



Jamaica | Leisure Travel

SAMPLE ITINERARY

About Jamaica

Jamaica, a Caribbean Island known for its vibrant culture, reggae music, and lush landscapes, is a melting pot of influences from Africa, Europe, and the indigenous Taino people. From the bustling streets of Kingston to the pristine beaches of Montego Bay, Jamaica offers a mix of history, natural beauty, and warm hospitality. With a rich heritage that includes the Maroons, Rastafarians, and a deep connection to music and dance, Jamaica captivates visitors with its spirit and rhythm.

Day 1-3: Kingston

- Immerse yourself in the rich history of Kingston with visits to the Bob Marley Museum, Devon House, and Emancipation Park
- Explore the local Rastafarian communities in Kingston, such as Trench Town and August Town
- Visit the Institute of Jamaica and learn about Jamaican art and culture
- Experience a traditional Nyabinghi drumming session and Rastafarian rituals
- Indulge in authentic Jamaican cuisine, including jerk chicken and ackee and saltfish

Day 4-5: Montego Bay

- Discover the vibrant culture of Montego Bay with visits to the Rose Hall Great House, Sam Sharpe Square, and Doctor's Cave Beach
- Explore the local Maroon communities in the surrounding areas of Montego Bay
- Visit the Rastafari Indigenous Village and participate in cultural activities
- Relax on the beaches of Montego Bay and enjoy water sports activities
- Enjoy traditional Jamaican dishes and fresh seafood by the waterfront

Day 6-7: Negril

- Experience the laid-back charm of Negril with visits to Seven Mile Beach, Rick's Cafe, and Negril Lighthouse
- Explore the local Rastafarian communities and interact with residents



- Visit the Rastafari Indigenous Village and learn about the Rastafarian lifestyle
- Engage in cultural activities such as drumming circles and craft workshops
- Enjoy sunset reggae sessions and beach bonfires

Day 8-9: Ocho Rios

- Discover the natural beauty of Ocho Rios with visits to Dunn's River Falls, Mystic Mountain, and Blue Hole
- Explore the local Maroon communities in the surrounding areas of Ocho Rios
- Visit the Rastafari Indigenous Village and participate in cultural activities
- Experience the thrill of bobsledding or ziplining in the rainforest
- Indulge in Jamaican fusion cuisine with a mix of flavors and spices

Day 10: Kingston

- Return to Kingston for a final day of exploration and relaxation
- Visit local markets and craft shops for souvenirs and gifts
- Reflect on the cultural experiences and connections made during the trip
- Enjoy a farewell dinner featuring traditional Jamaican dishes and live music
- Depart from Kingston with unforgettable memories of your cultural tour in Jamaica

This 10-day itinerary offers a deep dive into Jamaica's cultural heritage, from the music and art of Kingston to the Maroon communities of Montego Bay and the laid-back vibes of Negril and Ocho Rios. It combines cultural experiences, natural beauty, and local community interactions for a truly immersive journey through the heart of Jamaica.