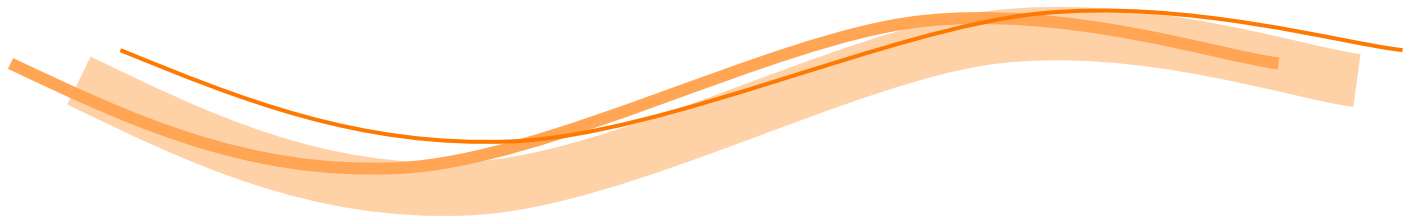




JAMAICA, BARBADOS & COUPLES RESORTS





COUPLES RESORTS

Explore the Caribbean's most inclusive - and most romantic - all-inclusive resorts. The five luxury Couples Resorts (four to choose from in Jamaica and the new Couples Barbados) 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.

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 in 2013 Couples Resorts were awarded Travel + Leisure World's Best Service Award in the Caribbean. And in Travel + Leisure 500 World's Best Hotels, Couples were ranked Best hotel in Caribbean – Jamaica. So no wonder vacationers return again and again to Couples Resorts. And 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.

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.

Couples Barbados – The brand new member of the family

Located on pristine Dover Beach where the Caribbean meets the Atlantic, Couples Barbados invites you to surrender to the calypso rhythms of paradise.

As the only resort on the island dedicated exclusively to couples, Couples Barbados provides an idyllic refuge for you to recharge and reconnect with the one you love. And with more inclusions than anywhere else on Barbados, your worry-free holiday begins the moment you land on the island.

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.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



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 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

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>gourmet restaurant, Feathers.</p> <p>Air Canada Vacations</p> <p>If you book with Air Canada Vacations you can book a package that includes flights as well as your Couples Resort. Air Canada Vacations offer flexible flight schedules aboard Air Canada with convenient connectors from 65 Canadian cities.</p> <p>Travelling with Air Canada Vacations means added-value features at more than 90 resorts in the Caribbean and Mexico such as:</p> <ul style="list-style-type: none"> - Early check-in/late checkout - Exclusive check-in/checkout - Guaranteed/extra reservations at à la carte restaurants - Preferred room locations - Spa discounts <p>And there's more! It's easy to earn and redeem Aeroplan Miles with Air Canada Vacations.</p>
Unique Features	<p>The most distinguishing features of these five Couples Resorts for me are their combination of romantic ambience, great value and the superior inclusions – which include many excursions outside of the resorts. Couples Resorts are number one on my “Chris’ Top Ten Hotel Groups:</p> <p>http://www.chrisrobsontravelshow.ca/Planning/ChrisTop10Lists/HotelGroups.aspx</p>
History of Couples	<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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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 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 and the new Couples Barbados. 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>
Inclusions	<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 the 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,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



- 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
 - 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

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>When you stay at Couples Swept Away, you will also enjoy these specific all-inclusive offerings:</p> <ul style="list-style-type: none"> - Sunset Catamaran Cruise - 10-acre sports and fitness centre - 6 restaurants to choose from - fine dining to beach grill - 8 bars <p>When you stay at Couples Barbados, you will also enjoy these specific all-inclusive offerings:</p> <ul style="list-style-type: none"> - Free Sunset Catamaran Cruise, including snorkel swim with Sea Turtles - Free Scuba Dive - PADI and NAUI certified divers only One dive per couple per stay of 3-6 nights, or 2 total per stay Two dives per couple per stay of 7-13 nights, or 4 total per stay Four dives per couple per stay of 14+ nights, or 8 total per stay - Free Body Boarding, Wind Surfing, and Hobie Cat Sailing and Kayaking with instruction - Free Friday Night Shuttle to Oistin's - Guided Barbadian Green Monkey nature walk
Weddings	<p>At Couples Resorts your dream is their dedication. And it's all included* 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. (government fee not included)</p>
Honeymoons	<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 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>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Vow Renewals	<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>
Romance Rewards	<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 Level, including Express Check-In.</p> <p>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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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>
Awards	<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 2013 Travel + Leisure World's Best Service Award in the Caribbean 2013 Travel + Leisure 500 World's Best Hotels — Ranked Best hotel in Caribbean - Jamaica 2012 Top 100 — Best in the World Caribbean Top 30 - #6 2012 Travel + Leisure World's Best Awards — Ranked #6 of the Top Resorts in the Caribbean, Ranked #2 All-Inclusive Resort in the Caribbean 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 Caribbean — Ranked #8 of Top 25 Resorts in the Caribbean, Bermuda and the Bahamas and Ranked #42 of the Top 100 Best Resorts</p> <p>COUPLES SANS SOUCI 2013 Travel + Leisure 500 World's Best Hotels-Ranked Best Hotel in Caribbean - Jamaica 2012 Top 100 — Best in the World Caribbean Top 30 - #12 2012 Travel + Leisure World's Best Awards — Ranked #5 of the Top Resorts in the Caribbean, Ranked #1 All-Inclusive Resort in the Caribbean 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</p> <p>COUPLES NEGRIL 2013 Travel + Leisure World's Best Service Award in the Caribbean 2013 Travel + Leisure 500 World's Best Hotels — Ranked Best Hotel in Caribbean - Jamaica 2012 Travel + Leisure World's Best Awards — Ranked #8 of the Top</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Resorts in the Caribbean, Ranked #3 All-Inclusive Resort in the Caribbean</p> <p>2011 Travel + Leisure World's Best Awards — Ranked #10 if the Top Resorts in the Caribbean</p> <p>2010 Travel + Leisure World's Best Service Award in the Caribbean</p> <p>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</p> <p>2009 Travel + Leisure World's Best Spas — Ranked #8 of Top 25 Hotels in the Caribbean, Bermuda and the Bahamas</p> <p>COUPLES SWEEP AWAY</p> <p>2013 Travel + Leisure 500 World's Best Hotels — Ranked Best Hotel in Caribbean - Jamaica</p> <p>2012 Travel + Leisure World's Best Awards — Ranked #9 of the Top Resorts in the Caribbean, Ranked #4 All-Inclusive Resort in the Caribbean</p> <p>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</p> <p>2010 Travel + Leisure World's Best Service Award in the Caribbean</p> <p>2009 Travel + Leisure World's Best Spas — Ranked #3 of Top 25 Resorts in the Caribbean, Bermuda and the Bahamas</p> <p>CONDÉ NAST GOLD LIST AND READERS' CHOICE</p> <p>COUPLES SWEEP AWAY</p> <p>2012 Best in the World Caribbean Top 30 - #6</p> <p>2011 Condé Nast Gold List</p> <p>2010 Condé Nast Traveler, Readers' Choice Award, Top Rated All-Inclusive Spa in the Caribbean</p> <p>2010 Condé Nast Gold List</p> <p>2009 Condé Nast Gold List</p> <p>2008 Condé Nast Gold List</p> <p>COUPLES SANS SOUCI</p> <p>2012 Best in the World Caribbean Top 30 - #12</p> <p>2008 Condé Nast Gold List</p> <p>2007 Condé Nast Traveler, Readers' Choice Award</p> <p>TRIPADVISOR TRAVELERS' CHOICE</p> <p>COUPLES TOWER ISLE</p> <p>2013 TripAdvisor Certificate of Excellence</p> <p>2012 Travelers' Choice — Top 25 Best Hotels: All Inclusive, Caribbean</p>
--	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>COUPLES SANS SOUCI 2013 TripAdvisor Certificate of Excellence 2012 Travelers' Choice — Top 25 Best Hotels: All Inclusive, Caribbean</p> <p>COUPLES NEGRIL 2013 TripAdvisor Certificate of Excellence 2012 Travelers' Choice — Top 25 Best Hotels: All Inclusive, Caribbean</p> <p>COUPLES SWEPT AWAY 2013 TripAdvisor Certificate of Excellence 2012 Travelers' Choice — Top 25 Best Hotels: All Inclusive, Caribbean</p> <p>EXPEDIA GUEST REVIEWS AWARDS—INSIDERS' SELECT</p> <p>COUPLES TOWER ISLE 2012 Expedia Insiders' Select</p> <p>COUPLES SANS SOUCI 2012 Expedia Insiders' Select</p> <p>COUPLES NEGRIL 2012 Expedia Insiders' Select</p> <p>COUPLES SWEPT AWAY 2012 Expedia Insiders' Select</p> <p>COUPLES TOWER ISLE 2010 Expedia Insiders' Select</p> <p>COUPLES SANS SOUCI 2010 Expedia Insiders' Select</p> <p>COUPLES NEGRIL 2010 Expedia Insiders' Select</p> <p>COUPLES SWEPT AWAY 2010 Expedia Insiders' Select</p> <p>2008 Expedia Insiders' Select Ranked #1 in Jamaica</p> <p>ORBITZ BEST IN STAY HOTEL</p> <p>COUPLES TOWER ISLE 2012 Orbitz Best in Stay Hotel</p> <p>COUPLES SWEPT AWAY 2010 Orbitz Best in Stay Hotel</p> <p>THOMAS GOLD AWARD</p> <p>COUPLES TOWER ISLE 2012 Orbitz Best in Stay Hotel</p> <p>COUPLES SANS SOUCI 2011 Best A La Carte Accommodation Award</p>
--	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>EARTHCHECK CERTIFIED</p> <p>PLATINUM CERTIFIED Couples Negril Couples Tower Isle Couples Swept Away BRONZE CERTIFIED Couples Sans Souci</p> <p>MLT QUALITY ASSURANCE AWARD</p> <p>COUPLES TOWER ISLE COUPLES SANS SOUCI COUPLES NEGRIL COUPLES SWEEP 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 its 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 captivating landscape of Negril, Jamaica.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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.</p> <p>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.</p> <p>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.</p> <p>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>
Couples Barbados	<p>Located on pristine Dover Beach where the Caribbean meets the Atlantic and endless sunshine is accompanied by gentle ocean breezes, Couples Barbados invites you to surrender to the calypso rhythms of paradise.</p> <p>As the only resort on the island dedicated exclusively to couples, Couples Barbados provides an idyllic refuge for you to recharge and reconnect with the one you love. And with more inclusions than anywhere else on Barbados, your worry-free holiday begins the moment you land on the island.</p> <p>So why not spend your days with white sand between your toes. Learn how to kayak, scuba dive or snorkel in azure blue waters. Get lost in 10 acres of tropical gardens. Play golf amidst tropical surroundings. Play tennis under the stars. Indulge in an invigorating or romantic massage for two. Enjoy the freshest seafood and best rum punch this side of heaven. Or simply relax to the sounds of Green Monkeys playing in the palm trees at sunset.</p> <p>http://couples.com/barbados/</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.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	Staff are trained and required not to request, accept or expect tips since non-tipping is an essential part of the all-inclusive experience.
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 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>Couples Resorts Tel: 1-800-COUPLES Website: www.couples.com Facebook: https://www.facebook.com/couples Twitter: https://twitter.com/couplesresorts Message Board: http://couples.com/mb/forum.php</p> <p>Air Canada Vacations Website: http://www.aircanadavacations.com Tel: 1 866 529 2079</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



JAMAICA	<p>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!</p> <p>Jamaica is a one-of-a-kind-island with a one-of-a-kind people - truly a unique slice of the Caribbean! 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, discover their history and culture, experience the ambience - and fall in love with the place!</p> <p>Relax on the world famous beaches or explore Jamaica on one of the excursions on offer. You will discover an island of adventure as you climb a tropical waterfall, float through the jungle on a bamboo raft or take a safari on the Black River.</p> <p>Jamaica is also well known for its excellent, panoramic golf courses. There are 12 courses in total - from championship courses with Caribbean charm to brand-new, all-inclusive resort courses with seascape views.</p> <p>Montego Bay..."The Complete Resort"</p> <p>With its "Hip Strip" booming with shops, restaurants and clubs, championship golf courses on lavish resorts, and legendary Colonial great houses - Montego Bay's juxtaposition of natural beauty and man-made luxury make it a beloved destination.</p> <p>Negril..."Capital of Casual"</p> <p>A favourite destination for families, honeymooners and spring breakers, Negril's picturesque coast, lined with towering cliffs and bustling beaches, is home to many world-class all-inclusive resorts, as well as nightlife hotspots</p> <p>Ocho Rios..."The Centrepiece of Jamaica"</p> <p>From the natural beauty of its waterfalls, rivers and beaches to the grandeur of its all-inclusive resorts, "Ochi" is a favourite destination for all types of travellers, including eco-tourists, families, sports buffs, beach bummers - even rock stars like Keith Richards.</p>
----------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Runaway Bay... "Jamaica's Natural Beauty"</p> <p>Runaway Bay is certainly one of the most scenic areas in Jamaica. Since the early 1960s, when the old Cardiff Hall Estate was converted to a combination of luxury hotels, golf courses and private villas, the town has developed its own character and persona as an elegant yet lively getaway.</p>
Location	<p>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.</p>
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	<p>Jamaica's indigenous Arawakan-speaking Taíno inhabitants named the island Xaymaca, meaning the "Land of Wood and Water", or the "Land of Many Springs".</p>
Population	<p>The population is currently estimated at a little less than 3 million.</p>
Language	<p>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.</p>
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 (17th August 2013) one Canadian dollar = 98 Jamaican dollars – which makes conversion very easy on the basis of one Jamaican dollar equals one cent Canadian!</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<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 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.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<ul style="list-style-type: none"> - 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 these gnats, but you sure can "feel-um." Screens can't keep these critters out, so carry your favorite bug repellent. - You don't need to get any particular shots or vaccinations to travel in Jamaica, and most common medicines are available over the counter.
Safety tips	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.

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.</p> <p>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: 31C with sun and clouds (17 th August 2013)
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). For passengers flying to the USA and Canada, the departure tax is included in the cost of the airline ticket (paid in advance), if you are flying on a scheduled airline.</p>
Cities	Kingston is the capital and largest city of Jamaica, located on the southeastern coast of the island. It faces a natural harbour protected by

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



the Palisadoes, a long sand spit which connects the town of Port Royal 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

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	delicious scents and amusing verbal advertisements and exchanges.
Distances	Driving Times Kingston to Mandeville around 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	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.
Trains	The only railways remaining in Jamaica are used to transport bauxite (aluminium ore) rather than people.
Car Rental	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.
Buses	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.
Cruises	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

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>passengers. For either cruise, transportation to and from your hotel can 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 www.calicopiratecruises.com</p>
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</p> <p>Couples Resorts are the very best all inclusive resorts on the island – see the separate section in this file.</p>
LIFESTYLES	<p>Jamaica offers several learning vacations for visitors to interact with people on the island and gain authentic experiences as part of their vacation itinerary. From meeting locals with like interests to exploring off the beaten path locations, taking agricultural expeditions and learning how to prepare Jamaican cuisine to share with friends and family back home, Jamaica's learning vacations provide an experiential travel adventure that's truly memorable.</p> <p>Meet the People The Jamaica Tourist Board's "Meet the People" program pairs travellers with a Jamaican who has similar interests. The meet-up can take place at a school, church, hiking trail, local craft market or even a coffee shop over some Jamaican Blue Mountain coffee. The experience is uniquely Jamaican and free of charge for all travellers interested in broadening their horizons. Simply sign up online once you know your travel dates. www.visitjamaica.com</p> <p>Rastafari Indigenous Village While many know aspects of this uniquely Jamaican philosophy, few have experienced the culture, language, music, dress, spirit and lifestyle of Rastafari for themselves. At the Rastafari Indigenous Village, visitors learn the self-sustaining and eco-friendly habits of the Rastafari people through an interactive visit -- a tour of medicinal herbal gardens, trying their hands at arts and crafts and finally becoming part of the community through drum rhythms and ancient chants. www.rastavillage.com</p> <p>Pressing Tunes Tour According to Sean Paul, one of Jamaica's top dancehall artists: "Music is the voice of the Jamaican people." Now, visitors can take an inside</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>look as to why. Hotel Mocking Bird Hill and Backyard magazine have partnered to create the ultimate music excursion to Kingston, the city where reggae music began. The “Pressing Tunes” historical music tour includes visits to record companies’ studios, music stores and a trip to the Jamaica Music Museum, which features rare musical recordings, displays of iconic photographs and instruments. www.hotelmockingbirdhill.com</p> <p>Organic Gardening for Kids The Tryall Club comprises 86 private villas atop a former sugar cane plot with lush, fertile land. Tailored to kids of all ages, their organic gardening classes have transformed a private herb and vegetable garden into a playground where kids can learn about an array of plants and how to reduce their carbon footprint. The garden produces items such as Thai basil, edible hibiscus flowers, mustard greens, and much more. Participants are introduced to organic methods of growing “super foods”, learn sustainable habits and receive cooking recipes. www.tryallclub.com</p> <p>In Jamaica, no one is ever too old to learn something new. For more information on Jamaica’s learning vacations, or to book a trip to Jamaica, go to www.visitjamaica.com.</p>
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> <p>YS Falls on the South Coast features seven waterfalls which cascade into natural pools. Recent additions include canopy rides and river tubing, both accompanied by expert guides. www.ysfalls.com</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>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<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 colours, 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 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>
Romance	<p>This destination has a reputation for romance which is backed up by several resorts that focus on this aspect of vacations – and Couples Resorts head the list!</p>
Honeymoons & Weddings	<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>
Meet the People	<p>Share in the Jamaican Experience</p> <p>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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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 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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



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.

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.

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

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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.</p> <p>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.</p> <p>Like the changing economy, Jamaican politics also transformed with the 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 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!</p> <p>Pork Pit – a beachside introduction to the World of Jerk</p> <p>Rick's Café – where sunset is served on the rocks in Negril</p> <p>Strawberry Hill – on top of the world in the Blue Mountains</p>
Must Sees	<p>Dunns River Falls</p> <p>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.</p> <p>Tip: Check at the main booth for information on renting lockers, having a guide direct you up the falls and on acquiring beach beds.</p> <p>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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>dampener 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 and 200m for men.</p> <p>The Reggae Marathon is held every year in the first week in December 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. This year race day is 7th December 2013. http://www.reggaemarathon.com</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,</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	which covers the resort of Montego Bay.
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 7402 ft. Overall, the 22km Peak Trail takes about seven hours.</p> <p>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 meals on request. Also, in order to drive to the start of the hike near Whitfield Hall, you must have four-wheel drive.</p> <p>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>
Cycling	<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>
Diving	<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>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<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>
--	---

CULTURE	
Arts	<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>
Music	<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>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<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>
Films	<p>The James Bond film “Doctor No” was filmed in Jamaica, which is appropriate as Ian Flemming 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> <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 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 Sumfest July First staged in 1993, Reggae Sumfest 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. http://www.reggaesumfest.com</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<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> <p>http://jamaicajazzandblues.com</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 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>
Wildlife	<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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	snakes, infinite numbers of snails, hundreds of types of bats, six foot long lizards, and fireflies that light up the night sky.
Parks	<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 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 . 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>
Gardens	<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.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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 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>
Historical Sites	<p>Rose Hall Great House</p> <p>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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



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.

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.
www.greenwoodgreathouse.com

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 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.

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.



OTHER ACTIVITIES	
Shopping	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.
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>
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</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>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 Escovietch 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 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>
Restaurants	<p>Jamaica is known for several distinct flavours, but jerk truly sets it apart. Jamaican jerk is world famous and can now be found in cities across the globe. But the best place to taste it is always at the source. Jerk is a style of cooking (native to Jamaica), in which meats are rubbed with a spice rub made from allspice (pimento), cinnamon, peppers, onion, thyme and garlic and marinated for hours before cooking. After marinating, the meat is placed on raised platforms of pimento wood over hot coals to slowly roast for hours.</p> <p>Jerk had its genesis in the hilly interior of the island. The Maroons (freed slaves who settled in the mountains) devised this cooking method to preserve meats. Today, jerk is found in a multitude of forms: from the traditional jerk pork or chicken to jerk sausage or jerk lobster and crab. You can even find jerk ackee (Jamaica's national fruit) or tofu at some restaurants.</p> <p>There are dozens of restaurants and cook shops across the island that either specialize in jerk cuisine or include it on their daily menu. However, if you want to participate in the jerk experience, here are some options:</p> <p>Jerk Trail: The jerk trail was created to assist visitors with navigating the island's many jerk stops, from favourite roadside stands to more traditional restaurants. This island-wide culinary tour is self-guided and includes 22 spicy stops from Negril at the western tip of the island to Port Antonio in the east. jamaicajerktrail.com</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Portland Jerk Festival: The parish of Portland is the birthplace of jerk, which makes the Portland Jerk Festival the best way to celebrate this spicy food in its many forms. Now in its 14th year, this year's festival is scheduled for July 7 at the Folly Ruins in Port Antonio. In addition to the culinary side, Jamaican music and entertainment for kids are also featured. portlandjerkfestival.com

Boston Bay: Jerk Capital of Jamaica

Located in the parish of Portland, Boston Bay is where jerk first became popular. Year-round, Boston Bay and the surrounding roads are lined with a variety of jerk stalls. A visit here is a great way to rub shoulders with locals and grab a picnic before heading down to the beach.

Here are some other recommendations from our friends at Frommer's:

- **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

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>white-cream sauce - all washed down with a good Italian wine.</p> <p>- 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.</p> <p>- 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.</p> <p>- 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.</p>
--	---

MORE INFO	
Brochures	<p>The Jamaican Tourist Board office for Canada is located at: 303 Eglinton Avenue East, Suite 200, Toronto , Ontario M4P 1L3 Tel: (416) 482-7850 or toll free (800) 465-2624 Fax: (416) 482-1730 and Email: jtb@visitjamaica-ca.com</p>
Website	For Jamaica: http://www.visitjamaica.com

PERSONAL EXPERIENCES	<p>Negril, Montego Bay, Ocho Rios, Dunns River Falls River rafting on the Rio Grande</p>
-----------------------------	---

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



BARBADOS	<p>The gorgeous sun-drenched island of Barbados boasts over one hundred kilometers of beaches surrounding lush countryside. On the Caribbean side, turquoise waters bathe silky sand and coral reefs. While on the Atlantic coast, high waves and strong winds attract surfers from around the world.</p> <p>There's so much to see and experience on this lively island! Brace yourself for thrills of a lifetime, accented with moments of serenity From hot night-spots to chilling on the beach. From the oldest working windmill in the Western Hemisphere to indulging in gourmet cuisine. From visiting magnificent limestone caves to spotting exotic wildlife.....</p> <p>In Barbados, history is everywhere - from the Concorde Museum, celebrating the famous supersonic airliner, to the George Washington House, a restored mid-18th century plantation residence. Barbados is the birthplace of rum and the history goes back to even before 1703 when the first known brand – Mount Gay Rum - began manufacture.</p> <p>Bajan cuisine brings together African, Caribbean, West Indian and European influences for a unique, authentic gastronomic experience. Sea food is the mainstay, including flying fish – the national symbol of Barbados. For a fun atmosphere of music and food, and to rub shoulders with the locals, there's the famous Oistin's fish fry every week.</p> <p>Barbados also has AAA rated restaurants, and the Zagat Survey credits it with some of the Caribbean's finest cuisine. Celebrity chefs from around the world will join the best Barbados chefs at the Barbados Food & Wine and Rum Festival (November 16-19, 2012).</p>
Location	Barbados is in the Southeastern Caribbean and is the most easterly of all the Caribbean islands, with the Atlantic Ocean on one side and the Caribbean Sea on the other..
Geography	This island—34 kms long and 22kms wide—is divided into 11 parishes and is quite flat, the highest point being Mount Hillaby at 1,116 ft above sea level.
Name	From “los barbudos” – Portuguese for “the bearded ones”, referring to Banyan tree shoots
Population	Almost 300,000, which makes Barbados one of the most densely populated countries in the world.
Language	English – with a Bajan accent!
Currency	Canadian Dollar = 1.93 Barbados Dollar (at 17 th August 2013) You can also use Canadian Dollars in many places on the island
Tipping	Usually 10%–15% is acceptable when tipping—many restaurants

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	automatically add a 10% service charge to your bill, so you'd be wise to check before tipping additionally.
Government	Parliamentary democracy
Documentation	Canadians need a valid passport to visit.
Time zone	One hour ahead of EST
Health	Barbados has a pure water supply. It's pumped from underground sources in the coral rock that covers most of the island, and it's safe to drink
Safety tips	Barbados is still a relatively safe destination. The difference between the haves and the have-nots doesn't result in the violence seen elsewhere. Bajans have a long history of welcoming foreign visitors, and that tradition of hospitality is still ingrained in most locals.

CLIMATE	
General climate	With over 3000 hours of sunshine yearly, the weather is almost always sunny and warm, cooled by the constant north-east trade winds. The average daytime temperature ranges between 29-31 degrees Celsius. Hurricanes – over 50 years since last direct hit: 1831, 1898, 1955; 12 hurricanes since 1625...so 1 in 12,000 chance! Cooling trade wind breezes are a bonus!
Today's weather	30 degrees Centigrade and sun & showers (17 th August 2013)
Best time to visit	The weather is fine all year long, but Festival time is wonderful!

GETTING AROUND	
Flying time	Flight time: 6 hours with Air Canada There's a departure tax of BD\$27.50 or US\$15, payable in either U.S. dollars or Barbadian currency.
Towns	Bridgetown Bridgetown, the capital, is celebrating over 380 years of English Settlement. Begin your tour of Bridgetown at the waterfront, called the Carenage (French for "turning vessels on their side for cleaning"). This was a haven for clipper ships, and even though today it doesn't have the colour of yesteryear, it's still worth exploring. At Trafalgar Square (now called Heroes Square) , the long tradition of British colonization is immortalized. The monument here, honoring Lord Nelson, was executed by Sir Richard Westmacott and erected in 1813. The great gray Victorian/Gothic Public Buildings on the square look like ones you might find in London. The east wing contains the meeting halls of the Senate and the House of Assembly, with some stained-glass windows representing the sovereigns of England. Look for the "Great Protector" himself, Oliver Cromwell. Behind the Financial Building, St. Michael's Cathedral , is the symbol of

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



the Church of England. This Anglican church was built in 1655 but was completely destroyed in a 1780 hurricane. Reconstructed in 1789, it was again damaged by a hurricane in 1831. George Washington supposedly worshipped here on his visit to Barbados.

The Synagogue, Synagogue Lane, is one of the oldest synagogues in the Western Hemisphere and is surrounded by a burial ground of early Jewish settlers. The present building dates from 1833. It was constructed on the site of an even older synagogue, erected by Jews from Brazil in 1654. It's now part of the National Trust of Barbados - and a synagogue once again. It's open Monday to Friday from 8am to 4:30pm; a donation is requested for admission.

Oistins Town

Oistins Town was formerly known as Austen's town. It was here that the Charter of Barbados was signed on 11th January, 1652 at "ye Mermaid Tavern". This treaty brought to an end, twenty-five years of squabbling between the Barbadian Royalists who were loyal to the English Crown and the Protectorates, who supported the Puritan, Oliver Cromwell. The charter, known as the Treaty of Austen's, became the model after which the Declaration of Independence was later framed. Imbedded in the USA's 1776 document are several articles of the Oistins Document. Oistins now is a fishing town and is known for its excellent outdoor nightly Fish-Fry and local cuisine. It is an attractive and inexpensive place to meet and mix with local people, their food and their music.

Holetown

Holetown reserves its charming ambience, evident from the first footfall by an English mariner, Henry Powell, in 1625 when he was blown off course to Barbados. Powell came back shortly afterwards to settle - the first English Settlement in Barbados at Holetown, where the first Royal Standard was raised, the first five plantations established, and the first gun-powder fortifications erected. The remains of the placements of most of these artifacts are known and visible, and several of the old infrastructure - though not the original - still exists in the quaint town which is bordered on either side, north and south, by world rated golf courses. Holetown has now become the hospitality centre of Barbados, with several of its major hotels and restaurants and golf courses either in or near the old town. Pay it a leisurely visit and see its old historic church, the oldest in the island, the old Militia Fort, now the Police Station, and other places of interest.

Speightstown

Speightstown, the northern commercial centre, took its name from an English Family which owned property in the area. It is also known as

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	"Little Bristol" because several of the old sailing ships traded - since 1630 - directly with the English port, Bristol where resides a museum and artefacts of Barbadian and African trade and Slavery. Old Speightstown is no longer an important international trading centre but the old streets retain a certain old world charm with a very old Parish Church, a Barbadian Single House, Arlington which has been tastefully restored, and parts of at least two old Forts. In spite of the newer by-pass road, it remains a bustling shopping centre with vendors vying for space with the more established business houses, and fish market and pub rubbing shoulders on a most gorgeous beach.
Distances	Everywhere is close by on this island, which only measures 34 by 22 kms and you are almost always within sight of the sea.
Cruises	Catamaran lunch cruises are offered by Tall Ships (tel. 246/430-0900), located at Shallow Draught near Bridgetown Harbour. The 4-hour-long catamaran lunch cruises are offered daily from 10am. Part cruise ship, part nightclub, the MV Harbour Master Blockbuster is a 30m, three-story vessel with theme decks, a modern galley, and two bars. It boasts a dance floor, and also offers formal buffets on its Calypso Deck. On the Harbour Master Deck, there's a bank of TVs for sports buffs. The showpiece of the vessel is an onboard semisubmersible, which is lowered hydraulically to 2m beneath the ship. This is, in effect, a "boat in a boat," with 30 seats.
Car Rental	If you don't mind driving on the left, you may find a rental car ideal on Barbados. You'll need a temporary permit if you don't have an international driver's license. The rental agencies listed below can all issue this visitor's permit, or you can go to the police desk upon your arrival at the airport. You must have a license from home and pay a registration fee of BD\$10. None of the major Canadian and US-based car-rental agencies operates on Barbados, but a host of local companies rent vehicles. Except in the peak midwinter season, cars are usually readily available without prior reservations
Buses	Transit services are provided by the government-run Transport Board and private owners who operate route taxis (ZR's) and minibuses. Fare to any part of the island is \$1.50 (Barbados dollars) per ride.
Taxis	Taxis aren't metered, but rates are fixed by the government; one cab can carry up to four passengers for the same fare. Taxis are plentiful and easily identifiable by the letter Z on their license plates. Drivers will produce a list of standard rates based on \$25-\$30 per hour
ACCOMMODATION TYPES	Barbados caters for all tastes and budgets from luxury hotels and all-inclusive resorts to rooms in small hotels and self-catering apartments. One of the defining attractions here is that there are many non all-inclusive options for those who want to spend more time exploring the island and eating out.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	The new Couples Barbados resort raises the bar for all inclusive resorts on the island.
--	--

LIFESTYLES	
Kids	Beaches, kid's clubs in the resorts, snorkeling, glass-bottom boat tours, swimming with the turtles...there's no end to the fun for kids in Barbados.
Teens	Submarine, caves, sports, jeep safari, diving, parasailing, mountain biking trips, horseback riding, helicopter tours...just to mention a few!
Romance	Featured in National Geographic Traveller Magazine as the headliner romantic getaway destination in the most romantic region in the world – the Caribbean.
Honeymoons & Weddings	Weddings in Barbados are easy to arrange. There are no residence requirements and the ceremony can be performed within 24 hours of arrival. Non-residents pay a licence fee of \$75 to the Ministry of Home Affairs. The actual marriage ceremony can be performed by a minister of religion or a magistrate of the courts. Couples Barbados can make all the arrangements for the perfect wedding, honeymoon or vow renewal.
Seniors	This island has long been favoured by Seniors as a favourite Caribbean isle. There are long-stay opportunities in high quality apartments to escape the drudgeries of a Canadian winter.

UNIQUES	Submerged Sightseeing - You no longer have to be an experienced diver to see what lives 45m below the surface of the sea; you can simply sail aboard one of the vessels operated by Atlantis Submarines , Shallow Draught, Bridgetown http://barbados.atlantissubmarines.com The air-conditioned sightseeing submarines seat 28 to 48 passengers and make several dives daily from 9am to 1pm Monday, Tuesday, Thursday, and Friday, and 9am to 4pm on Wednesday. Passengers are transported aboard a ferryboat from the Carenage in downtown Bridgetown to the submarine site, about 2km from the west coast of Barbados. The ride offers a view of the west coast of the island. The submarine, Atlantic III, features viewing ports that allow you to see a rainbow of colors, tropical fish, plants, and even a shipwreck that lies upright and intact below the surface. The cost is \$85 for adults, \$52 for children.
Surprising	The Seven Wonders of Barbados 1. Harrison's Cave – electric wagons – streams, waterfalls, pools, stalagmites – you can even get married down there! 2. The Baobab Tree – brought from Africa 1700's – 50 feet in circumference. 3. Historic Jacobean Mansions – dating from the 1650's – Drax Hall, St George and St Nicholas Abbey, St Peter

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>4. Morgan Lewis Mill – one of only two intact sugar mills in Caribbean</p> <p>5. Jewish Synagogue – built 1654 in Bridgetown and part of the Barbados National Trust</p> <p>6. Cannons Galore – over 400 17th century English iron cannons, Main Guard House, Garrison Savannah</p> <p>7. Grapefruit tree – citrus paradise – 18th century cross shaddock & sweet orange</p>
History	<p>It is believed that the island's first inhabitants were the Amerindians, who reached its shores around 1623 BC by open canoe from the Orinoco area of South America, known today as Venezuela. The next 3,000 years brought the settlement of several tribes, including the peaceful Arawaks and the cannibalistic Caribs. At the whim of prevailing northeast trade winds, the Spanish and Portuguese followed in 1537, calling the island "Los Barbados"—perhaps a nod to their fascination with the hanging, aerial roots of the Bearded Fig Tree.</p> <p>By the time the first settlers—the British—chanced upon the island by virtue of navigational miscalculations in 1627, the Indians had all but disappeared. For the English, Barbados represented a golden opportunity to acquire a colony with good potential for agriculture: favorable climate, rich soils and generally flat land. These early pioneers set about the task of cultivating the land and instigated a long period of English rule that was to last some 339 years.</p> <p>The booming sugar industry and slave trade fueled the establishment of an excellent infrastructure and Barbados' own Parliament in 1639, making it the third oldest in the British Commonwealth. Later becoming the first country to abolish the slave trade in 1834, Bajan social advancement also included the establishment of a free Public Library in 1847.</p> <p>Following the 1930s world depression that hit Barbados hard with unemployment, a new group of highly educated black leaders were determined to win equality for their people. They formed the Barbados Labour Party (B.L.P.) and finally gained their just reward when they won the 1947 General Election. Three years later, universal suffrage was at last a reality and the long and hard fight had been won after a battle of some 117 years.</p> <p>Barbados gained independence from Britain on the 30th November 1966 and has since enjoyed over 40 years as a proudly independent nation.</p> <p>It is the only island in the Caribbean never to have changed hands during the bitter British/European battles for colonies</p>
Books	Frommer's Caribbean 2013
1000 Places to see before you die	Sandy Lane Hotel – luxury in paradise!
Must Sees	The Historic Bridgetown and its Garrison, Barbados , has been

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>included as a United Nations Educational, Scientific and Cultural Organization (UNESCO) World Heritage site. Bridgetown and its Garrison are considered 'an outstanding example of British colonial architecture.</p> <p>www.unesco.org and www.visitbarbados.org</p> <p>Also: Island jeep tour; catamaran cruise; swimming with turtles; Mullins Beach Bar</p>
--	---

SPORTS ACTIVITIES	<p>Cricket, squash, polo, horse racing, field hockey, soccer, golf... Barbados is a nation of sports people.</p>
Golf	<p>Open to all is the Tom Fazio 18-hole championship golf course of Sandy Lane Hotel, St. James (tel. 246/444-2000), on the west coast. Greens fees for 18 holes are \$235 for non-guests and \$200 for guests in winter and \$185 for non-guests and \$160 for guests in summer. For its famed "Old Nine" holes, which wind through the estate grounds, cost is \$95 for non-guests and \$85 for guests year-round.</p> <p>The Royal Westmoreland Golf and Country Club, Westmoreland, St. James (tel. 246/422-4653), is the island's premier golf course. Designed by Robert Trent Jones, Jr., this 18-hole course is spread across 200 hectares (494 acres) overlooking the Gold Coast. It is part of a private residential community, but it's open for use by any nonmember. With rental of a golf cart included, the fee for 18 holes in winter is \$250 and \$150 in off season.</p> <p>Barbados Golf Club, Durants, Christ Church (tel. 246/428-8463; fax 256/420-8205; www.barbadosgolfclub.com), on the south coast, opened as Barbados's first public championship golf course in 2000. The 6,800-yard, par-72 course, designed by Ron Kirby, hosted the PGA Seniors Tournament in 2003. Greens fees for 18 holes are \$135 in winter and \$104 off season. A 3-day unlimited golf pass during winter is \$300 and \$270 off season.</p>
Fishing	<p>Charter companies offer deep-sea fishing excursions to capture prized catches from barracuda to kingfish; and Barbados Game Fishing's annual competition attracts regional boats and anglers from Europe, U.K., Canada, North & South America.</p>
Horse riding	<p>A different view of Barbados is provided by Caribbean International Riding Centre, St. Andrew, Sarely Hill (tel. 246/422-7433). With nearly 40 horses, it offers a variety of trail rides for all levels of experience, ranging from a 1 1/2-hour jaunt for \$80 to a 2 1/2-hour trek for \$100. You'll ride through the hilly terrain of the Scotland district; along the way, you can see wild ducks and water lilies, with the rhythm of the Atlantic as background music.</p> <p>There is also horseracing at the Garrison Savannah racecourse with the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	big event being the Cockspur Gold Cup held in March each year.
Hiking	<p>The Barbados National Trust (tel. 246/426-2421) offers popular Sunday-morning hikes throughout the year. Led by young Bajans and members of the National Trust, the hikes cover a different area of the island each week. The guides give brief talks on subjects such as geography, history, geology, and agriculture. The hikes, free and open to participants of all ages, are divided into fast, medium, and slow categories, with groups of no more than 10. Hikes leave promptly at 6am, and take about 3 hours to complete. There are also hikes at 3:30 and 5:30pm, the latter conducted only on moonlit nights. For more information, contact the Barbados National Trust.</p> <p>In 1998, Barbados created a trail that explores the natural history and heritage of Speightstown, once a major sugar port and even today a fishing town with old houses and a bustling waterfront. The Arbib Nature & Heritage Trail takes you through town, the mysterious gully known as "the Whim," and the surrounding districts. The first marked trail is a 8km trek which begins outside St. Peter's Church in Speightstown, traverses the Whim, crosses one of the last working plantations in Barbados (Warleight), and leads to historic 18th-century Dover Fort, following along white-sand beaches at Heywoods before ending up back in town. For information and reservations, call the Barbados National Trust, and ask for a trail map at the tourist office.</p> <p>The rugged, dramatic east coast stretches about 26km from the lighthouse at Ragged Point, the easternmost point of Barbados, north along the Atlantic coast to Bathsheba and Pico Teneriffe. This is the island's most panoramic hiking area. Some hardy souls do the entire coast; if your time is limited, try our favorite walk, the 6km stretch from Ragged Point to Consett Bay, along a rough, stony trail that requires only moderate endurance. Allow at least 2 1/2 hours. A small picnic facility just north of Bathsheba is a popular spot for Bajan families, especially on Sundays.</p>
Run Barbados	<p>The Run Barbados Series takes place on the first Sunday in December and includes a marathon, half-marathon, 10k run, 5k run and toddlers' walk. It is a weekend-long sporting event accredited by the International Association of Marathons and is surrounded by much entertainment and festivities.</p> <p>This year Run Barbados is on December 8th 2013 and will be limited to a 10k run and a half marathon as the organizers are making changes for the 2014 event after 25 years.</p> <p>Determination and self-discipline are strong qualities in the long distance runner, but you'll also find support, courage and compassion here as the runners who have finished their race line the track to hand</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>out refreshments and shout encouragement. The running community is full of good will and the love of life. Many of the runners participate as part of a club and spirit and camaraderie are high at all of the events. The professional runners are motivated by their standings in the field, but fun and entertainment are a big part of the festivities as well. Steelpan bands amuse the crowd at the finish line. Later in the day, people are often charmed by DJ XRAY, a longtime racing participant who only takes to the stage after his own event has been run. As the slogan of the event declares—"Come For The Run, Stay For The Fun!" http://www.runbarbados.org</p> <p>I have run the Barbados Marathon on two occasions; here is my blog: http://christalkstravel.blogspot.com/2008/01/barbados.html</p>
<p>Diving</p>	<p>The clear waters off Barbados have a visibility of more than 30m most of the year. More than 50 varieties of fish are found on the shallow inside reefs, and there's an unusually high concentration of hawksbill turtles. On night dives, you can spot sleeping fish, night anemones, lobsters, moray eels, and octopuses. Diving is concentrated on the leeward west and south coasts, where hard corals grow thick along the crest of the reef, and orange elephant ear, barrel sponge, and rope sponge cascade down the drop-off of the outer reef.</p> <p>On a 2km-long coral reef 2 minutes by boat from Sandy Beach, sea fans, corals, gorgonians, and reef fish are plentiful. J.R., a dredge barge sunk as an artificial reef in 1983, is popular with beginners for its coral, fish life, and 6m depth. The Berwyn, a coral-encrusted tugboat that sank in Carlisle Bay in 1916, attracts photographers for its variety of reef fish, shallow depth, good light, and visibility.</p> <p>Asta Reef, with a drop of 24m, has coral, sea fans, and reef fish in abundance. It's the site of a Barbados wreck that was sunk in 1986 as an artificial reef. Dottins, the most beautiful reef on the west coast, stretches 8km from Holetown to Bridgetown and has numerous dive sites at an average depth of 12m and drop-offs of 30m. The SS Stavronikita, a Greek freighter, is a popular site for advanced divers. Crippled by fire in 1976, the 108m freighter was sunk .4km off the west coast to become an artificial reef in Folkestone Underwater Park, north of Holetown. The mast is at 12m, the deck at 24m, and the keel at 36m. While you explore the site, you might spot barracuda, moray eels, and a vibrant coat of bright yellow tube sponge, delicate pink rope sponge, and crimson encrusting sponge. The park has an underwater snorkel trail, plus glass-bottom boat rides, making it a family favorite.</p> <p>The Dive Shop, Pebbles Beach, Aquatic Gap, St. Michael (tel.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>246/426-9947), offers some of the best scuba diving on Barbados, charging \$55 for a one-tank dive and \$80 for a two-tank dive, including equipment. Every day, three dive trips go out to the nearby reefs and wrecks; snorkeling trips and equipment rentals are also available. Visitors with reasonable swimming skills who have never dived before can sign up for a resort course. Priced at US\$70, these include pool training, safety instructions, and a one-tank open-water dive. The establishment is NAUI- and PADI-certified, and is open Sunday to Friday from 8:30am to 4:30pm. Other dive shops in Barbados that rent or sell snorkeling equipment include Hazel's Water World, Bridgetown, St. Michael (tel. 246/426-4043), and Explore Sub, Christ Church, near Bridgetown.</p> <p>Several companies also operate snorkeling cruises that take you to particularly picturesque areas.</p>
--	--

CULTURE	
Arts	The Barbados Jazz Festival , which has been held in January each year for many years, is not currently active but it is hoped to bring it back soon.
Music	To get a flavor of local music try The Ship Inn , St. Lawrence Gap, Christ Church, near Oistins (tel. 246/435-6961), which is among the leading drinking, dining, and entertainment centres on the south coast. The pub is the hot spot: Top local bands perform three nights a week, offering reggae, calypso, and pop music. Otherwise, there's a live DJ. The entrance fee ranges from free (if you're eating dinner) to between \$5 and \$10.
Museums	Barbados Museum , St. Ann's Garrison, St. Michael (tel. 246/427-0201), is in a former military prison. Extensive collections show the island's development from prehistoric to modern times and give fascinating glimpses into the natural environment and fine examples of West Indian maps. The museum sells a variety of quality publications, reproductions, and handicrafts.
Festivals	<p>FEBRUARY: The Holetown Festival A family attraction commemorating the first landing and settlement in Barbados on February 17, 1627, the Holetown Festival combines folk, gospel and medieval music with a street parade and fair and a torch-lit evening exhibition by the Royal and Mounted Police forces as they perform the floodlit Tattoo. Other activities include poetry, drama, sidewalk art shows, sports, games, local handicrafts markets and the popular Queen of the Festival Pageant.</p> <p>MARCH: Holders Season This most sophisticated festival offers an exciting season of opera,</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>classical, jazz, Latin and Caribbean music and takes place at the historic Holders Plantation House, situated on a ridge overlooking what were once extensive sugar and tobacco fields. The event, which is internationally recognized and has attracted such musical luminaries as Luciano Pavarotti, is currently focused on the development and exhibition of local talent.</p> <p>APRIL: Oistins Fish Festival A two-day event, the Oistins Fish Festival celebrates the livelihood of the namesake fishing village, paying tribute to the skills of local fisherman and challenging them with competitions in fishing, crab racing, fish boning and boat racing. Dance to steel bands or mingle on the beach or in the marketplace and rum shops that line the roadside. Food stalls, arts and crafts and demonstrations by the Coast Guard are also part of the activities.</p> <p>Crop Over Festival: a five-week summer festival is Barbados' most popular and colourful festival. Its origins can be traced back to the 1780's a time when Barbados was the world's largest producer of sugar. At the end of the sugar season, there was always a huge celebration to mark the culmination of another successful sugar cane harvest – folk festival, calypso, carnivals, Cohoblotpot carnival like show, Kiddies Kadooment costumes and parade</p> <p>NOVEMBER: Barbados Food & Wine and Rum Festival Epicurean superstars, celebrity chefs, wine and spirits experts gather on the island to offer the very best in food, wine, rum and culture, from the culinary capital of the Caribbean. Nov 22, 2013 - 25, 2013</p>
<p>ATTRACTIONS</p>	<p>Nine Premier Attractions of Barbados:</p> <ol style="list-style-type: none"> 1. Atlantis Submarines -19.5m sub diving to 45m; Atlantis SeaTrek – reef observation, wrecks, reef 2. Bajan Roots and Rhythms – premier cultural show including steel bands 3. Barbados Golf Club - The 6,805 yard par 72 golf course has been approved and sanctioned by the PGA European Tour to host a PGA Seniors Tournament and has hosted the Barbados Open. 4. The Harbour Master –‘the best cruise in the Caribbean’, semi-submersible, slides, rope swinging, snorkel 5. Harrison’s Cave - visitor centre, tram tour, waterfalls, stalagmites, streams... 6. Island Safari - 4x4 Land Rovers – adventure and exploration – Edge Cliff, Bathsheba, Joe’s River Forest, canefields, great for kids, great driver/guides – some feature kayaking, snorkelling, catamarans,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>swimming;</p> <p>7. Jolly Roger - authentic pirate themed wooden schooner is ideal for a family outing or a group party. Known for their rum punch, rope swinging, and walking the plank</p> <p>8. Mount Gay Rum Tour – 45 minutes tour, one of world's oldest rum distilleries</p> <p>9. Tiami Cruises - luxury "Cats" skim you comfortably over the Caribbean sea with the wind in your face and a drink in your hand. Swim with friendly sea turtles, savour the tempting buffet</p>
Beaches	<p>This is what vacationers come to Barbados for: its incredible variety of beaches!</p> <p>The island's beaches are all open to the public - even those in front of the big resort hotels and private homes - and the government requires that there be access to all beaches, via roads along the property line or through hotel entrances. The beaches on the west coast, the Gold Coast, are the most popular.</p> <p>On the West Coast - The waters are calm here. Major beaches include Paynes Bay, which is accessed from the Coach House, south of Holetown, and has a parking area. This is a good choice for watersports, especially snorkeling. The beach can get rather crowded, but the beautiful bay is worth the effort. Directly south of Payne's Bay, at Fresh Water Bay, are three of the best west-coast beaches: Brighton Beach, Brandon's Beach, and Paradise Beach.</p> <p>Also recommended is Mullins Beach, where the glassy-blue waters attract snorkelers. There's parking on the main road and some shady areas. At the Mullins Beach Bar, you can order that rum drink you've been craving. This was my first experience of a Caribbean beach bar and it remains a personal favourite.</p> <p>On the South Coast - Casuarina Beach is accessed from Maxwell Coast Road, going across the property of the Casuarina Beach Hotel. This is one of Barbados' wider beaches, and it's cooled by trade winds even on the hottest August days. Windsurfers are especially fond of this one. Food and drinks can be ordered at the hotel.</p> <p>Silver Sands Beach, to the east of Oistins, is near the southernmost point of Barbados, directly east of South Point Lighthouse and near the Silver Rock Hotel. This white-sand beach is a favorite with many Bajans (who probably want to keep it a secret from tourists as much as possible). The Silver Rock Bar sells drinks.</p> <p>Sandy Beach, accessible via the parking lot on the Worthing main road,</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>has tranquil waters opening onto a lagoon. It's a family favourite, and especially boisterous on weekends. Food and drinks are available.</p> <p>On the Southeast Coast - The southeast coast is the site of big waves, especially at Crane Beach, the white-sand strip set against a backdrop of palms that you've probably seen in travel magazines. The beach is spectacular, and Prince Andrew, who has a house overlooking it, might agree. It offers excellent bodysurfing, but at times the waters may be too rough for all but the strongest swimmers; take appropriate precautions. The beach is set against cliffs, and Crane Beach Hotel towers above. Bottom Bay, north of Sam Lord's Castle Resort, is a real Bajan favourite. Park on the top of a cliff, then walk down the steps to this much-photographed tropical beach with its grove of coconut palms; there's even a cave. The sand is brilliantly white against the aquamarine sea, a picture-postcard perfect beach paradise.</p> <p>On the East (Atlantic) Coast - The miles and miles of un-crowded beaches on the rougher Atlantic side are ideal for strolling, but swimming can be dangerous. Waves are extremely high, and the bottom tends to be rocky. The currents are also unpredictable. Many travellers enjoy the rugged grandeur of these beaches, especially those in the Bathsheba/Cattlewash areas.</p>
Wildlife	<p>Turtles are nesting and hatching on some beaches in April to December, including hawksbill and leatherbacks. I have swam amidst the turtles in December and it was a magical experience! You can sometimes see monkeys playing in the trees along the west coast woods.</p>
Plantations	<p>A fine family home, the Francia Plantation stands on a wooded hillside overlooking the St. George Valley and is still owned and occupied by descendants of the original owner. Built in 1913, the house blends West Indian and European architectural influences. You can explore several rooms, including the dining room with its family silver and an 18th-century James McCabe bracket clock. On the walls are antique maps and prints, including a map of the West Indies printed in 1522.</p>
Gardens	<p>Andromeda Botanic Gardens: On a cliff overlooking the town of Bathsheba on the rugged east coast, limestone boulders make for a natural 3-hectare (7 1/2-acre) rock-garden setting. Thousands of orchids, hundreds of hibiscus and heliconia, and many varieties of ferns, begonias, palms, and other species grow here in splendid profusion. You'll occasionally see toads, frogs, herons, lizards, hummingbirds, and sometimes a mongoose or a monkey.</p> <p>Flower Forest: This former sugar plantation stands 255m above sea level near the western edge of the Scotland district, 2km from Harrison's Cave. Set in one of the most scenic parts of Barbados, it's more than</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>just a botanical garden; it's where people and nature unite to create something beautiful. After viewing the grounds, visitors can purchase handicrafts at Best of Barbados</p> <p>Animal Flower Cave – great for tidal pools, sea-life and shells</p> <p>Flower: The Pride of Barbados is a shrub 10 to 15 feet high with red flowers year round.</p>
Castles/Forts	<p>The russet-red St. Ann's Fort, on the fringe of the savanna, garrisoned British soldiers in 1694. The fort wasn't completed until 1703.</p> <p>Barbados has the world's rarest collection of 17th century English iron cannon. Not too long ago it was decided to create a National Ordnance Collection of all the old guns on the island and to date more than 400 have been unearthed. The island is littered with old cannon – they have been found in gardens, cellars, on beaches, embedded in the sides of buildings and buried under fortifications.</p>

OTHER ACTIVITIES	
Shopping	<p>You may find duty-free merchandise here at prices 20% to 40% lower than in the United States and Canada - but you've got to be a smart shopper to spot bargains, and you should be familiar with prices back in your hometown. Duty-free shops have two prices listed on items of merchandise: the local retail price and the local retail price less the government-imposed tax.</p> <p>Some of the best duty-free buys include cameras, watches, crystal, gold jewelry, bone china, cosmetics and perfumes, and liquor (including locally produced Barbados rum and liqueurs), along with tobacco products and cashmere sweaters, tweeds, and sportswear from Britain. If you purchase items made on Barbados, you don't have to pay duty.</p> <p>The quintessential Barbados handicrafts are coral jewelry and clay pottery. The latter originates at Highland Pottery, Inc. (tel. 246/422-9818), which is worth a visit. Potters turn out different products, some based on designs that are centuries old. The potteries (which are signposted) are north of Bathsheba on the east coast, in St. Joseph Parish near Barclay's Park. In shops across the island, you'll also find a selection of locally made vases, pots, pottery mugs, glazed plates, and ornaments.</p> <p>Island craftspeople weave wall hangings from local grasses and dried flowers, and also turn out straw mats, baskets, and bags with raffia embroidery. Leatherwork, particularly handbags, belts, and sandals, is also found on Barbados.</p> <p>Cave Shepherd, Broad Street (tel. 246/431-2121), is the largest department store on the island and the best place for duty-free merchandise. There are branches at Sunset Crest in Holetown, Da Costas Mall, Grantley Adams Airport, and the Bridgetown cruise-ship terminal, but if your time is limited, try this outlet, as it has the widest</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>selection. The store sells perfumes, cosmetics, fine crystal and bone china, cameras, jewelry, swimwear, leather goods, men's designer clothing, handcrafts, liquor, and souvenirs. You can take a break in the cool comfort of the Balcony, overlooking Broad Street, which serves vegetarian dishes and has a salad bar and beer garden.</p>
Markets	<p>Tyrol Cot Heritage Village, Codrington Hill, St. Michael (tel. 246/424-2074) is the former home of the Bajan national hero, Sir Grantley Adams. On the grounds of the former prime minister's estate is a colony of artisans, who turn out an array of articles for sale ranging from paintings to pottery, from baskets to handmade figurines.</p>
Nightlife	<p>The green-and-white Coach House, Paynes Bay, St. James (on the main Bridgetown-Holetown road, just south of Sandy Lane, about 10km north of Bridgetown; tel. 246/432-1163), is 200 years old. Attracting mostly visitors, this is a Bajan version of an English pub, with an outdoor garden bar. From 6 to 10pm you can order bar meals, including flying-fish burgers, priced at \$6 and up.</p> <p>For the most authentic Bajan evening possible, head for Baxters Road in Bridgetown, where there's always something cooking Friday and Saturday nights after 11pm. In fact, if you stick around until dawn, you'll find the party's still going strong. Some old-time visitors have compared Baxters Road to the back streets of New Orleans in the 1930s. If you fall in love with the place, you can "caf crawl" up and down the street, where nearly every bar is run by a Bajan mama.</p> <p>The most popular "caf" on Baxters Road is Enid's, a little ramshackle establishment where Bajans come to devour fried chicken at 3 in the morning. This place is open daily from 8:30pm to 8:30am, when the last satisfied customer departs into the blazing morning sun and the employees go home to get some sleep. Stop in for a Banks beer.</p> <p>Plantation Restaurant and Garden Theatre, Main Road (Hwy. 7), St. Lawrence, Christ Church (tel. 246/428-5048), is the island's main showcase for evening dinner theater and Caribbean cabaret. It's completely touristy, but enjoyable nonetheless. Every Wednesday and Friday, dinner is served at 6:30pm, followed by a show, Bajan Roots and Rhythm, at 8pm. Expect elaborate costumes and lots of reggae, calypso, and limbo. For BD\$155, you get dinner, the show, and transportation to and from your hotel; the show alone costs BD\$90.</p>
Caves	<p>Harrison's Cave: This underground world, the number-one tourist attraction of Barbados, is viewed from aboard an electric tram. You'll see bubbling streams, tumbling cascades, and subtly lit deep pools, while all around stalactites hang overhead like icicles, and stalagmites rise from the floor. Visitors may disembark and get a closer look at this natural phenomenon at the Rotunda Room and the Cascade Pool.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Jeep Safaris	<p>Island Safari are the pioneer in Jeep Safari 4x4 Island Tours in Barbados. Their comfortable safari rigged Land Rovers take you to some of the most beautiful places on the island, places inaccessible to others but no problem to 4 x 4 Safari Land Rovers.</p> <p>Their Adventure Safari is a non-stop-fun expedition taking you to the Eastern and Northeastern side of the island. Relax as their entertaining drivers skillfully navigate you on and off-road to some of the least-seen but most magnificent locations in Barbados. On this safari 4x4 tour they visit Edge Cliff, Bathsheba, Joe's River Forest and much more - including two stops by the beach and an opportunity to experience some of the best photo opportunities of Barbados' magical coastline. Lunch is a traditional island style meal served with a drink and of course, the famous Jungle Juice (Rum Punch), juice, diet drinks and snacks are served along the way.</p> <p>It includes round trip transportation from your hotel, buffet lunch and dessert and drinks and snacks along the way. It takes approximately 5 1/2 hours from 8am.</p> <p>http://www.islandsafari.bb</p>
---------------------	---

CUISINE	
Food	<p>Local dishes: jug-jug: Guinea corn and green peas; Bajan pepperpot stew: fine meats and seasonings</p> <p>Savvy locals can guide you to the Oistins Fish Market, a historic fish market southeast of Bridgetown and past the settlements of Hastings and Worthing. This is where Bajan fishermen unload their daily catch and sell it directly to the customer - ideal if you have accommodations with a kitchen. If not, you'll find nearly a dozen shacks selling fresh-cooked fish: Flying fish is in the fryer and fish steaks like wahoo are on the grill. On Friday night, the local vendors sponsor live bands and a medley of food stalls from 6 to 10:30pm.</p>
Drinks	<p>Drinks: Mount Gay rum; fruit punches; Banks Beer; and you have a 40 oz duty free allowance!</p> <p>The Mount Gay Rum Tour: On the northern edge of Bridgetown, you learn the story of island rum, produced here virtually since the British first settled on the island in 1627. By 1655 Barbados was producing some 900,000 gallons of rum annually. The actual distillery is in St. Lucy Parish to the north, but at this center you can see both old and contemporary equipment used in rum making, along with rows and rows of barrels. First you view a video about Mount Gay's history, followed by a 15-minute crash course in rum making. The tour concludes with a rum tasting. Rum, along with gift items, is for sale in the on-site shop.</p> <p>http://www.mountgayrum.com</p>
Restaurants	<p>Chateau Creole – drunken chicken; Carambola – kingfish; Brown Sugar – pepper-pot stew, sea eggs (roe of sea urchins), flying fish; Pisces:</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



wave lapped dining terrace serving shrimp-stuffed red snapper

The Cliff: Built atop a 3m coral cliff, this open-air restaurant features a three-level dining room crafted with terra-cotta tiles and coral stone. Though it's not exclusive or even particularly formal, it has attracted Prince Andrew and other titled and bejeweled guests from nearby upscale hotels. The culinary technique is impeccably sharp, and the chefs select only the finest cuts of beef, the freshest seafood, and the choicest vegetables. The best items are grilled snapper drizzled with three types of coriander sauce (cream-based, oil-based, and vinaigrette style), accompanied with garlic mashed potatoes and Thai-style curried shrimp. For sheer innovation, dishes such as this put The Cliff near the top. Also try the fresh sushi when available. As you dine, watch for stingrays, which glide through the illuminated waters below; a sighting is considered good luck.

The Fish Pot: Just minutes north of the port of St. Charles, this restaurant lies in a little fishing community called Shermans. The restaurant is in a family-run oceanfront hotel but is so special that even non-guests should visit. The complex was constructed on the site of a fort from the 17th century that later was used to store sugar. The food is intensely flavored and produced with finesse. The appetizers are among the most imaginative on the coast, everything from Canadian scallops seared with chutney spices and cilantro oil to baked king prawns with a garnish of tomato. Other delights include cracker-crusted tuna and grilled swordfish along with a seafood platter for two and raised lamb shanks.

MORE INFO	
Brochures	Phone 1888-BARBADOS to request brochures
Website	http://www.visitbarbados.org

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.