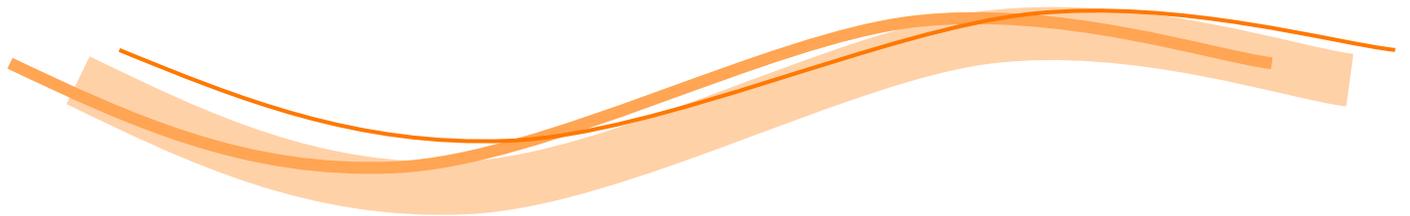




**JAMAICA with
TRANSAT HOLIDAYS &
NOLITOURS**





JAMAICA

Vibrant, raucous, beautiful, green, lush, colourful, tranquil and full of contradictions, this famous vacation destination lives up to its reputation on all counts. Come visit, meet the people, experience the ambience and fall in love with the place!

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!

Transat and Nolitours have the widest choice of Jamaican vacations with frequent direct flights and a range of accommodations from small, cozy hotels to the biggest all-inclusive resorts.

Relax on the world famous beaches or explore Jamaica on one of the excursions on offer from Transat and Nolitours. 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.

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. You have a choice of several hotels in the NoliGOLF and Transat Golf Collection - hotels specially recommended for golfers that have golf inclusions as part of the package.

Fly to Jamaica with Air Transat for a summer vacation or take advantage of Transat and Nolitours generous early booking promotions to plan your winter escape to the sun. Get married in paradise or take the kids to one of the many family-orientated resorts. Choose from Montego Bay, Negril, Ocho Rios, Runaway Bay and more.

Montego Bay... "The Complete Resort"

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.

Negril... "Capital of Casual"

A favourite destination for families, honeymooners and spring breakers,

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| | <p>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> <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</p> |

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| | of Many Springs". |
| Population | The population is currently estimated at a little less than 3 million. |
| Language | The official language of Jamaica is English. Jamaicans primarily speak an English-African Creole language known as Jamaican Patois, which has become known widely through the spread of Reggae music. |
| Currency | <p>Jamaica has its own dollar, far less valuable than the Canadian dollar. In all exchanges, determine which dollar unit is being quoted in the price: US or Jamaican. Otherwise, it's possible you could get cheated in a financial transaction.</p> <p>Currently (12th June 2013) one Canadian dollar = 98 Jamaican dollars – which makes conversion very easy on the basis of one Jamaican dollar equals one cent Canadian!</p> <p>All the major resorts and first-class restaurants quote prices in U.S. dollars, so many visitors can go through their entire trip without the 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 | 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. |
| Government | 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. |
| Documentation | 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. |
| Time zone | 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 |

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| | 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. |
| Health | <p>Travelling to Jamaica should not adversely affect your health. Finding a good doctor in Jamaica is no real problem, and all of them speak English, of course. Keep the following suggestions in mind:</p> <ul style="list-style-type: none"> - It's best to drink bottled water in Jamaica. - If you experience diarrhea, moderate your eating habits and drink only bottled water until you recover. If symptoms persist, consult a doctor. - The Jamaican sun can be brutal. Wear sunglasses and a hat, and use sunscreen liberally. Limit your time on the beach the first day. If you do overexpose yourself, stay out of the sun until you recover. - Some of the biggest annoyances in Jamaica are the insects called "no-see-ums," which appear mainly in the early evening. You can't see 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. |

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| 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: 32C with sun and clouds (12 th June 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... |

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| 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 | <p>Kingston is the capital and largest city of Jamaica, located on the southeastern coast of the island. It faces a natural harbour protected by the Palisadoes, a long sand spit which connects the town of Port Royal 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.</p> <p>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.</p> <p>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,</p> |

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| | <p>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.</p> <p>Parade is a Mecca for shoppers! Bargain hunters can find everything they need. With the various arcades, the grand Coronation Market, the high street stores and the plethora of handcart and street vendors moving about, just about any wish can be granted, and any need fulfilled with the exchange of a few dollars. If you don't intend to buy and just want a sense of a Jamaican market, Coronation Market is a necessary stop. It is crowded, noisy, chaotic and filled with countless delicious scents and amusing verbal advertisements and exchanges.</p> | | | | | | | | | | | | | | | | | | |
| Distances | <p>Driving Times</p> <table border="0"> <tr> <td>Kingston to Mandeville</td> <td>around 1.5 hours</td> <td>98 km</td> </tr> <tr> <td>Montego Bay to Negril</td> <td>less than 1.5 hours</td> <td>83 km</td> </tr> <tr> <td>Montego Bay to Ocho Rios</td> <td>less than 2 hours</td> <td>100 km</td> </tr> <tr> <td>Ocho Rios to Port Antonio</td> <td>less than 2.5 hours</td> <td>97 km</td> </tr> <tr> <td>Ocho Rios to Kingston</td> <td>less than 1.5 hours</td> <td>97 km</td> </tr> <tr> <td>Port Antonio to Kingston</td> <td>less than 2 hours</td> <td>109 km</td> </tr> </table> | 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 |
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| JUTA | <p>Jamaica has a transport service specifically for visitors. It's called JUTA, Jamaica Union of Travelers Association. Equipped with a fleet of well-maintained, air-conditioned cars, buses, coaches and luxury vehicles, each piloted by experienced and friendly drivers, JUTA is the right choice for visitors looking for more than just a way to get from one place to another. Choosing JUTA means that not only will you travel to your destination in comfort and style, but you'll also enjoy extremely personal service – all in all, making for a memorable Jamaican experience. JUTA drivers are certified by the Jamaica Tourist Board, and as such have attended seminars about Jamaica's history, culture, geography, and flora and fauna. Armed with this special training, JUTA operators often double as impromptu tour guides. On route, they'll happily entertain you with interesting historical facts, bits of local trivia and rural lore. Eager to share the joys of their home with visitors, JUTA drivers will also gladly stop at scenic spots, fruit stalls and restaurants along the way to allow you to experience local delicacies, beverages and vistas firsthand. Furthermore, all JUTA vehicles must adhere to the strict standards set by the Jamaican Transport Authority, and undergo regular road fitness tests. As a result, the vehicles are always in the best condition, ensuring your safety and comfort.</p> | | | | | | | | | | | | | | | | | | |
| Trains | <p>The only railways remaining in Jamaica are used to transport bauxite (aluminium ore) rather than people.</p> | | | | | | | | | | | | | | | | | | |
| Car Rental | <p>There are car rental agencies in most major towns and cities. Clients must be at least 25 years old to rent a motor vehicle. All drivers are</p> | | | | | | | | | | | | | | | | | | |

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| | 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 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 |

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| ACCOMMODATION TYPES | Bed and breakfasts, guesthouses, apartments, villas...and of course superb all-inclusive resort hotels – all these provide visitors to Jamaica with many options. Have a look at the Tourist Board website for more inspiration at http://www.visitjamaica.com/where-to-stay/overview.aspx Naturally, I recommend our prize hotel, Holiday Inn Sunspree Resort Montego Bay for which you can find more information at the end of these notes. |
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| 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> |
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| | <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 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> |
| <p>Kids</p> | <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</p> |

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| | tubing, both accompanied by expert guides. www.ysfalls.com |
| Teens | <p>River rafting on the Rio Grande: Shades of Errol Flynn, this is the grandest rafting experience in Jamaica. The rafts are propelled by bamboo poles and it's a wonderful way to spend a few hours on the river. You start in Berrydale in the hills and end up at rafters' rest on the coast. When we did this trip, my eldest son floated down the river alongside the raft to cool off...</p> <p>Learning to Surf at Boston Bay Beach: It's known not only for its white sands and clear waters, but also for the great jerk-pork stands. This beach has the biggest waves in Jamaica, and teens can rent surfboards and get a lesson.</p> <p>Reggae Explosion (aka The Reggae Hall of Fame) functions as a subdivision of the Island Village Shopping Center, Turtle River Road Ocho Rios (tel. 876/675-8902). Owned and operated by Christopher Blackwell, the hotel/film/music mogul who's credited with having originally discovered reggae superstar Bob Marley, it's a combination museum/public relations tool for Marley and the Jamaican music industry as a whole - a party-colored temple to the greatness of the art form. Within a high-ceilinged decor that's mostly black but highlighted with Day-Glo 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 | This destination has a reputation for romance which is backed up by several resorts that focus on this aspect of vacations – Holiday Inn Sunspree Resort Montego Bay have special arrangements for weddings, honeymoons and vow renewals |
| Honeymoons & Weddings | 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 |

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| | <p>marriage license, call the Ministry of Justice at 1-876-906-4923 or visit: Ministry of Justice, 2 Oxford Road, NCB Towers, 10th floor/South Tower Kingston 5 Tel: 1 876 906 4923 -31 Fax: 1 876 906 1712 - 3 Email: customerservice@moj.gov.jm</p> |
| <p>Meet the People</p> | <p>Share in the Jamaican Experience What better way to experience the culture of a nation than through its people? For travellers seeking insight into the Jamaican experience and the warm welcome of a Jamaican friend, the island's Meet-the-People programme provides an ideal option. Launched in 1968 by the Jamaica Tourist Board (JTB), the Meet-the-People programme reaches out to visitors curious to explore the culture of this vibrant Caribbean island, taking them beyond the traditional resort and beach setting into the colourful realm of Jamaica's lifestyle, tradition and customs. Visitors wishing to take part in the Meet-the-People programme are teamed up with Jamaican hosts or volunteers who share a common profession, hobby or interest, free of cost. In true Jamaican fashion, these volunteers offer a hand of friendship and hospitality to visitors who genuinely want to know Jamaicans and the Jamaican way of life. Meet-the-People allows the visitor to meet a Jamaican who can enhance their enjoyment of the real Jamaica. Guests may get to meet a family or know a fellow musician, doctor, photographer, nurse, teacher or artist, or participate in a wide range of activities, such as hiking, shopping at a local craft or food market, visit a church, tour a facility or have a chat over Jamaica's famous Blue Mountain coffee. Whatever the focus, these activities are uniquely Jamaican, providing 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> |
| <p>Seniors</p> | <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> |

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| <p>UNIQUES</p> | <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</p> |
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| | <p>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> |
| <p>Surprising</p> | <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> |
| <p>History</p> | <p>For centuries, Jamaica has welcomed settlers from all around the world. This small island has played host to the Amerindians who discovered it, to Europeans who fought to own it, to Africans forced to call it home, and to Asians, Indians and Middle Easterners searching for a better life. Each group carried with it a story and tradition, throwing everything into Jamaica's melting pot. After centuries of brewing, all have blended together to give the island its rich history and heritage - an international smorgasbord of legends, cultures and customs, all displayed right here against the background of Jamaica's beautiful mountains and valleys.</p> <p>Jamaica's first inhabitants were the Tainos, an Arawak-speaking people, believed to be originally from South America. The Tainos called the island "Xaymaca" meaning "land of wood and water". These peaceful, seafaring people greeted Columbus when he first visited the island in 1494.</p> <p>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.</p> <p>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.</p> <p>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.</p> |

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

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| | <p>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 damper on what would otherwise be a perfect vacation. Climb at your leisure, and have a guide show you interesting spots where you can jump off, slide down rocks, or have a soothing massage from the falling water. Along the route up the falls there are clear pools to swim in, small whirlpools, caves to explore and a garden to picnic in.</p> |
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| <p>SPORTS ACTIVITIES</p> | <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.</p> <p>http://www.reggaemarathon.com</p> |
| <p>Golf</p> | <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</p> |

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| | <p>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 Deep sea fishing on the "Irie Lady" a private sport fishing charter boat for 1 - 6 passengers. Bait and tackle are included. The vast crystal - clear water of the Caribbean Sea offers exciting adventures with marlin, trophy-size kingfish, fighting barracuda, sailfish, wahoo and a host of other species. They arrange free transportation within an 8km radius, which covers the resort of Montego Bay.</p> |
| Horse riding | <p>The best riding is on the North Shore. Jamaica's most complete equestrian center is Chukka Caribbean Adventures (tel. 876/972-2506; www.chukkacaribbean.com), at Richmond Landoverly, less than 6km east of Runaway Bay.</p> <p>Another good program is offered at Rocky Point Riding Stables (tel. 876/953-2286), Half Moon Club, Rose Hall, Montego Bay, housed in the most beautiful barn and stables in Jamaica.</p> |
| Hiking | <p>The hiking jewel in Jamaica's crown is Blue Mountain Peak. The peak is the highest on the island, rising to an altitude of 7402ft. Overall, the 22km Peak Trail takes about seven hours.</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> |

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| <p>Cycling</p> | <p>Blue Mountain Bicycle Tours Ltd., 121 Main St., Ocho Rios (tel. 876/974-7075; www.bmtoursja.com) offers all-inclusive, all-day biking holidays in Jamaica's Blue Mountains, the Caribbean's highest mountain range. The highlight of the tour is the famous Downhill Bicycle Tour, with panoramic vistas in all directions. The tour features a Jamaican brunch and lunch at a local cafe. You're taken around by experienced guides and provided safety equipment as well. Time is allotted for a refreshing waterfall swim.</p> |
| <p>Diving</p> | <p>There is excellent diving available in various locations in Jamaica. Diving is sometimes offered as part of all-inclusive packages by the island's major hotels, such as Couples resorts. There are also well-maintained facilities independent of the hotels. Near Montego Bay, Seaworld Resorts (tel. 876/953-2180; www.caribluehotel.com), at the Cariblue 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. 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. Websites for Divers - For useful information on scuba diving in the Caribbean, check out the website of the Professional Association of Diving Instructors (PADI) at www.padi.com . This site provides descriptions of dive destinations throughout the Caribbean and a directory of PADI-certified dive operators. Scuba Diving Magazine also has a helpful website at www.scubadiving.com . Both sites list dive package specials and display gorgeous color photos of some of the most beautiful dive spots in the world.</p> |

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| <p>CULTURE</p> | |
| <p>Arts</p> | <p>Jamaican paintings, sculpture and pottery are among the best in the Caribbean. What makes the art extraordinary is its diversity. Artists work in a variety of styles, modes and forms, ranging from the academic to the self-taught or intuitive, the surrealist and symbolist to the impressionist and social-realist. Also they blend European, African and American influences. And they've learnt from Europe's and America's classical and abstract forms, while mimicking the techniques, colours and symbols found in African art. All together, they've collected and merged these influences to create the extremely varied, unique Jamaican school of art.</p> <p>The Ward Theatre in Kingston is Jamaica's largest and best-known performing arts theatre, and has a rich and fascinating history. That</p> |

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| | <p>aside, the building itself is certainly worth a visit, but attending a performance there is clearly the best way to experience Jamaican theatre, history and culture firsthand. Call ahead or stop by the box office to see what's on. Usually the National Pantomime, an annual production of the Little Theatre Movement opens on December 26 and runs for a few months afterwards.</p> |
| <p>Music</p> | <p>Thumping, infectious and passionate sounds are the trademarks of Reggae, Jamaica's most internationally recognised music and the heartbeat of the people. Although this is Jamaica's music, its origins are in the villages of Africa where the people's forefathers mourned the passing of an ancestor, heralded the birth of a son or celebrated the end of a harvest with song and dance.</p> <p>Jamaica's traditional music is heavy with the substance of Jamaican collective experiences, struggles for personal freedom and independent nationhood. Music has been a tool for rebellion and for communication with each other, nature and the Divine. It also provides a lyrical voice for social and political commentary. The fusion of African and European heritage has produced several forms of music that still thrive in many modern communities.</p> <p>These folk forms fall into three main groups – tunes for work and entertainment, religious melodies and dance music. Each group has its own harmony, but all share a commonality in the types of accompaniments used, primarily the drum and small wind and string instruments.</p> |
| <p>Films</p> | <p>The James Bond film "Doctor No" was filmed in Jamaica, which is appropriate as Ian Fleming lived in Jamaica and wrote many of his 007 books here. He used the island as a setting in other James Bond novels, including Live and Let Die, For Your Eyes Only, The Man with the Golden Gun and Octopussy.</p> <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> |
| <p>Museums</p> | <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,</p> |

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| | Robert "Bob" Marley. The museum is located in Marley's original studio in Kingston where he recorded many of his songs. |
| Festivals | <p>Reggae Sunfest July 21 – 27, 2013 First staged in 1993, Reggae Sunfest quickly became the world's premiere reggae music event. The festival showcases the best of Dancehall and Reggae music, as well as top R & B/Hip Hop performers and offers delicious Jamaican cuisine and arts and crafts. Each year, the event attracts more than 30,000 patrons to the tourist capital of Montego Bay in mid-July. http://www.reggaesumfest.com</p> <p>Jamaica Jazz and Blues Festival is held every January at Greenfield Stadium in Falmouth with high profile performers such as Natalie Cole, Air Supply and Ron Isley. http://jamaicajazzandblues.com</p> |

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| 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. The indigenous streamer-tailed hummingbird or "doctor bird" is</p> |

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| | <p>Jamaica's national bird. It is called the "doctor bird" because of its long black tail resembling an old-time doctor's coat. The doctor bird's feathers are the most iridescent and beautiful of all the hummingbirds on the island.</p> <p>The Giant Swallowtail butterfly, papilio homerus, exists exclusively in Jamaica. With a wingspan of up to six inches (0.2 m), it is believed to be the largest butterfly in the western hemisphere and the second largest in the world. The zebra, another indigenous butterfly, has a fascinating habit –every evening, large swarms roost on the same tree or branch. This unusual behaviour baffles scientists.</p> <p>In addition to these birds, butterflies and frogs, Jamaica has rare yellow snakes, infinite numbers of snails, hundreds of types of bats, six foot long lizards, and fireflies that light up the night sky.</p> |
| <p>Parks</p> | <p>Royal Palm Reserve</p> <p>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</p> <p>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 (500 sq. miles). Much of the Cockpit Country remains uninhabited and, even today, still hasn't been explored in depth. Conical hillocks were dissolved by an elaborate drainage system of caves and sinkholes. No other region of the Caribbean has such intriguingly named settlements: Wait-a-Bit, Rest and Be Thankful, and Me No Sen You No Come. Jamaica at present classifies the Cockpit Country as a National Reserve and there is a movement afoot to have it declared a national</p> |

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| | <p>park. Try Cockpit Country Adventure Tours (tel. 876/610-0818; www.stea.net) for guided tours.</p> |
| <p>Gardens</p> | <p>Hope Botanical Gardens & Zoo, Hope Road, Kingston Visit a Jamaican Shangri-La, a 93-hectare (230-acre) plot of beauty and the largest botanical garden in the West Indies. It is adjacent to the Mona campus of the University of the West Indies. The "Hope" in the name comes from Richard Hope, a British Army commander who lived here in the mid-17th century. After the grime of downtown Kingston, it's a lovely place for a tranquil stroll; attractions include a cactus garden, sago palms, an orchid house, various greenhouses, an ornamental pond, and a "forest garden," with an aviary for the "birdie" in you. There's also a little zoo on-site. Admission to the gardens themselves is free, and they are open daily from 6am to 6pm.</p> <p>Coyaba River Garden gets its name from an Arawak word meaning paradise or heaven - so it's no wonder it's become a popular place to say "I do". Nestled in the hills, the small manicured garden displays a variety of flowering plants and vines, ferns and trees. Water plays an important role in the garden's ambiance, and shallow crystal-clear streams and ponds crisscross the grounds. After you roam Coyaba's garden, browse the gift shop, enjoy a cup of Blue Mountain Coffee at the courtyard cafe or take a tour of the museum, which displays many artefacts, including bits of Arawak pottery, a mantrap from the 19th century, Spanish water jars and 16th century maps.</p> <p>Cranbrook Flower Forest is a garden within a park, and is a popular picnic spot. The 130-acre property holds a working nursery, four lawns with barbeque areas and swings, a diverse collection of plants, fishing ponds stocked with tilapia, and a river coursing through the property. The main garden is a horticulturist's dream, with thousands of plant species parked along trails and in a greenhouse. There's also an area 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> |

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Historical Sites

Rose Hall Great House

The legendary Rose Hall is the most famous great house on Jamaica. The subject of at least a dozen Gothic novels, it was immortalized in the H. G. de Lisser book, *White Witch of Rose Hall*. The house was built from 1778 to 1790 by John Palmer, a wealthy British planter. At its peak, this was a 2,640-hectare (6,521-acre) plantation, with more than 2,000 slaves. However, it was Annie Palmer, wife of the builder's grandnephew, who became the focal point of fiction and fact. Called "Infamous Annie," she was said to have dabbled in witchcraft. She took slaves as lovers and then killed them off when they bored her. Servants called her "the Obeah woman" (Obeah is Jamaican for voodoo). Annie was said to have murdered several of her husbands while they slept and eventually suffered the same fate herself. Long in ruins, the house has now been restored. Located 15km east of Montego bay.

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

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| | <p>collection of his books, and the living room is warm and comfortable, with big armchairs and two grand pianos (where he composed several famous tunes). Guests stayed at Blue Harbour, a villa closer to Port Maria; they included Evelyn Waugh, Winston Churchill, Errol Flynn, Lord Laurence Olivier, Vivien Leigh, Claudette Colbert, Katharine Hepburn, Mary Martin, and the Queen Mother. Paintings by the noted playwright/actor/author/composer adorn the walls. An open patio looks out over the pool and the sea. Across the lawn, Sir Noël is buried under a simple white marble gravestone.</p> |
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| OTHER ACTIVITIES | |
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| Shopping | <p>Take a taste of Jamaica home with Blue Mountain coffee or Jamaican rum. Buy colorful art from the Contemporary Art Centre in Kingston or go to the Craft Market in Negril for carvings, beads and straw items. Arts and crafts range from alabaster and woodcarvings to weavings, and any outlet of Things Jamaican, sells a reliable assortment, including locations in Montego Bay and Harmony Hall outside Ocho Rios on the North Coast.</p> |
| Markets | <p>A visit to Dunns River Falls is a necessary stop for any visitor to the island, and the experience is perfectly complemented by a visit to the craft park at the top of the falls. The Dunns River Craft Market is one of the largest in Jamaica, featuring the work of artisans and vendors from as far away as Kingston. Dunns River is a prime place to have hair braiding done; with many braiders present, it is easier to negotiate a good price here than in the centre of town.</p> <p>At the Crafts Market, near Harbour Street in downtown Montego Bay, you can find a good selection of handmade souvenirs of Jamaica, including straw hats and bags, wooden platters, straw baskets, musical instruments, beads, carved objects, and toys. That jipijapa straw hat is important if you're out in the island sun.</p> |
| Nightlife | <p>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.</p> |
| Casinos | <p>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.</p> |

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

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restaurants.

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:

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

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

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| | <p>rocky inlet, this restaurant serves terrific cuisine, such as smoked marlin and peppered pork with yams.</p> <ul style="list-style-type: none"> - Bloomfield Great House (Mandeville; tel. 876/962-7130): Once part of a coffee plantation, this restaurant today serves one of the island's best-orchestrated menus - everything from smoked marlin with black caviar to the best pasta dishes in this part of Jamaica. - Evita's Italian Restaurant (Ocho Rios; tel. 876/974-2333): Evita (actually Eva Myers) is a local culinary star, devoting at least half her menu to pastas. Her recipes range from the north to the south of Italy. Try snapper stuffed with crabmeat or lobster and scampi in buttery white-cream sauce - all washed down with a good Italian wine. - Mille Fleurs (Port Antonio; tel. 876/993-7267): In the Hotel Mocking Bird Hill, this restaurant is terraced and perched 180m (600 ft.) above sea level with panoramic views. People come here for the delectable food, which has been praised by Gourmet magazine. Opt for coconut-and-garlic soup or the fish with a spicy mango-and-shrimp sauce. - Norma's on the Terrace (Kingston; tel. 876/968-5488): Kingston's Norma Shirley, the island's foremost female restaurateur, serves up a nouvelle Jamaican cuisine without equal in the area. Try such Jamaican specialties as chowder with crabmeat, shrimp, conch, and lobster, or grilled smoked pork loin in a teriyaki-and-ginger sauce. - Strawberry Hill (Kingston; tel. 876/944-8400): This is one of the best modern Jamaican restaurants, tucked in the Blue Mountains. Even if you don't stay at this exclusive resort, try grilled fish with jerk mango or grilled shrimp with fresh cilantro in its restaurant. |
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| MORE INFO | |
| Brochures | 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 |
| Website | For Jamaica: http://www.visitjamaica.com |

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| PERSONAL EXPERIENCES | Negril, Montego Bay, Ocho Rios, Dunns River Falls River rafting on the Rio Grande |
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| <p>TRANSAT AND NOLITOURS IN JAMAICA</p> | <p>Transat and Nolitours have the widest choice of Jamaican vacations with frequent direct flights and a range of accommodations from small, cozy hotels to the biggest all-inclusive resorts.</p> <p>Relax on the world famous beaches or explore Jamaica on one of the excursions on offer from Transat and Nolitours. 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. You have a choice of several hotels in the NoliGOLF and Transat Golf Collection - hotels specially recommended for golfers that have golf inclusions as part of the package.</p> <p>Fly to Jamaica with Air Transat for a summer vacation or take advantage of Transat and Nolitours generous early booking promotions to plan your winter escape to the sun. Get married in paradise or take the kids to one of the many family-orientated resorts. Choose from Montego Bay, Negril, Ocho Rios, Runaway Bay and more.. Ask your travel agent for the Transat Holidays Sun Collection 2013-2014 and Nolitours Sun 2013-2014 brochure and go to www.transatholidays.com and www.Nolitours.com</p> |
| <p>Transat Background</p> | <p>For over 25 years, Transat Holidays has been offering a large selection of vacation options in Europe, Florida and the south, as well as cruises. In addition to more than 200 south hotels available in the form of all-inclusive packages, Transat also offers a wide range of flights, packages, tours and à la carte products in some 30 European destinations. Their packages are flexible and tailored to stays of varying lengths. Their employees aim to exceed vacationers' expectations in order to maintain their position as a market leader here in Canada. They see their role as turning holiday dreams into reality: making the vacation experience of their guests one of the most memorable ever.</p> |
| <p>Transat Collections</p> | <p>Because we all have our own definition of ideal vacation, Transat Holidays has designed exclusive Collections to meet the needs of different travellers.</p> <p>Last winter (2012/2013), the Distinction and Luxury collections represented 19% of Transat Holidays' business. Out of 452 hotels offered by Transat Holidays and Nolitours, 61 are exclusive to them, and they accounted for 38% of the 2.7 million room nights sold. Together, Collections product represented 59% of Transat Holidays and Nolitours room nights.</p> |

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Experience Collection

Beyond its beautiful beaches and fabulous weather, the south offers a wealth of fascinating travel opportunities. So, Transat has put together a collection of out-of-the-ordinary experiences to complement your dream vacation under the sun.

The **Jamaican Escapade** from their Experience Collection in the Transat brochure is called “**Cascades of Fun**” and is based out of the five star Grand Bahia Principe Jamaica Royal Golden in Runaway Bay. It includes Port Antonio, rafting the Rio Grande, traditional lunch, the Bay View Eco-Resort, Frenchman’s Cove and the Somerset Falls in a two day get-away-from-it-all adventure.

Duo Collection

Vacations don’t have to come in neat little boxes. Transat Holidays has introduced a line of packages that allows travellers to enjoy a more complete vacation experience by combining two very different destinations. You could spend part of your vacation soaking up the sun on a beautiful beach, and the other half exploring the cultural and historic attractions of an intriguing city or town. Or you could opt for a few days of snorkelling in a gorgeous coral reef, before relaxing to the sounds of the surf in a completely different destination.

Wedding Collection

Transat Holidays have been helping couples achieve their dream destination weddings for nearly 25 years. Let them turn your dream wedding into a week-long celebration.

They feature three levels of wedding package: “Joy”, “Bliss” and “Euphoria”. To book a wedding package, just contact your travel agent.

Distinction Collection

Transat Holidays’ Distinction Collection was especially designed for travellers looking for an enhanced travel experience. Located on stunning beaches, these resorts offer exclusive privileges, added services and superior comfort. You’ll notice the difference the minute you arrive. Beautiful surroundings, attentive service, superb facilities and spacious accommodations serve as the backdrop for that special vacation you’ve always wanted.

Before takeoff

- Avoid the wait at the airport with Online check-in service at www.airtransat.ca

- Upgrade to Option Plus and enjoy even more privileges

On the plane

- Italian leather ergonomic seats

- Welcome champagne glass

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| | <ul style="list-style-type: none"> - Choice of hot meal and complimentary glass of wine During your stay - Non-stop transfer from the airport to your resort - Exclusive room location - Concierge service - Minimum of three guaranteed reservations for à la carte restaurants - 24-hour room service |
| Awards | Agent's Choice Awards: For the fifth consecutive year, Transat Holidays was named Wholesaler of the Year by travel agents in 2012. |
| Current Brochures | Transat Holidays Sun 2013-2014 and Nolitours Sun 2013-2014 brochures are available at your local travel agent and cover vacations through to October 2014 |
| Air Transat's New Comfort Zone | With so many new comfort features, you're on vacation the minute you take your seat. Air Transat is giving their fleet a full makeover. Starting in 2012, one by one, the planes and passengers are soaring to new heights in design and comfort. They are rolling out the new cabins over the next two years. For a glimpse of what it all looks like: http://www.youtube.com/watch?v=ZBse6WOCd70 |
| Air Transat Kids Club | To ensure that your family vacations are fun and unforgettable from beginning to end, Air Transat has created Kids Club so that young passengers can really enjoy themselves whilst onboard an Air Transat flight. It is designed to make air travel a fun experience for young travellers (and for their parents!). Even before the doors of the plane are closed following boarding, every child receives a small bag containing all sorts of surprises and games. The more fun they have, the easier the flight. Furthermore, children who are members of Air Transat Kids Club enjoy certain exclusive privileges. Members of the Air Transat Kids Club will enjoy several benefits that the whole family can share. You can check in at a special "Air Transat Kids Club Members" counter. Thanks to these special counters located in major Canadian airports where Air Transat flies, checking-in is quicker than before. At check-in, special tags will be placed on your baggage; as a result, your baggage gets priority treatment. |
| Air Transat Upgrades | Air Transat has added more legroom on all their aircraft, making the journey to and from your destination even more comfortable. They have also introduced a new Economy Class meal service on sun destination flights. Passengers flying south will now be welcomed onboard with a glass of champagne, while early morning passengers will be greeted with a mimosa. The meal service has also been improved. The airline will now offer passengers a more complete meal tray, including a choice of two hot meals, a complimentary glass of wine and dessert. |
| Best Leisure Airline | Air Transat was named World's Best Leisure Airline at the Skytrax annual World Airline Awards, held at the 2012 Farnborough |

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| | <p>International Airshow, near London in the UK.</p> <p>Distinctions were based on a survey measuring the satisfaction of more than 18 million customers. Conducted over a 10-month period, this survey included over 200 airlines that were rated on 38 different aspects of the passenger experience. The study analyzed customer satisfaction for the Airline Passenger Experience, from check-in to boarding, onboard seat comfort, cabin cleanliness, food and beverages, onboard entertainment, and service of staff.</p> <p>In the past five years, Air Transat has gained other recognitions as a result of its numerous environmental initiatives. In 2011, the Company ranked first worldwide in the Atmosfair Airline Index environmental performance indicator, in the long-haul category. Air Transat also obtained the Platinum LEED-EB (existing building) certification for its headquarters, located within the Montreal–Trudeau airport site.</p> <p>Air Transat was recognized as the Best Charter Airline for the fifth consecutive year at the Agents' Choice Awards, which represents the largest sampling of travel agents in Canada. The airline also received the Family Friendly Airline Award, which acknowledges carriers that provide additional services and extra comfort to children & parents.</p> |
| <p>Transat Compensation Plan</p> | <p>Transat has introduced a new compensation plan for clients affected by an advanced flight schedule change on all South, Florida and Europe flights, packages and cruises. This new policy applies to all bookings made with Transat Holidays, for Air Transat or CanJet flights.</p> <p>Applicable to schedule changes within 45 days of departure.</p> <p>Schedule change of 3 to 12 hours</p> <ul style="list-style-type: none"> • Transat will offer a \$50 voucher for future travel. <p>Schedule change of 12 to 24 hours</p> <ul style="list-style-type: none"> • Transat will offer a \$75 voucher for future travel. <p>Schedule change of 24 hours or more and cancelled flights</p> <ul style="list-style-type: none"> • Clients can cancel their flight and are entitled to a full refund in the event of a schedule change of 24 hours or more. • Transat will offer a \$50 voucher for future travel to clients who cancel. • Transat will offer a \$100 voucher for future travel to clients who accept the date change. • Clients who choose a product at a lower fare will be refunded the price difference, whereas clients who select a product at a higher fare will be required to pay the balance. <p>Schedule change of 3 hours or less</p> <ul style="list-style-type: none"> • No compensation will be offered to clients experiencing a schedule |

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| | change that is delayed or advanced by 3 hours or less. |
| Transat Club Class | <p>Enjoy exclusive privileges such as complimentary seat selection, wider, more comfortable leather seats, a choice of gourmet meals and fine wines, priority check-in, baggage service and boarding.</p> <p>Club Service</p> <ul style="list-style-type: none"> • Dedicated Club attendants • Attentive, personalized service • Exclusive, spacious Club cabin <p>Drinks & Snacks</p> <ul style="list-style-type: none"> • Welcome cocktails • Complimentary non-alcoholic drinks, snacks and bar service <p>Club Privileges</p> <ul style="list-style-type: none"> • Increased baggage allowance • 40 kg checked/15 kg carry-on • Exclusive, rapid check-in counter in most airports • Priority boarding • Practical travel items (on Europe flights) • Free headsets • Canadian newspapers <p>Comfort & Refinement</p> <ul style="list-style-type: none"> • Wider, more comfortable leather seats • More leg room • Complimentary Seat Selection: call 1-877-872-6728 • Choice of gourmet meals • Choice of wine and more |
| Option Plus | <p>This Economy class option includes many priority privileges and services including priority check-in, priority baggage handling, an extra 10kg baggage allowance and even champagne. Here's what you get:</p> <ul style="list-style-type: none"> • Advance seat selection on roundtrip flights • Priority check-in at a dedicated counter • Priority baggage handling • Priority boarding • Complete Air Transat travel kit on flights to European destinations • Snacks from the On Board Bistro selection • Alcoholic beverages during drinks service 200ml bottle of champagne (Sun and Europe) • Supplementary baggage allowance up to 10 kg per flight segment • Wine or beer with the meal • Headsets <p>The cost is \$79-\$119 for southbound destinations and \$99-\$209 for European destinations as at June 2013</p> |
| Option Flex | <p>Life doesn't always go exactly according to plan. When you book your dream vacation, you want to make sure you enjoy the ultimate level of flexibility should something unexpected happen.</p> |

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| | <p>Option Flex with Transat gives you just that. Option Flex lets you:-</p> <ul style="list-style-type: none"> - change your departure date, destination or hotel, up to 3 hours before departure - transfer your vacation package to a friend or family member, up to 7 days before departure - cancel your trip and get a full refund - and you won't be charged any additional fuel or currency surcharges once you've booked. <p>Benefit from these advantages for only \$49 + taxes at time of booking.</p> |
| <p>Transat and Sustainable Tourism</p> | <p>Transat recognizes the prime importance of the environment, host communities, cultural diversity, and their relationships with their employees, customers and partners. Transat is firmly committed to the responsible development of the tourism industry, and has adopted the following definition of sustainable tourism:</p> <p><i>“Sustainable tourism entails respect for nature, as well as for host communities and their values; it combines positive socio-economic benefits for local populations with an enriching experience for travellers.”</i></p> <p>The issue of the environment, as far as Transat's own facilities are concerned, is a clear and basic target. Their environment committees have implemented concrete initiatives with regard to recycling, conservation of resources, the disposal of obsolete electronic equipment, and raising employee awareness.</p> <p>Air Transat has begun developing an environmental management system that could lead to an ISO 14001 certification in the future. To find out more, consult the Transat and the Environment sections at their website:</p> <p>http://www.airtransat.ca/en/Info/the-environment-its-everyones-business.aspx?ExitID=69&ContentType=voyageur</p> <p>Eco-responsible certified hotels</p> <p>Transat urges its hotelier partners to excel in social and environmental responsibility, and formally recognizes the efforts of accommodations that commit to certification in this area. Certified establishments must maintain performance levels to continue using such labels. The indicators used vary depending on the certification scheme, but many certification organizations have begun aligning their benchmarks with the Global Sustainable Tourism Criteria.</p> <p>To help you make an informed choice when you take your next vacation, Transat list six certifications for hotels and beaches. You can also find certified hotels by searching by destination.</p> <p>Certifications for hotels</p> <ol style="list-style-type: none"> 1. Biosphere Responsible Tourism |

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| | <ol style="list-style-type: none"> 2. Green Globe 3. Green Key 4. ISO 14001 5. Travelife <p>Certification for beaches</p> <ol style="list-style-type: none"> 6. Blue Flag |
| Gift Certificates | <p>Here's your chance to make a loved one's dream come true. With Transat gift certificates you can offer the gift of travel from packages to car rental. Transat gift certificates are valid on all Air Transat, Nolitours, or Transat Holidays products in their brochures. They can be redeemed at a travel agent's office at the time of reservation. To order your gift certificates call 1-800-322-6649.</p> |
| Hurricane Policy | <p>Nolitours and Transat Holidays provide you with true peace of mind. Vacationers can travel secure in the knowledge that you will be protected should a hurricane affect your destination city in Florida, Mexico, the Caribbean or Central America. This Nolitours/Transat Holidays policy covers reservations for departures between June 1 and November 30 each year and is likely to be renewed in 2013 – check the website. If the conditions stipulated in the policy are met, you may choose one of these four options:</p> <ol style="list-style-type: none"> 1. Travel at a later date 2. Travel to another destination city 3. Travel to the booked destination city 4. Cancel with a full refund |
| Nolizone | <p>Nolitours' lively noliZONE was specifically created for travellers who would like to step outside their resort, meet new people and really get to know their destination. With tons of fun activities throughout the day and night, your biggest dilemma will be deciding what to do next. Introduced in 2011, the It Zone in Puerto Plata was so successful that this concept has been launched in other destinations.</p> <p>Their noliZONE representative will always keep you informed on upcoming activities and events, and you can also visit www.nolizone.nolitours.com to get the latest news and updates on what is going on in the noliZONE.</p> |
| Social Media | <p>Stay in touch with Transat and Nolitours at their two Facebook sites:</p> <p>http://www.facebook.com/airtransat http://www.facebook.com/nolitours</p> |
| Groups | <p>Group rates are available – as few as 10 adults make up a group. Talk to your travel agent to check the current details of Transat's group deals.</p> |
| Transat Excursions in Jamaica | <p>Most of Nolitours and Transat excursions are available online. Simply make your selection at Step 3 (Options) while booking.</p> <p>Dunn's River Falls & Shopping Tour - enjoy the scenery along the</p> |

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North Coast to Ocho Rios, duty free mecca of the Caribbean. Lunch in one of Ocho Rios' fine restaurants before your final destination, legendary Dunn's River Falls, a spectacular work of nature

Black River Safari, YS Falls and Lunch – the Black River is Jamaica's longest river and alligators are often seen on this trip.

Negril Sunset Tour – head to Rick's Café to watch the world famous sunset with a rum punch in hand

Bamboo River Rafting – float down the river on a 30 foot two-passenger bamboo raft guided by an expert local rafter

Horseback Riding - Take part in the ultimate tropical adventure! Journey through lush mountains to the picturesque coastline, enjoy breathtaking scenery and catch a glimpse of everyday life in the local community, followed by horseback riding into the warm Caribbean Sea.

Tropical Cruises - Board Jamaica's finest catamaran and sail the blue waters of the Caribbean to some of its best swimming spots. Laze on the deck, dance to reggae or just hang out and relax. Jamaican beer, rum punch and fruit punch included.

Dolphin Cove - Have a close encounter with friendly dolphins at Dolphin Cove in Ocho Rios and enjoy various exciting activities, such as swimming, splashing, petting, dancing and kissing!

Rainforest Bobsled at Mystic Mountain - Situated between the coastline and hillside, this park offers exciting activities and picture-perfect scenery! Take the Sky Explorer up 700 ft to the mountaintop for a thrilling bobsled ride and canopy tour.

Kingston Tour - Depart for the Jamaican capital of Kingston on the scenic route. Travel along winding roads to Mount Diablo and enjoy a panoramic view of the island's mountainous interior. Then head for Kingston to visit the Bob Marley Museum and other local attractions.

Spirit of Reggae - The legend of Bob Marley comes alive as you walk through the village of Nine Miles, his birth and final resting place. Learn about his culture, his passion, and Rastafarianism, the religion that helped shape his life.

Luminous Lagoon - The Luminous Lagoon is one of Jamaica's natural wonders. Surrounded by mangroves, it is home to microscopic

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| | <p>organisms that emit a phosphorescent light when the water is agitated. Plan your trip for dusk, when you can choose to swim in the luminous waters if you wish.</p> |
| <p>Price Guarantee</p> | <p>Transat's Price Guarantee on Luxury Collection resorts: Should your vacation package become available at a lower price than the one you paid, they will refund you the difference in cash (up to \$400 per adult). Transat's Luxury Collection packages have been carefully chosen to offer only the best 5-star resorts with all the amenities for the most pampering of getaways.</p> <p>1. If you book by September 30, 2013</p> <ul style="list-style-type: none"> - Enjoy this Price Guarantee - Receive a free upgrade to Option Plus or CanJet Select - Pay a \$50 deposit instead of \$250 - Have the opportunity to change your travel date up to three hours before departure - Have the chance to win your vacation <p>2. If you book by October 31, 2013</p> <ul style="list-style-type: none"> - Enjoy this Price Guarantee - Receive a free upgrade to Option Plus or CanJet Select - Have the opportunity to change your travel date up to 7 days before departure |
| <p>Nolitours Special Deals with Holiday Inn Sunspree</p> | <p>Kids Free: two children 12 and under stay and eat free. Wedding, vow renewal and free honeymoon packages available. Early booking bonus: \$160 per couple if booked 35 days or more in advance for vacations from November 1st, 2013 to October 31st, 2014</p> <p>Current (June 12th 2013) deals with Transat to this resort: \$1019 incl taxes 1 week package from Toronto departing July 6, 2013 \$999 incl taxes 1 week package from Montreal departing July 6, 2013</p> |
| <p>Holiday Inn Sunspree</p> | <p>Holiday Inn Sunspree Resort Montego Bay P.O. Box 480, Rese Hall, Montego Bay Jamaica Tel: 1 876-953-2485</p> <p>The resort offers 520 rooms in seven buildings. There are 3 à la carte restaurants (Italian, Jamaican and Seafood). For the little ones, there is a Baby Club (ages 6 months to 3 years) and Kid's Club (ages 4 to 12 years). This hotel is a noliKIDS hotel, which means it is recommended for families because of its excellent facilities – including a kid's pool, playground and games room, children's entertainment, kid's disco, kids menu and discounts for family excursions (1 child goes free). It also has a fantastic kids' offer – two children under 12 stay and eat free at this resort.</p> |

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| | <p>This hotel also offers wedding, renewal of vows and free honeymoon packages.</p> <p>Other facilities that guests can opt to pay for are at the nearby golf course and PADI scuba diving centre.</p> |
| Location | <p>The Holiday Inn Sunspree resort is a lively hotel that is great for families and friends. It is located 9 km from the Montego Bay Airport and just 12 km from Montego Bay's shopping, restaurants and nightlife. Recently renovated, the resort is nestled amidst luxuriant tropical gardens and set on half a mile of silky, white sand beach.</p> |
| Accommodation | <p>The resort offers 520 rooms in seven buildings with:</p> <ul style="list-style-type: none"> Air-conditioning 1 king-size or 2 double beds Full bathroom Hairdryer Flat screen TV Radio/alarm clock Wi-fi Coffee-maker In-room safe Iron Balcony or terrace Garden or mountain view Maximum occupancy 4 persons |
| Services | <ul style="list-style-type: none"> - Gift shop - Gym - Scuba diving centre (PADI) - Spa - WiFi |
| Dining | <p>Barefoot Bar and Grill Location: Pool and beach side Serves: Lunch If you are not ready for a full meal, or leave the beach or pool, then this is the perfect spot for light bites and drinks. Located in the main pool area.</p> <p>Portside Buffet Restaurant Location: Next to the main Pool Serves: Breakfast , Lunch , Dinner Main hotel restaurant. No reservations needed. Buffet style dining. Children will love the new Kid's Buffet Corner. Everyone will enjoy the Pizza Bar, with daily specialty Pizza's.</p> <p>De Terrace - Jamaican Specialty Location: Located inside the resort</p> |

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| | <p>Serves: Dinner De Terrace Restaurant serves a la restaurant traditional Jamaican favorites overlooking the Caribbean Sea.</p> <p>Sorrento Italian Restaurant Location: 2nd Floor Serves: Dinner Enjoy fine italian cuisine in an elegant ambiance, purged on the upper level with a partial view of the beautiful Caribbean waters.</p> <p>Sea Breeze Restaurant Location: By the Beach Serves: Dinner Gazebo Style restaurant serving a la carte grilled specialties at the beach.</p> <p>Kenko Japanese Restaurant Location: Lobby 2nd Floor by the Oasis Boardroom Serves: Dinner Kenko Japanese Restaurant features a Teppanyaki a la carte dining concept with full waiter service including appetizers, dessert, wine and cocktails. Background atmosphere is set with typical Oriental music. This restaurant is not part of the All Inclusive meal plan. A premium charge of USD 20 per person applies; children 12 and under eat free.</p> |
| Spa | <p>Relax, rejuvenate and unwind in the comfort of their unique Spa and Salon ideally located in the lush Garden Courtyard. Choose a Swedish or Aromatherapy massage, a smooth Body scrub with honey and ginger or treat yourself at the full service hair salon.</p> <p>There is also a Health and Fitness Centre equipped with Life cycles, stair stepper, treadmills, universal and free weights. TV, towels and water dispenser available right on the beach.</p> |
| Activities | <ul style="list-style-type: none"> - Basketball - Golf course nearby - Hobbie cat - Kayaking - Motorized water sports - Selected non-motorized water sports - Snorkeling - Tennis - Volleyball - Daily activities program - Mini-golf - Pedal boat - Slot machines |

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| <p>Kids</p> | <p>This resort is featured as a NoliKids resort and so has special features</p> <ul style="list-style-type: none"> - Baby Club (ages 6 months to 3 years) - Kids' Club (ages 4 to 12) - Playground - Games room - Babysitting at a modest charge <p>Family Air Services (NoliKids only) Priority check-in and boarding (Air Transat & Canjet) Priority baggage handling (Air Transat) Free seat selection for kids (for Air Transat Kids Club members) Priority meal service (Air Transat) Onboard kids' surprises (Air Transat & Canjet) Stroller service at the airport (Air Transat LIMO)</p> |
| <p>Website</p> | <p>www.ihg.com/holidayinn/hotels/us/en/montego-bay/mbjrh/hoteldetail</p> |
| <p>Deals with Nolitours for 2013-2014</p> | <p>Kids Free: two children 12 and under stay and eat free. Wedding, vow renewal and free honeymoon packages available. Early booking bonus: \$160 per couple if booked 35 days or more in advance for vacations from November 1st, 2013 to October 31st, 2014</p> <p>Current (June 12th 2013) deals with Transat to this resort: \$1019 incl taxes 1 week package from Toronto departing July 6, 2013 \$999 incl taxes 1 week package from Montreal departing July 6, 2013</p> |

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