

Index

See also Accommodations and Restaurant indexes, below.

GENERAL INDEX

AARP, 30

Abbey Green, 248–249

Above and Beyond Tours, 29

Access-Able Travel Source, 28

Access America, 25

Accessible Journeys, 28

Accommodations. *See also*

Accommodations Index

best

all-inclusives, 8–9

family-friendly, 7–8

to get away from it all, 8

for honeymooners, 6–7

Black River, 144

Bluefields, 140

booking a hotel room, 43

Falmouth, 102–103

Irish Town, 246

Kingston, 225–229

landing the best room, 43

Mandeville, 152–154

Montego Bay, 71–82

Negril, 111–125

Ocho Rios, 158–168

Port Antonio, 194–200

Port Royal, 242

Treasure Beach, 147

types of, 43

Web surfing for, 31

Whitehouse, 142–143

Whitfield Hall, 249

Accompany Maroon Festival

(St. Elizabeth), 23

AirAmbulanceCard.com, 29

Air Canada, 35

Airfares, 31, 35–36

Air Jamaica, 35, 42

Air Jamaica Express, 35, 42

Air Jamaica Jazz & Blues Festival

(Montego Bay), 24

Air Jamaica Vacations, 37

Airlines, 25, 35, 42–43

Airports, 35

Airport security, 36

Air rescue, 48

Albert George Shopping &
Historical Centre
(Falmouth), 101

Alexandria, 55

Alfred's (Negril), 136–137

Alligator Hole, 151

Alligator Long (dive site), 210

All-inclusive resorts, 43, 44.

See also Accommodations

Montego Bay, 78–82

Negril, 118

Ocho Rios, 162–168

Runaway Bay, 186–188

Ambassador Tours, 40

American Airlines, 35

American Airlines Vacations, 37

American Express

emergency number, 21

Moneygram, 21

traveler's checks, 20

American Foundation for the

Blind (AFB), 29

American Society of Travel

Agents (ASTA), 14

AmericaWest/US Airways, 35

Amnesia (Ocho Rios), 183

Anancy Fun Park (Negril), 131

Annotto Bay, 56, 218–219

AP (American Plan), 39, 45

Apartment rentals, 43, 45

Appleton Rum Estate, 147

Aqua Nova Water Sports

(Negril), 132

AquaSol Theme Park (Montego

Bay), 89

Architecture, 256

Art, 255–256

Art galleries, 11, 46

Kingston, 237

Montego Bay, 98

Ocho Rios, 182

Port Antonio, 221

Arts and crafts. *See* Crafts

Asylum (Kingston), 238

At Home Abroad, 45

ATMs (automated-teller

machines), 18–19, 65, 68

Attractions Link (Port Antonio),
220

Australia

customs regulations, 17

health-related travel

advice, 28

passports, 49

"Avis Access" program, 28–29

Baldi's Bar & Grill (Port

Antonio), 221–222

Bamboo Avenue, 146

Bananas, 201, 214

Banks

Kingston, 224

Mandeville, 152

Montego Bay, 69

Negril, 109

Ocho Rios, 157

Port Antonio, 193–194

Baptist Manse (Falmouth), 102

Bargaining, 47

Barrett House (Falmouth), 102

Bath, 56

Beaches. *See also specific*

beaches

best, 3

Bluefields Bay, 140, 142

Kingston, 233

Montego Bay, 88–89

Negril, 131

Ocho Rios, 173

Port Antonio, 205–211

Runaway Bay, 188

Treasure Beach, 150–151

Whitehouse, 143

Belmont, 60, 139–142

Bicycling

the Blue Mountains, 243

Negril, 109, 132

Ocho Rios, 180

tours, 38

- Bird-watching**
 Font Hill Wildlife Sanctuary (near Whitehouse), 144
 Holywell National Recreation Park, 247
 Manchioneal, 220
 Rocklands Wildlife Station, 90, 104
 San San Golf Course & Bird Sanctuary, 209
- Black River (river), 6, 145, 253**
- Black River (town), 60, 140, 143–145**
- Blenheim, 136**
- Bligh, William, 192**
- Bloody Bay Beach (Negril), 131**
- Bloomfield Great House (Mandeville), 10**
- Bluefields, 60, 139–142**
- Bluefields Beach Park, 142**
- The Blue Lagoon (Port Antonio), 10, 207**
- Blue Mountain Bike Tours (Kingston), 243**
- Blue Mountain coffee. See Coffee**
- Blue Mountain-John Crow Mountain National Park, 243**
- Blue Mountain Peak, 249**
- The Blue Mountains, 6, 243–249**
 brief description of, 14
- Boating and sailing**
 Montego Bay Yacht Club's Easter Regatta, 24
 Negril, 132
- Boat tours and cruises**
 Black River, 145
 Montego Bay, 94
 Negril, 132
 Ocho Rios, 183
- Bob Marley Birthday Bash (Montego Bay), 24**
- Bob Marley Centre & Mausoleum (Nine Mile), 189**
- The Bob Marley Experience (Montego Bay), 97**
- Bob Marley Museum (Kingston), 235–236**
- Bob Marley Week (Kingston), 24**
- Boingo, 32**
- Bonney, Ann, 135**
- Bookland (Ocho Rios), 182**
- Books, recommended, 47–48**
- Bookstores**
 Kingston, 224
 Montego Bay, 69
 Ocho Rios, 157
- Boston Bay Beach (near Port Antonio), 3, 208**
- Boundbrook Wharf (Port Antonio), 212–213**
- Bounty, HMS, 192**
- Bourbon Beach (Negril), 137**
- The Brewery (Montego Bay), 100**
- Brimmer Hall Estate (near Port Maria), 176**
- British Airways, 35**
- Brown's Town, 55**
- Budget car rentals, 41**
- Buff Bay, 56, 218**
- Bump Grave (Moore Town), 217**
- Burcell Memorial Baptist Church (Montego Bay), 93**
- Business hours, 48**
 Montego Bay, 69
- Bus travel, 42**
- "Cage, The," (Montego Bay), 93**
- Calendar of events, 23**
- Calypso, 261–262**
- Canada**
 customs regulations, 17
 embassy of, 48
 health-related travel advice, 28
 passports, 49
 tourist office in, 14
- Cardiff Hall Public Beach (Runaway Bay), 188**
- Caribic Vacations (Negril), 110, 135, 180**
- Caribtours, 37**
- Carlos Café (Kingston), 238**
- Carnival Cruise Lines, 40**
- Carnival in Jamaica, 24**
- Car-rental insurance, 26**
- Car rentals, 31, 41–42**
- Cascade Water Trail, 247**
- Cashoo Ostrich Park, 146–147**
- Castleton Botanical Gardens, 219**
- Catherine's Peak, 245–246**
- Caves**
 Cockpit Country, 105
 Green Grotto Caves (Discovery Bay), 6, 178
 Mandingo Cave, 216
- The Caves (dive site), 133**
- Caymanas Golf Course (Spanish Town), 234**
- Cecil Charlton Park (Mandeville), 155**
- Celebrity Cruises, 40–41**
- Cellphones, 33–34**
- Centers for Disease Control and Prevention, 27**
- Central Square (Port Antonio), 211**
- Changes in L'Attitudes, 44**
- Christ Church (Port Antonio), 212**
- Chub Reef (Montego Bay), 89**
- Chukka Caribbean Adventures, 39**
- Cigarette lighters, 35**
- Cinchona Botanical Gardens (Clydesdale), 248**
- Cinnamon Hill course at Rose Hall Resort & Country Club (Montego Bay), 4, 38, 90**
- Cleveland Wallace Jamaica, 50**
- Climate, 23**
- Clinicare Pharmacy (Montego Bay), 69**
- Clydesdale, 248**
- Cockpit Country, 105**
- Coffee, 47, 155**
 Blue Mountain coffee, ###
 Jablum Coffee Company (Mavis Bank), 248
 Old Tavern Coffee Estate (Section), 247
- The Coffee Museum and Café (Ocho Rios), 182**
- Columbus, Christopher, 86, 191**
 statue of (St. Ann's Bay), 175
- Columbus Park, 54**
- Columbus Park Museum (Discovery Bay), 189**
- Condos, 44–45**
- Constant Spring (near Kingston), 234**
- Content Gap, 248**
- The Cooperage, 244**
- Coral Cliff Gaming Lounge (Montego Bay), 100**
- Cornwall Beach (Montego Bay), 3, 88**
- Cornwall Regional Hospital (Montego Bay), 69–70**
- Cornwell Barracks, 217**
- Cosmo's Seaford Restaurant & Bar (Negril), 137**
- Costa Cruise Lines, 41**
- Cottages, 45**
- Couples Resort (Ocho Rios), 173**
- Coward, Noël, 161, 162**
 Firefly (Grants Town), 162, 177–178

- Coyaba Gardens and Museum (near Ocho Rios), 176–177
 Coyaba Reef, 90
 CP (Continental Plan), 39
 Crafts, 11, 46
 Kingston, 236
 Montego Bay, 96–97
 Negril, 136
 Crafts Market (Montego Bay), 97
 Cranbrook Flower Forest & Riverhead Adventure Trail (near St. Ann's Bay), 177
 Credit cards, 19
 lost or stolen, 21
 Cricket, Kingston, 234
 Cricket Club (Montego Bay), 39
 Croydon Plantation (St. James), 94
 Cruise Masters, 40
 Cruises, Inc., 40
 Cruise-ship travelers, 40–41
 Cruises of Distinction, 40
 Cuisine, 265–266
 books on, 48
 Culture, 257–261
 Currency and currency exchange, 17–18, 48
 Customs regulations, 15–17
 Cyber Saver Bargain Alerts, 37
- D**ance, 261
 Darley Trail, 210
 Deep vein thrombosis, 27
 Delta Vacations, 37
 Dentists, Montego Bay, 69
 Devon House (Kingston), 235
 Dial-up access, 33
 Dick Kinkead Pharmacy, Ltd. (Kingston), 237
 Digital cameras, 33
 Disabilities, travelers with, 28–29
 Discovery Bay, 54
 Divers Alert Network (DAN), 26
 Doctors, 48
 Montego Bay, 69
 Doctors Cave Beach (Montego Bay), 3, 88
 Dolphin Cove (Ocho Rios), 174
 Dolphin Lagoon (Montego Bay), 91
 Dolphins, swimming with, 91, 174
 Donald Sangster International Airport (Montego Bay), 65, 107
 Drama, 261
- Drinks, 266
 Driving in Jamaica, 42
 Drugstores, Montego Bay, 69
 Duncans, 53–54
 Dunn's River Beach (Ocho Rios), 173
 Dunn's River Falls, 177
- E**conomy class syndrome, 27
 Eco-sensitive tours, the Blue Mountains, 244
 Edinburgh Castle (near Claremont), 175
 Elderhostel, 30
 ElderTrek, 30
 Electricity, 48
 Elegant Resorts International, 44
 Embassies and consulates, 48
 Emergencies, 48
 Entry requirements, 15
 EP (European Plan), 39
 Errol Flynn Estates (near Port Antonio), 213
 Escorted tours, 38
 Expedia, 14, 42
- F**abricare Centre (Montego Bay), 70
 Falmouth, 100–103
 Falmouth Blue Marlin Tournament (Montego Bay), 24
 Falmouth Courthouse, 102
 Families with children
 information and resources, 30–31
 Montego Bay, AquaSol Theme Park (Montego), 89
 suggested itineraries, 62–64
 traveling with minors, 16
 Familyhostel, 31
 Family Travel Files, 31
 Family Travel Forum, 31
 Family Travel Network, 31
 Fashions (clothing), 11, 46
 Fern Gully, 55, 175
 Film, flying with, 33
 Firefly (Grants Town), 162, 177–178
 Fishing
 Falmouth Blue Marlin Tournament (Montego Bay), 24
 Montego Bay, 89
 Port Antonio, 209
 Port Antonio International Fishing Tournament., 24
 Flying Wheels Travel, 28
 Folklore, 260–261
- Folly Point Lighthouse, 213
 Font Hill Beach, 144
 Font Hill Wildlife Sanctuary (near Whitehouse), 144
 Food and cuisine, 265–266
 Fort Charles (Port Royal), 241–242
 Fort Clarence (Kingston), 233
 Fort Dundas, 54
 Fort George, 212
 Fort George Village Shopping Arcade (Port Antonio), 220
 Fort Montego (Montego Bay), 92
 Frame Centre Gallery (Kingston), 11
 Frenchman's Cove (Port Antonio), 206
 Frequent-flier clubs, 36
 Frommers.com, 32, 43
- G**allery Carriacou (Port Antonio), 221
 Gallery of West Indian Art (Montego Bay), 98
 Ganja (marijuana), 46, 258–259
 Gardens
 Castleton Botanical Gardens, 219
 Cinchona Botanical Gardens (Clydesdale), 248
 Hope Botanical Gardens & Zoo (Kingston), 235
 Mrs. Stephenson's Garden (Mandeville), 155
 Gay and lesbian travelers, information and resources, 29
 Gay.com Travel, 29
 Georgian House (Montego Bay), 92
 Gloucester Avenue (Montego Bay), 92
 Goldeneye (Oracabessa), 10
 Golf, 38
 best courses, 4
 Kingston, 234
 Mandeville, 155
 Montego Bay, 90–91
 Negril, 132
 Ocho Rios, 174–175
 Port Antonio, 209
 Runaway Bay, 188
 Golf at HalfMoon, 38
 Gordon Town, 248
 Gordon Town Trail, 248
 Grand Lido (Negril), beach, 131
 Great River, 103, 104

- Green Grotto Caves (near Discovery Bay), 6, 178
- Green Island, 134
- Greenwood Great House (near Montego Bay), 94
- Grove Court (Mandeville), 155
- Guava Ridge, 248
- Guava River Trail, 210
- Guesthouses, 43–44
- Gunboat Beach (Kingston), 233
- H**alf Moon Beach (near Negril), 134
- Half Moon Golf, Tennis & Beach Club (Montego Bay), 5
golf course, 5
wedding packages, 30
- Half Moon Plaza (Montego Bay), 97
- Half Moon Resort (Montego Bay)
for honeymooners, 6
swimming with the dolphins, 91
tennis, 40, 91
- Hardwar Gap, 246–247
- Harmony Hall (near Ocho Rios), 178
- Hartford Holidays Travel, 40
- Health Canada, 28
- Health concerns, 26–28
- Health insurance, 26
- Hedonism II (Negril)
beach, 131
nightlife, 11, 138
- Hellshire Beach (Kingston), 233
- Hemp Heaven (Ocho Rios), 182
- Henderson's Book Store (Montego Bay), 69
- Hendricks Building (Black River), 145
- Hertz car rentals, 41
- Hideaways Aficionado, 45
- High commissions, 48
- High season, 22
- Hiking, 38–39
the Blue Mountains, 244, 247
Port Antonio, 209
- Hi-Lo Grocery Store (Negril), 136
- Hilton High Day Tour, 94
- Hind's Restaurant & Bakery (Santa Cruz), 147
- History, 250–255
books on, 47
- Holidays, 23
- Holland America Line, 41
- Holywell National Recreation Park, 247
- Honeymooning, Montego Bay, 77
- Honeymoon resorts, best, 6–7
- Hope Bay, 56, 218
- Hope Botanical Gardens & Zoo (Kingston), 235
- Hopewell, 57
- Horseback riding, 39
Montego Bay, 91
Negril, 132
Ocho Rios, 175
Runaway Bay, 188–189
St. Ann's Bay, 177
- Hospitals
Kingston, 224–225
Mandeville, 152
Montego Bay, 69–70
Ocho Rios, 157
- Hotels.com, 43
- House of Assembly (Spanish Town), 240
- Hurricane Park, 134
- Hurricane season, 23
- I**AMAT (International Association for Medical Assistance to Travelers), 27
- iCan, 29
- Industry, 248
- Inside Flyer, 36
- Insurance, 24–26
- International Air Link, 43, 108
- International Association for Medical Assistance to Travelers (IAMAT), 27
- International Gay & Lesbian Travel Association (IGLTA), 29
- International Society of Travel Medicine, 28
- Internet access, 32–33
Kingston, 224
Mandeville, 152
Montego Bay, 70
Negril, 110
- InTouch USA, 34
- INTRAV, 30
- iPass network, 33
- Ireland, passports, 49
- Irie Tech (Montego Bay), 70
- Irish Town, 244
- Ironshore Golf & Country Club (Half Moon), 38
- Ironshore Golf & Country Club (Montego Bay), 91
- Island Car Rentals, 42
- Island Village and Island Village Shopping Center (Ocho Rios), 178–179
- ITC Classics, 37
- Itineraries, suggested, 51–64
- I2room, 33
- J**ablum Coffee Company (Mavis Bank), 248
- Jake's (Treasure Beach), 6–7
- Jamaica Bobsled Café (Montego Bay), 99
- Jamaica Car Rental, 41
- Jamaica Dive Center (Runaway Bay), 4
- Jamaica Explorations (Port Antonio), 212
- Jamaica Grande's Beach (Ocho Rios), 173
- Jamaican Conservation and Development Trust (Kingston), 247
- Jamaica Reef Beach (Port Antonio), 205–206
- Jamaican Standard Products Company (Williamsfield), 155
- Jamaica People's Museum of Craft & Technology (Spanish Town), 239–240
- Jamaica Sprint Triathlon (Negril), 23–24
- Jamaica Tourist Board, 14
Montego Bay, 68
- Jamaica Union of Travellers Association (JUTA), 68
- James Bond Beach (Ocho Rios), 173
- Jazz and Blues Festival (Montego Bay), 81
- Jerk, Boston Bay Beach (Portland Parish), 208
- Jerk pork, 88
- Jerk pork and chicken, 184
- Jewelry, 11, 46
- John Crow Mountains, 243
- Jubilee Market (Kingston), 236
- The Jungle (Negril), 137
- JUTA (Jamaica Union of Travellers Association), 68
- K**elly Cruises, 40
- Kensington, 105
- Kingfish Point (Negril), 133
- Kingston, 62, 223–238, 224
accommodations, 225–229
arriving in, 223
banks, 224

- beaches and outdoor activities, 233–234
 brief description of, 13
 getting around, 224
 Internet access, 224
 layout of, 224
 nightlife, 237–238
 organized tours, 236
 pharmacies, 225
 restaurants, 230–233
 safety, 225
 shopping, 236–237
 side trips to Spanish Town and Port Royal, 238–243
 sights and attractions, 234–236
 travel agents, 225
 visitor information, 224
- Kingston Crafts Market (Kingston), 236**
- Kuoni Travel, 37**
- L**
- Lance's Bay, 57**
- Language, 258–260**
- Last Minute Travel Bargains, 37**
- Laundry and dry cleaning, Montego Bay, 70**
- Lazy Man's Peak, 249**
- Lethe, 103–104**
- Liberty Travel, 37**
- Lime Cay (Kingston), 233**
- Little London, 59**
- Little Theatre (Kingston), 238**
- Long Bay, 214**
- Long Bay Beach Park (Negril), 131**
- Long Hill, 103**
- Lost-luggage insurance, 26**
- Lost or stolen credit cards, 21**
- Lovers' Leap, 151**
- Lucea, 107–108**
- M**
- Mahoe Falls, 176–177**
- Mail and post offices, 48–49, 224**
- Mallard's Beach (Ocho Rios), 173**
- Manchester Country Club (Mandeville), 38, 155**
 tennis, 40
- Manchioneal, 56, 215–216**
- Mandeville, 60–61, 139, 152–155**
 brief description of, 13
 visitor information, 152
- Mandingo Cave, 216**
- MAP (Modified American Plan), 39, 45**
- Margaritaville (Negril), 137**
- Margueritaville Sports Bar & Grill (Montego Bay), 11**
- Marguerite's Seafood by the Sea and Margueritaville Sports Bar & Grill (Montego Bay), 98**
- Marijuana (ganja), 46, 258–259**
- Markets**
 Falmouth, 103
 Port Antonio, 212
 Spanish Town, 240
- Marley, Bob, 231**
 Bob Marley Birthday Bash (Montego Bay), 24
 Bob Marley Centre & Mausoleum (Nine Mile), 189
 The Bob Marley Experience (Montego Bay), 97
 Bob Marley Museum (Kingston), 235–236
 Bob Marley Week (Kingston), 24
 recommended recordings, 263–264
- Maroon Country, 39, 104–105**
- Maroon Town, 105**
- Martha Brae, 91**
- Martha Brae's Rafters Village (Montego Bay), 6, 91**
- Mary's Bay Boat Bar & Grill (Negril), 137**
- MasterCard**
 emergency number, 21
 traveler's checks, 20
- Mavis Bank, 248**
- Mayfield Falls & Mineral Springs, 135**
- Meal plans, 39**
- MEDEX Assistance, 26**
- Medic Alert Identification Tag, 27**
- Medical insurance, 26**
- Medical Services, 224–225**
- Middle Quarters, 146**
- Milk River, 151**
- Milk River Mineral Bath, 151**
- Mingles (Kingston), 11, 238**
- Miskito Cove, 57, 135**
- Moneygram, 21**
- Money matters, 17–22**
- Montego Bay, 65–105**
 accommodations, 71–82
 arriving by plane, 65
 banks, 69
 bookstores, 69
 brief description of, 12–13
 business hours, 69
 hospitals, 69–70
 hustlers, 98
 Internet access, 70
 nightlife, 98–100
 orientation, 65, 68
 post offices, 70
 restaurants, 82–88
 safety, 70
 shopping, 96–98
 sights and attractions, 92–96
 sports and outdoor activities, 89–92
 suggested itineraries, 52–53, 57, 62
 telephone, 70
 tours and cruises, 94
 transportation, 68–69
 travel agencies, 70
 visitor information, 68
 what's new in, 1
- Montego Bay Marine Park, 90**
- Montego Bay Yacht Club's Easter Regatta, 24**
- Moore Town, 217**
- Moor Reef, 142**
- Moped and motorcycle rentals, 42**
- Morgan's Harbour Hotel & Marina, 242**
- MossRehab, 29**
- Motor Sports Championship Series (St. Ann), 24**
- Mountain Valley Rafting (Montego Bay), 91**
- Mrs. Stephenson's Garden (Mandeville), 155**
- Musgrave Farmer's Market (Port Antonio), 212, 220**
- Music, 261–264. See also Reggae**
 Music festivals, 23, 24, 81, 157
 Mutual Life Gallery (Kingston), 237
- MXIII (Negril), 138**
- N**
- Naggo Head (Kingston), 233**
- Nanny Town, 209**
- National Commercial Bank (Montego Bay), 69**
- National Dance Theatre Company (NDTC), 261**
- National Dance Theatre Company's Season of Dance (Kingston), 24**
- National Gallery (Kingston), 234–235**

- National Library of Jamaica (Kingston), 235**
National Weather Service, 23
Negril, 106–138
 accommodations, 111–125
 arriving in, 107
 banks, 109
 brief description of, 13
 emergencies, 110
 exploring the area, 134–136
 Internet access, 110
 medical services, 110
 nightlife, 136–138
 orientation, 108
 pharmacy, 110
 post office and mail, 110
 restaurants, 125–131
 safety, 110
 shopping, 136
 suggested itineraries, 57, 63
 telephone, 110
 transportation, 109
 travel agents, 110
 visitor information, 108
 what's new in, 1
- Negril Aerodrome, 108**
Negril Crafts Market., 136
Negril Hills, 58, 109
Negril Hills Golf Club, 132
Negril Library, 110
Negril Lighthouse, 108
Negril Scuba Centre, 3, 39, 133
Negril Village, 108
Newcastle, 245–246
New Kingston Shopping Centre, 236
Newspapers and magazines, 49
New Zealand
 customs regulations, 17
 passports, 49
- Nightlife**
 best, 11
 Kingston, 237–238
 Montego Bay, 98–100
 Ocho Rios, 182–185
- Nikkita's (Montego Bay), 99**
Nine Mile, 189
Norman Manley Boulevard (Negril), 108
Norma's on the Beach at Sea Splash (Negril), 137
The North Coast
 brief description of, 13
 suggested itinerary, 51–56
- North Coast Marine Sports (Montego Bay), 3, 90**
Northwest Airlines, 35, 37
Now, Voyager, 29
- Nude bathing, Negril, 123**
Nude weddings, 185
Nudity, 49
- Oatley Mountain, 247**
Oatley Mountain Trail, 247
Ocean's 11 (Ocho Rios), 183
Ocho Rios, 156–185
 accommodations, 158–168
 banks, 157
 beaches, 173
 brief description of, 13
 emergencies, 157
 exploring the area, 175–180
 layout of, 156
 mail, 157
 medical services, 157
 nightlife, 182–185
 pharmacies, 157–158
 restaurants, 168–173
 shopping, 180–182
 sports and outdoor activities, 173–175
 suggested itineraries, 53–55
 taxis, 157
 travel agencies, 158
 visitor information, 156
 what's new in, 1
- Ocho Rios Jazz Festival, 24, 157**
Off season, 22–23
Old Fort Craft Park (Montego Bay), 92, 96–97
Old King's House (Spanish Town), 239
Old Tavern Coffee Estate (Section), 247
Olivia Cruises & Resorts, 29
Oracabessa, 55
Orange Bay, 218
Out & About (magazine), 29
- Package tours, 37–38**
Paradise Beach (Runaway Bay), 188
Paradise Park (Bluefields Bay), 60, 140, 142
Parish Church of St. John the Evangelist (Black River), 145
Passports, 15, 49
Pelican Bar (Parrottee Point), 146
People and culture, 257–261
Peter Tosh Museum (Whitehouse), 142
Pharmacies, 49–50
Phoenix Foundry & Central Wharf (Falmouth), 102
- Photo supplies, 70**
The Point (Montego Bay), 89
Police, 50
Port Antonio, 64, 190–222
 accommodations, 194–200
 banks, 193–194
 beaches and outdoor activities, 205–211
 brief description of, 13
 coast east of, 213–217
 coast west of, 218
 exploring the area, 211–220
 getting around, 193
 layout of, 193
 mail, 194
 medical services, 194
 nightlife, 221–222
 organized tours, 219–220
 pharmacies, 194
 restaurants, 201–205
 safety, 194
 shopping, 220–221
 suggested itineraries, 56
 taxis, 192–193
 travel agencies, 194
 traveling to, 191–192
 visitor information, 193
 what's new in, 2
- Port Antonio Courthouse, 211**
Port Antonio International Fishing Tournament, 24
Port Antonio Marina, 211, 221
Portland Gap Ranger Station, 249
Port Maria, 55
Port Royal, 240–243
Prescription medications, 27
Prospect Plantation (near Ocho Rios), 179
Puerto Seco Beach (Ocho Rios), 54, 173
- Quality Laundry & Dry Cleaners (Montego Bay), 70**
Quickbook, 43
- RADAR (Royal Association for Disability and Rehabilitation), 29**
Radio stations, 50
Rafting
 Lethe, 103
 Montego Bay, 91
 Port Antonio, 210–211
 White River, 173–174
- Rainfall chart, 22**
Rap, 262–263

- Rastafarianism, 257
 Reach Falls, 10, 216
 Reading, 57, 103
 The Rectory (Mandeville), 155
 Redlight, 245
 Reggae, 262. *See also*
 Marley, Bob
 Montego Bay, 99
 Negril, 136–137
 Ocho Rios, 176, 179
 recommended recordings,
 263–264
 Treasure Beach, 150
 Reggae Explosion (Ocho Rios),
 176, 179
 Reggae Sumfest (Montego
 Bay), 24, 81
 Reggae Summerfest (Ocho
 Rios), 24
 Renegade Stables (Ocho Rios),
 175
 Reservation services, 43
 Restaurants. *See also*
 Restaurants Index
 best, 9–10
 Black River, 144–145
 Falmouth, 103
 Hardwar Gap, 247
 Irish Town, 246
 Kingston, 230–233
 Mandeville, 154
 Montego Bay, 82–88
 Negril, 125–131
 Ocho Rios, 168–173
 Port Antonio, 201–205
 Port Royal, 242–243
 tips on, 45–46
 Treasure Beach, 149–150
 Whitehouse, 143
 Rhodes Hall Plantation (near
 Negril), 134
 Rhodes Mineral Springs and
 Beach, 134
 Richmond Hill Inn (Montego
 Bay), 100
 Rio Bueno, 54
 Rio Grande, rafting on, 6
 Rio Grande Valley, 39, 216
 Risky Business (Negril), 138
 Road maps, 42
 Roadpost, 34
 Roaring River Park, 59
 Rocklands Wildlife Station,
 90, 104
 Rocky Point Riding Stables
 (Montego Bay), 39, 91
 Rodney Memorial (Spanish
 Town), 240
 Romantic experiences, best, 10
 Roof Club (Port Antonio),
 11, 221
 Rose Hall Beach Club (Montego
 Bay), 88–89
 Rose Hall Great House (near
 Montego Bay), 95–96
 Rose Hall Reef (Montego
 Bay), 89
 Rose Hall Resort & Country
 Club (near Montego Bay)
 Cinnamon Hill course at,
 38, 90
 tennis, 5, 40, 92
 Royal Association for Disability
 and Rehabilitation
 (RADAR), 29
 Royal Caribbean International
 (RCI), 41
 Royal Palm Reserve (near
 Negril), 134
 Royal Reef, 90
 Runaway Bay, 54, 185–189
 brief description of, 13
 sports and outdoor activities,
 188–189
 Rusty's X-cellent Adventures
 (Negril), 38, 132
Sabina Park (Kingston), 234
 Safety concerns, 28
 Kingston, 225
 Mandeville, 152
 Montego Bay, 70
 Negril, 110
 Port Antonio, 194
 St. Ann's Bay, 55, 175
 St. Elizabeth Parish, 143
 St. James Parish, 103–104
 St. James Parish Church
 (Montego Bay), 93
 St. Margaret's Bay, 218
 St. Mark's Church (Mandeville),
 155
 St. Peter's Anglican Church
 (Falmouth), 102
 St. Peter's Church (Port Royal),
 241
 Salmon's (Montego Bay), 70
 Sam Sharpe Square (Montego
 Bay), 92
 Sandals Golf & Country Club
 (near Ocho Rios), 175
 golf course, 5, 38
 Sandals Grande Ocho Rios
 Beach & Villa Resort, tennis,
 6, 40, 175
 Sandals properties, 6, 44
 wedding packages, 30
 The Sands Reef Club (Negril),
 133
 Sandy Bay, 57
 Sangster's Bookshop (Montego
 Bay), 69
 San Jago de la Vega (Spanish
 Town), 238
 San San Beach (Port Antonio),
 206
 San San Golf Course & Bird
 Sanctuary, 209
 Santa Cruz, 147
 SATH (Society for Accessible
 Travel & Hospitality), 29
 Savanna-la-Mar, 59, 63
 Scatter Waterfalls, 209
 Scotchies (Montego Bay), 99
 Scotiabank, 18
 Montego Bay, 69
 Negril, 109
 Scott's Cove (near Whitehouse),
 143–144
 Scuba diving, 39
 Kingston, 234
 Montego Bay, 89–90
 Negril, 133
 Port Antonio, 210
 Runaway Bay, 188
 Seasons, 22
 Seatec Water Sports (Negril),
 133
 Seaworld Reef, 90
 Seaworld Resorts (Montego
 Bay), 89
 scuba diving, 39
 Section, 247
 Senior travelers, 29–30
 Seven Mile Beach (Negril),
 3, 111, 131, 134
 Seville Great House (Heritage
 Park), 189
 Shipping your luggage, 37
 Shopping
 best buys, 11
 "duty-free," 97
 Montego Bay, 96–98
 Negril, 136
 tips on, 46–47
 Shops at Devon House
 (Kingston), 236
 Sights and attractions. *See*
specific destinations
 Silks Disco (Ocho Rios), 183
 Sir Alexander Bustamante
 Museum (Blenheim), 136
 Snorkeling, 39
 Moor Reef, 142
 Negril, 133
 Port Antonio, 210
 Runaway Bay, 188

- Society for Accessible Travel & Hospitality (SATH), 29
 Somerset Falls, 6, 56, 218
 The South Coast, 1, 139–151
 brief description of, 13
 suggested itineraries, 56–62, 63
 South Coast Safaris, 6
 South Coast Safaris (Black River), 145
 Spanish Town, 13–14, 238–240
 Special-interest trips, 38–40
 Sportfishing. *See* Fishing
 Strawberry Hill, 244–245
 Strawberry's (Ocho Rios), 185
 Street food, Montego Bay, 83
 Sun Daze (Montego Bay), 100
 Sun Valley Plantation (near Oracabessa), 180
 Sun Venture Tours (Kingston), 38, 244
 SuperClubs Runaway Golf Club (Runaway Bay), 38, 174, 188
- T**allawah Arts (Ocho Rios), 182
 Taxes, 50
 Taxis, 42
 Montego Bay, 68
 Negril, 107, 109
 Ocho Rios, 157
 Port Antonio, 192–193
 Telephone, 50
 Montego Bay, 70
 Television stations, 50
 Temperature chart, 22
 Tennis, 40
 best facilities, 5
 Kingston, 234
 Montego Bay, 91
 Ocho Rios, 175
 Thorn House (Falmouth), 102
 Things Jamaican
 Kingston, 237
 Port Antonio, 221
 The Throne Room (dive site), 133
 Time 'n' Place (near Falmouth), 11, 99
 Time Square Mall (Negril), 136
 Time zone, 50
 Tipping, 50
 Titchfield Hotel (Port Antonio), 212
 Titchfield Peninsula, 212
 Tours
 escorted, 38
 package, 37–38
 Town Square (Spanish Town), 239
 Transportation, 41–43
 Montego Bay, 68–69
 Travel agents, 14–15
 Kingston, 225
 Mandeville, 152
 Montego Bay, 70
 Negril, 110
 Ocho Rios, 158
 Port Antonio, 194
 Travel Assistance International, 26
 Traveler's checks, 18, 20
 Travelex Insurance Services, 25
 Travel Guard International, 25
 Traveling Internationally with Your Kids, 31
 Travel insurance, 24–26
 Travel Insured International, 25
 Travelocity, 14, 36, 42
 Treasure Beach, 147–150, 150–151
 Treasure Beach (South Coast), 3
 Tree Bar (Port Antonio), 222
 Trident Castle (near Port Antonio), 214
 Trip-cancellation insurance (TCI), 25
 Tropical Treasures (Montego Bay), 97
 Tryall Club Jamaica (Montego Bay)
 golf course, 4, 90
 tennis, 5, 40, 91–92
 Tuff Gong Recording Studios (Kingston), 237
 Turtle Beach (Ocho Rios), 173
 Turtle Crawl Bay, 214
- U**nited Car Rentals, 41
 United Kingdom
 assistance to disabled travelers, 29
 customs regulations, 16–17
 embassy of, 48
 health-related travel advice, 28
 package tours, 37
 passports, 49
 tourist office in, 14
 United States
 customs regulations, 16
 embassy of, 48
 health-related travel advice, 28
 passports, 49
 tourist office in, 14
 United Vacations, 37
 University of the West Indies (Kingston), 235
- V**alley Hikes (Manchioneal), 219–220
 Ventura (Montego Bay), 70
 VHR, Worldwide, 45
 Video, flying with, 33
 Village of St. George Shopping Mall (Port Antonio), 211
 Villas, 43
 Villas of Distinction, 45
 Visa
 emergency number, 21
 traveler's checks, 20
 Visitor information, 14–15
- W**ard Theatre (Kingston), 238
 Wassi Art (Great Pond), 180
 Watches, 11
 Watch Hill, 209
 Water, drinking, 50
 Waterfalls
 Dunn's River Falls, 177
 Mahoe Falls, 176–177
 Reach Falls, 10, 216
 Scatter Waterfalls, 209
 Somerset Falls, 56, 218
 YS Falls, 10, 145–146
 Watersports
 best outfitters, 3
 Negril, 133
 Water Square (Falmouth), 101
 Wayport, 32
 Websites
 traveler's toolbox, 34
 visitor information, 14
 Weddings, 30
 nude, 185
 Whitehouse, 60, 142–143
 White River, rafting, 173–174
 White River Falls, 210
 White Witch of Rose Hall Golf Course (Montego Bay), 4
 Whitfield Hall (near Mavis Bank), 244
 Widomakers Cave (Montego Bay), 89
 Wi-Fi access, 32
 William Knibb Memorial Church (Falmouth), 102
 Windward Edge (dive site), 234
 Windward Maroons, 216, 217

Winnifred Beach (Port Antonio), 206–208
 Witches Nightclub (Montego Bay), 100

YS Falls, 10, 145–146

ACCOMMODATIONS

- Altamont Court Hotel (Kingston), 229
 Beaches Boscobel Resort & Golf Club (Ocho Rios), 7, 163
 Beaches Negril, 7, 118–119
 Beaches Sandy Bay (Negril), 119
 Blue Harbour Hotel (Montego Bay), 76
 Blue Lagoon Villas (Port Antonio), 7, 196
 Blue Marlin Villas (Treasure Beach), 147
 Breezes Montego Bay, 8, 78–79
 Breezes Runaway Bay, 7, 186
 The Caves (Negril), 119–120
 Charella Inn (Negril), 112
 Chateau en Exotica (Port Antonio), 196
 Club Riu Negril (Negril), 1
 Coral Cliff Hotel and Entertainment Resort (Montego Bay), 75
 Country Country (Negril), 115
 Couples Negril, 120
 Couples Ocho Rios, 9, 163
 Couples Sans Souci (Ocho Rios), 7, 164
 Couples Swept Away (Negril), 120–121
 The Courtleigh (Kingston), 228
 Coyaba (Montego Bay), 7, 74
 Crystal Waters (Negril), 112
 Devine Destiny (Negril), 115
 Doctors Cave Beach Hotel (Montego Bay), 75
 Dragon Bay Beach Resort (Port Antonio), 200
 El Greco Resort (Montego Bay), 76
 FDR (Franklyn D. Resort; Runaway Bay), 7, 186–187
 FDR Pebbles (Montego Bay), 7, 79
 Fern Hill Club Hotel (Port Antonio), 198
 Fisherman's Inn Dive Resort (Rose's by the Sea; Fal-mouth), 102–103
 Foote Prints on the Sands (Negril), 115–116
 Frenchman's Cove Resort (Port Antonio), 197
 Gloriana (Montego Bay), 1, 76
 The Gloucestershire Hotel (Montego Bay), 1, 76–77
 Goblin Hill Villas at San San (Port Antonio), 198
 Goldeneye (Ocho Rios), 164–165
 Golden Sands Guest House (Calabash Bay), 147–148
 Golf View Hotel (Mandeville), 152, 154
 Grand Lido Braco (Runaway Bay), 187
 Grand Lido (Negril), 121–122
 Half Moon (Montego Bay), 6, 71–72, 77
 Hedonism II (Negril), 122–123
 Hedonism III (Runaway Bay), 9, 187–188
 Hibiscus Lodge Hotel (Ocho Rios), 160
 High Hope Estate (Ocho Rios), 160
 Hilton Kingston Hotel, 225, 228
 Home Sweet Home (Negril), 116
 Hotel Four Seasons (Kingston), 229
 Hotel Mocking Bird Hill (Port Antonio), 8, 198–199, 212
 Idle Awhile Resort (Negril), 112
 Indies Hotel (Kingston), 229
 Invercauld Great House & Hotel (Black River), 144
 Jackie's on the Reef (Negril), 114
 Jake's (Treasure Beach), 148
 Jamaica Heights Resort (Port Antonio), 200
 Jamaica Inn (Ocho Rios), 7, 158, 160
 Jamaica Palace Hotel (Port Antonio), 199
 The Jamaica Pegasus (Kingston), 228
 Kuyaba (Negril), 116
 Marblue Domicil (Treasure Beach), 148
 Morgan's Harbour Hotel & Marina (Port Royal), 242
 Negril Inn, 123
 Negril Yoga Centre, 116–117
 Noël Coward's Blue Harbour (Port Maria), 8, 161
 Norma's at the Marina, 2
 Our Past Time Villas (Negril), 117
 Pineapple Hotel (Ocho Rios), 161
 Richmond Hill Inn (Montego Bay), 75
 Ridgeway Guest House (Montego Bay), 77
 Rio Vista Resort Villas (Port Antonio), 199–200
 Ritz-Carlton Rose Hall Jamaica (Montego Bay), 72
 Riu Clubhotel Ocho Rios, 2, 165
 Riu Tropical Bay & Club Riu Negril, 1, 123–124
 Rockhouse (Negril), 8, 117
 Rooms on the Beach (Ocho Rios), 2, 161
 Rose Hall Resort & Country Club (Montego Bay), 74
 Round Hill Hotel and Villas (Montego Bay), 73
 Royal Plantation Spa & Golf Resort (Ocho Rios), 8–9, 165–166
 Runaway Bay H.E.A.R.T. Hotel (Runaway Bay), 185–186
 Sandals Dunn's River Villaggio Golf Resort & Spa (Ocho Rios), 166–167
 Sandals Grande Ocho Rios Beach & Villa Resort, 7, 9, 167
 Sandals Montego Bay, 8, 79–80
 Sandals Negril Beach Resort & Spa, 124
 Sandals Royal Caribbean (Montego Bay), 80
 Sandals Whitehouse European Village & Spa, 1, 142–143
 Sea Splash Resort (Negril), 111
 Shafston Great House (Bluefields), 140
 Shaw Park Beach Hotel & Spa (Ocho Rios), 167–168
 Starfish Trelawny Beach & Fun Resort (Montego Bay), 82
 Strawberry Hill (Irish Town), 8, 246
 Sunset at the Palms (Negril), 124–125
 Sunset Beach Resort & Spa (Montego Bay), 80–81
 Sunset Jamaica Grande Resort & Spa (Ocho Rios), 2, 168
 Sunset Resort & Villas (Treasure Beach), 149
 Tensing Pen (Negril), 114–115

- Terra Nova All-Suite Hotel (Kingston), 228–229
- Toby's Resort (Montego Bay), 78
- Treasure Beach Hotel (South Coast), 8, 149
- Trident Villas & Hotel (Port Antonio), 196–197
- The Tryall Club (Montego Bay), 73–74
- Verney's Tropical Resort (Montego Bay), 78
- The Villas at Bluefields Bay (Bluefields), 140
- Waterloo Guest House (Black River), 144
- Wexford Hotel (Montego Bay), 78
- White Sands (Negril), 117–118
- Whitfield Hall, 249
- Xtabi (Negril), 118
- ## RESTAURANTS
- Akbar (Kingston), 232
- Alexander's (Kingston), 231
- Almond Tree Restaurant (Ocho Rios), 169–170
- Anna Bananas (Port Antonio), 202–203
- BiBiBips (Ocho Rios), 172
- Bloomfield Great House (Mandeville), 9, 154
- Blueberry Hill (near Buff Bay), 184
- Boon Hall Oasis (Kingston), 232
- The Brewery (Montego Bay), 86–87
- Bridge House Inn (Black River), 144–145
- Café Aubergine (Ocho Rios), 170
- Chelsea Jerk Centre (Kingston), 232
- Chicken Lavish (Negril), 129
- China House (Montego Bay), 87
- Coconuts (Ocho Rios), 170
- The Columbus Restaurant (Kingston), 230
- Coronation Bakery (Port Antonio), 203
- Cosmo's Seafood Restaurant & Bar (Negril), 129–130
- Culloden Café (Whitehouse), 143
- Da Gino's (Negril), 128
- Day-O Plantation Restaurant (Montego Bay), 9, 82–83
- Dickie's Best-Kept Secret (Port Antonio), 203–204
- Diners Delite (Treasure Beach), 150
- The Dinner Terrace at The Jamaica Inn (Ocho Rios), 2, 169
- Evita's Italian Restaurant (Ocho Rios), 9–10, 170–171
- Gambino's (Negril), 128
- The Gap Cafe & Gift Shoppe (Hardwar Gap), 247
- Glistening Waters Restaurant and Marina (Falmouth), 103
- Guangzhou (Montego Bay), 87
- Heather's (Kingston), 232
- The Hot Pot (Kingston), 232–233
- The Houseboat Grill (Montego Bay), 85
- The Hub (Port Antonio), 204
- Hungry Lion (Negril), 128
- Indies Pub and Grill (Kingston), 233
- International Chinese Restaurant (Mandeville), 154
- Jack Sprat (Treasure Beach), 149
- Jade Garden (Kingston), 231
- Jake's (Treasure Beach), 149–150
- Jasmine (Montego Bay), 1, 83
- Juicy J's (Negril), 130
- Julia's (Montego Bay), 83
- Kuyaba on the Beach (Negril), 128–129
- Le Papillon Restaurant and the Caviar Bar at the Royal Plantation (Ocho Rios), 2, 169
- Le Vendôme (Negril), 125
- Little Ochi (near Treasure Beach), 151
- Little Pub Restaurant (Ocho Rios), 171
- LTU Pub (Negril), 129
- Mackie's Jerk Center and Bar (near Discovery Bay), 184
- Margaritaville at Ocho Rios, 171
- Margaritaville (Negril), 130
- Marguerite's Seafood by the Sea and Margueritaville Sports Bar & Grill (Montego Bay), 86
- Mille Fleurs (near Port Antonio), 10, 205
- Mom's (Ocho Rios), 172
- The Native Restaurant (Montego Bay), 87
- The New Den (Mandeville), 154–155
- Nikkita's (Montego Bay), 1, 84
- Norma's on the Beach at Sea Splash (Negril), 9, 125–126
- Norma's on the Terrace (Kingston), 10, 230
- Ocho Rios Village Jerk Centre, 172–173
- Oliver's Vegetarian Restaurant (Port Antonio), 222
- Palm Court (Kingston), 230
- Panorama (Port Antonio), 202
- Passage to India (Ocho Rios), 173
- The Pelican (Montego Bay), 87
- Pork Pit (Montego Bay), 88
- Redbones the Blues Café (Kingston), 10, 230–231
- The Restaurant at the Hotel Four Seasons (Kingston), 231
- Richmond Hill Inn (Montego Bay), 84
- Rick's Café (Negril), 126
- Rockhouse Restaurant (Negril), 9, 126, 128
- Round Hill Dining Room (Montego Bay), 84–85
- The Royal Stocks (Montego Bay), 86
- San San Tropez (Port Antonio), 202
- Sir Henry Morgan's Restaurant, 242–243
- Strawberry Hill (Irish Town), 246
- Strawberry Hill (Kingston), 10
- Sugar Mill Restaurant (Montego Bay), 9, 85
- Sweet Spice (Negril), 130–131
- Thai Gardens (Kingston), 233
- Three Palms (Montego Bay), 85
- Toscanini's (Ocho Rios), 171
- Tradewinds Bar & Restaurant (Ocho Rios), 172
- Trident Hotel Restaurant (Port Antonio), 202
- The Upper Crust (Guilt Trip; Kingston), 233
- Wild Onion (Treasure Beach), 150
- Winsome's on the Beach (Treasure Beach), 150
- Woody's Low Bridge Place (Port Antonio), 204–205