation** (p140)



Caribbean Sea