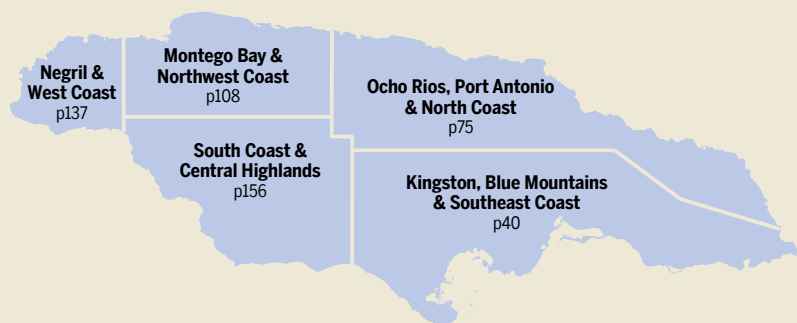




Jamaica



Paul Clammer, Anna Kaminski

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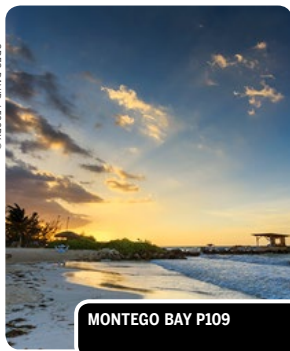
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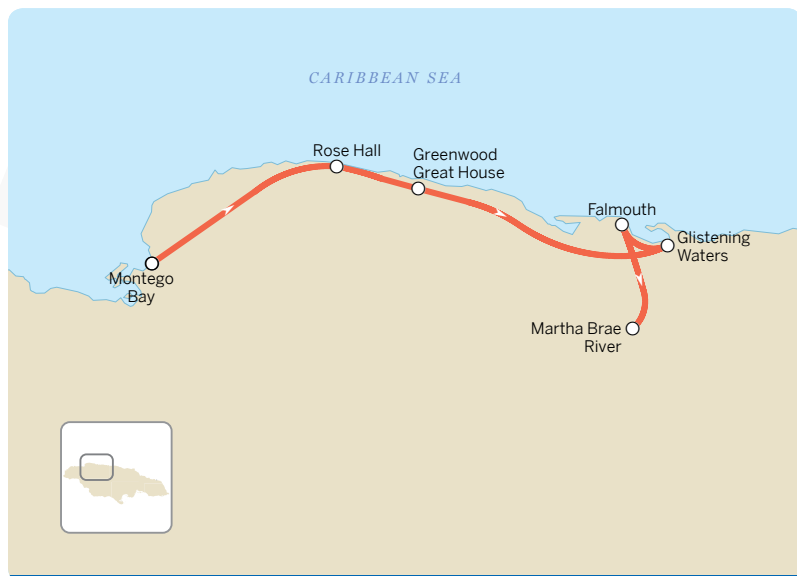
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Itineraries



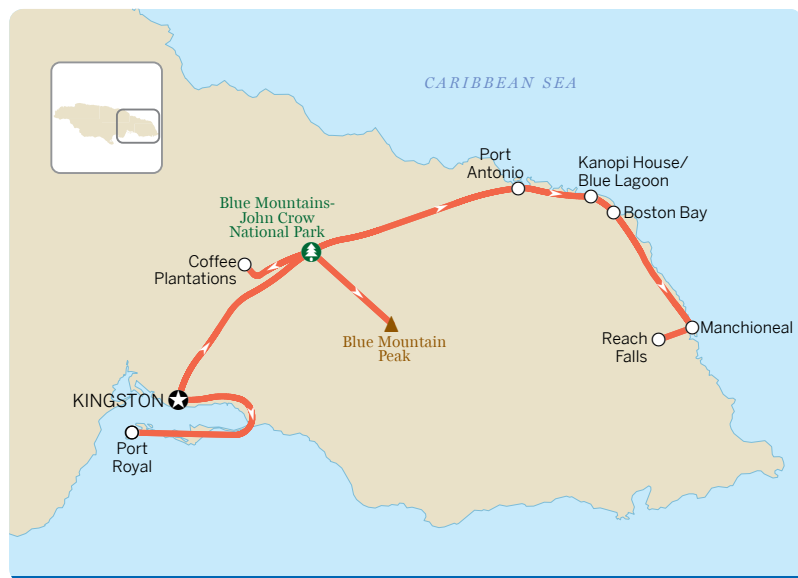
1 WEEK Montego Bay & Around

Montego Bay is the entry point to Jamaica for most travelers, and this one-week itinerary helps you see the most of the surrounding area while still allowing plenty of time for the beach.

Start in **Montego Bay**, the gateway to Jamaica for about 80% of international travelers. Hit Doctor's Cave Beach for water sports and head downtown to Sam Sharpe Sq, taking in the historic architecture and the hustle of a real Jamaican city. Finish up with a fine meal on the Hip Strip.

Spend the next morning relaxing on Montego Bay's beaches and maybe enjoy a cold Red Stripe and plate of jerk for lunch, but don't linger too long. Heading east from MoBay you'll find two great houses: the more (in)famous **Rose Hall** and the more authentic **Greenwood Great House**; we recommend the latter. Grab lunch on the north coast and relax on the beach before taking a nighttime boating expedition at **Glistening Waters**.

The next day give yourself a crash course in Jamaican history with a walking tour of **Falmouth** and its faded Georgian buildings. Finish this itinerary with a rafting trip down the **Martha Brae River**.



Kingston, Blue Mountains & Portland

Take in the wild side of Jamaica with this itinerary, with the nightlife of Kingston, the rugged peaks of the Blue Mountains and the beautiful untamed greenery of Portland parish.

Touch down in **Kingston** for three days of sightseeing, excellent food and rip-roaring nightlife. Don't miss the art at National Gallery and Life Yard. Take in historic Devon House, enjoying Jamaica's best patties and ice cream while you're there. Afterwards head up to Bob Marley Museum. After hours, enjoy dinner at an upscale restaurant, seguing into some of the liveliest nightlife in the Caribbean, such as the famous Dub Club. For a captivating day trip, visit **Port Royal**, the earthquake-shattered former haunt of pirates and privateers.

Those hills looming over the city are calling, so slip into the Blue Mountains. Enjoy the breathtaking scenery and crisp mountain air from hiking trails in **Blue Mountains-John Crow National Park**. The main event here is making an early-morning ascent of **Blue Mountain Peak**, Jamaica's highest mountain. If you are truly adventurous, whiz down from the highlands on a bicycle tour; if such a trip seems like a bit too much, enjoy a pleasant day seeing how the Caribbean's most prized coffee rises from bean to brewery at the one of several **coffee plantations**.

Descend from the Blue Mountains to Portland parish, on the prettiest stretch of the north coast. Walk the atmospheric streets of **Port Antonio**, taking lodging in one of the many intimate spots to the east of town or within the port's atmospheric historic district. East of Port Antonio, you'll find appealing communities with stellar beaches and attractive places to stay.

You can explore this terrific stretch of coast quickly or slowly, but it lends itself to some lingering. In the course of, say, five days you could go diving in the **Blue Lagoon** and stay at gorgeous **Kanopi House**, take a visit to **Boston Bay**, the home of jerk cooking, and stop in **Manchieneal**, a terrific base for visiting the sublime **Reach Falls**, one of the best waterfalls on the island.



3 WEEKS The Sunny South

Take three weeks to enjoy a leisurely tour of Jamaica's south, taking in trendy Negril, laid-back Treasure Beach and the waterways of the Black River Great Morass and Alligator Hole.

Start your trip in **Negril** and head to the little-traveled back road that passes through the fishing village of Brighton, where you'll find deserted beaches and a slow pace of life, along with the local hot spot of **Blue Hole** – a perfect sinkhole for jumping into.

Linger at this quiet fishing beach for a day or three, then continue on to **Black River**, a sleepy port town with lovely historic buildings and vintage hotels. This is the gateway for boats into the mangrove swamps of the Black River Great Morass, a gorgeous wetlands where crocodile sightings are common. A trip up the river will take up a day of your time; afterwards visit the Ashton Great House.

In the morning head north to **Middle Quarters** for an unforgettable lunch of pepper shrimp at a crossroads eatery and an afternoon at the lovely **YS Falls**. Wet your whistle at the **Appleton Rum Estate**, then head south to **Treasure Beach**. Stay awhile in the welcoming embrace of this tight-knit community (folks seem to easily lose a month here). Be sure to take a boat trip to one of the planet's coolest watering holes, the Pelican Bar, perched on stilts on a sandbar 1km out to sea.

From Treasure Beach, visit **Lovers' Leap** for an astonishing view of the coastland. You could spend a day here walking around the sweet pastureland of Back Seaside. Continue along the coast to the fishing village of **Alligator Pond**. Far from packaged tourism, here you can enjoy traditional village life and unspoiled scenery at its best. You'll also enjoy a seafood feast at a truly extraordinary beachside restaurant, Little Ochie.

If you have your own car, preferably a 4WD, and are a confident driver, head east from Alligator Pond on the 'lonely road.' This really is an isolated stretch of road, but you'll find wild, empty beaches here and, after many potholes, **Alligator Hole**, a small preserve where manatees can be spotted.



1 WEEK Ocho Rios & the Central Coast

One week around Ocho Rios reveals far more than just another cruise port, with stunning waterfalls and caves to explore, charming beaches and exclusive villas.

Start this trip in the tourist town of **Ocho Rios**. Give yourself two days to chill out around Ocho Rios, taking full advantage of the tourist menu of activities, especially the amazing **Dunn's River Falls** and **Irie Blue Hole**.

Drive along the coast towards **Oracabessa** to see sights associated with James Bond author Ian Fleming, such as the lovely hotel of Goldeneye; and **Galina Point** for Noël Coward, whose former estate Firefly is now an excellent museum.

Turning back, head past Ocho Rios before stopping in at **St Ann's Bay** to see the Columbus and Marcus Garvey monuments, then on to the **Seville Great House** to learn about the region's history.

Now head to **Runaway Bay**, where you can eat well, sleep well and base yourself for an exploration of the awesome **Green Grotto Caves** before continuing on to Discovery Bay and the simple charms of **Puerto Seco Beach**.



1 WEEK A Taste of Cockpit Country

This weeklong itinerary really gets you off the beaten track, trekking deep into the hills and gorges of Cockpit Country. It's possible to get around via route taxi, but you'll get the most out of it by renting a 4WD.

From Montego Bay, head out to the **Good Hope Estate**, a beautiful great house and working plantation. Enjoy horseback riding, lunch on the terrace and tremendous views.

On narrow roads, travel to the hamlet of **Windsor**. Stay at the former Windsor Great House and explore Windsor Cave with the Rastafari guide or, better yet, go birding with the resident biologist and watch a vortex of bats stream out of the cave at sunset.

Prepare for some challenging but rewarding hiking. While the trails through the interior of Cockpit Country are overgrown, a half-day hike with a guide from STEA along the disused road from Kinloss to Spring Garden, offers a wonderful overview of Jamaica's wilderness.

At Rock Spring, near Spring Garden, you can explore the watery **Painted Circuit Cave** with a local guide before pressing on southwest to **Accompong**, where you can meet Jamaica's remaining Maroons.

DOUGLAS FANSON / GETTY IMAGES ©



Top: Devon House
(p47), Kingston

Bottom: Green Grotto
Caves (p92), Discovery
Bay

NATIONAL GEOGRAPHIC CREATIVE / ALAMY STOCK PHOTO ©



Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway/Subte station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Paul Clammer

Kingston, Blue Mountains & Southeast Coast; Ocho Rios, Port Antonio & North Coast Paul Clammer has worked as a molecular biologist, tour leader and travel writer. Since 2003 he has worked as a guidebook author for Lonely Planet, contributing to over 25 Lonely Planet titles, covering swathes of South and Central Asia, West and North Africa and the Caribbean. In recent years he's lived in Morocco, Jordan, Haiti and Fiji, as well as his native England. Find him online at

paulclammer.com or on Twitter as @paulclammer. Paul also researched and wrote the Plan, Understand and Survival Guide chapters.



Anna Kaminski

Montego Bay & Northwest Coast; South Coast & Central Highlands; Negril & West Coast Having majored in Caribbean and Latin American history at university and having lived in Kingston and worked in Jamaica's prisons and ghettos in 2006, Anna was thrilled to research Jamaica for Lonely Planet a second time. On this occasion, she drove the scenic and often gnarly back roads of west Jamaica, visited numerous plantation houses, hiked through rugged Cockpit Country,

attended the Maroon Festival, attended the country's second-largest reggae gig and went to Boston Bay in search of Jamaica's best jerk pork. When not on the road for Lonely Planet, Anna calls London home.

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