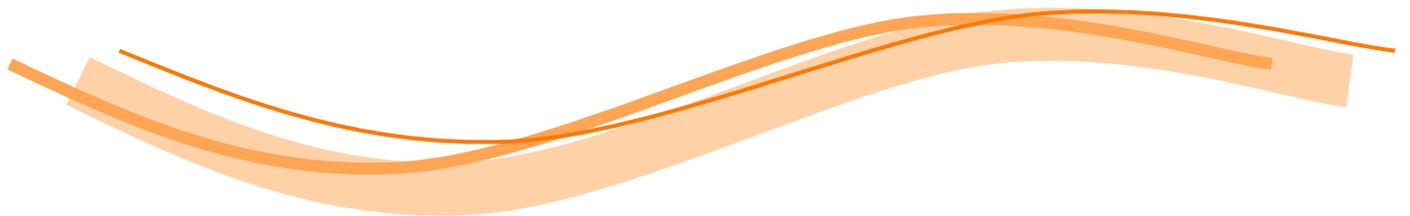




**JAMAICA &
COUPLES RESORTS
with SUNQUEST**





JAMAICA	Vibrant, raucous, beautiful, green, lush, colourful, tranquil and full of contradictions, this famous vacation destination lives up to its reputation on all counts. Come visit, meet the people, experience the ambience and fall in love with the place!
Location	Situated 150 kms south of Cuba and 960 kms south of Miami, Jamaica is 18 degrees north of the equator. It is very centrally situated, and entirely surrounded by, the Caribbean Sea.
Geography	<p>Jamaica is the largest English-speaking island in the Caribbean and the third largest in the region after Cuba and Hispaniola. With a total land area of 10,991 sq. km, the island is 230 kms long with widths varying between 35 and 82 km.</p> <p>Jamaica is divided into three counties, Cornwall, Middlesex and Surrey. The terrain is very mountainous with much of the land rising above 305m. The highest point, Blue Mountain Peak, is 7,402 feet (2,256 m) above sea level. Complementing the mountains, Jamaica also brims with valleys and plains. The five major plains – Vere, St Jago, George's, Liguanea and Pedro – provide the backbone for a largely agricultural economy.</p> <p>Natural rivers and springs abound in Jamaica. Over 120 rivers flow through the land from the central mountain region to the coasts. The rivers on the north side tend to be shorter and swifter than those on the south side. The fast flowing rivers – Black River, Rio Cobre, Milk River, Rio Grande and Martha Brae - are used for transport and the production of electricity as well as to provide irrigation for agricultural purposes. There are several mineral springs, recognized for their therapeutic value. Some have been developed with facilities for bathing and/or accommodation, others remain little-known gems in communities across the island.</p>
Name	Jamaica's indigenous Arawakan-speaking Taíno inhabitants named the island Xaymaca, meaning the "Land of Wood and Water", or the "Land of Many Springs".
Population	The population is currently estimated at a little less than 3 million.
Language	The official language of Jamaica is English. Jamaicans primarily speak an English-African Creole language known as Jamaican Patois, which has become known widely through the spread of Reggae music.
Currency	<p>Jamaica has its own dollar, far less valuable than the Canadian dollar. In all exchanges, determine which dollar unit is being quoted in the price: US or Jamaican. Otherwise, it's possible you could get cheated in a financial transaction.</p> <p>Currently (18th November 2011) one Canadian dollar = 84 Jamaican dollars.</p> <p>All the major resorts and first-class restaurants quote prices in U.S. dollars, so many visitors can go through their entire trip without the</p>

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	<p>bother of converting their currency into Jamaican dollars. But it's still prudent to carry some Jamaican dollars: for some transactions, such as a drink of coconut water from a roadside vendor, prices are only quoted in Jamaican dollars.</p> <p>Licensed cambio centres and commercial banks are accessible in all resort areas. Official currency exchange rates vary daily, so it's advisable to shop around for the best rate before converting your cash. Most Jamaican ATMs accept international bank cards with Visa, MasterCard, Cirrus and Plus logos. Banks also give credit card advances, change traveller's cheques among other financial services</p>
Tipping	<p>Standard tipping in Jamaica is 10% to 15% in hotels and restaurants, although many all-inclusive resorts have a no tipping policy. Where tips are automatically included in your bill, add 3 to 5% if you have received good service.</p>
Government	<p>Jamaica is an independent country, completely self-governed since 1962, when the island ceased to be a British colony. After independence, Jamaica chose to be a part of the British Commonwealth, and to keep the Queen of the United Kingdom as the constitutional monarch, the titular head of the country. The government of Jamaica was patterned on the Westminster model of government, and is composed of the Queen as head of state, and a bicameral parliament. In Jamaica, the Governor General, who is appointed by Her Majesty upon the recommendation of the Prime Minister of Jamaica, represents the Queen.</p>
Documentation	<p>To enter Jamaica a valid passport is required. Canadians do not require a visa to visit Jamaica. Other nationalities should contact your local Jamaican Embassy or Consulate or Jamaica Tourism Board office or www.visitjamaica.com to verify correct documentation needed.</p>
Time zone	<p>Jamaica is on Eastern Standard Time 365 days a year. This means they do not turn their clocks back. Therefore, from the first Sunday in April until the last Sunday in October they are one hour behind EST, i.e. 9:00 am in Toronto means 8:00 am in Jamaica. The rest of the year Jamaica is on the same time as Montreal and Toronto.</p>
Health	<p>Travelling to Jamaica should not adversely affect your health. Finding a good doctor in Jamaica is no real problem, and all of them speak English, of course. Keep the following suggestions in mind:</p> <ul style="list-style-type: none"> - It's best to drink bottled water in Jamaica. - If you experience diarrhea, moderate your eating habits and drink only bottled water until you recover. If symptoms persist, consult a doctor. - The Jamaican sun can be brutal. Wear sunglasses and a hat, and use sunscreen liberally. Limit your time on the beach the first day. If you do overexpose yourself, stay out of the sun until you recover. - Some of the biggest annoyances in Jamaica are the insects called "no-see-ums," which appear mainly in the early evening. You can't see

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	<p>these gnats, but you sure can "feel-um." Screens can't keep these critters out, so carry your favorite bug repellent.</p> <p>- You don't need to get any particular shots or vaccinations to travel in Jamaica, and most common medicines are available over the counter.</p>
Safety tips	<p>Jamaica is safe as long as you use the same common sense that you would in your country. Just be aware of your surroundings. Most resorts employ security that guards the entry, beach access and patrols the grounds. There are areas of Kingston which are not safe, but these hold little of interest for the traveller anyway.</p>

CLIMATE	
General climate	<p>Jamaica has a tropical climate at sea level and a temperate climate towards the highlands of the interior. As a popular Jamaican poem says, "we have neither summer nor winter/neither autumn nor spring..." and it's true. Many Jamaicans characterize the seasons according to the fruits available at that time! Some of the most important 'seasons' are mango season (May to July), guinep season (July to late September) and cane crop season (late October to about January). Although there is little real variation in temperature year round, between December and April the weather is practically perfect for any activity every day. The average temperature ranges from 19 degrees Celsius to 32 degrees Celsius all year. Will it rain during your holiday? If it does, don't worry. Most times, the short tropical showers provide a welcome break from the afternoon heat – just look at it as liquid sunshine, not rain...</p>
Today's weather	At Montego Bay: 29C with sun and clouds (19 th November 2011)
Best time to visit	For Canadians: winter of course! When the blizzards are blowing in the True North Strong and Free, the trade winds are gently sighing in the palm fronds of a another blissful day on the beach in Jamaica...

GETTING AROUND	
Getting There	<p>There are two international airports in Jamaica: Norman Manley International Airport in Kingston and Sangster International Airport in the resort city of Montego Bay. Tourists generally fly in to Montego Bay. There are direct flights to Jamaica from both Montreal and Toronto – see your travel agent for full details. Flight time is around 4 hours. There is a departure tax of \$27 US (subject to change). Usually this departure tax is already included in your airline ticket or vacation package – please check with the airline or your travel agent. If it is not included, you will need cash to pay the departure tax at Montego Bay airport.</p>
Cities	<p>Kingston is the capital and largest city of Jamaica, located on the southeastern coast of the island. It faces a natural harbour protected by the Palisadoes, a long sand spit which connects the town of Port Royal</p>

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and the Norman Manley International Airport to the rest of the island. In the Americas, Kingston is the largest predominantly English-speaking city south of the United States with a population of 650,000.

Although there are parts of the city that are unsafe for unaccompanied tourists, you are unlikely to stumble into these and the centre of the city makes for an interesting visit.

The centre of downtown Kingston is known as Parade, from the area's early days as the drill centre and parade grounds of the Colonial Militia. Long before Kingston took over from Spanish Town as the island's capital city, Parade held significance as a centre of activity. When Kingston became the capital of the nation, Parade became somewhat of a public arena used for just about any imaginable purpose; public hangings and floggings were held there, and the wealthy and fashionable would meet and greet in transit. The recently restored powder blue Ward Theatre flanks Parade on the north. To the east lies Coke Methodist Church, the first Methodist chapel to be built in Jamaica and to the west is the Coronation Market, the largest and most frequented market in the island. To the south stands the beautiful and historic Kingston Parish Church, with its many interesting graves, tributes and gifts from the wealthy citizens of the city. For many years the church stood as the major landmark in Kingston, giving rise to the phrase, "born under the clock", a reference to Kingstonians born within sight or earshot of the Kingston Parish Church bell.

In 1870, after the Colonial Militia and the troops moved their base northwards to Up Park Camp, city officials petitioned to create a public green space for the city of Kingston. Upon completion, in true Colonial style, the British erected a statue of the monarch, Queen Victoria, dominating the park and facing down King Street to view her subjects. It is said that during the 1907 earthquake, the statue turned 180 degrees to face the hills, a sign some interpreted as a message that the city should expand northwards. The statue was later rotated, and in 1914, the garden was named Victoria Park in honour of the Queen. After Independence, the park was renamed in honour of St William Grant, the firebrand labour leader of the 1930s. The park still holds a sort of ceremonial appeal for Kingstonians, and once a year, the city's Christmas tree is lighted with much pomp and ceremony.

Parade is a Mecca for shoppers! Bargain hunters can find everything they need. With the various arcades, the grand Coronation Market, the high street stores and the plethora of handcart and street vendors moving about, just about any wish can be granted, and any need fulfilled with the exchange of a few dollars. If you don't intend to buy and just want a sense of a Jamaican market, Coronation Market is a necessary stop. It is crowded, noisy, chaotic and filled with countless delicious scents and amusing verbal advertisements and exchanges.

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Distances	Driving Times Kingston to Mandeville 1.5 hours 98 km Montego Bay to Negril less than 1.5 hours 83 km Montego Bay to Ocho Rios less than 2 hours 100 km Ocho Rios to Port Antonio less than 2.5 hours 97 km Ocho Rios to Kingston less than 1.5 hours 97 km Port Antonio to Kingston less than 2 hours 109 km
JUTA	<p>Jamaica has a transport service specifically for visitors. It's called JUTA, Jamaica Union of Travelers Association. Equipped with a fleet of well-maintained, air-conditioned cars, buses, coaches and luxury vehicles, each piloted by experienced and friendly drivers, JUTA is the right choice for visitors looking for more than just a way to get from one place to another. Choosing JUTA means that not only will you travel to your destination in comfort and style, but you'll also enjoy extremely personal service – all in all, making for a memorable Jamaican experience. JUTA drivers are certified by the Jamaica Tourist Board, and as such have attended seminars about Jamaica's history, culture, geography, and flora and fauna. Armed with this special training, JUTA operators often double as impromptu tour guides. On route, they'll happily entertain you with interesting historical facts, bits of local trivia and rural lore. Eager to share the joys of their home with visitors, JUTA drivers will also gladly stop at scenic spots, fruit stalls and restaurants along the way to allow you to experience local delicacies, beverages and vistas firsthand. Furthermore, all JUTA vehicles must adhere to the strict standards set by the Jamaican Transport Authority, and undergo regular road fitness tests. As a result, the vehicles are always in the best condition, ensuring your safety and comfort.</p>
Trains	<p>The only railways remaining in Jamaica are used to transport bauxite (aluminium ore) rather than people.</p>
Car Rental	<p>There are car rental agencies in most major towns and cities. Clients must be at least 25 years old to rent a motor vehicle. All drivers are required to carry a valid licence. Jamaica recognises valid International Driver's Licences. North Americans may use their country's licence for up to three months per visit.</p>
Buses	<p>Public transportation in Jamaica is nothing short of an exciting adventure. In Kingston, the capital city, large air-conditioned luxury coaches ply popular routes, but outside those areas, vehicles are less comfortable and arrive with less regularity. Buses, minibuses and route taxis are the primary means of transportation for the majority of people on the island, but are recommended only for the more intrepid tourist.</p>
Cruises	<p>Day and evening cruises are offered aboard the Calico, a 17m gaff-rigged wooden ketch that sails from Margaritaville on the Montego Bay waterfront. An additional vessel, Calico B, also carries another 40 passengers. For either cruise, transportation to and from your hotel can</p>

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	<p>be arranged. The daily voyage departs at 10am and returns at 1pm and costs US\$60; snorkeling (with equipment) is available. On the Calico's evening voyage, which goes for US\$25 and is offered daily from 5 to 7pm, cocktails and wine are served as you sail through the sunset. For information and reservations, call Calico Pirate Cruises (tel. 876/940-4465; www.calicopiratecruises.com) a few days in advance.</p>
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ACCOMMODATION TYPES	<p>Bed and breakfasts, guesthouses, apartments, villas...and of course superb all-inclusive resort hotels – all these provide visitors to Jamaica with many options. Have a look at the Tourist Board website for more inspiration at http://www.visitjamaica.com/where-to-stay/overview.aspx Naturally, I recommend our prize hotels, Couples Resorts, for which you can find more information elsewhere in this section.</p>
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LIFESTYLES	
Kids	<p>Climbing the waterfall at Dunns River Falls is always a great success (see “Must See’s”) and the beaches will be blissful for the kids. But also take them out of the resort to see the real Jamaica and meet the people. One of the great joys my kids had in Jamaica was bargaining for souvenirs with the locals who seemed to enjoy the dickering as much as my boys!</p>
Teens	<p>River rafting on the Rio Grande: Shades of Errol Flynn, this is the grandest rafting experience in Jamaica. The rafts are propelled by bamboo poles and it’s a wonderful way to spend a few hours on the river. You start in Berrydale in the hills and end up at rafters’ rest on the coast. When we did this trip, my eldest son floated down the river alongside the raft to cool off...</p> <p>Learning to Surf at Boston Bay Beach: It's known not only for its white sands and clear waters, but also for the great jerk-pork stands. This beach has the biggest waves in Jamaica, and teens can rent surfboards and get a lesson.</p> <p>Reggae Explosion (aka The Reggae Hall of Fame) functions as a subdivision of the Island Village Shopping Center, Turtle River Road Ocho Rios (tel. 876/675-8902). Owned and operated by Christopher Blackwell, the hotel/film/music mogul who's credited with having originally discovered reggae superstar Bob Marley, it's a combination museum/public relations tool for Marley and the Jamaican music industry as a whole - a party-colored temple to the greatness of the art form. Within a high-ceilinged decor that's mostly black but highlighted with Day-Glo colors, you'll follow on a route designated by captions that outline the history of Jamaican music. (According to the wall charts, it started with mento in the 1940s; moved on to ska after the</p>

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	<p>independence of Jamaica from Britain in 1962; and evolved after 1966 into movements that included RockSteady, Roots, and several other groups that eventually led to reggae.) Once you get used to the shadows and immediate sense of chaos reigning here, the place can be a lot of fun. There's a replica of a party-colored Jamaican rum shack near the entrance, a 1950s-era jukebox, lots of portraits and illustrations of reggae greats, and a bevy of what might be the hippest tour guides in Jamaica. Head upstairs to the second floor of this museum, marveling at the pictorial history of the evolution of Jamaican music as you ascend, past tributes to stars such as Marley, Jimmy Cliff, Alton Ellis, and Lee Scratch Perry.</p>
<p>Romance</p>	<p>This destination has a reputation for romance which is backed up by several resorts that focus on this aspect of vacations – most notably Couples Resorts (see separate section following for more on this resort group).</p>
<p>Honeymoons & Weddings</p>	<p>Jamaica is famous as a wedding destination. Visitors can be married just 24 hours after arriving in Jamaica, providing prior application has been made for a marriage license. The cost of a license is 4000 Jamaican dollars (approximately US\$60–US\$65). To apply for your marriage license, call the Ministry of Justice at 1-876-906-4923 or visit: Ministry of Justice, 2 Oxford Road, NCB Towers, 10th floor/South Tower Kingston 5 Tel: 1 876 906 4923 -31 Fax: 1 876 906 1712 - 3 Email: customerservice@moj.gov.jm</p>
<p>Meet the People</p>	<p>Share in the Jamaican Experience What better way to experience the culture of a nation than through its people? For travellers seeking insight into the Jamaican experience and the warm welcome of a Jamaican friend, the island's Meet-the-People programme provides an ideal option. Launched in 1968 by the Jamaica Tourist Board (JTB), the Meet-the-People programme reaches out to visitors curious to explore the culture of this vibrant Caribbean island, taking them beyond the traditional resort and beach setting into the colourful realm of Jamaica's lifestyle, tradition and customs. Visitors wishing to take part in the Meet-the-People programme are teamed up with Jamaican hosts or volunteers who share a common profession, hobby or interest, free of cost. In true Jamaican fashion, these volunteers offer a hand of friendship and hospitality to visitors who genuinely want to know Jamaicans and the Jamaican way of life. Meet-the-People allows the visitor to meet a Jamaican who can enhance their enjoyment of the real Jamaica. Guests may get to meet a family or know a fellow musician, doctor, photographer, nurse, teacher or artist, or participate in a wide range of activities, such as hiking, shopping at a local craft or food market, visit a church, tour a facility or have a chat over Jamaica's famous Blue Mountain coffee. Whatever the focus, these activities are uniquely Jamaican, providing</p>

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	<p>an island experience that only locals can create, and a pathway to the unique aspects of Jamaica's rich endearing heritage in people, culture, music, cuisine and natural landscape. The Jamaica Tourist Board will make all arrangements for you to participate in the Meet-the-People programme. Once you have confirmed your accommodations and your travel dates, simply sign up online at http://www.visitjamaica.com/about-jamaica/meet-people-sign-up.aspx</p>
Seniors	<p>The large number of high end all-inclusive resorts make this an easy destination for those who want a gentle, everything-taken-care-of style of vacation. However, there's still plenty to see and do on the island, as these notes attest, for more active seniors.</p>

UNIQUES	<p>Port Royal From West Beach Dock, Kingston, a ferry ride of 20 to 30 minutes will take you to Port Royal, subject of a hundred adventure novels that conjure up visions of swashbuckling pirates, led by Henry Morgan, swilling grog in harbor taverns. This was once one of the largest trading centers of the New World, with a reputation for being the "wickedest city on earth." Blackbeard stopped here regularly on his Caribbean trips. But it all came to an end on June 7, 1692, when a third of the town disappeared underwater during a devastating earthquake. Today Port Royal, derelict and rundown, is a small fishing village. Some 2,000 residents and a lot of ghosts live here. A seafaring tradition continues, and the town is famous for fresh seafood and quaint architecture. Once there were six forts here with a total of 145 guns; some of the guns remain today, but only Fort Charles still stands.</p>
Surprising	<p>Rastafarians, a Jamaican religious group, venerate the late Ethiopian emperor, Haile Selassie. Some Jamaicans regard ganja (marijuana) as a sacred plant and testify to its healing power.</p>
History	<p>For centuries, Jamaica has welcomed settlers from all around the world. This small island has played host to the Amerindians who discovered it, to Europeans who fought to own it, to Africans forced to call it home, and to Asians, Indians and Middle Easterners searching for a better life. Each group carried with it a story and tradition, throwing everything into Jamaica's melting pot. After centuries of brewing, all have blended together to give the island its rich history and heritage - an international smorgasbord of legends, cultures and customs, all displayed right here against the background of Jamaica's beautiful mountains and valleys.</p> <p>Jamaica's first inhabitants were the Tainos, an Arawak-speaking people, believed to be originally from South America. The Tainos called the island "Xaymaca" meaning "land of wood and water". These peaceful, seafaring people greeted Columbus when he first visited the island in 1494.</p>

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Columbus described Jamaica as "**the fairest isle mine eyes ever beheld ...**" His arrival marked the beginning of nearly 500 years of European occupation and governance. Initially, the Spanish settled near St Ann's Bay at "Sevilla Nueva" (New Seville), but eventually moved to "Villa de la Vega" (the city on the plains), now called "Spanish Town". Their new city swiftly flourished, becoming the island's centre of activity.

During the 1650s, the British captured Jamaica from the Spanish. In a last-ditch attempt at defiance, the Spanish settlers freed and armed their slaves, who sought refuge in the island's interior. The Maroons, as these ex-slaves came to be called, continuously defied the island's new colonizers and still exist in modern-day Jamaica.

Under British rule, Jamaica became a busy and wealthy colony. By the 18th century, the island was "the jewel of the British crown", producing 22 percent of the world's sugar on large, lucrative plantations. This success came at great cost to the African people, thousands of whom were forcefully brought to the New World as slaves.

As a result of the cruel and oppressive slavery system, Jamaica had more revolts than other West Indian islands. Reports of frequent slave uprisings and other forms of resistance, coupled with brutal planter-militia reprisals, troubled the European conscience. In time, anti-slavery sentiments grew strong in Europe, culminating in the Emancipation Act of 1834. The Act made provision for all slaves under the age of six to gain immediate freedom. All others were to serve a period of apprenticeship for four to six years. The apprenticeship period worked well in theory. In practice, however, it was little better than slavery. Planters continued to abuse their apprentices, and withheld guaranteed provisions and wages. Subsequently, full emancipation was granted in 1838, two years earlier than planned.

Eager to sever connections with the symbol of their enslavement, many labourers left the plantation, settling across the island. To provide an alternative, affordable workforce, the planters recruited indentured workers from China and India. After their period of indenture, many Chinese and Indians stayed on the island, adding to Jamaica's eclectic mix of cultures.

After 1838, sugar productivity and profitability declined, forcing Jamaica to diversify its economy. Although crops such as bananas and coffee provided sound substitutes, other industries eventually became the driving force of Jamaica's economy, outgrowing agricultural exports. Like the changing economy, Jamaican politics also transformed with the

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	<p>end of slavery. In 1866, the island implemented the crown colony system of government. Under this new system promises of education, health care and other social reforms gave hope to a newly freed generation. But decades later, social disappointment festered, leading to a spate of incidents of civil unrest, and heralding the birth of the trade union movement.</p> <p>Out of these disturbances arose Jamaica's foremost labour organisations and political parties. Norman Manley's People's National Party and Alexander Bustamante's Jamaica Labour Party would go on to dominate Jamaica's political scene into the 21st century.</p>
Books	Frommer's Jamaica (\$16.99) is an invaluable guide to the island.
1000 Places to See Before You Die	<p>Jamaica's Reggae Festival – a party to end all parties! Pork Pit – a beachside introduction to the World of Jerk Rick's Café – where sunset is served on the rocks in Negril Strawberry Hill – on top of the world in the Blue Mountains</p>
Must Sees	<p>Dunns River Falls The point at which Dunns River enters the Caribbean Sea is marked by 600ft of mountain spring water cascading down the rocks towards the ocean. It's the most photographed attraction in Jamaica. Set within a small tropical forest, the thundering cascades, exhilarating blasts of ice-cold spring water and the sheer majesty of nature all combine to create one of Jamaica's most-treasured locations. Tip: Check at the main booth for information on renting lockers, having a guide direct you up the falls and on acquiring beach beds. Far from simply a picturesque spot, the falls offer a hint of adventure to those with a willing spirit. Climbing Dunns River Falls has become almost a staple for any Jamaican vacation; even for the not-so-athletic. Inexperienced climbers should hire an official guide, since the rocks may be mossy, slippery and just dangerous enough to put a small damper on what would otherwise be a perfect vacation. Climb at your leisure, and have a guide show you interesting spots where you can jump off, slide down rocks, or have a soothing massage from the falling water. Along the route up the falls there are clear pools to swim in, small whirlpools, caves to explore and a garden to picnic in.</p>

SPORTS ACTIVITIES	<p>Sport is an integral part of national life in Jamaica and the island's athletes tend to perform to a standard well above what might ordinarily be expected of such a small country. While the most popular local sport is cricket, on the international stage Jamaicans have tended to do particularly well at Track and Field. Over the past 6 decades Jamaica has produced dozens of world class sprinters including most recently Usain Bolt, world record holder in the 100m for men.</p> <p>The Reggae Marathon is held every year in the first week in December</p>
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	<p>in Negril and race participants are treated to a pre-dawn ritual during which Rastafarian drummers chant “Irie” blessings, while the soulful beat of Reggae music encourages runners to the finish line.</p>
Golf	<p>Jamaica has the best golf courses in the West Indies, with Montego Bay sporting the best championship links.</p> <p>The Cinnamon Hill Ocean Course at Rose Hall Resort & Country Club (tel. 866/831-1313 or 876/953-2650; www.rosehallresort.com) is ranked among the top-five golf courses in the world by some; it's an unusual and challenging seaside and mountain course.</p> <p>Golf at Half Moon (tel. 876/953-2211; www.halfmoongolf.com) at the Half Moon Resort features a championship course designed by Robert Trent Jones, Jr. SuperClubs' Ironshore Golf & Country Club (tel. 876/953-2800) is another good course in Montego Bay.</p> <p>On the North Shore are SuperClubs' Runaway Golf Club (tel. 876/973-7319; www.superclubs.com) at Runaway Bay and Sandals Golf & Country Club (tel. 876/975-0119; www.sandals.com) at Ocho Rios.</p> <p>In Mandeville, the Manchester Country Club, Brumalia Road (tel. 876/962-2403), is Jamaica's oldest golf course, recently expanded from 9 to 18 holes. Beautiful vistas unfold 660m (2,200 ft.) above sea level.</p>
Fishing	<p>North Coast Marine Sports Half Moon Hotel, Montego Bay Tel: 876-953-2211</p> <p>Deep sea fishing on the "Irie Lady" a private sport fishing charter boat for 1 - 6 passengers. Bait and tackle are included. The vast crystal - clear water of the Caribbean Sea offers exciting adventures with marlin, trophy-size kingfish, fighting barracuda, sailfish, wahoo and a host of other species. They arrange free transportation within an 8km radius, which covers the resort of Montego Bay.</p>
Horse riding	<p>The best riding is on the North Shore. Jamaica's most complete equestrian center is Chukka Caribbean Adventures (tel. 876/972-2506; www.chukkacaribbean.com), at Richmond Landoverly, less than 6km east of Runaway Bay.</p> <p>Another good program is offered at Rocky Point Riding Stables (tel. 876/953-2286), Half Moon Club, Rose Hall, Montego Bay, housed in the most beautiful barn and stables in Jamaica.</p>
Hiking	<p>The hiking jewel in Jamaica’s crown is Blue Mountain Peak. The peak is the highest on the island, rising to an altitude of 7402ft. Overall, the 22km Peak trail takes about seven hours. Starting the trail early in the morning makes for an exciting hike and an incredible view of the sunrise, however if you decide to do the trek in the morning, you can spend the night prior to the hike at either Whitfield Hall or Wildflower Lodge, or camp out at Portland Gap. Both lodges are cosy and rustic, and their staff will make arrangements to pick you up from Kingston or Mavis Bank. They will also organize local guides, and can provide</p>

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	<p>meals on request. Also, in order to drive to the start of the hike near Whitfield Hall, you must have four-wheel drive. Generally, the best time to try the hike is during the Blue Mountains' dry season, which lasts from December to April. It's often best to go on an organized tour, the best of which are offered by Sun Venture Tours (tel. 876/960-6685; www.sunventuretours.com).</p> <p>Besides the high Blue Mountains, where Sun Venture goes, another great place for hiking is from Port Antonio. You can hike various trails through the Rio Grande Valley; highlights include the 7-hour White River Falls jaunt along the banks of the White River and an easier walk to the Scatter Waterfalls, floating on a bamboo raft across the Rio Grande. The 11km Guava River Trail goes along the Guava River into the heart of the Blue Mountains.</p> <p>The Maroon Country, near Montego Bay, is also a place of challenging hikes - though it's best to hire a guide here as it's easy to get lost.</p>
<p>Cycling</p>	<p>Blue Mountain Bicycle Tours Ltd., 121 Main St., Ocho Rios (tel. 876/974-7075; www.bmtoursja.com) offers all-inclusive, all-day biking holidays in Jamaica's Blue Mountains, the Caribbean's highest mountain range. The highlight of the tour is the famous Downhill Bicycle Tour, with panoramic vistas in all directions. The tour features a Jamaican brunch and lunch at a local cafe. You're taken around by experienced guides and provided safety equipment as well. Time is allotted for a refreshing waterfall swim.</p>
<p>Diving</p>	<p>There is excellent diving available in various locations in Jamaica. Diving is sometimes offered as part of all-inclusive packages by the island's major hotels, such as Couples resorts. There are also well-maintained facilities independent of the hotels.</p> <p>Near Montego Bay, Seaworld Resorts (tel. 876/953-2180; www.caribbluehotel.com), at the Caribblue Hotel on Rose Hall Main Road, offers scuba-diving excursions to offshore coral reefs that are among the most spectacular in the Caribbean. There are also PADI-certified dive guides, one dive boat, and all necessary equipment for either inexperienced or certified divers.</p> <p>Negril is a hotbed of diving. Negril Scuba Centre (tel. 800/818-2963 or 876/957-9641), in the Mariner's Negril Beach Club, Norman Manley Boulevard, is the area's most modern, best-equipped scuba facility.</p> <p>Websites for Divers - For useful information on scuba diving in the Caribbean, check out the website of the Professional Association of Diving Instructors (PADI) at www.padi.com . This site provides descriptions of dive destinations throughout the Caribbean and a directory of PADI-certified dive operators. Scuba Diving Magazine also has a helpful website at www.scubadiving.com . Both sites list dive package specials and display gorgeous color photos of some of the most beautiful dive spots in the world.</p>

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CULTURE	
<p>Arts</p>	<p>Jamaican paintings, sculpture and pottery are among the best in the Caribbean. What makes the art extraordinary is its diversity. Artists work in a variety of styles, modes and forms, ranging from the academic to the self-taught or intuitive, the surrealist and symbolist to the impressionist and social-realist. Also they blend European, African and American influences. And they've learnt from Europe's and America's classical and abstract forms, while mimicking the techniques, colours and symbols found in African art. All together, they've collected and merged these influences to create the extremely varied, unique Jamaican school of art.</p> <p>The Ward Theatre in Kingston is Jamaica's largest and best-known performing arts theatre, and has a rich and fascinating history. That aside, the building itself is certainly worth a visit, but attending a performance there is clearly the best way to experience Jamaican theatre, history and culture firsthand. Call ahead or stop by the box office to see what's on. Usually the National Pantomime, an annual production of the Little Theatre Movement opens on December 26 and runs for a few months afterwards.</p>
<p>Music</p>	<p>Thumping, infectious and passionate sounds are the trademarks of Reggae, Jamaica's most internationally recognised music and the heartbeat of the people. Although this is Jamaica's music, its origins are in the villages of Africa where the people's forefathers mourned the passing of an ancestor, heralded the birth of a son or celebrated the end of a harvest with song and dance.</p> <p>Jamaica's traditional music is heavy with the substance of Jamaican collective experiences, struggles for personal freedom and independent nationhood. Music has been a tool for rebellion and for communication with each other, nature and the Divine. It also provides a lyrical voice for social and political commentary. The fusion of African and European heritage has produced several forms of music that still thrive in many modern communities.</p> <p>These folk forms fall into three main groups – tunes for work and entertainment, religious melodies and dance music. Each group has its own harmony, but all share a commonality in the types of accompaniments used, primarily the drum and small wind and string instruments.</p>
<p>Films</p>	<p>The James Bond film "Doctor No" was filmed in Jamaica, which is appropriate as Ian Fleming lived in Jamaica and wrote many of his 007 books here. He used the island as a setting in other James Bond novels, including Live and Let Die, For Your Eyes Only, The Man with the Golden Gun and Octopussy.</p>

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	<p>Tom Cruise also starred in “Cocktail” on the island and you can visit the beach bar where key scenes were shot.</p> <p>Errol Flynn lived with his third wife Patrice Wymore in Port Antonio in the 1950s. He was responsible for developing tourism to this area, popularising raft trips down rivers on bamboo rafts.</p>
Museums	<p>The most important art collection in Jamaica is housed at the National Gallery, Roy West Building, Kingston Mall (tel. 876/922-1561). This gallery is a showcase for the nation's most talented artists. On the ground floor you're greeted with the controversial bronze statue of the late Bob Marley, the reggae great.</p> <p>Bob Marley Museum 56 Hope Road, Kingston 6; Tel: 876-927-9152 Website: http://www.bobmarleymuseum.com</p> <p>The museum is dedicated to the memory of the late Reggae superstar, Robert "Bob" Marley. The museum is located in Marley's original studio in Kingston where he recorded many of his songs.</p>
Festivals	<p>Reggae Sunfest First staged in 1993, Reggae Sunfest quickly became the world's premiere reggae music event. The festival showcases the best of Dancehall and Reggae music, as well as top R & B/Hip Hop performers and offers delicious Jamaican cuisine and arts and crafts. Each year, the event attracts more than 30,000 patrons to the tourist capital of Montego Bay in mid-July.</p> <p>Jamaica Jazz and Blues Festival is held every January at Greenfield Stadium in Falmouth with high profile performers such as Natalie Cole, Air Supply and Ron Isley.</p>

ATTRACTIONS	
Beaches	<p>The beaches are the number one attraction of Jamaica. So many and so varied, there is the perfect beach for you. From secluded coves to the immense Seven Mile Beach in Negril...try as many as you can in your vacation or simply slump on the beach beside your resort and completely unwind...the choice is yours to make.</p> <p>With more nude beaches than any other Caribbean island, Jamaica is the perfect place to bare it all. The au naturel beaches range from sedate and relaxing, to wilder and more self-indulgent. So it's just a question of packing a towel and some serious sun block, and then picking a patch of sand that's right for you. Nude tanning is permitted on private beaches island-wide. Find a secluded spot to slip out of your suit at Oracabessa's James Bond Beach or at Negril's Bloody Bay. Or take a boat ride to an island shared only by fellow nudists, Negril's Booby</p>

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	<p>Cay. Ask for a little more privacy at Reggae Vibes, Ocho Rios, and the managers will corner off a section of the beach just for you. In Trelawny, Time & Place's deserted white sand offers quiet seclusion that's perfect for wearing nothing at all.</p>
<p>Wildlife</p>	<p>Jamaica is as much an animal lover's paradise as it is a botanist's dream. There are over 252 species of birds, of which 27 are found nowhere else in the world. These endemic species include the national bird – the streamer-tailed hummingbird (doctor bird), and the bee hummingbird, one of the world's smallest birds. The Jamaican tody, also known as the robin redbreast, lives solely on this island. This tody is even more unique because it makes its nest not in a tree, but in a hole in the ground.</p> <p>The indigenous streamer-tailed hummingbird or "doctor bird" is Jamaica's national bird. It is called the "doctor bird" because of its long black tail resembling an old-time doctor's coat. The doctor bird's feathers are the most iridescent and beautiful of all the hummingbirds on the island.</p> <p>The Giant Swallowtail butterfly, papilio homerus, exists exclusively in Jamaica. With a wingspan of up to six inches (0.2 m), it is believed to be the largest butterfly in the western hemisphere and the second largest in the world. The zebra, another indigenous butterfly, has a fascinating habit –every evening, large swarms roost on the same tree or branch. This unusual behaviour baffles scientists.</p> <p>In addition to these birds, butterflies and frogs, Jamaica has rare yellow snakes, infinite numbers of snails, hundreds of types of bats, six foot long lizards, and fireflies that light up the night sky.</p>
<p>Parks</p>	<p>Royal Palm Reserve The 122-hectare (300-acre) Royal Palm Reserve recreation site carved into the Great Morass is the easiest part of the massive local wetlands to explore. To reach it, take the road to Savanna-la-Mar at the southern end of Negril, turning left at the signpost and going along a dirt road to reach the beginning of the reserve. Here you'll find much wildlife, including sea hawks, ospreys, and the Jamaican woodpecker. The swamp is also home to egrets, butterflies, doctor birds, herons, and the endangered Jamaican black parakeet. Wooden boardwalks enable you to walk 2km or so into the wetlands for a close encounter with it all. The showpiece of the reserve is Cotton Tree Lake, home to numerous waterfowl, including wild ducks and the Jamaican pond turtle. A nature museum informs about the plant and animal life of the reserve. There is also a riverside bar and another lakeside restaurant and bar specializing in natural juices and Jamaican dishes.</p> <p>The Cockpit Country The foreboding landscape of the Cockpit Country is one of the most</p>

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	<p>desolate and eerie territories in all the West Indies. For those who'd like to combine some adventure into that holiday by the beach, a tour through this rugged terrain is recommended - if you're in good shape. The forest-clad limestone hills of the Cockpit Country are shaped like witches' hats. This is wild "karst" terrain, of the type also found in Puerto Rico. The land is filled with weathered limestone covering 1,295 sq. km (500 sq. miles). Much of the Cockpit Country remains uninhabited and, even today, still hasn't been explored in depth. Conical hillocks were dissolved by an elaborate drainage system of caves and sinkholes. No other region of the Caribbean has such intriguingly named settlements: Wait-a-Bit, Rest and Be Thankful, and Me No Sen You No Come. Jamaica at present classifies the Cockpit Country as a National Reserve and there is a movement afoot to have it declared a national park. Try Cockpit Country Adventure Tours (tel. 876/610-0818; www.stea.net) for guided tours.</p>
<p>Gardens</p>	<p>Hope Botanical Gardens & Zoo, Hope Road, Kingston Visit a Jamaican Shangri-La, a 93-hectare (230-acre) plot of beauty and the largest botanical garden in the West Indies. It is adjacent to the Mona campus of the University of the West Indies. The "Hope" in the name comes from Richard Hope, a British Army commander who lived here in the mid-17th century. After the grime of downtown Kingston, it's a lovely place for a tranquil stroll; attractions include a cactus garden, sago palms, an orchid house, various greenhouses, an ornamental pond, and a "forest garden," with an aviary for the "birdie" in you. There's also a little zoo on-site. Admission to the gardens themselves is free, and they are open daily from 6am to 6pm.</p> <p>Coyaba River Garden gets its name from an Arawak word meaning paradise or heaven - so it's no wonder it's become a popular place to say "I do". Nestled in the hills, the small manicured garden displays a variety of flowering plants and vines, ferns and trees. Water plays an important role in the garden's ambiance, and shallow crystal-clear streams and ponds crisscross the grounds. After you roam Coyaba's garden, browse the gift shop, enjoy a cup of Blue Mountain Coffee at the courtyard cafe or take a tour of the museum, which displays many artefacts, including bits of Arawak pottery, a mantrap from the 19th century, Spanish water jars and 16th century maps.</p> <p>Cranbrook Flower Forest is a garden within a park, and is a popular picnic spot. The 130-acre property holds a working nursery, four lawns with barbeque areas and swings, a diverse collection of plants, fishing ponds stocked with tilapia, and a river coursing through the property. The main garden is a horticulturist's dream, with thousands of plant species parked along trails and in a greenhouse. There's also an area</p>

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	<p>where numerous rare varieties of palms grow, including the Triangle Palm and the Traveller's Palm. The garden aside, Cranbrook's main attraction is the riverhead, where the Little River gushes out from its underground source into a natural swimming pool - perfect for a refreshing dip after a romantic stroll.</p> <p>Shaw Park Gardens: High on the hills overlooking Ocho Rios, Shaw Park Gardens offers a breathtaking view of the seaside town, making it a popular setting for special events. The property was originally a part of Shaw Park Estate, which was owned by a Jamaican family until the 20th century when it became the site of one the earliest hotels on the Jamaican north coast. Today, the 25-acre property has lovely gardens that slope downhill and run alongside a cascading waterfall.</p>
<p>Historical Sites</p>	<p>Rose Hall Great House The legendary Rose Hall is the most famous great house on Jamaica. The subject of at least a dozen Gothic novels, it was immortalized in the H. G. de Lisser book, <i>White Witch of Rose Hall</i>. The house was built from 1778 to 1790 by John Palmer, a wealthy British planter. At its peak, this was a 2,640-hectare (6,521-acre) plantation, with more than 2,000 slaves. However, it was Annie Palmer, wife of the builder's grandnephew, who became the focal point of fiction and fact. Called "Infamous Annie," she was said to have dabbled in witchcraft. She took slaves as lovers and then killed them off when they bored her. Servants called her "the Obeah woman" (Obeah is Jamaican for voodoo). Annie was said to have murdered several of her husbands while they slept and eventually suffered the same fate herself. Long in ruins, the house has now been restored. Located 15km east of Montego bay.</p> <p>Greenwood Great House Located 23km east of Montego Bay, some people find the 15-room Greenwood more interesting than Rose Hall because it's undergone less restoration and has more literary associations. Erected between 1780 and 1800, the Georgian-style building was the residence of Richard Barrett, cousin of poet Elizabeth Barrett Browning. Elizabeth herself never visited Jamaica, but her family was one of the largest landholders here. An absentee planter who lived in England, her father once owned 33,600 hectares (82,990 acres) and some 3,000 slaves. On display is the original library of the Barrett family, with rare books dating from 1697, along with oil paintings of the family, Wedgwood china, rare musical instruments, and a collection of antique furniture.</p> <p>Fort Charles This is the only one remaining of Port Royal's six forts. It has withstood attack, earthquake, fire, and hurricane. Built in 1656 and later</p>

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	<p>strengthened by Henry Morgan himself for his own purposes, the fort displays scale models of ships from past eras and is close by to Kingston.</p> <p>Firefly Located in Grants Town, in St. Mary, 32km east of Ocho Rios above Port Maria, this vacation retreat was the home of Sir Noël Coward and his longtime companion, Graham Payn, who, as executor of Coward's estate, donated it to the Jamaica National Heritage Trust. The recently restored house is more or less as it was on the day Sir Noël died in 1973. His Hawaiian-print shirts still hang in the closet of his austere bedroom, with its mahogany four-poster. The library contains a collection of his books, and the living room is warm and comfortable, with big armchairs and two grand pianos (where he composed several famous tunes). Guests stayed at Blue Harbour, a villa closer to Port Maria; they included Evelyn Waugh, Winston Churchill, Errol Flynn, Lord Laurence Olivier, Vivien Leigh, Claudette Colbert, Katharine Hepburn, Mary Martin, and the Queen Mother. Paintings by the noted playwright/actor/author/composer adorn the walls. An open patio looks out over the pool and the sea. Across the lawn, Sir Noël is buried under a simple white marble gravestone.</p>
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OTHER ACTIVITIES	
Shopping	<p>Take a taste of Jamaica home with Blue Mountain coffee or Jamaican rum. Buy colorful art from the Contemporary Art Centre in Kingston or go to the Craft Market in Negril for carvings, beads and straw items. Arts and crafts range from alabaster and woodcarvings to weavings, and any outlet of Things Jamaican, sells a reliable assortment, including locations in Montego Bay and Harmony Hall outside Ocho Rios on the North Coast.</p>
Markets	<p>A visit to Dunns River Falls is a necessary stop for any visitor to the island, and the experience is perfectly complemented by a visit to the craft park at the top of the falls. The Dunns River Craft Market is one of the largest in Jamaica, featuring the work of artisans and vendors from as far away as Kingston. Dunns River is a prime place to have hair braiding done; with many braiders present, it is easier to negotiate a good price here than in the centre of town.</p> <p>At the Crafts Market, near Harbour Street in downtown Montego Bay, you can find a good selection of handmade souvenirs of Jamaica, including straw hats and bags, wooden platters, straw baskets, musical instruments, beads, carved objects, and toys. That jipijapa straw hat is important if you're out in the island sun.</p>

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Nightlife	Beach bars abound in Jamaica, and one of the most popular is the raffish Time 'n' Place in Falmouth, built of driftwood. The setting is so authentic that many fashion magazines, including Vogue, have used it for photo shoots. Dance on the sand at parties in Negril and Montego Bay's Hip Strip, and hear soca, calypso, and reggae in hotels, roadside bars and clubs. Serious reggae fans flock to one of Kingston's sound system discos for the real deal.
Casinos	Most Jamaican casinos are part of resort hotels, which means nearly all Jamaican casinos are located in popular tourist areas of the island. Slots make up the majority of floor games, but video poker, blackjack, Caribbean Stud Poker, craps, and roulette are also available.

CUISINE	
Food	<p>There's a lot that goes into Jamaican cuisine. The people arrived from all corners of the globe, bearing favourite ingredients. But on a small island, nothing stays the same for long, and necessity dictates that everything be modified – creatively, flavourfully, and with a little bit of life in every bite. They use cassava from native Arawaks, pickled meats and fish brought by the Europeans, yams and bananas brought by the Africans and curry by the East Indians. Put it all together, add some more spice, and what do you get? Jamaican cuisine.</p> <p>Although many quality gourmet and fusion restaurants around the world use the famous jerk sauce and serve the highly acclaimed Blue Mountain Coffee, most things taste better when they are made in Jamaica. At Boston, the heavily pimento-spiced jerk leaves a lasting tingle, while Middle Quarters' pepper shrimps heats the senses with a passionate intensity. Miss May from Hellshire challenges anyone, even the Spanish, to prepare Escovitch fish better than she does. In addition to tasting better, there are some dishes available only on the island. Good luck trying to find Cow Foot Stew or Goat Head Soup anywhere but in a Jamaican kitchen!</p>
Drink	<p>Appleton Estate Rum Tour Appleton, Siloah, Maggotty Tel: 876-963-9215 http://www.appletonrum.com</p> <p>Appleton Estate Rum Tour gives the visitor an inside look at the rum-making process. Visitors watch resident donkey "Pax" demonstrate how juice was extracted from sugarcane in the 18th century. From there the tour takes visitors to the Distillery & Aging House where the different methods of distillation are shown. Visitors are then able to juice their own cane, sample white rum and boil "wet sugar".</p> <p>Red Stripe is the local beer – and very good it is too on a hot evening at a beachside bar...</p>

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Restaurants	<p>Here are some recommendations from our friend's at Frommer's:</p> <ul style="list-style-type: none">•Jasmine (Montego Bay; tel. 876/953-2800): At the Ritz-Carlton Rose Hall Resort, this small, intimate restaurant offers grand service and vibrant international dishes illuminated by candlelight. It's the most romantic place to dine at the resort.•Sugar Mill Restaurant (Montego Bay; tel. 876/953-2314): Located at Half Moon, this is the top restaurant in Montego Bay. The chef's smoked marlin is without equal, and he makes the island's best Jamaican-style bouillabaisse. Guests dine by candlelight indoors or on an open terrace.•Norma's on the Beach at Sea Splash (Negril; tel. 876/957-4041): Widely acclaimed as Jamaica's finest woman chef, Kingston's Norma Shirley has brought her recipes to Negril's Sea Splash Resort. The Jamaican and international food here is the finest on Seven Mile Beach, and Norma gets the best produce from local vendors.•Rockhouse Restaurant (Negril; tel. 876/957-4373): Perched above a rocky inlet, this restaurant serves terrific cuisine, such as smoked marlin and peppered pork with yams.•Bloomfield Great House (Mandeville; tel. 876/962-7130): Once part of a coffee plantation, this restaurant today serves one of the island's best-orchestrated menus - everything from smoked marlin with black caviar to the best pasta dishes in this part of Jamaica.•Evita's Italian Restaurant (Ocho Rios; tel. 876/974-2333): Evita (actually Eva Myers) is a local culinary star, devoting at least half her menu to pastas. Her recipes range from the north to the south of Italy. Try snapper stuffed with crabmeat or lobster and scampi in buttery white-cream sauce - all washed down with a good Italian wine.•Mille Fleurs (Port Antonio; tel. 876/993-7267): In the Hotel Mocking Bird Hill, this restaurant is terraced and perched 180m (600 ft.) above sea level with panoramic views. People come here for the delectable food, which has been praised by Gourmet magazine. Opt for coconut-and-garlic soup or the fish with a spicy mango-and-shrimp sauce.•Redbones the Blues Café (Kingston; tel. 876/978-6091): In a former Spanish colonial house, one of the most elegant restaurants on the island is the setting for a refined Jamaican cuisine of artful preparation and unexpected flavors. Ever had shrimp, lobster, and salmon in a
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	<p>creamy coconut sauce?</p> <ul style="list-style-type: none"> •Norma's on the Terrace (Kingston; tel. 876/968-5488): Kingston's Norma Shirley, the island's foremost female restaurateur, serves up a nouvelle Jamaican cuisine without equal in the area. Try such Jamaican specialties as chowder with crabmeat, shrimp, conch, and lobster, or grilled smoked pork loin in a teriyaki-and-ginger sauce. •Strawberry Hill (Kingston; tel. 876/944-8400): This is one of the best modern Jamaican restaurants, tucked in the Blue Mountains. Even if you don't stay at this exclusive resort, try grilled fish with jerk mango or grilled shrimp with fresh cilantro in its restaurant.
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MORE INFO	
Brochures	For Couples Resorts: 1-800-268-7537
Website	For Couples resorts: http://www.couples.com For Jamaica: http://www.visitjamaica.com For Sunquest: www.sunquest.ca

PERSONAL EXPERIENCES	Negril, Montego Bay, Ocho Rios, Dunns River Falls, river rafting on the Rio Grande, many of the resorts, including Couples.
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COUPLES RESORTS	<p>Couples resorts are the Caribbean's most inclusive, highest rated - and most romantic - all-inclusive resorts. The four luxury Couples Resorts in Jamaica are for couples only. Boutique style resorts, in beautiful natural settings, they are devoted to romance and keeping the passion alive in the relationship. And they are also perfect for weddings and honeymoons. Check out their special Wedding Packages.</p> <p>At Couples Resorts everything is taken care of so you can concentrate on the one you love. No wonder these Resorts have received many prestigious awards. For instance, readers of Travel and Leisure Magazine voted Couples Resorts as the Highest Rated all inclusive resorts in the Caribbean. And no wonder vacationers return again and again to Couples Resorts. As a loyal Couples guests you can earn "Romance Rewards" every time you visit. Upon your return to any Couples Resort you will be pampered with unique benefits based on your Romance Rewards Level.</p> <p>The "all-inclusive" is exceptional! Airport transfers, gratuities, wireless internet, premium brand drinks, a world of water sports and live entertainment are all included - PLUS off site excursions like catamaran sunset cruises, horseback riding and more.</p>
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Book your Couples Vacation through Sunquest Vacations – offering one and two week packages, including flights to Montego Bay. Or book with sister company Holiday House for maximum flexibility on flight options and the number of nights you stay.

Couples Tower Isle - the grand lady, fresh from a **\$30M** transformation At Jamaica’s original all-inclusive, couples-only resort, Couples Tower Isle, scenes of natural beauty intermingle with exquisitely appointed rooms and endless amenities to transport you to a world that is equal parts Jamaican paradise and ’50s Hollywood hangout.

Here, everything is at your disposal. Spacious, stylish rooms and suites with unparalleled ocean views. Sparkling white-sand beaches. Fine dining. Unforgettable off-site excursions and adventures. You’ll encounter infinite reasons to fall in love with Ocho Rios, Jamaica. And with one another.

Couples Sans Souci - known as the jewel of Jamaica; the place for romance

Nestled in stunning Ocho Rios, Sans Souci emerges majestically from the cliffs of Jamaica’s emerald mountains and envelops you into a world where worries disappear and romance prevails.

From the saxophonist that starts off your private, beachside dinner for two to a walk hand-in-hand along the winding, stone pathways to the hidden jacuzzi and mineral springs grotto - there truly is romance to discover at every corner.

And of course, amidst the tropical elegance and breathtaking ambiance, you’ll find the unparalleled spa treatments, renowned cuisine and first-class service you’ve come to expect from Couples Resorts.

Couples Negril – a brilliant balance of elegant and eclectic

At Couples Negril, style surrounds and infuses everything in sight. From the laid-back charm of the swim-up bar to the intoxicating allure on an in-suite Jacuzzi, there’s just something about Couples Negril that says chic.

Defined by imaginative, artistic features and possessing a beautiful balance of elegant and eclectic, Couples Negril is 18 acres of all-inclusive luxury, personality and pleasure. All expertly carved into the captivating landscape of Negril, Jamaica.

Couples Swept Away – an intoxicating tribute to intimacy

With acres of breathtaking white sand beaches, a bounty of tropical gardens and an ambiance drenched in romance and escape, Couples Swept Away redefines your idea of paradise.

In an idyllic setting that is as invigorating as it is inviting, you’ll uncover

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	<p>the tranquility of an intimate, all-inclusive hideaway. Nestled in charming Negril, Jamaica, Couples' most private, peaceful resort offers everything you need to unwind – from yoga lessons to fine dining at the gourmet restaurant, Feathers.</p> <p>Sunquest Vacations fly to Montego Bay, Jamaica five times a week from Toronto with Thomas Cook Canada, operated by Jazz. Pamper yourselves by upgrading to Ruby Service for priority check in, complimentary drinks and more!</p> <p>Sunquest Vacations fly to Montego Bay, Jamaica three times a week from Montreal with WestJet.</p> <p>Book through your Travel Agent with Sunquest Vacations' sister company Holiday House for flexibility in the number of nights you stay at your chosen Couples Resort, and the airline you fly to Jamaica.</p>
<p>Unique Features</p>	<p>The most distinguishing features of these four Couples Resorts for me are their combination of romantic ambience, great value and the superior inclusions – which include many excursions outside of the resorts.</p>
<p>History of Couples</p>	<p>The founder of Couples Resorts is known as the father of modern Jamaican tourism. In 1943, Abe Issa convinced his father, Elias Issa, a successful businessman, to venture into the hotel industry and purchase the Myrtle Bank Hotel in Kingston. Abe thrived in the hotel industry, and continued to expand his influence. As a result of continuous remarks from guests of Myrtle Bank expressing the desire for a resort hotel on the north coast, Abe set out to make it happen as only he could.</p> <p>In 1948, Abe set out to build Tower Isle Hotel, and in January 1949, Tower Isle opened its doors. Word spread quickly and Tower Isle soon became a popular Hollywood hangout. Stage and screen stars, sports heroes and political figures frequented the resort. Walt Disney, actress Eva Gabor, screen sensation Debbie Reynolds, movie star Errol Flynn, boxer Joe Louis and playwright Noel Coward are just a few that were drawn to the old world charm of the resort. Even Princess Margaret stayed at the resort on one of her many visits to the island.</p> <p>Tower Isle established the start of a new era of tourism in Jamaica. It also became the first resort to remain open year round, thus creating a summer season where there had not been one before. In 1955, Abe Issa was appointed chairman of the Jamaica Tourist Board, and from 1955 to 1963 he led "The Golden Age of Tourism" in Jamaica and visitor arrivals surged from 86,000 to 227,000 per year.</p> <p>During these years Abe contemplated the concept of a pre-paid Jamaican vacation and began researching the idea. In 1978 he turned the concept into a reality and pioneered the all-inclusive concept in Jamaica – turning Tower Isle into the first all-inclusive resort for couples</p>

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	<p>only, aptly named Couples Resort.</p> <p>In 1984, after a rich and full life, Abe Issa passed away. Now, over 32 years after the inception of the first Couples Resort the all-inclusive concept in Jamaica has flourished.</p> <p>Today, Couples Resorts proudly owns and operates four luxury all-inclusive, couples-only resorts on the beautiful island of Jamaica. The properties include the first-ever couples-only, all-inclusive resort, Couples Tower Isle, along with Couples Sans Souci, Couples Swept Away and Couples Negril. The company that was pioneered in 1978 by the legendary Abe Issa, is today led by Abe's son, Elias "Lee" Issa. A dedicated and loyal group of employees are inspired to provide a truly memorable vacation experience for adult couples.</p> <p>Each Couples property is an unsurpassed model of the all-inclusive concept. Bold design elements and local inspiration create a laid-back natural setting infused with an authentic Caribbean spirit. For over 32 years, Couples has delighted guests with outstanding service, exceptional dining and unparalleled value-added experiences. They are different from other all-inclusive resort companies and consider themselves Artisanal, not Mass Market; more of a Boutique-style collection of unique resorts within the all-inclusive category. Couples are driven to provide the highest quality product with the most inclusions, all at a competitive price.</p>
<p>Inclusions</p>	<p>At Couples Resorts everything is taken care of. From live entertainment, premium brand drinks and a world of water sports to all airport transfers, gratuities and other value-added features. Talk to your travel agent or visit the message board on their website and you'll see.</p> <p>All Couples Resorts include the following:</p> <ul style="list-style-type: none"> •Beachfront locations •No taxes, tips or other hotel fees •Exclusive "Couples Resorts" airport arrival lounge - with refreshing beverage and restrooms •Round trip transfers to and from Montego Bay airport •Unlimited Golf greens fees and transportation (cart and caddy not included) •Scuba resort course and one dive •Water sports and activities such as scuba, snorkeling, windsurfing, hobie cat sailing, waterskiing, glass bottom boat, pool volleyball •Swim-up pool bars •Gourmet dining and no surcharges, featuring lobster night (July 1 - March 31) •Premium brand liquors •Fitness classes and tennis instruction and equipment •Shopping shuttle •Trip to Margaritaville

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- Wifi and Internet cafes
- Day and evening activities - like crafts, cooking and dance classes
- Evening entertainment - from local new and well-known talent
- Caribbean decor rooms with air conditioning, i-pod docking stations, nightly turn down service and safety deposit box
- Honeymoon gift featuring sparkling wine and 30 minute his/hers massage

When you stay at **Couples Tower Isle**, you will also enjoy these specific all-inclusive offerings:

- Dunn's River Falls Excursion
- Sunset Catamaran Boat tour
- Horseback riding excursion
- 6 restaurants to choose from - fine dining to veggie grill
- 4 bars (including swim up pool bar and piano bar)
- Private balcony or patio in all rooms
- Private island with au natural sunbathing

When you stay at **Couples Sans Souci**, you will also enjoy these specific all-inclusive offerings.

- Dunn's River Falls Excursion
- Starlight Gala evening event of dining and entertainment
- 4 restaurants to choose from - fine dining to beach grill
- In room dining available daily 6am - 11pm
- 6 bars (including swim-up pool bar and piano bar)
- Stocked mini bar in all rooms (beer, sodas, juices, replenished daily)
- Separate au natural sunbathing beach section

When you stay at **Couples Negril**, you will also enjoy these specific all-inclusive offerings:

- Sunset Catamaran Cruise
- Chocolate Sunset Cocktail Party
- Beach bonfire party
- 5 restaurants to choose from - fine dining to beach grill
- 4 bars
- Stocked mini bar in all rooms (beer, sodas, juices, replenished daily)
- Separate au natural sunbathing beach section

When you stay at **Couples Swept Away**, you will also enjoy these specific all-inclusive offerings:

- Sunset Catamaran Cruise
- 10-acre sports and fitness center
- 6 restaurants to choose from - fine dining to beach grill
- 8 bars

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<p>Weddings</p>	<p>At Couples Resorts your dream is their dedication. And it's all included* - an intimate wedding ceremony, gourmet dining and a relaxing His / Hers massage. A bottle of sparkling wine to toast your new life together is included. So now smart brides can have the destination wedding of their dreams at a fraction of the cost.</p> <p>The Complimentary Wedding Package includes* - an intimate wedding ceremony, gourmet dining and a relaxing His / Hers massage. Plus a bottle of sparkling wine to toast your new life together.</p> <ul style="list-style-type: none"> Personal service of a minister Personal service of a Wedding Coordinator Bridal bouquet Boutonniere for the groom Sparkling wine Two-tier cake His and hers half-hour massages Just married T-shirt <p>*Based on 3 night stay complimentary wedding packages. \$200 government fee not included</p>
<p>Honeymoons</p>	<p>You vowed to love this person for better or worse. Let's start with the better!</p> <p>From the moment you arrive for your Jamaican Honeymoon at Couples Resorts you realize you have made the right choice. Cross the threshold of your exquisite room and be greeted by a complimentary bottle of sparkling wine. Also enjoy His / Her half hour massages, compliments of Couples Resorts.</p> <p>There is no better place to spend quality time and make lasting memories with your new husband or wife than at Couples Resorts. That's because they are in the business of making ultimate relaxation an unbelievable reality.</p>
<p>Vow Renewals</p>	<p>Say "I do" all over again in a romantic Vow Renewal Ceremony for \$200 (USD). Vow Renewal guests will receive everything offered in the Wedding Ceremony. The ceremony must be booked at least 30 days prior to arrival. The Vow Renewal Package Includes:</p> <ul style="list-style-type: none"> Personal service of a minister Personal service of a Wedding Coordinator Bridal bouquet Boutonniere for the groom Sparkling Wine Two-Tier Cake His and hers half-hour massages <p>Required Document: Photocopy of Marriage License</p>
<p>Romance Rewards</p>	<p>As a loyal Couples guests you can earn "Romance Rewards" every time you visit. Upon your return to any Couples Resort you will be pampered with unique benefits based on your Romance Rewards</p>

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	<p>Level, including Express Check-In. MEMBERSHIP LEVELS: Four Romance Rewards redemption levels entitle you to unique benefits:</p> <p>First Love [0-5 Nights Stayed] Trading Places Pass for one day / exchange with a Couples Resort in the same town Invitation to the Repeat Guests Dinner on all your repeat visits.</p> <p>Young Love [6-13 Nights Stayed] Trading Places Pass for one day / exchange with a Couples Resort in the same town Couples t-shirts Invitation to the Repeat Guest Dinner \$100 Resort credit* Couples' snack pack upon departure</p> <p>Renewed Love [14-23 Nights Stayed] Trading Places Pass for one day / exchange with a Couples Resort in the same town, subject to availability, reservation required 24 hours in advance. Choice of: Couples' t-shirts, or confectionary like Rum Cakes and bottle of sparkling wine or candles/oils Invitation to the Repeat Guest Dinner \$150 Resort credit Couples' snack pack upon departure</p> <p>Passionate Love [24+ Nights Stayed] Trading Places Pass for one day / exchange with a Couples Resort in the same town, subject to availability, reservation required 24 hours in advance. Choice of: Couples' t-shirts, or confectionary like Rum Cakes and bottle of sparkling wine or candles/oils Invitation to the Repeat Guest Dinner His/Her 30 minute massage \$200 Resort credit Couples' snack pack upon departure</p>
<p>Awards</p>	<p>Couples Resorts have been widely recognized by many travel industry organizations as among the very best in the world:</p> <p>TRAVEL + LEISURE MAGAZINE "WORLDS BEST AWARDS"</p> <p>COUPLES TOWER ISLE 2011 Travel + Leisure World's Best Hotel Spa in the Caribbean – Ranked #2 of the Top Resorts in the Caribbean, #26 of the Top 100 Hotels in the World and the #1 All Inclusive Hotel 2010 Travel + Leisure World's Best Service Award in the</p>

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Caribbean—Ranked #8 of Top 25 Resorts in the Caribbean, Bermuda and the Bahamas and Ranked #42 of the Top 100 Best Resorts

COUPLES SANS SOUCI

2011 Travel + Leisure World's Best Awards – Ranked #2 Best Hotel Spa in the Caribbean and Ranked #5 of the Top Resorts in the Caribbean and the #2 All Inclusive Hotel

2010 Travel + Leisure World's Best Service Award in the Caribbean
2009 Travel + Leisure World's Best Awards—Ranked #7 of Top 25 Resorts in the Caribbean, Bermuda and the Bahamas

COUPLES NEGRIL

2011 Travel + Leisure World's Best Awards – Ranked #10 of the Top Resorts in the Caribbean

2010 Travel + Leisure World's Best Service Award in the Caribbean
2009 Travel + Leisure World's Best Awards—Ranked #2 of Top 25 Resorts in the Caribbean, Bermuda and the Bahamas and Ranked #36 of the Top 100 Best Resorts

2009 Travel + Leisure World's Best Spas—Ranked #8 of Top 25 Hotels in the Caribbean, Bermuda and the Bahamas

COUPLES SWEPT AWAY

2011 Travel + Leisure World's Best Awards – Ranked #3 Best Hotel Spa in the Caribbean and Ranked #3 of the Top Resorts in the Caribbean and the #3 All Inclusive Hotel

2010 Travel + Leisure World's Best Service Award in the Caribbean
2009 Travel + Leisure World's Best Spas—Ranked #3 of Top 25 Resorts in the Caribbean, Bermuda and the Bahamas

CONDE NAST GOLD LIST AND READERS' CHOICE

COUPLES SWEPT AWAY

2011 Condé Nast Gold List

2010 Condé Nast Traveler, Readers' Choice Award, Top Rated All-Inclusive Spa in the Caribbean

2010 Condé Nast Gold List

2009 Condé Nast Gold List

2008 Condé Nast Gold List

EXPEDIA GUEST REVIEWS AWARDS—INSIDERS' SELECT

COUPLES TOWER ISLE

2010 Expedia Insiders' Select

COUPLES SANS SOUCI

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	<p>2010 Expedia Insiders' Select COUPLES NEGRIL 2010 Expedia Insiders' Select COUPLES SWEPT AWAY 2010 Expedia Insiders' Select 2008 Expedia Insiders' Select Ranked #1 in Jamaica</p> <p>ORBITZ BEST IN STAY HOTEL</p> <p>COUPLES SWEPT AWAY 2010 Orbitz Best in Stay Hotel</p> <p>GREEN GLOBE CERTIFICATION 2011 Couples Tower Isle 2011 Couples Sans Souci 2011 Couples Negril 2011 Couples Swept Away</p>
Green Globe	<p>Couples resorts are Green Globe 21 certified and recognized for social and environmental practices such as using energy efficient air-conditioning without Freon and preparing food with products from local growers and farmers.</p> <p>The brand is involved with many charitable organizations and each resort adopts it own special community service project. Guests are encouraged to ask about ways to volunteer and donate while in Jamaica if they are interested.</p>
Couples Tower Isle	<p>At Jamaica's original all-inclusive, couples-only resort, scenes of natural beauty intermingle with exquisitely appointed rooms and endless amenities to transport you to a world that is equal parts Jamaican paradise and '50s Hollywood hangout.</p> <p>Here, everything is at your disposal. Spacious, stylish rooms and suites with unparalleled ocean views. Sparkling white-sand beaches. Fine dining. Unforgettable off-site excursions and adventures. You'll encounter infinite reasons to fall in love with Ocho Rios, Jamaica. And with one another.</p> <p>This resort has just seen a \$30 million renovation and so is looking great!</p> <p>http://www.couples.com/11or/index.html</p>
Couples Negril	<p>At Couples Negril, style surrounds and infuses everything in sight. From the laid-back charm of the swim-up bar to the intoxicating allure on an in-suite Jacuzzi, there's just something about Couples Negril that says chic.</p> <p>Defined by imaginative, artistic features and possessing a beautiful balance of elegant and eclectic, Couples Negril is 18 acres of all-inclusive luxury, personality and pleasure. All expertly carved into the</p>

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	<p>captivating landscape of Negril, Jamaica. And while their unique appointments set them apart from any other resort, their unwavering attention to your every desire has earned them recognition as the premier all-inclusive resort not only in Jamaica, but the entire Caribbean (see Awards).</p> <p>http://www.couples.com/13cn/index.html</p>
Couples Swept Away	<p>With acres of breathtaking white sand beaches, a bounty of tropical gardens and an ambiance drenched in romance and escape, Couples Swept Away redefines your idea of paradise. In an idyllic setting that is as invigorating as it is inviting, you'll uncover the tranquility of an intimate, all-inclusive hideaway. Nestled in charming Negril, Jamaica, Couples' most private, peaceful resort offers everything you need to unwind – from yoga lessons to fine dining at the gourmet restaurant, Feathers.</p> <p>http://www.couples.com/12sw/index.html</p>
Couples Sans Souci	<p>Nestled in stunning Ocho Rios, Sans Souci emerges majestically from the cliffs of Jamaica's emerald mountains and envelops you into a world where worries disappear and romance prevails. From the saxophonist that starts off your private, beachside dinner for two to a walk hand-in-hand along the winding, stone pathways to the hidden jacuzzi and mineral springs grotto - there truly is romance to discover at every corner. And of course, amidst the tropical elegance and breathtaking ambiance, you'll find the unparalleled spa treatments, renowned cuisine and first-class service you've come to expect from Couples Resorts.</p> <p>http://www.couples.com/14cs/index.html</p>
Tipping	<p>Couples Resorts has a strict no tipping policy. Gratuities are already included in your room price and are distributed among all employees. Staff are trained and required not to request, accept or expect tips since non-tipping is an essential part of the all-inclusive experience.</p>
Scuba	<p>Scuba diving is included at Couples resorts:</p> <p>Certified Diver Program Dives are offered Sunday through Friday, deep dive in the morning and shallow in the afternoon. On Saturday morning they offer a two tank dive and no afternoon dive. The dives and gear are included with the price of your stay. They offer Night Dives for an additional charge. Consider upgrading your certification while you are visiting by taking an Advanced Course for an additional charge. Certified divers can dive once per day.</p> <p>Non-Certified Divers For non-certified divers complimentary Resort course and one complimentary introductory dive is offered. Additional non-certified</p>

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	<p>dives are \$50 per person, subject to availability. The Resort Course is offered Monday through Friday at 9:00 am. Guests are asked to sign-up one day in advance. This is not a PADI certification course.</p> <p>Open Water Referrals Their PADI Instructors can continue and complete any portion of the Open Water Course you may have begun at home for an additional charge. Couples Swept Away and Couples Sans Souci now offer online theory PADI classes.</p> <p>PADI certifications, Advanced and Specialty Dives, Full Open Water, Advanced Open Water, Rescue Diver and Dive Master Certifications available for an additional charge.</p>
Further Information	<p>Tel: 1-800-268-7537 Website: www.couples.com</p>

SUNQUEST & HOLIDAY HOUSE	<p>Sunquest and Holiday House are wholly-owned divisions of Thomas Cook Canada. July 5th, 2011, saw the 170th anniversary of the first 'package holiday' when Mr. Thomas Cook organized his first trip - a 20km rail journey for 500 people from Leicester to Loughborough in England costing one shilling (approx 8 cents Canadian!)</p>
Thomas Cook Group, PLC	<p>Thomas Cook Group plc is one of the world's leading leisure travel groups with sales of more than CAD\$15 billion and 22.1 million customers from across the globe. They operate under five geographic segments in 21 countries, including Canada and the United States, and are number one or number two in all their core markets. The business is supported by 31,000 employees, a fleet of 95 aircraft and a network of over 3,400 owned and franchised travel stores.</p>
Thomas Cook North America	<p>Thomas Cook North America is a division of Thomas Cook Group plc. Headquartered in Toronto, Canada, they are comprised of leading travel brands located in Canada and the United States. Whether you are a sun-seeker travelling with Sunquest, their premier tour operator brand, an Italy enthusiast travelling with ALBATours, wanting to get away your way with independent travel wholesalers Holiday House, Fun Sun Vacations or Intair, or are looking for travel experiences that are truly out of this world with Exotik Tours or Boomerang Tours, Thomas Cook have what you are looking for. When it comes to planning and booking your next getaway, you can do so online, over the phone or in person through one of their knowledgeable travel experts. They also offer full-service travel-related financial services - from currency exchange to travel insurance.</p>
Sunquest & Couples	<p>Sunquest Vacations fly to Montego Bay, Jamaica five times a week</p>

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<p>Resorts</p>	<p>from Toronto with Thomas Cook Canada, operated by Jazz. Pamper yourselves by upgrading to Ruby Service for priority check in, complimentary drinks and more.</p> <p>Sunquest Vacations fly to Montego Bay, Jamaica three times a week from Montreal with WestJet.</p> <p>Book through your Travel Agent with Sunquest Vacations' sister company Holiday House for flexibility in the number of nights you stay at your chosen Couples Resort, and the airline you fly to Jamaica.</p>
<p>Holiday House and Couples Resorts</p>	<p>Holiday House feature durations other than 7 or 14 nights. Vacation packages can be developed for the number of nights that best suit your needs. Or, if you wish to book a Couples Resort without airfare, Holiday House offers that option at very reasonable rates through your travel agent.</p> <p>Choice and flexibility is the specialty of Holiday House, who can create a personalized package to fit your specific criteria. They offer a choice of world-renowned, reliable scheduled carriers, such as Air Canada, WestJet, American Airlines, Delta Air Lines and others. With Holiday House you have the option to upgrade your class of service to business class; they offer connecting flights from major Canadian cities so passengers have the ability to fly into one city and return from another. Travellers may collect frequent flyer points from various airline partners. Holiday House vacation packages include airfare and selected accommodation.</p>
<p>Sunquest Vacations</p>	<p>Acclaimed and influential, for 40 years Sunquest has been one of the most recognized brands in the Canadian travel industry. There's good reason for that – value and quality are Sunquest hallmarks and for decades Sunquest has delivered superior vacations at extraordinary prices for today's savvy vacationer.</p> <p>Their goal is to provide the widest choice in best-of-class product at the most competitive price and to deliver leading-edge service. They offer 17 gateways from Victoria to Halifax.</p> <p>In Ontario Sunquest has been the recipient of the Consumer's Choice Award for nine consecutive years</p> <p>Sunquest brochures are chock-full of holidays that appeal right across the board: resorts that cater to families, couples, adults only, baby boomers, golfers, spa lovers, groups, you name it. They believe duration flexibility is key to plans and so have vacations from 3 to 28 days. Child-friendly food and accommodation accepting 3 kids in a room is important to families, and single parents appreciate specials for them – Sunquest holiday offering reflect this. They understand boomers prefer pools with less noise, need shade and want private transfers. They know younger guests love water sports, discos and nifty bars.</p> <p>Sunquest also offers the stunning, contemporary ships of Italy's MSC Cruises. Romantic and festive, all are perfect for couples, and families</p>

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	<p>introducing Europe to their children (kids 17 and under sail free). Sister company, AlbaTours, has Italy covered, offering among many options, coach tours which you can add to Sunquest's Med cruises.</p>
<p>Holiday House</p>	<p>For over 50 years Holiday House has given vacationers the option of custom-made, a la carte travel with an unmatched range of choice, value and flexibility. Holiday House believe that you should decide how you would like to travel – you decide where you want to go, how you want to travel, how long you want to stay and they'll set everything up.</p> <p>They offer over 50 destinations around the world, including Britain, Europe, Canada, the Caribbean, Mexico, South America, the USA, Canada and the South Pacific, with thousands of hotels ranging from great value budget hotels up to luxurious five-star resorts – the choice is yours. In the air, Holiday House offers a wide selection of scheduled airlines that give you complete flexibility on your departure day, date and time – whether you are travelling for three days or a week, ten days or two months, they can book it for you.</p> <p>On the sea, travel with Encore Cruises and enjoy your vacation aboard one of thirteen cruise line partners that offer itineraries all over the world. They also offer car rentals, rail, attraction tickets at theme parks, and more – all available for pre-purchase in Canadian dollars so you don't have to worry about fluctuations in exchange rate.</p> <p>Simply decide where you want to go, when, and for how long. It's your vacation – Holiday House will help you make it your own.</p>
<p>Weddings</p>	<p>Sunquest has managed travel arrangements for thousands of brides and grooms over the years, bringing bridal couples, family and friends from here, there and everywhere to join in the most fabulous events in the Caribbean and Mexico. Check out their 82-page Wedding & Honeymoons brochure available at your travel agent.</p>
<p>Ruby Service</p>	<p>Thomas Cook in flight service already includes:</p> <ul style="list-style-type: none"> Roomy seat pitch Welcome mimosa to start your vacation Hot breakfast on morning flights Hot meal with choice of offering on lunch & dinner flights Complimentary wine with lunch or dinner Complimentary soft drinks, coffee and tea In-flight audio & visual entertainment (headsets available for purchase for only \$3) Sunquest's complimentary in-flight magazine 'Destinations' Complimentary kid's Fun Book with crayons <p>If requested, children can be served their meals first so parents can assist them to eat and then be able to relax and enjoy their own hot meal afterwards</p>

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	<p>Advance seat selection: \$15 for regular seats Luggage allowance of 20kg</p> <p>Now you can upgrade to Ruby Service for \$79 from Toronto and \$69 from Montreal and enjoy:</p> <p>BEFORE YOU LEAVE Complimentary advance seat selection*</p> <p>AT THE AIRPORT Park' N Fly discount Priority check-in Priority baggage handling Up to 10kg in additional baggage allowance Exclusive Plaza Premium Lounge access (in Toronto) Priority boarding</p> <p>ON YOUR FLIGHT \$10 Duty-Free discount voucher One complimentary headset (yours to keep) Two complimentary alcoholic beverages Two complimentary snack vouchers Complimentary Comfort Kit (air pillow & blanket, yours to keep) Complimentary Sunquest luggage tag</p>
Deals	<p>Currently (as at 18th November 2011):</p> <p>One week dept Toronto Dec 8 2011 Couples Tower Isle \$1269 + 346.00 Tax (\$1,615.00 Total) with Sunquest</p> <p>One week dept Montreal Dec 8 2011 Couples Tower Isle \$1479 + 390.00 Tax (\$1,869.00 Total) with Sunquest</p>
Contacts	<p>Websites: www.sunquest.ca www.thomascook.ca and www.holidayhouse.ca</p> <p>Brochures: available at your local travel agent – you can find a Thomas Cook store here: http://www.thomascook.ca/en/store-finder.aspx</p> <p>Online brochures are also available as pdf's here: http://www.sunquestvacations.ca/travelinfo/ebrochures.asp</p>

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