

Jamaica

The third-largest island in the Caribbean is also one of the most colourful. Idyllic white sand beaches and vibrant tropical blooms sit on a backdrop of blue mountain peaks. As the adopted home of the Rasta, Jamaica is also a riot of red, gold, and green. Renowned as the birthplace of Bob Marley, reggae remains at the island's musical heart. Rice-and-peas, rum, coffee and cricket are its soul. Local



pastimes centre on oral traditions, such as discussing an idea to exhaustion, often over a fiercely fought game of dominoes on a veranda or front porch.

Excellent tourist facilities and attractions range from leafy parks to handsome colonial towns and neon-lit nightlife. Known to one and all as Mo'

Bay, sizzling Montego Bay has a reputation as a party town, but is also a paradise for shoppers. Ocho Rios (translated means Eight Rivers) is renowned for its lush tropical beauty and many majestic rivers.

Journey a short distance along the coast to discover 'the real Jamaica', amidst street markets of ackee, yam and breadfruit and vendors hawking kulu kulu rum. Explore the quaint fishing villages of Treasure Beach, Port Antonio and Oracabessa, sleepy retreats that offer a glimpse of Jamaica's quieter side.

Music is inherent to Jamaica, be it roots, rock, reggae. In historic Kingston, the island's spirited capital, grand Georgian plazas and elegant mansions are serenaded by soca rhythms and the pulsating buzz of the city. The Tuff Gong and the Bob Marley Museum celebrate Jamaica's musical heritage and African roots.

