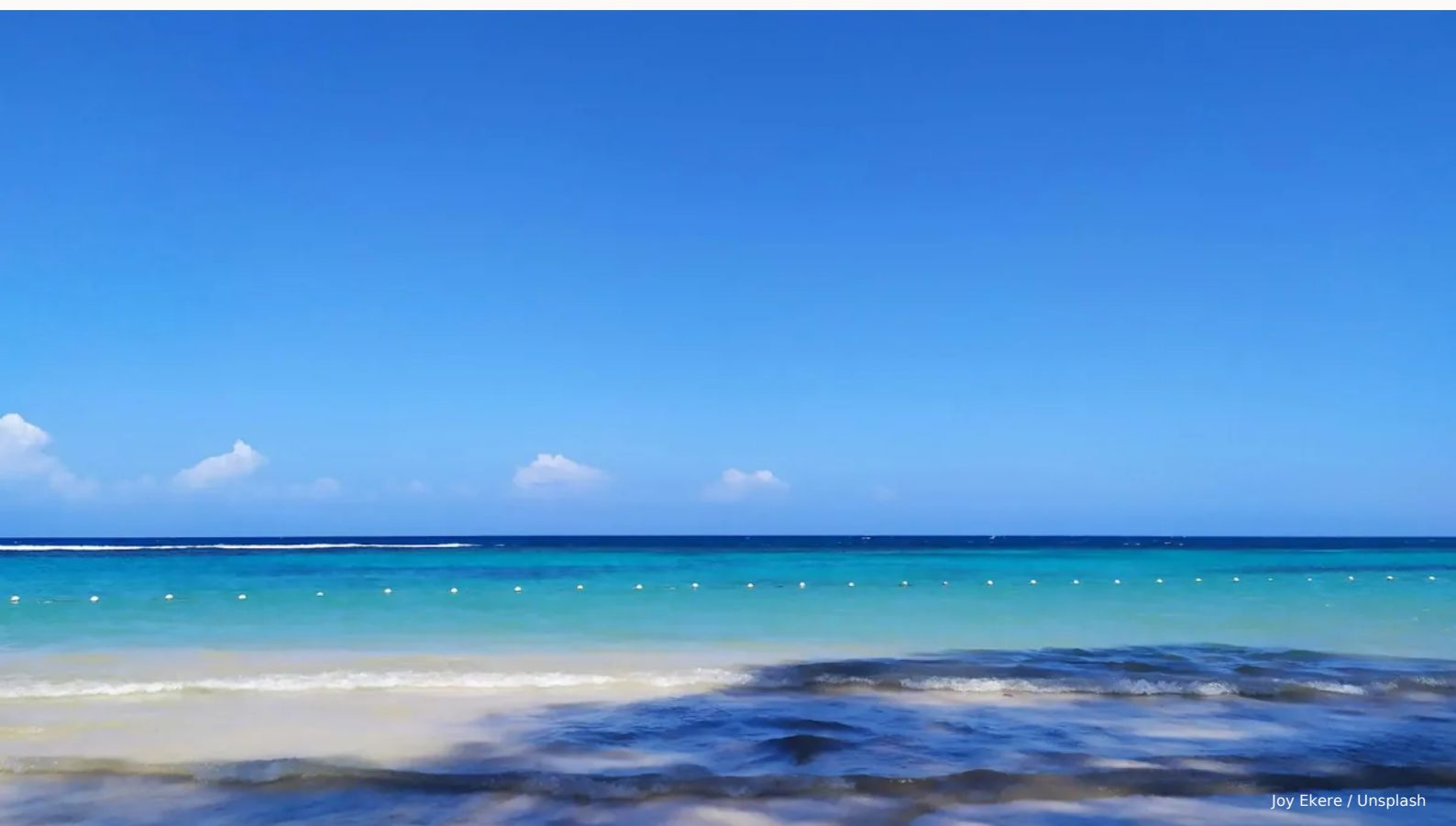




THE CARIBBEAN / DESTINATION GUIDE

Jamaica

Your island guide.



Joy Ekere / Unsplash

Beach days. Mountain air.
A rhythm all its own.

BEACHES · EXPERIENCES · STAYS · LOCAL KNOW-HOW

October 2026 edition | @thecaribbeanbible

START HERE

An island, at your pace.

A practical companion to Jamaica, from Negril’s long beach to the north coast, Portland and Kingston. Choose a region first: this is a large island, not one resort strip.

Start with the price key, choose a base, then build days around nearby places. The recommendations are editorial selections for different travel styles. Leave time for the island between bookings.

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KEEP A COPY OFFLINE

Price key: page 3. Emergency contacts: page 20. Check the safety notes on page 19 before exploring. Contents and numbered source references are clickable.

This guide follows the destination scope used on The Caribbean Bible website. It is researched travel guidance, not a claim of personal inspection or guaranteed availability.

01 / PRICE OVERVIEW

Price overview

Use the dollar symbols to compare expected spending within each category. They are planning estimates, not live quotations.

\$	\$	\$	\$	\$
BUDGET	MODEST	MIDRANGE	PREMIUM	LUXURY

A free-to-enter beach can still cost money for chairs, shade, parking or lunch. Ranges show different ways to visit, such as independent access versus a guided tour. The symbols do not represent fixed US-dollar bands or a quality score.

Compare like with like

Stays: an entry room or accommodation category per night. Season, occupancy, meal plan and room type can change the tier.

Food: an ordinary meal with a soft drink, excluding alcohol and tasting menus.

Beaches: basic access and a chair where relevant, excluding meals or premium cabanas.

Experiences: an adult ticket or standard outing; private guiding and transfers can change the total.

Shopping: the scale of a likely purchase; browsing is generally free.

MONEY ON THIS TRIP

Jamaica uses the Jamaican dollar, JMD. US dollars are accepted by many tourism businesses, but prices, conversion and change vary. Use Jamaican dollars for ordinary local purchases where practical. Read the currency on every bill; a dollar sign alone does not tell you which dollar is meant. [03]

Before paying: ask which currency is being quoted, and whether taxes, service charges, transport, deposits and equipment are included. Use the final total for your exact dates when comparing offers.

02 / BEFORE YOU GO

Before you go

Prepare the official paperwork and the first transfer before leaving home.

Complete the online C5

Use enterjamaica.gov.jm for the official immigration and customs declaration. Complete the required details before arrival and save the confirmation offline. This form is separate from visa eligibility; verify the passport and entry rules for everyone in your group.

[01] [02]

Match airport and region

Montego Bay (MBJ) is a common arrival point for the western and north-coast resort areas. Kingston (KIN) serves the capital and can suit an eastern itinerary. Compare the real road transfer before buying flights; a cheaper airport can create a much longer arrival day.

[04]

Documents for every traveller

Check passport validity, visa eligibility and any transit-country requirements for each nationality in your party. Carry your accommodation address and onward or return booking. An arrival form does not replace a visa. Follow the entry permission actually granted at the border.

[01]

Children and consent

Check the destination's rules when a child travels alone, with one parent or with another adult. Ask the airline what originals are needed. Pack relevant consent and custody documents where required, plus copies stored separately; matching surnames alone do not establish permission.

[01]

Insurance and first night

Cover treatment, evacuation and the activities you intend to book. Save the insurer's assistance number offline. Send your driver the airport code, flight number and exact accommodation address. Keep arrival day light and retain a payment method for unexpected costs.

[05]

Pack the useful essentials

Bring sun protection, suitable footwear, prescribed medicine in original packaging, a charger, adaptor and refillable bottle. Add insect repellent and a small first-aid kit. Keep essential medicine and documents in hand luggage, and leave a little spare room for local purchases.

Recovery after Hurricane Melissa remains uneven. Check the tourism board's hotel and attraction reopening lists, then confirm your exact accommodation, transfer route and services before paying. Official travel alerts.

03 / CHOOSE YOUR BASE

Choose your base

For a first 7–10-night holiday, choose one or two regions. Kingston and Portland deserve their own time rather than hurried cross-island day trips.

AREA	A GOOD FIT FOR	PLAN AROUND
Montego Bay	Airport convenience and an established resort base.	The exact neighbourhood, beach access and current local services.
Negril	Seven Mile Beach or a quieter cliffside hotel.	Beach and cliff properties offer very different water access.
Ocho Rios	Waterfalls, gardens and north-coast outings.	Excursion traffic and the transfer from your arrival airport.
Oracabessa	A slower north-coast stay east of Ocho Rios.	Transport for meals and activities outside your property.
Port Antonio / Portland	Green scenery, small coves and a less hurried stay.	Longer transfers and locally changing road conditions.
Kingston	Music, museums, food and a city-led itinerary.	A well-chosen address and prearranged transport for unfamiliar routes.

The south coast is another distinct trip option. Ask specifically about roads, water, electricity and reopened services there before committing to an independent itinerary.

04 / SIX BEACHES TO KNOW

Six beaches to know

These beaches sit in different regions. Choose nearby favourites rather than trying to collect them all in a week.

NEGRIL

Seven Mile Beach

Negril's long sandy shore suits a holiday with repeated beach time. Choose a recognised access point and establish which facilities belong to a hotel or beach bar. Arrange evening transport instead of assuming a long beach walk is a suitable return route.

\$-\$\$\$ · [13]

DISCOVERY BAY

Puerto Seco Beach

A developed beach outing in Discovery Bay to compare for a group wanting organised facilities. Ask which areas and activities your ticket includes. Keep any optional animal attractions separate from the basic beach choice and check age or swimming requirements.

\$\$-\$\$\$\$ · [13] [12]

PORTLAND

Boston Bay

A Portland beach associated with surfing and nearby jerk food. Enjoy the setting even when the water does not suit a casual swim. For a lesson, choose a qualified local instructor and ask about the conditions expected for a beginner.

\$-\$\$\$ · [14] [12]

Conditions and access can change after storms. Confirm the current state of the beach, toilets and approach road, and keep isolated shores for daylight visits.

MONTEGO BAY

Doctor's Cave Beach

A managed beach option in Montego Bay, useful when facilities matter. Check admission, chair rental and current opening arrangements. Stay within the swimming area and give boat activity space; a paid beach still needs ordinary judgement about conditions.

\$\$ · [13] [12]

PORT ANTONIO

Frenchman's Cove

A small Portland cove where river and sea create a memorable setting. It works best as part of a Port Antonio stay. Confirm entry arrangements, facilities and sea conditions rather than planning a long drive around an old opening-hours listing.

\$\$ · [13] [12]

PORTLAND

San San Beach

A quieter Portland option to compare with the nearby coves. Ask locally about current access, fees and facilities before leaving your base. Keep valuables secure and do not enter unfamiliar water simply because a reef or small island looks close.

\$-\$\$\$ · [14]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

05 / ON AND AROUND THE WATER

On and around the water

Waterfalls and rivers belong here as much as the sea. Choose a reputable operator and confirm the site is currently open.

OCHO RIOS

Dunn's River Falls

A signature Ocho Rios outing with a guided waterfall climb for those suited to it. Slippery footing and moving water make this a physical activity. Ask about a viewing-only alternative, suitable shoes and secure storage; participation in the climb is optional.

\$\$-\$\$\$ · [15]

PORTLAND

Rio Grande rafting

A bamboo-raft outing near Port Antonio gives the river landscape time to unfold. Confirm the embarkation point, journey length, lifejackets and return transfer. This is the Portland river experience; do not confuse it with Martha Brae near Falmouth.

\$\$\$ · [17] [12]

FROM YOUR CHOSEN COAST

A guided reef snorkel

Choose a locally operating, licensed provider near your base rather than a long transfer for an interchangeable boat trip. Ask about the specific reef, swimmer support and storm-related changes. Keep clear of coral and do not feed or chase marine life.

\$\$\$ · [08]

Choose the operator, conditions and return arrangements before the photograph. Ask about lifejackets, boarding, shade, toilets, group size and the weather cancellation policy.

NEAR OCHO RIOS

Island Gully / Blue Hole

Choose a managed, guided visit and describe your swimming confidence before booking. You can decline jumps and more demanding sections. Heavy rain can change a river quickly; accept a closure or changed itinerary instead of treating the booking as a guarantee.

\$\$-\$\$\$ · [16]

FALMOUTH

Falmouth luminous lagoon

Book a short evening tour with an established operator and realistic expectations. Bioluminescence varies with conditions and does not always resemble edited photographs. Ask whether swimming is optional, what is open and how the return transfer works.

\$\$-\$\$\$ · [17] [12]

PORTLAND

Reach Falls

A worthwhile river-and-forest outing when staying in Portland. Follow the managed route and ask guides which sections suit your group. Do not enter caves or stronger water independently. Carry dry clothes and let the weather determine the final plan.

\$\$-\$\$\$ · [17] [12]

06 / BEYOND THE BEACH

Beyond the beach

Music, gardens and island history reward a slower visit. Check the region before adding an attraction to your itinerary.

KINGSTON

Bob Marley Museum

Build a Kingston day around this music and cultural stop. Reserve the appropriate visit and allow time for the guided story. Pair it with another nearby stop rather than making it an exhausting return journey from a far-western beach base.

\$\$-\$\$\$ · [18] [12]

ABOVE KINGSTON

Blue Mountain coffee visit

Choose a working estate or guided coffee experience suited to your route and mobility. Mountain travel needs time and weather flexibility. Ask about current road access and the walking involved; a tasting visit is different from a demanding summit hike.

\$\$-\$\$\$ · [18] [12]

OCHO RIOS

Konoko Falls and gardens

A garden-led option above Ocho Rios, with waterfall activity depending on your chosen visit. Ask which paths and wet sections are appropriate for your group. Bring comfortable shoes and make time to enjoy the landscape away from the busiest photo stops.

\$\$ · [12]

These are suggestions for separate outings. Compare the map, opening arrangements and your group's energy before combining them into one day.

KINGSTON

Devon House

Combine a heritage visit with the courtyard's food and shops. Ask about house-tour times and leave space for an ice cream or patty. The grounds are useful for a gentler break during a planned Kingston day with transport arranged.

\$-\$\$ · [18] [12]

DISCOVERY BAY

Green Grotto Caves

A guided cave visit near Discovery Bay offers a different north-coast outing. Ask about stairs, enclosed spaces, footwear and the latest tour schedule before paying. Keep the rest of the day light rather than combining several major attractions.

\$\$ · [12]

MONTEGO BAY

Montego Bay Cultural Centre

Make room for local history and art during a daytime town visit. Confirm the current exhibitions and opening arrangements, and use a planned transfer if unfamiliar with the area. A museum stop adds context that a resort-only itinerary can miss.

\$-\$\$ · [12]

PRICE LEVELS: \$ budget to \$\$\$\$ luxury, within each category. See page 3.

07 / A TABLE FOR EVERY MOOD

A table for every mood

A shortlist for local flavour, an easy lunch and a meal worth planning around.

FOR JERK FLAVOUR

Scotchies

A well-known name for jerk cooking. Confirm the branch and its current service before setting out; do not rely on an old map pin. Ask about heat levels, portions and sides, then make this a relaxed local lunch on your regional route.

\$\$ · [19]

SEVEN MILE BEACH

Miss Lily's at Skylark

A Negril restaurant choice when you want beach surroundings and a more social meal. Check the current service times and event programme. Keep the evening easy by booking transport if your accommodation is on the cliffs or elsewhere beyond walking distance.

\$\$\$ · [20]

PLAN-AHEAD DINING

Stush in the Bush

A reservation-led plant-based experience to consider when food is a main interest of the trip. Confirm its current programme, location, access road and transfer arrangements. Treat it as a destination meal with time allowed for the journey.

\$\$\$\$ · [19]

Ask about allergens, the day's availability and the full bill. Service charges and tips are not interchangeable; check the receipt before adding more. Arrange a non-drinking driver for evenings out.

OCHO RIOS

Miss T's Kitchen

An Ocho Rios option for Jamaican dishes and a meal with local character. Check the current menu and reserve when timing matters. Allow a proper lunch or dinner stop rather than trying to fit it between two timed waterfall bookings.

\$\$-\$\$\$ · [19]

KINGSTON

Devon House bites

Try a patty, ice cream or another courtyard snack during a Kingston visit. It is an easy way to leave space for informal food alongside restaurant meals. Ask directly about ingredients and allergens rather than assuming a small snack is simple.

\$-\$\$ · [19]

PORTLAND

Boston Jerk Centre

Add jerk food to a Portland beach day, choosing a vendor and checking what is cooking fresh. Ask how portions are priced and which sides are included. Keep the stop local to a Portland itinerary instead of crossing the island for lunch.

\$-\$\$\$ · [19]

PRICE LEVELS: \$ budget to \$\$\$\$ luxury, within each category. See page 3.

08 / STAYS WITH A SENSE OF PLACE

Stays with a sense of place

Six editorial choices for different budgets and holiday styles. Price levels are estimates for an entry room or accommodation category.

NEGRIL • CLIFFSIDE

Rockhouse

A cliffside Negril choice with a strong sense of setting. Check the exact room and how you enter the sea; cliffs are a different holiday environment from a sandy beach. Ask about age policies and the sister-property beach arrangements before booking.

\$\$\$\$ · [21] [11]

NEGRIL • VALUE SHORTLIST

Travellers Beach Resort

A Seven Mile Beach property worth comparing for a more moderate hotel budget. Review your actual room category, meal arrangements and included facilities. Confirm current services directly and keep transport separate in the comparison unless your booking explicitly includes it.

\$\$-\$\$\$ · [11]

ORACABESSA • DISTINCTIVE STAY

GoldenEye

An Oracabessa property with different accommodation settings, including beach and lagoon-oriented options. Choose the actual category for your swimming preferences and mobility. Compare meal plans and transfers before treating a headline room rate as the full holiday budget.

\$\$\$\$\$ · [24] [11]

Listed as open by JTB when researched. Confirm facilities and services before booking.

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

NEGRIL • ON THE SAND

Skylark Negril

A smaller beach-hotel option on Seven Mile Beach. Consider it when direct beach time matters more than a large resort programme. Ask about room position, restaurant events and the atmosphere expected during your dates, especially if quiet evenings are a priority.

\$\$\$ · [22] [11]

OCHO RIOS • SLOWER LUXURY

Jamaica Inn

An Ocho Rios beachfront choice for a quieter, more traditional luxury stay. Compare suites and cottages carefully and ask about any age requirements. It can suit travellers who prefer their hotel to be a restful part of the trip.

\$\$\$\$\$ · [23] [11]

PORT ANTONIO • SMALL-SCALE STYLE

Geejam

A Port Antonio-area option for a smaller, design-conscious stay in greener surroundings. Check your room's location, steps and route to the water. It belongs naturally in a Portland itinerary with time for coves, food and river outings.

\$\$\$\$-\$\$\$\$\$ · [25] [11]

09 / BRING HOME A LITTLE COLOUR

Bring home a little colour

Browse for local craft, useful holiday purchases and something with a story.

KINGSTON

Devon House courtyard

Browse small shops during a Kingston heritage visit. Look for locally made gifts and ask about the maker or material. The courtyard works best as an unhurried stop with time for food, rather than a separate cross-city shopping expedition.

\$\$-\$\$\$ · [26] [27]

KINGSTON

Rockers International

A record-shop stop for travellers interested in Jamaican music. Confirm opening and arrange a planned daytime Kingston route. Ask about recordings and editions, and leave room in your luggage to protect anything fragile on the flight home.

\$\$-\$\$\$ · [27]

MONTEGO BAY

Old Fort Craft Market

A Montego Bay craft option listed as open when this guide was researched. Confirm its current operation and use a sensible daytime route. Ask about handmade work, check the item before paying and keep small notes separate from the rest of your cash.

\$-\$\$\$ · [12]

Browsing is usually free. Price levels refer to purchases, which vary widely. Ask who made an item, keep receipts and check your home country's customs rules before buying food, alcohol or natural materials.

KINGSTON

Kingston Creative

Check the current art-walk or market programme for work by local creatives. Book an organised visit and follow its meeting and transport advice for downtown. An event is a chance to meet makers, not a guarantee that stalls operate every day.

\$\$-\$\$\$\$ · [27]

OCHO RIOS

Ocho Rios craft markets

Compare stalls at an operating market and take time to ask where items were made. Agree the price and currency before paying. You can politely decline; keep the visit relaxed and do not hand over documents or valuables as a deposit.

\$-\$\$\$ · [12]

EDIBLE ISLAND GIFTS

Coffee, sauces and spices

Buy sealed, clearly labelled products from a reputable shop. Check origin claims when paying a premium for coffee and inspect ingredients for allergies. Compare pack sizes with baggage limits and your home country's rules for food and alcohol.

\$-\$\$\$ · [19] [04]

PRICE LEVELS: \$ budget to \$\$\$\$\$ luxury, within each category. See page 3.

10 / EVERYDAY ISLAND ESSENTIALS

Everyday island essentials

The small details that make a holiday run more smoothly.

CARDS AND CASH

Pay in a currency you understand

Keep Jamaican dollars in small notes for snacks, markets and local purchases. Check whether a hotel, tour or driver is quoting JMD or USD. Exchange rates fluctuate; compare the final amount and fees rather than assuming a US-dollar price is better.

[03]

STAY CONNECTED

Mobile data and calling

Jamaica uses the +1 country code with local area codes including 876 and 658. Check your plan's roaming charges or choose a compatible local SIM or eSIM. Save ordinary calling options as well as messaging apps; a data-only SIM may not make emergency short codes work.

[04]

MEET THE DESTINATION

Language and local rhythm

English is the official language, with Jamaican Patois widely spoken. Begin with a greeting and ask before photographing people. Jamaica stays on UTC-5 throughout the year; check your phone when travelling onwards to an island with a different time rule.

[04]

BEFORE YOUR FIRST OUTING

Download your maps

We suggest MAPS.ME for offline maps. On Wi-Fi, download your destination, save the hotel and airport, then test a route with mobile data off. Check entrances with your host; an app's shortcut is not proof of a safe or open road.

[29]

KNOW YOUR ACCOMMODATION

Water and electricity

Ask your accommodation about current drinking-water advice, storage tanks and any post-storm service interruption. Use sealed drinking water when local safety is uncertain. The tourism board lists 110-volt electricity and US-style flat plugs; check the appliance label and your property's sockets.

[04]

MAKE THE FIRST DAY EASY

Shopping for everyday things

Buy water and groceries near your base before a long excursion. Confirm shop and pharmacy opening hours around weekends and public holidays. Pack snacks for children and people with dietary needs. Small notes are useful when an independent vendor cannot accept your card.

11 / GETTING AROUND, YOUR WAY

Getting around, your way

Prebook the arrival transfer, then choose a licensed driver, selected tours or a rental car for the region you actually plan to explore.

A DEPENDABLE FIRST CHOICE

Licensed tourist taxis

Ask for a tourism-board-approved vehicle and driver identification. Confirm the total fare, currency and return arrangement. A convenient app or an unsolicited offer does not by itself establish that the vehicle is licensed for your journey.

[07]

FOR INDEPENDENT TRAVEL

Renting a car

Choose this for confident left-side drivers with a realistic regional route. Read the exclusions and insurance excess, inspect the tyres and lights, and ask about current road damage. For unfamiliar urban or mountain journeys, a known local driver can simplify the day.

[07] [04]

FOR SEVERAL REGIONAL STOPS

A driver for the day

Useful for waterfalls, rural meals and a Kingston culture day. Agree the actual route, waiting time and finish point in writing. A day rate should identify what happens if traffic or a closure changes the itinerary.

CHECK THE ACTUAL JOURNEY

Apps and public transport

Coverage and service vary by town. Do not assume an app available in Kingston will solve a remote return journey. Public buses and route taxis need local route knowledge; avoid relying on them for an unfamiliar late-night trip.

[07]

BOOK THE RETURN JOURNEY

Agree the pickup point, fare, currency, waiting time and number of passengers before setting off. Save the driver or dispatcher's contact, keep enough phone battery for the return and carry the accommodation address offline.

12 / DRIVE WITH LOCAL KNOWLEDGE

Drive with local knowledge

Drive on the left. Distances that look short on a map can take time on mountain, town and damaged roads.

Keep left

Take time to adjust at junctions and after turning out of a car park. Use a calm first route in daylight. Read signs and give yourself space from vehicles that stop unexpectedly.

[04]

Documents and cover

Confirm which licence and identification the rental firm requires for your nationality. Ask who may drive, the excess, roadside support and any excluded areas. Keep the contract and contact details accessible.

Avoid a rushed night drive

Uneven surfaces, pedestrians and poorly lit vehicles can be harder to see after dark. Plan the last excursion stop around the return journey. Do not force a cross-island drive to keep a dinner reservation.

[07]

Storm damage and closures

Ask about the exact route rather than just whether a town is reachable. Never cross floodwater or drive around a closure. Offline navigation may still suggest a damaged road.

[09]

A realistic urban route

Use a known driver for unfamiliar parts of Kingston and other towns when local advice suggests it. Keep doors locked and valuables out of view. Stop somewhere secure before checking a route.

[07]

Belts, seats and phones

Request the right child seat in advance, use seatbelts and appoint a sober driver. Pull over in a suitable place to use the phone. Leave a generous margin for airport journeys.

AFTER A COLLISION

Stop and check for injuries. Call 119 for police and 110 for ambulance or fire as needed; give the exact location. Notify the rental firm. Follow police instructions on the vehicles and reporting, take details and photographs only when safe, and keep the incident reference for insurance. [06] [07]

13 / PLAN FOR THE SEASON

Plan for the season

Coast, elevation and recent storm damage matter more than a single island-wide weather label.

PERIOD	WHAT TO EXPECT	HOW TO PLAN
December-April	Often a more popular, relatively drier travel period.	Book key rooms early; rain is still possible.
May-November	Hotter, wetter periods and variable outdoor conditions.	Keep waterfalls and mountain outings flexible.
June-November	Atlantic hurricane season.	Check alerts, insurance and transport changes.

Check the forecast that matters

Hurricane Melissa caused major disruption in October 2025. Recovery remains uneven, particularly in western areas. Check the tourism board’s current reopening information and local forecasts, then confirm your exact hotel facilities, medical options and access roads. [09]

Have a useful alternative

Choose an operating museum, a nearby cooking or coffee experience, or a relaxed meal. Do not turn a cancelled river outing into an improvised drive on unfamiliar roads during heavy rain.

Seasonal patterns are not a forecast. Ask operators about cancellation and rescheduling terms, and follow local warnings and closure instructions.

14 / FAMILIES, HEALTH AND ACCESS

Families, health and access

A comfortable trip starts with your group's needs, rather than a full timetable.

Choose the sea for today

Choose a managed swimming area with conditions appropriate for the youngest swimmer, shade and convenient facilities. Seven Mile Beach or Doctor's Cave can be options, but neither name guarantees calm water on a particular day. Clifftop accommodation needs extra thought with children.

[13]

Health needs before travel

Arrange cover for treatment and evacuation, and discuss personal travel-health needs with a clinician. Protect against mosquito bites. Ask about current local medical services and safe water, particularly in areas still recovering from storm damage; do not assume every pre-storm facility is fully operating.

[05]

A realistic family outing

From Ocho Rios, choose one garden or waterfall visit with a non-climbing option, then return for a restful afternoon. Ask about ladders, wet steps, toilets and shade. A child should not have to jump or swim to keep up with a tour.

Ask precise access questions

Ask about the route from your room to the beach, lifts, steps, bathroom layout and adapted transport. Check whether a boat is boarded by a stable gangway, ladder or beach launch. A ground-floor room or a "family friendly" label does not confirm accessibility.

A doctor or pharmacy

For urgent danger use the emergency numbers on page 20. For a non-emergency, ask your insurer or accommodation to identify a currently operating clinic and pharmacy. Call before travelling. Bring the generic medicine name and prescription; a foreign prescription may need local review.

[05]

Heat, food and hydration

Build shade and rest into the day, especially for children and older travellers. Discuss allergies directly with restaurants and carry needed medication. Ask about child-seat sizes before booking a transfer. Bring water on boat and road trips rather than relying on every stop having supplies.

For lost documents or cards, contact the relevant authority or bank through an official channel. Report theft, keep the report reference and contact your own country's consular service if a travel document needs replacing.

15 / THREE DAYS, THREE ISLAND MOODS

Three days, three island moods

Three full days on the ground. Add a light arrival and departure day; switch outdoor plans when conditions change.

Day 1 / A north-coast beach day

For this short plan, base yourself around Ocho Rios. Begin with a nearby beach or the hotel's swimming area and learn your transport options. Keep lunch local and reserve an easy dinner. Do not spend the first full day crossing to Negril or Portland.

Day 2 / Waterfalls with an easy finish

Choose Dunn's River Falls or Island Gully Falls, checking opening and conditions first. Use an appropriate guided visit, with permission to skip any demanding part. Leave time for a Jamaican lunch and return to your base for the afternoon.

Day 3 / Gardens, caves or a town stop

Choose Konoko's gardens or Green Grotto Caves according to your interests and mobility. Add a short craft-market visit if the route works. Keep a second water attraction as an alternative rather than an extra obligation.

KEEP THE ROUTE REALISTIC

This is an Ocho Rios plan. For three days in Negril, keep the holiday around the beach, a local food stop and one nearby excursion; do not try to reproduce the same stops with long daily transfers.

16 / A WELL-PACED WEEK

A well-paced week

Seven full days, with room for one flexible day. The order is adaptable; allow extra time for airport and inter-island transfers.

01

Settle around Montego Bay

Use a prebooked transfer and enjoy a nearby beach. Confirm current local facilities and your next transfer.

02

Local history and food

Visit the Cultural Centre or choose a short managed beach day, then a Jamaican meal. Keep the route local.

03

Transfer to Negril

Make the move the main event. Stop only where your driver recommends and settle into the beach or cliff setting.

04

A proper beach day

Enjoy Seven Mile Beach, with a relaxed lunch and secure return arrangements after dark.

05

One coastal experience

Book a licensed, operating water excursion suited to your swimming confidence, or keep another beach day.

06

Food and room to breathe

Try a local meal, revisit a favourite spot and leave time for ordinary island life between bookings.

07

A flexible final day

Use this for changed plans or a slow final swim. Keep the departure transfer separate and allow generous time.

This week uses Montego Bay and Negril. Choose Ocho Rios or Portland as an alternative region for another itinerary; adding all of them would consume much of the trip in transfers.

17 / WARNINGS WORTH KNOWING

Warnings worth knowing

Practical advice for a better-informed trip. Check current local guidance and conditions, especially before unfamiliar evening journeys.

LOCATION MATTERS

Specific areas need care

FCDO flags parts of Kingston, Spanish Town and Savanna-la-Mar, and Montego Bay areas including Flankers, Barrett Town, Glendevon, Rose Heights and Mount Salem. Ask about the exact route and current conditions; use a trusted driver rather than exploring unfamiliar residential streets independently.

[07]

USE KNOWN TRANSPORT

Personal safety after dark

Avoid isolated beaches, unfamiliar streets and late-night independent journeys. Keep drinks in sight, decline lifts from unknown people and use a licensed driver. Theft and sexual assault can occur in tourist settings as well as elsewhere; seek help promptly if needed.

[07]

KNOW THE LOCAL RULES

Laws and LGBT+ travellers

Male same-sex sexual activity remains illegal under Jamaican law. Read current official guidance and consider the social setting when planning travel. Drug laws also apply to visitors; do not assume local availability makes possession or export lawful.

[07]

Local conditions can change quickly. Check current official advice shortly before travel and again before visiting an unfamiliar area.

AFTER HURRICANE MELISSA

Check recovery on the ground

An open hotel does not establish that every nearby road, clinic, beach or restaurant is operating normally. Confirm essential services and the return route before a remote excursion. Recheck attraction status close to travel and keep a flexible alternative.

[10] [09]

PARTICIPATION IS YOUR CHOICE

Rivers and rough water

Do not jump because a guide or another visitor expects it. Ask for a non-swimming option and decline an activity outside your ability. Heavy rain, currents and slippery stone can change a seemingly easy outing. Respect closures and safety equipment.

[15] [16]

KEEP CONTROL OF BOOKINGS

Pay through a verified contact

Confirm the company, price, currency and inclusions before sending a deposit. Use the official C5 portal. Keep documents and valuables secure and politely decline persistent sales pressure. A familiar logo on a message does not prove who is taking payment.

[02]

18 / HELP WHEN YOU NEED IT.

Help when you need it.

Save these numbers offline, together with your accommodation, transport and insurance contacts.

SERVICE	NUMBER	USE
Police	119	Immediate police assistance.
Ambulance / fire	110	Medical or fire emergency.
Hospiten Montego Bay	+1 876 618 4455	Hospital contact; confirm available services.

When you call

Give the country or island, your exact location, a landmark, what happened and a callback number. Follow the dispatcher. If a short code fails on a roaming phone, ask someone nearby or your accommodation to call. Do not treat a hospital switchboard as an ambulance number. [06]

YOUR OWN ESSENTIAL CONTACTS

Accommodation / address: _____

Transport provider: _____

Insurance assistance: _____

Hospital contact: Hospiten directory. Ask your accommodation or insurer for the nearest currently operating clinic and pharmacy; do not drive across the island for a named hospital when closer help is available.

REFERENCE DESK

Sources & editorial notes

Tap a title to open its source. The numbered references beside recommendations connect to this list.

- 01 Jamaica Tourism Board — entry requirements
- 02 Jamaica — official online C5 arrival form
- 03 Jamaica Tourism Board — practical questions and currency
- 04 Jamaica Tourism Board — practical questions
- 05 UK FCDO — Jamaica health
- 06 UK FCDO — Jamaica emergency numbers
- 07 UK FCDO — Jamaica safety and security
- 08 Jamaica Tourism Board — getting around
- 09 UK FCDO — Jamaica travel advice and storm recovery
- 10 Jamaica Tourism Board — travel alerts
- 11 Jamaica Tourism Board — hotel reopening status
- 12 Jamaica Tourism Board — attraction reopening status
- 13 Jamaica Tourism Board — beaches
- 14 Jamaica Tourism Board — Port Antonio beach ideas
- 15 Jamaica Tourism Board — Dunn’s River Falls
- 16 Jamaica Tourism Board — Island Gully Falls
- 17 Jamaica Tourism Board — natural wonders
- 18 Jamaica Tourism Board — island highlights
- 19 Jamaica Tourism Board — iconic meals and local kitchens
- 20 Jamaica Tourism Board — bars and lounges

REFERENCE DESK

Sources & editorial notes

Tap a title to open its source. The numbered references beside recommendations connect to this list.

- 21** Rockhouse — Negril cliffside hotel
- 22** Rockhouse — sister hotel on Seven Mile Beach
- 23** Jamaica Inn — Ocho Rios hotel
- 24** GoldenEye — Oracabessa resort
- 25** Geejam — Port Antonio hotel
- 26** Jamaica Tourism Board — island art and craft
- 27** Jamaica Tourism Board — Kingston cultural stops
- 28** Hospiten — hospitals and contact numbers
- 29** MAPS.ME — official downloads and offline maps
- 30** Joy Ekere / Unsplash — original cover photograph
- 31** Unsplash — photograph licence

About this edition

Research checked on 6 October 2026. Recommendations reflect published location, facilities and trip fit; we have not personally inspected the properties. Prices, access, entry rules and opening arrangements can change. Check the linked official information before travel.

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