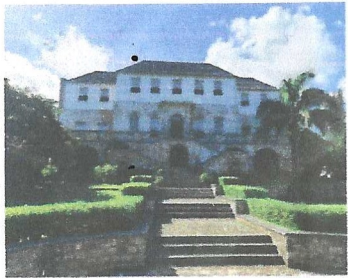


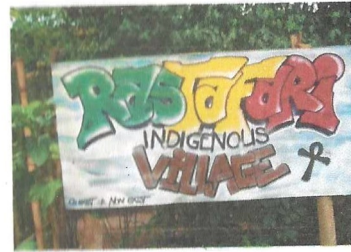
PLACES TO VISIT



Rose Hall is a Jamaican Georgian plantation house now run as a historic house museum. It is located in Montego Bay, Jamaica with a panoramic view of the coast. Thought to be one of the country's most impressive plantation great houses, it had fallen into ruins by the 1960s, but was then restored. The museum showcases the slave history of the estate and the legend of the White Witch of Rose Hall.



The museum was founded in 1985, 4 years after his death by his wife Rita Marley and her heirs with decor, furniture and numerous period souvenirs from his life and career, including numerous frescoes, guitars, documents, photos and press clippings, documentary films, gold and platinum records from every country in the world, numerous awards (including the Order of Jamaican Merit awarded by the Jamaican government), bullet holes in the wall from his assassination attempt, stage costume, his Rastafari sweaters.



Rastafari Indigenous Village was founded in 2007 to preserve, protect and promote the traditional Rastafari way of life. Our deeply talented community includes drum makers, painters, sculptors, story tellers, singers, chanters, chefs, herbalists, regenerative gardeners, natural carpenters, organic masons, furniture makers, master foragers, historians, poets and orators.



Dunn's River Falls, near Ocho Rios on the north coast. Dunn's River Falls are 55 metres high, and the rocks are terraced like steps. Lagoons are interspersed among the rocks. The falls are continually rebuilt by rock deposits, and geologists call Dunn's River Falls a living phenomenon because of this reconstruction. Dunn's River is one of the few rivers in the world that flows directly into the Caribbean Sea.

TYPICAL DISHES



Jamaican Jerk Chicken is a typical dish originating from the island of Jamaica in which the chicken is marinated in a spicy and tangy mixture, then grilled and smoked over a wood fire.



Oxtails are popular in Jamaican cuisine because they are incredibly flavorful and tender when cooked slowly. They are often used in stews and braised dishes, which are staples of Jamaican cuisine.

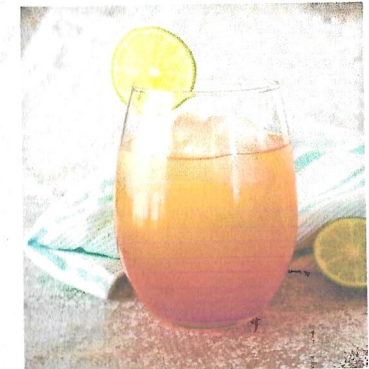


This is a typical Jamaican stew, made with fish, coconut milk, tomatoes, onions and seasonings. Its name comes from the way the fish is cooked, to the point where it disintegrates completely, hence the term "run down".

LOCAL DRINKS



Jamaica is renowned for offering some of the most prestigious coffee in the world. A fertile volcanic soil, an altitude of up to 2000m in the Blue Mountains and abundant rainfall enable this country to offer a coffee appreciated the world over.



There are two versions of the origins of this famous punch. One says it was invented by the wife of a Jamaican sugarcane planter, who wanted to refresh her husband's workers. Fred Myer's used the recipe in 1879 to inaugurate his "Myer's Rum" distillery in Jamaica, and the New York Times published it in August 1908. The other version says it was created by a bartender at the Planter's House Hotel in Missouri in 1904. A must in the West Indies, it's ideal for adding a deliciously exotic touch to your evenings.



Welcome

To

Trinidad

and

Tobago