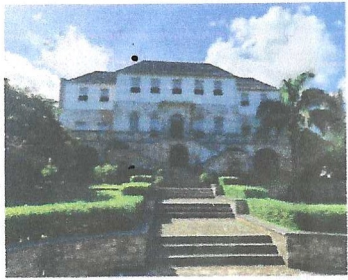


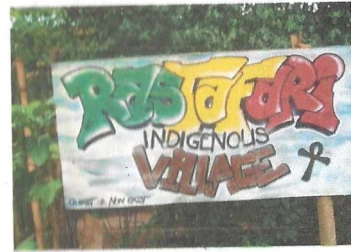
## PLACES TO VISIT



**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.

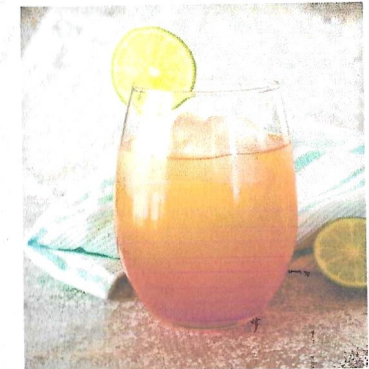


This is a typical Jamaican stew, made with fish, coconut milk, tomatoes, onions and seasonings. Its name comes from the way the fish is cooked, to the point where it disintegrates completely, hence the term "run down".

## 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

## The history of Trinidad and Tobago

Christopher Columbus was the first European to see Trinidad, on his third voyage to the America in 1498. Trinidad was administered by Spanish hands until 1797, but it was largely settled by French colonists. Tobago changed hands between the British, French, Dutch and Coulanders, but eventually ended up in British hands following the second Treaty of Paris (1814). Trinidad and Tobago were merged in 1888 To from a single colony. Full independence was gained in 1962.



## Where is Trinidad and Tobago located ?

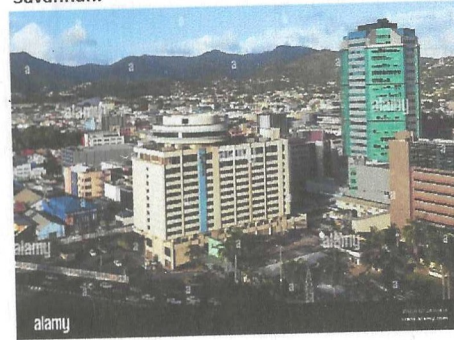
Trinidad and Tobago is a twin island country situated Off the nothern edge of the South American Mainland, lying just 11 kilometers (6,8 miles) off the coast of northeastern Venezuela and 130 kilometers (81 miles) south of Grenada.

## The food of Trinidad and Tobago

Trinidadian and Tobaginian food is dominated by a wide selection of dishes, most ntably, doubles, roti, pelou, callalooand curriend crab dumplings.

## Port of Spain

Capital of Trinidad and Tobago known for its carnivals and park Quenn's Park Savannah.



## The carnival of Trinidad and Tobago

Trinidad and Tobago Carnival is an annual event held on the Monday and Tuesday before Ash Wednesday in Trinidad and Tobago. It's origins go back to the 18th century with French plantation owners organizing masquerades (mas) and balls before enduring the fasting of Lent.



Trinidad Carnival dates back to the 19th century when emancipated slaves began the festivities in celebretions of their new-found freedom. Mocking the fancy dress parties costume with their own African traditions.

## Visit of Trinidad and Tobago

### 1. Maracas Beach

Popular beach with calm water due to the size Of its bay, with a number offacilities.



### 2. Pirate's Bay



### 3. King's George



High fort built in 1781 with canons, objets, Museum in barracks and view of the ocean.

### 4. Pitch Lake

Popular geological attraction with a large Asphalt lake and museum.



### 5. Argyle Falls



### 6. Quenn's Park Savannah

Large green park with leisure areas botanical



Gardens, Victorian houses and museum.

### 7. Emperor Valley Zoo

Zoo featuring giraffes, tigers, various primates Giant tortoises, birds and other animals.



### 8. Caroni Sw



### 9. Las Cuevas Beach

