



Rediscover the
meaning of travel

Tour Notes

Jamaica Discovery

Tour Duration – 12 Days



Tour Rating

Fitness ●●●○○ | Off the Beaten Track ●●●○○ | Culture ●●●●○ | History ●●●●○ | Wildlife ●●○○○

Tour Pace - Relaxed

Tour Highlights

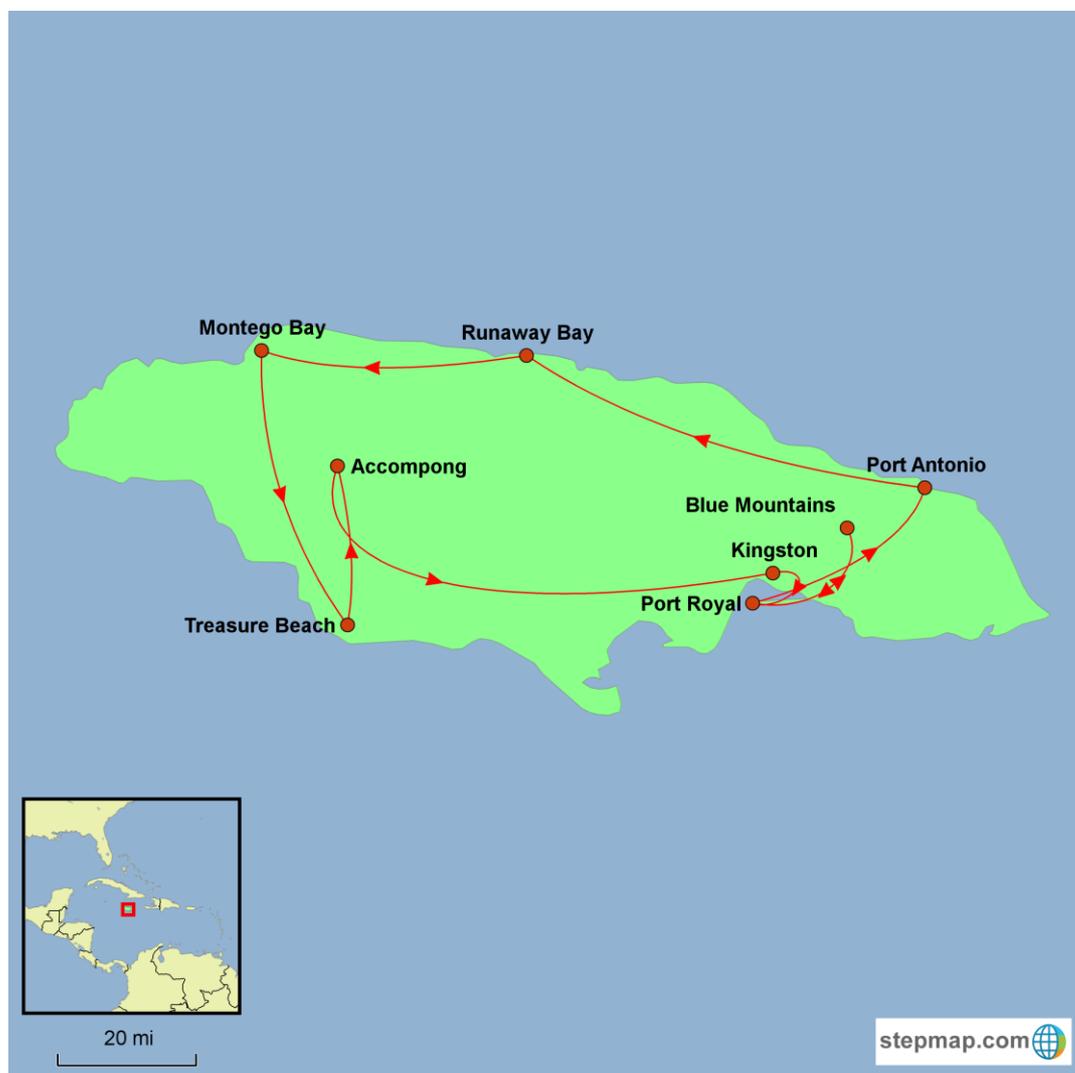
- ✓ Explore the 'real' Jamaica as we get away from the main tourist routes
- ✓ Shop in a local market and help prepare your own lunch with a local chef
- ✓ Discover Accompong, where in 1739 runaway Maroon slaves signed a peace treaty with the British to gain semi-sovereignty
- ✓ Watch the hummingbirds and walk in the beautiful Blue Mountains





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Tour Map - Jamaica - Jamaica Discovery Tour



Jamaica Discovery

Tour Essentials

- Accommodation:** 11 nights in mid range hotels
Included Meals: Daily breakfast (B), plus lunch (L) and dinner (D) as shown in the itinerary
Group Size: Maximum of 12
Start Point: Montego Bay – you can arrive any time on the first day
End Point: Montego Bay – you can depart any time on the last day
Transport: Minibus
Countries: Jamaica



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Jamaica - Jamaica Discovery Tour

Jamaica is a sun and sand destination for many, expectations ranging no further than beach barbecues and Reggae sound systems. However, there's more to this Caribbean island than bland, all-inclusive resorts. As well as headline sights in Kingston and Montego Bay and plenty of beautiful coastline this tour ventures deep into Jamaica's interior, away from over-produced cultural evenings and faux authenticity. There's time to explore historic towns and villages, visit fragrant produce markets and meet the people. A beach is a beach but this tour shows that Jamaica is another country.

Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested and on occasions alternative accommodation, of a similar standard to that named below, will be used.

Tour Guide

Our guides are a key strength, chosen for their knowledge of and passion for the areas in which they work. All of our guides are carefully hand-picked, and are not just passing through these countries, but are usually locally born. Unlike some companies it should be noted we do not send a guide or tour leader from Undiscovered Destinations in the UK as we have every confidence in our locally appointed representative who is responsible for operating the tour on our behalf. Where possible you will have the same guide throughout your trip but on occasions it may be necessary to change the guide at one or more points during the tour.

Itinerary

Day 1 – Montego Bay

Arrive in Montego Bay and transfer to your hotel. Depending on when you arrive there may be time to explore the city. Overnight Toby's Resort or similar, Montego Bay

Montego Bay

Montego Bay, commonly referred to as MoBay, is the second largest city on the island. Christopher Columbus sailed into the bay in 1494 and named it "el Golfo de Buen Tiempo" or Fair Weather Bay. The first record of a Spanish settlement shows it as Monterias and the Spaniards hunted the herds of wild hogs that used to roam the hills and produced and exported 'hog butter' or lard. The name Montego derives from the Spanish "manteca" meaning lard, and Montego Bay is shown on some ancient maps as Lard Bay. Montego Bay's original claim to resort fame was the renowned white-sand Doctor's Cave Beach which attracted celebrities and socialites from all over the world. The beach is said to be fed by healing mineral springs and it certainly boasts the most uncommonly clear and sparkling water.

Day 2 – Montego Bay

A free day to relax after your journey. There is plenty to see and do in Montego Bay or you may wish to just relax on one of the beautiful beaches. Overnight Toby's Resort or similar, Montego Bay (B)

Day 3 - Montego Bay to Treasure Beach

This morning we begin by tasting the real Jamaica at a variety local food stalls during a journey through the mountains to Treasure Beach on the south coast. Try some peanut porridge, take a bite of fried fish and chew on a piece of sugar cane. There's an opportunity to shop for fresh ingredients at the market and help prepare a Jamaican lunch with assistance from Chef Rasta. Later there's time to walk around the town of Black River





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with its colonial wooden houses, small fishing harbour and busy main street. Overnight Sunset Resort or similar. (BL)

Day 4 - Treasure Beach

Today we explore the beauty of the south coast. At YS Falls, one of Jamaica's finest natural attractions, there's time to take a swim in the cool pools and, for the more intrepid, swing on a rope like Tarzan and make a splash. Of course, it's fine to just relax and watch the hummingbirds. Afterwards we visit Bamboo Avenue, a road lined with giant bamboo that forms a natural tunnel. Later we take a safari in the protected wetlands and mangroves of Black River. Wildlife highlights include resident crocodiles and a variety of birds such as egret, pelican and maybe even fish eagle. Overnight Sunset Resort or similar. (B)

Day 5 - Treasure Beach to Mandeville

After breakfast we drive through magnificent mountains to Accompong, a chance to explore Cockpit Country in all its glory. This nature lover's paradise is also rich in culture and history. Accompong is the sole remaining outpost of Maroons in western Jamaica. During a walking tour we learn about the legacy of these remarkable people and their significance in Jamaican history. Overnight Victoria Bed and Breakfast. (B)

Accompong

Accompong Town (from the Akan name Acheampong) is "a nation within a nation" which has no taxes, police and virtually no crime. This was Jamaica's original gated community up until the 1980s and the town's gates were locked and outsiders had to seek permission to enter, but now visitors can come and go freely. Their autonomy as a self-governing community was established by a peace treaty with the British in 1739. Located in Cockpit Country, the local terrain enabled maroons and indigenous Taínos to establish a fortified stronghold that could protect them first against the Spanish and then later against the British who they successfully defeated during the First Maroon War. The inhabitants of Accompong share practices and a culture similar to their African heritage originating 200–300 years ago.

Day 6 - Mandeville to Kingston

This morning we drive along the south coast, stopping at colourful fruit stalls route, to the former capital, Spanish Town. Here we visit the main sights, including historic Emancipation Square and the Cathedral of St. James, the oldest in the British Caribbean. Afterwards we continue to Kingston via the harbour, visiting Trench Town Cultural Yard, the 'government yard' where Bob Marley lived and composed many of his best-known songs. We see Marley's old bedroom, his first guitar and the shell of his rusty Volkswagen camper van. It's impossible not to feel the city's vibes at the Parade. We stroll through National Heroes Park and walk in Marley's footsteps at the city museum. Later there's a taste of the Pirates of the Caribbean as we walk through Port Royal and watch fishing boats bring in their catch. There's time to visit Fort Charles and take in views over Kingston before checking-in to the hotel. Overnight Grand Port Royal or similar. (B)

Day 7 – Blue Mountains

Today we drive from Mandeville up a winding mountain road to the home of world-famous Blue Mountain coffee. Along the way we may stop to watch soldiers being drilled at the Newcastle army camp. Walking mountain trails in Holywell National Park, we climb through the forest to 1,400m from where there are panoramic views of St. Andrew and Portland. Descending through primary forest, we stop for a caffeine fix at a local coffee shop before returning to Kingston, and Port Royal. Overnight Grand Port Royal or similar. (B)

Day 8 – Port Royal to Port Antonio

This morning we drive through the Parish of St. Thomas, one of the least developed but most appealing parts of the island. The road passes through Bull Bay, Yallahs, Morant Bay, and the sugarcane fields en route to the northeast side of the island. Here we enjoy a swim at Long Bay and wash off the dust, before lunch at the Boston Jerk Centre. Afterwards we board a boat to admire the coastline of Portland and its expensive homes, making landfall to explore an uninhabited island. Overnight Bay View or similar in Port Antonio. (B)



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Day 9 - Port Antonio

This morning we de-stress during a gentle raft ride on the Rio Grande. As the skipper steers the bamboo raft downstream, we soak up the natural beauty and admire views of the Blue Mountains. Afterwards we walk around Port Antonio, taking in the harbour and the craft market with its colourful vendors. In the Titchfield district we explore a historic part of town, walking up the hill through rustic wooden houses to the beautiful old Titchfield Hotel. Later we spend time in Frenchman's Cove, a secluded white sand beach surrounded by lush tropical vegetation. There's time to surf the waves, relax and enjoy... Overnight Bay View or similar in Port Antonio. (B)

Day 10 - Port Antonio to Runaway Bay

The day starts with a visit to a kindergarten, part of the Jamaica School Project (*only on weekdays and not during school holidays*). We meet the children and let them proudly display their work. Afterwards we stop on the north coast at the family-owned Sun Valley Plantation where we snack on seasonal fruits, drink freshly squeezed juices and observe hummingbirds in the gardens. Later, winding roads take us to Fern Gully, a towering green tunnel of ferns and other plant life that's quite a spectacle. Arriving at the small fishing village just outside of Runaway Bay, we take time to chat to local people, before checking-in to hotel accommodation in the hills. Overnight Villa Sonate or similar. (B)

Day 11 - Runaway Bay

There's good opportunity to discover rural Jamaica today, exploring the colourful and busy produce market in Brown's Town. Afterwards we drive through the hills, enjoying panoramic views of the north coast as we pass through small villages en route. We take a step back in time, visiting one of the area's great houses, dating from the colonial period. Here the current owner guides us around the dungeons where slaves were imprisoned. Later we visit Dunn's River and experience the famous waterfalls. Here it's possible to climb up 180m through tiers of limestone shaded by rainforest - or just use the stairs located next to the falls... Overnight Villa Sonate or similar. (B)

Day 12 - Runaway Bay to Montego Bay

At a suitable time you will transfer to Montego Bay for departure.

Tour Inclusions/Exclusions

Inclusions:

Arrival and departure transfers
Transport throughout
All accommodation
Daily breakfast (B), plus lunch (L) and dinner (D) as shown in the itinerary
Services of English speaking guide for 9 days
Entrance fees for sites listed as part of the itinerary

Excluded:

International flights
Any airport taxes
Travel Insurance
Visas
Drinks
Items of a personal nature
Tips (discretionary)



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Important Information

Foreign Government Travel Warnings

We constantly monitor the advice posted by the British Foreign and Commonwealth Office (FCO). In particular we will always advise clients of any travel warnings. At present there are no warnings against travel to Jamaica. Please feel free to contact us should you have any specific concerns or would like to know in detail what measures are being taken to ensure visits remain trouble free and without incident.

It should be noted that this information applies to British citizens. Other nationals are asked to check the current position of their respective government

Accommodation and Meals

Hotel Check-in Times

As a general rule most hotels will allow guests to check-in from 2pm. Please note that the price of your tour does not include guaranteed early check-in. Therefore please advise us if you would like to ensure that your room is available for an earlier arrival. This is particularly relevant on the first day of the tour and for early morning arrivals. One option is to pre-book and pay for an extra night at the beginning of your tour which will guarantee your accommodation is available irrespective of what time you arrive. Please contact us for information and costs.

It should also be noted that on many of our tours we have set-aside Day 1 of the itinerary as an 'arrival day'. For this reason and because tour participants are likely to be arriving at different times, and often from different countries, guided sightseeing or other activities are not included. If you are arriving early or before the start date of the tour and would like to organise some extra arrangements on a private basis please contact us.

Accommodation Rating

On this tour we use comfortable mid-range small hotels with private bathrooms. Air Conditioning will be provided when necessary. In general you will find your hotel has a restaurant and/or bar if not in the hotel, nearby.

We welcome solo travellers and single rooms will be allocated subject to the applicable tour supplement. Please note that on occasions you may not always be allocated a double or twin room, as some hotels have designated single rooms. These may be smaller in size. However, the supplement payable takes this into consideration.

Food & Drink

The daily meal basis is shown in the tour itinerary; breakfast (B), lunch (L) and dinner (D). Please note that lunch may be a picnic. Water is included with the meals advised in the itinerary. All other drinks are not included and will be payable locally in cash.

Dietary Requirements

If you have any special dietary requirements you must notify us at the time of booking. While we will make every effort to cater for you, we cannot guarantee that this will be possible.



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Budgeting for your Tour

You will need some extra money to cover meals and drinks not included in the tour price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Jamaica

Lunch £3-5

Dinner £5-8

Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

Jamaica

Bottle of Water £0.80

Bottle of local beer £1.50

Tipping – Guide and Drivers

Tipping is commonly recognised as a way of rewarding guides and drivers for good service. If you are happy with your guide and driver, please consider leaving a tip for them. For this group tour, a reasonable amount would be between USD 3-5 per person per day for the guide, and USD 1-2 for the driver. If you are travelling privately, then a reasonable amount would be around USD 7-10 per day for the guide and USD 3-5 per day for the driver. Waiters and bar staff in the region are generally low paid and it is common practice to leave a small tip – around 10% of the bill.

Foreign Exchange

ATM Availability: Most towns have ATM's (called ABMs in Jamaica)

Credit and Debit Card Acceptance: Cards are widely accepted in the major towns although smaller businesses will not accept cards

Local Currency: Jamaican dollar

Recommended Currency for Exchange: US dollars, Canadian dollars, pounds Sterling, and Euros are easily converted to Jamaican dollars

Where to Exchange: Your tour guide will advise you

Joining your Tour

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will receive an airport transfer, both on arrival and departure include in the tour price. In order that the transfer can be arranged please ensure that you advise us of your flight information once available. Please advise the date, time and flight number for your



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arrival/departure. If we have not been advised of this information at least 2 weeks before travel, then you will be required to make your own way to the hotel on Day 1 of your tour.

Travel Insurance

It is a condition of booking with Undiscovered Destinations that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country and be valid for the entire duration of your holiday.

Visa Information

UK, EU and US visitors do not require a visa for entry to Jamaica. Requirements can change and therefore we recommend that you check with your nearest embassy for the most up to date details.

Passports

It is your responsibility to ensure that you are in possession of a full passport, valid for at least six months after the date of return to the UK.

We strongly advise that your passport contains a minimum of two blank pages for each country visited, as this may be a requirement of the local immigration authorities. In addition certain countries will stipulate that the two blank pages are opposite each other. If you are unable to meet these requirements you may be refused boarding by your airline or denied entry by the immigration authorities.

For specific information about the requirements for your destination please check with the country's embassy or consulate. Alternatively UK citizens can visit www.gov.uk/foreign-travel-advice.

Vaccinations & Protection

There are no compulsory vaccinations required for travel to these countries. However we recommend that you speak with your doctor or travel clinic for the most up to date advice regarding any vaccinations that may be recommended. Mosquito-borne diseases, such as Zika, Dengue fever and Chikungunya have been confirmed in Jamaica. You should take steps to [avoid being bitten by mosquitoes](#).

The legal status and regulation of some medicines prescribed or purchased in your home country can be different in other countries. If you're travelling with prescription or over-the-counter medicine, read this guidance from NaTHNaC on [best practice when travelling with medicines](#). For further information on the legal status of a specific medicine, you'll need to contact the embassy, high commission or consulate of the country or territory you're travelling to.

Preparing for your tour

Climate

The best time to visit is between mid-December and mid-April (the official winter season). In Jamaica this is also the driest part of the year. The summer months are hot and sometimes muggy. You may want to avoid September and October because of the risk of hurricanes and November because it is the rainy season.



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Clothing

When it comes to clothing it is usually recommended that lighter clothes are worn through the day, and warmer ones at night. A hat is also advised to be worn through the day to protect from the sun, along with at least one piece of waterproof/windproof clothing. Please note that it can get quite cool in the mountains in the evening so some warm clothes are advised. There will be plenty of opportunities for swimming on our tour so you may wish to take a costume and towel.

Equipment

The first thing on your list should be a first aid kit. Whilst there is no undue cause for alarm, travellers are best advised to travel well-prepared: adequately immunized, with sufficient supplies of prescription drugs, along with a medical kit. Suncream/sunblock is a must. Insect repellent, including a bite spray will also be useful to have. A torch or head torch is useful for any unexpected electricity outages or to assist in dimly lit areas.

Footwear

Comfortable walking shoes are recommended. When travelling something comfortable like sandals would be sensible.

Luggage on tour

Your luggage should not exceed 20kgs (44lbs). One large suitcase/rucksack, and one small hand luggage rucksack is acceptable.

Electric Supply & Plugs

The standard voltage is 110 V. The standard frequency is 50 Hz. The power sockets that are used are of type A / B.

Tour Itinerary Versions

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes. These tour notes were prepared on 27/8/19