

SunVillas Guest Guide

# Welcome to Jamaica

Exciting places to go and things to do  
while enjoying your Jamaican Villa Vacation  
*(that is, if you ever want to leave the villa ☺)*



[www.sunvillas.com](http://www.sunvillas.com)  
800-396-0258

# Welcome!



Welcome to Jamaica and thank you for booking your villa through SunVillas.

We represent over 160 of the finest villas in Jamaica and we know each one of them personally. We also know the island intimately and want to enhance your vacation experience by sharing some of our personal knowledge.

Once guests have chosen their villa, they often have questions like, “What is there to do near the villa?”, “Where is Dunn’s River Falls in relationship to where we’re staying?”, “We have two young boys...where should we take them?”, “Where is the Blue Lagoon?” or “Where can we rent a boat?” and so forth.

Our **SunVillas Guest Guide** will answer those questions and many more.

Wherever possible, we have provided phone numbers and website addresses. Also, you can always feel free to contact any team member for more specific information.

We book only Jamaican villas. We have done so for more than 20 years. One of our founders was born and raised in Jamaica and our on-island concierge, Latoya Soares, resides in Ocho Rios. We know Jamaica like no one else!

Thank you for visiting our Caribbean paradise. We are sure you will love it as much as we do

Warm and sunny regards from the SunVillas Team,



The **Doctor Bird** (or swallow tail or streamer tail hummingbird), is one of the most outstanding of the 320 species of hummingbirds. It lives only in Jamaica and is the island’s national bird.

The beautiful feathers have no counterpart in the entire bird population. They produce iridescent colors characteristic only of that family. In addition to these feathers, the mature male has two long tails which stream behind him when he flies. For years the doctor bird has been immortalized in Jamaican folklore and song.

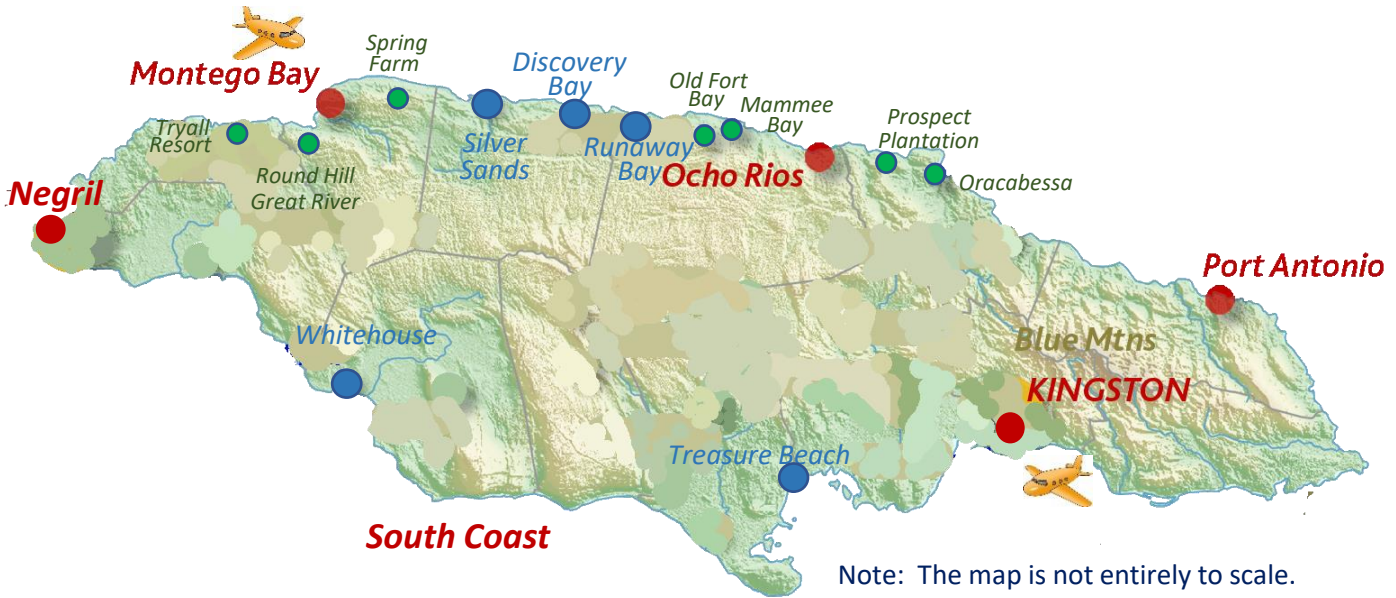


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# Getting around the island

This map will help you locate where you are staying and where you might want to go.



From	To	Miles	Approximate Drive Time (in minutes)
Montego Bay	Negril	50	60
	Silver Sands	28	40
	Discovery Bay	39	60
	Ocho Rios	60	90
	Port Antonio	99	3.5 hours
Kingston	Port Antonio	60	2.5 hours
	Treasure Beach	96	2.5 hours
Discovery Bay	Runaway Bay	6	15
Runaway Bay	Ocho Rios	17	30
Ocho Rios	Port Antonio	60	2 hours
	Kingston	52	1.75 hours



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# World Famous Attractions

These world famous attractions top the list of guests' most frequently asked-about places to visit in Jamaica...no matter where they're staying.



## Dunn's River Falls

[www.dunnsriverfallsja.com/](http://www.dunnsriverfallsja.com/)

Open Daily 8:30 am - 5 pm

Phone: 876-974-2857

Dunn's River Falls is one of Jamaica's national treasures and a MUST VISIT attraction. There are few places where the Arawak name "Xayamaca" - land of rivers and springs - is more apt. The Spaniards called the area "Las Chorreras", the waterfalls or springs, and it is truly one of the most beautiful spots on the island.



## Dolphin Cove

[www.dolphincoveja.com](http://www.dolphincoveja.com)

[www.dolphindiscovery.com/dolphin-cove-ochos-rios](http://www.dolphindiscovery.com/dolphin-cove-ochos-rios)

Open Daily 8:30 am - 5:30 pm

Phone: 876-974-5335



Swim with the dolphins at one of the premier attractions in Jamaica. This magnificent property has a natural cove which is surrounded by five acres of lush tropical rain forest. Visitors have the opportunity to interact and "Swim With" dolphins in their natural environment while enjoying the thrill and love of these amazing animals. Visitors can also swim, hold, feed, and learn about the evolutionary secrets of the Caribbean sharks. Visitors can capture their dream of being a dolphin trainer by taking the challenge of being "Sea Keeper" for the day.



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## Mystic Mountain

*Rain Forest Bobsled Jamaica*

[www.rainforestadventure.com/jamaica-mystic-mountain/](http://www.rainforestadventure.com/jamaica-mystic-mountain/)

**Address:** Ocho Rios, Jamaica

**Phone:** 876-974-3900

Ever been bobsledding? Was it in a rain forest? As one of Jamaica's top rated activities, this outrageous attraction allows you to experience bobsledding down the famed Mystic Mountain near Dunn's Rivers Falls in Ocho Rios. This is one of the coolest destinations in the Caribbean.



## Blue Lagoon

*Port Antonio, Portland*

Truly one of the most beautiful and enchanting sites in all of Jamaica... perhaps in all the world!



Made famous by the Brooke Shields movie "Blue Lagoon" and site of the well-publicized Jacques Cousteau dive, the Blue Lagoon is one of the legendary beauty spots in the world. A natural favorite for swimmers as the mix of fresh and salt water offers an unusual bathing experience. They say the lagoon is bottomless and that a "sort of dragon" resides there.

# CHUKKA

It's Time To Play!

**Chukka Cove Jamaica** - a full equestrian complex, offering everything from polo to trail rides. They also offer mountain bike tours and river tubing. [www.chukka.com/book-jamaica/](http://www.chukka.com/book-jamaica/)



Chukka offers the best of Jamaica, with adventures for all ages. Fly through the rainforest hundreds of feet in the air, swim on horseback, explore the countryside on an ATV, or take a relaxing float down the river.



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# Quick Guide

No matter where you're staying...if you're looking for action or just need information, here are some island-wide contacts you may find helpful... or just plain interesting.



## Bicycling

- Blue Mountain Bicycle Tours - [www.bmtoursja.com/](http://www.bmtoursja.com/)
- Jamaica Reggae Ride - [www.jamaicareggaeride.com/](http://www.jamaicareggaeride.com/)
- Jamaica by Bike - [www.jamaicabybike.com/](http://www.jamaicabybike.com/)



## Bobsledding

- Mystic Mountain - [www.rainforestadventure.com/jamaica-mystic-mountain/](http://www.rainforestadventure.com/jamaica-mystic-mountain/)

## Charter Fishing

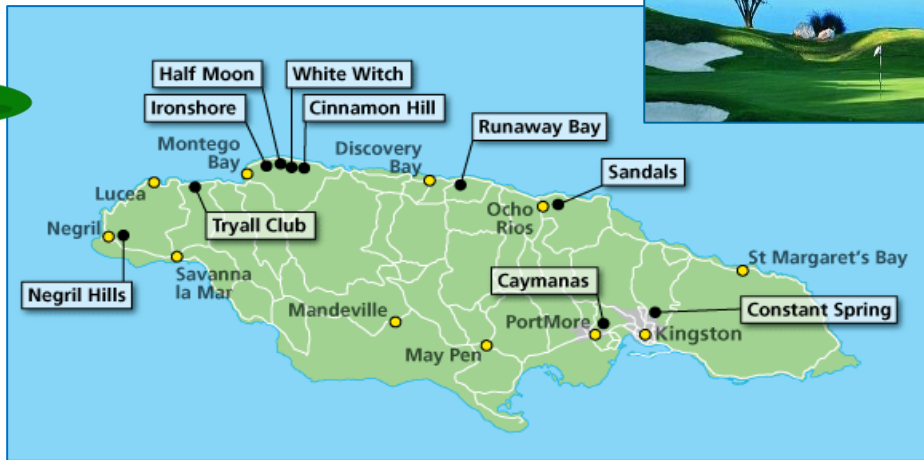
Charter	Website	Phone	Location
Deep Drop Fishing	<a href="http://www.fishinginjamaica.com/">http://www.fishinginjamaica.com/</a>	(876) 572-0010	Montego Bay
E-ZEE Sports fishing	<a href="http://ezeesportfishing.com/">http://ezeesportfishing.com/</a>	(876) 381-3229	Montego Bay/Ocho Rios
Glistening Waters	<a href="http://www.glisteningwaters.com/">http://www.glisteningwaters.com/</a>	(876)-954-3229	Falmouth
Irie Vibes Fishing	<a href="http://www.irievibesfishing.com/">http://www.irievibesfishing.com/</a>	(876) 863-7384	Portland
Marlin Madness	<a href="http://www.marlinmadnessja.com/">http://www.marlinmadnessja.com/</a>	(876) 565-5417	Montego Bay
Resort Divers Fishing	<a href="http://www.resortdivers.com/">http://www.resortdivers.com/</a>	(876) 973-7876	Ocho Rios/Runaway Bay
Sea Shell Charters	<a href="http://www.seashellnegril.com/">http://www.seashellnegril.com/</a>	(876) 875-4167	Negril
Stanley's Deep Sea Fishing	<a href="http://www.stanleysdeepseafishing.com/">http://www.stanleysdeepseafishing.com/</a>	(876) 957-6341	Negril



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## Golfing



[Caymanas Golf & Country Club](#)  
[Cinnamon Hill Golf Course at Rose Hall](#)  
[Constant Spring Golf Club](#)  
[Half Moon Golf Club](#)  
[Negril Hills Golf Club](#)

[Sandals Golf & Country Club](#)  
[Ironshore Golf & Country Club](#)  
[Tryall Club](#)  
[White Witch Golf Course at Rose Hall](#)



## Horseback Riding

- Hooves Jamaica - [www.hooves-jamaica.com](http://www.hooves-jamaica.com)
- Braco Stables - [www.bracostables.com/](http://www.bracostables.com/)
- Half Moon Equestrian [www.horsebackridingjamaica.com/](http://www.horsebackridingjamaica.com/)

## Music, Entertainment and Festivals



- Bob Marley Museum - [www.bobmarleymuseum.com/](http://www.bobmarleymuseum.com/)
- Cariba - [www.cariba.com/jamaica/events.and.festivals/](http://www.cariba.com/jamaica/events.and.festivals/)
- Bamboo Beach Club - [www.bamboobeachclub.com/](http://www.bamboobeachclub.com/)



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## Spa Services

Many resorts provide spa services and day passes are generally available. If you are looking for someone to come to the villa, just check with your villa staff and they will help you make arrangements.



## Water sports

Whether you're looking for an adrenaline rush or a relaxing day in the crystal clear waters of the Caribbean, Jamaica has it all.

Boat Rentals - [www.getmyboat.com/boat-rentals/jamaica/](http://www.getmyboat.com/boat-rentals/jamaica/)

- Snorkeling and Scuba - [www.dresseldivers.com/en/dive/jamaica-scuba-diving](http://www.dresseldivers.com/en/dive/jamaica-scuba-diving)
  - [www.resortdivers.com](http://www.resortdivers.com)
- Kayaking and River Rafting - [www.riverrapidsja.com/kayaking.html](http://www.riverrapidsja.com/kayaking.html)
- Paragliding – [www.paraglidingjamaica.com/](http://www.paraglidingjamaica.com/)
- Water Park - [www.koolrunnings.com/](http://www.koolrunnings.com/)
- White water rafting – [www.whitewaterraftingjamaica.com/](http://www.whitewaterraftingjamaica.com/)



## Zip-lining

- Zipline Jamaica - [www.ziplinejamaica.com/](http://www.ziplinejamaica.com/)
- Mystic Mountain - [www.rainforestadventure.com/jamaica-mystic-mountain/](http://www.rainforestadventure.com/jamaica-mystic-mountain/)
- Chukka Chukka - [www.chukka.com/book-jamaica/](http://www.chukka.com/book-jamaica/)



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# Local Area Information

On the following pages you will find listings for local attractions, grocery stores, food markets and a broad range of restaurants and places to eat outside the villa.



For your convenience, they are presented by area.



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# Local Attractions

## Ocho Rios

**Prospect Plantation** - Go horseback riding, or simply enjoy the tour of this working plantation. [www.prospectoutbackadventures.com/](http://www.prospectoutbackadventures.com/)

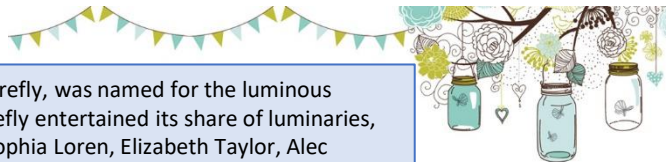
**River Rapids** - Enjoy scenic waterfalls, splashing rapids, picturesque river pools, and even a private beach at Bengal Bay. All tours are accompanied by professionally trained and certified tour guides. [www.riverrapidsja.com/](http://www.riverrapidsja.com/)

**Shaw Park Gardens** - stroll through this lush tropical garden located on the Ocho Rios Ridge overlooking the town. Highlights are the spreading banyan tree and the cascading streams running through the garden.

**Turtle River Falls and Gardens** - Reopened and better than ever. Experience a tropical fantasy of fourteen cascading waterfalls with meandering streams and a natural spring fed pool. Interact with exotic birds in a large walking aviary. [www.turtleriverfallsandgardens.com/](http://www.turtleriverfallsandgardens.com/)

**Firefly** - Noel Coward's home in the hills above Port Maria offers one of the most spectacular settings, and possibly the best views in Jamaica. [www.firefly-jamaica.com/](http://www.firefly-jamaica.com/)

The historic home of playwright Noel Coward, Firefly, was named for the luminous insects seen in the warm Jamaican evenings. Firefly entertained its share of luminaries, including Queen Elizabeth II, Laurence Olivier, Sophia Loren, Elizabeth Taylor, Alec Guinness and Richard Burton. The house is exactly the same as it was when the Queen's Mother came to lunch in 1965. A tour of Firefly includes a look at the home, photos of the house's many celebrity guests, and the grounds where Coward is now buried.



**Fern Gully** - drive through this 2 mile long ravine filled with ferns and other exotic vegetation. [www.ferngullyjamaica.synthasite.com/](http://www.ferngullyjamaica.synthasite.com/)

**Blue Hole** - Nestled in the hills overlooking Ocho Rios is a delightful natural attraction called Blue Hole. An assortment of interlinked bathing pools and cascading waterfalls. The whole family will enjoy swimming and jumping into the seemingly bottomless pools.

**Reggae Beach** – Visit this 1/4 mile stretch of white sand beach nestled into a lush tropical jungle. Chill out under a palm tree with a fresh fruit cocktail served in a coconut...or try Caribbean cuisine like fresh fish, lobster, conch or spicy jerk chicken from the grill.



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## *Discovery and Runaway Bay*

Villas in these two beachfront communities are conveniently located to enjoy all of the attractions on the north coast.

**Green Grotto Caves** - take an underground tour through these historic caves with a crystal-clear lake at the bottom located between Discovery and Runaway Bays. The first Jamaicans, the Arawak Indians (Tainos) found shelter in the caves initially. Proof of this is evident in the multiple fragments of pottery and adzes that are unearthed from time to time. During the period of take-over by the English, the caves were used as a hideout for the Spaniards who were being driven out of the country. [www.greengrottocavesja.com/](http://www.greengrottocavesja.com/)

## *Montego Bay*

**Rosehall Great House** - built in 1770 and lovingly and faithfully restored in the late 1970's; this magnificent great house was the home of the infamous Annie Palmer (The White Witch of Rosehall), who was known for her murderous ways to both husbands and slaves. [www.rosehall.com/](http://www.rosehall.com/)

**Greenwood Great House** - the former plantation home of the Barrett family. Elizabeth Barrett Browning spent time there during her childhood. Beautifully maintained, this wonderful home still contains furnishings and personal items from the original family. [www.greenwoodgreathouse.com/](http://www.greenwoodgreathouse.com/)

**Rocklands Bird Sanctuary** - Located in the mountain village of Anchovy and founded by Lisa Salmon in 1958, Rocklands is a bird lover's paradise! Only open from 2 to 5pm daily, but 3pm is the optimum time to visit! Countless varieties of birds will come and eat from your hand including the Streamertail Hummingbird; the National Bird of Jamaica! [www.rocklandsbirdsanctuary.info/](http://www.rocklandsbirdsanctuary.info/)

## *Port Antonio*

**San San Beach** - Approximately 1½ miles of pure white sand. Calm shallow waters suitable for children. Check out 'Beach Café'.  
Tel: 876-993-7557

**Boston Beach** - 20 minutes east of Port Antonio in addition to being a spectacular cove is the area that gave us Jerk Pork. Many Jamaicans still believe that this is the only place to get authentic Jerk.

**Blue Mountain Coffee Plantation Tours** - nestled at the foot of the Blue Mountain range, Port Antonio is the perfect starting point for a tour of the world-famous Blue Mountain coffee plantations. See the workings of these plantations and have some beans roasted on-site for you.



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## *Negril*

**Seven Mile Beach** - is the main reason Negril has achieved its world-wide fame: this is the beach known even to people who have never been to Jamaica.

**Negril Lighthouse** - located on the West End Road, past Rick's Cafe, is a 100 foot tall structure and powered by solar energy. The power source was converted back in 1985, just a decade before it's 100th anniversary. The Negril landmark still guides ships safely around Jamaica's western end.

**Mayfield Falls** - river walk begins with crossing a bamboo bridge to a captivating bamboo village, trek through river currents, luxuriate in the 7 natural Jacuzzis, climb the 21 waterfalls-3\4miles in distance. This is truly amazing fun for the entire family!

**Roaring River & Blue Hole** - Gushing from a hole in a meadow full of hyacinths and water lilies, the mineral water forms an excellent spot to meditate. Steps lead to a cave and a hole for swimming. Off Beat but a nice way to spend a day!

**Kool Runnings Water Park** - Fill your day with 10 amazing water slides, a quarter mile of lazy river, Captain Mikie's Coconut Island for the kids, great food and games galore. Stop over at Anancy Village to enjoy the go-kart, bungee, trampoline and carousel rides, and to have an all round Jamaican cultural experience. [www.koolrunnings.com/](http://www.koolrunnings.com/)

**Little Bay** - Just a little south of the West End of Negril lays this sleepy little community. Famous for being a former "hangout" of Bob Marley, this spot has some nice beaches and friendly people. You can visit Bob Marley's Spring where he used to bathe.

## *South Coast*

**YS Falls** - these spectacular falls are even more beautiful than the more famous Dunn's River Falls. [www.ysfalls.com](http://www.ysfalls.com)

**The Town of Black River & Riverboat Safari** - situated on the mouth of the Black River, Jamaica's largest navigable river, is one of the most picturesque towns in Jamaica. Experience the beauty of the river and wild life by boat. The basic tour takes you six miles up the river and return, during which a running commentary is given by your captain/ tour guide on both the ecology and a little history of the area.

**Appleton Estate tour** - visit one of the oldest and most famous of the world's rum-making estates. This estate dates back to the fifteenth century, and the Spanish rule of Jamaica. See the process of making rum and sample some of the fine estate rums. [www.appletonrumtour.com/](http://www.appletonrumtour.com/)



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# Glossary of *Jamaican* foods

**Jamaican cuisine** includes a mixture of cooking techniques and flavors, created from the island's unique ingredients and the influences from its indigenous people and the Spanish, British, Africans, Indians and Chinese who have inhabited the island. Below is a glossary of some of the more unusual foods you can enjoy while visiting Jamaica.

- **Ackee** - Although native to West Africa, the use of ackee in food is especially prominent in Jamaican cuisine. Ackee is the national fruit of Jamaica. Ackee and saltfish is Jamaica's "national dish."
- **Allspice** - Known locally as Pimento, it is the essence of Jamaican cooking. The pimento plant is native to Jamaica and is a major agricultural crop which is exported mainly to Russia, Germany and the U.S.A. The berries can be used whole and spread over barbeque coals and ground to use in jerk seasonings and rubs. Its wood is the jerk fire choice so you can smell its aromatic smoke around the island.
- **Bammy** – Deep-fired cassava bread that's typically served with fish or on the side for breakfast.
- **Breadfruit** - Breadfruit was introduced to Jamaica by Captain Bligh and the HMS Providence in 1793 from the original seedlings that his 6 month stop-over in Tahiti had produced. They were first planted in Jamaica's Bath Botanical Gardens and then introduced slowly across the island. It is now a staple of the Jamaican diet.
- **Callaloo** – This healthy green is reminiscent of spinach and frequently used in patty filling or as a side dish with fish or ackee. Sautéing it with garlic and hot peppers brings out the flavor.
- **Cho-cho** – Otherwise known as chayote squash, this delicately flavored gourd takes on the flavors of whatever dish it is used in.
- **Escovitch** – This cooking method is generally reserved for fish. In Jamaica, the fillets are browned, then marinated overnight in vinegar, spices, Scotch Bonnets peppers and oil.
- **Jackfruit** – The Jamaican jackfruit is the largest tree borne fruit in the world. Originated in South Asia, the jackfruit can reach a size of up to 80 pounds (36g.) The fruit is not juicy and is unlike other fruits, so it is said that one must acquire a liking for it. However, the Jamaican jackfruit is easily likeable.
- **Jerk** – A method of cooking as well as the seasoning, jerk is served all over the island and whether using chicken, pork, shrimp or fish, jerk masters each have their very own secret recipe. Boston Bay in the parish of Portland is famous throughout Jamaica as being the birthplace of jerk food. Others might disagree but that's what the Jamaicans say.



- **Patties** - A Jamaican patty is a pastry that contains various fillings and spices baked inside a flaky shell, often tinted golden yellow with an egg yolk mixture or turmeric. It is made like a turnover but is more savory.



- **Peas** – Jamaicans call almost any bean "peas". Pigeon peas are the most common and are typically used in classic "rice and pea" dishes. Rice and peas accompany nearly all Jamaican dishes.
- **Plantains** – A member of the banana family, plantains are a starchy, low in sugar variety that is cooked before serving as it is unsuitable raw. It is used in many savory dishes somewhat like a potato would be used and is very popular in Jamaica. It is usually fried or baked.
- **Rundown** – a thick stew, usually made with fish. It always includes coconut milk, green onions, thyme, chile peppers and vinegar. Jamaicans say it's heaven on earth.
- **Saltfish** – this dried cod is a nutritional dish when combined with ackee. It's also often made into fritters.
- **Scotch Bonnets**– Fiery, fruity and an integral ingredient in many Jamaican recipes, this small pepper packs a powerful punch. Be sure to discuss the use of these fiery little peppers with your cook.



- **Stamp and Go** – Another name for a hot and spicy fritter that can be made from a great variety of ingredients – great as a snack.



# Food Shopping

While staying at the villa...the staff will do the food shopping for you, you can accompany the cook on a food shopping trip for a uniquely Jamaican experience...or if you crave adventure, you can go it alone!



**Here are some grocery stores and food markets by area.**

## Ocho Rios

**Progressive** - The new Progressive Foods Supermarket, located in the new Eight Rivers Plaza, is jam-packed with just about everything you will need, or as they say in Jamaica, from a pin to an anchor.

**General Foods** - in downtown Ocho Rios is the largest supermarket in the area, and has the widest variety of products. They accept most major credit cards.

**The Ocho Rios Market** - on the eastern edge of downtown offers fresh fruits and vegetables. This can be an interesting experience, but we recommend that at least on your first visit, you have your villa cook, or one of the staff accompany you.

**The White River** - is your best source for fresh fish and possibly lobster. The fishermen sell their catch there in the mid to late afternoons.

## Montego Bay

**Shoppers Fair** - in the Blue Diamond Mall is the largest supermarket on the east side of Montego Bay, and has the widest variety of products. This is close to the Spring Farm villas. They accept most major credit cards.

**Super Plus** - is on the west side of town, and along with the supermarket in the Westgate Shopping Plaza, is the choice for Tryall and Round Hill villas. They accept most major credit cards.

**Westgate Shopping Plaza** - is also on the west side of town, and accepts most major credit cards.



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## *Discovery Bay*

**Scott's Supermarket** - in Discovery Bay is the most convenient place for your grocery shopping. They have a reasonably complete line of products and should meet most of your requirements. They accept VISA and Master Cards.

**The Brown's Town Market** - located in the hills above Discovery Bay is a renowned country market, well worth the trip for the scenery as well as the produce shopping. Have your driver take you there; or if you are driving, have one of the staff accompany you.

## *Runaway Bay*

**L&M Meats** - is your closest option for groceries. They accept VISA and MasterCard.

## *Port Antonio*

Ask your staff...they'll know the current best choices.

## *Negril*

**ValueMaster Supermarket** - at the Roundabout in the town is one of the two main grocery stores in Negril.

**Hi-Lo Grocery Store** - in the Hi-Lo Shopping Centre on West End Road. Here's your chance to enjoy Blue Mountain coffee, Jamaican spices, and locally grown fruits and vegetables.

## *South Coast - Whitehouse*

Ask your staff...they'll know the current best choices.



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# Dining Out - well, maybe once!

Ask any repeat traveler to Jamaica where the best restaurant is and most will tell you "the villas". Villa cooks are fantastic. But once in a while you might feel like going out. Here are a few of the popular dining spots in and around the island.

## Ocho Rios



### **Evita's Italian Restaurant** - 876-974-2333 [www.evitasjamaica.com/](http://www.evitasjamaica.com/)

A 5-minute drive south of the heart of Ocho Rios, in a hillside residential neighborhood that enjoys a panoramic view over the harbor and beachfronts, this is one of the most fun restaurants along the north coast of Jamaica. Its soul and artistic flair come from Eva Myers, the convivial former owner of some of the most legendary bars in Montego Bay, who established her culinary headquarters in this green and white gingerbread Jamaican house in 1990.

### **Passage to India** - 876-795-3182, 876-481-9470 [www.passagetointiaja.com/](http://www.passagetointiaja.com/)

Authentic Indian Cuisine. Tantalize your taste buds with the exquisite flavors of sumptuous Indian curries, tandoori specialties and Indo-Chinese fusion cuisine.

### **Spring Garden Cafe** - 876-795-3149

Just a short 5 minute ride to the east of Ocho Rios is this excellent restaurant and where the best of local seafood may be had for a reasonable price. The dining area is under roof, or on a patio where you can enjoy the night air.

### **Toscanini's Restaurant & Bar** - 876-975-4785

The three partners behind this place all hail from Parma, Italy. Coming from a long line of restaurateurs, they bring style and a Continental sophistication to their food service and preparation. The restaurant is located in Harmony Hall Art Gallery.

## Discovery Bay and Runaway Bay

If you are staying in either Discovery Bay or Runaway Bay, the closest restaurants will be in Ocho Rios which is less than 45 minutes to the east.



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## Montego Bay



**Marguerite's** - 876-952-4777 [www.margueritesjamaica.com/](http://www.margueritesjamaica.com/)

This waterfront restaurant on the Gloucester Avenue strip is the place to go for elegant dining and creative cuisine. An elegant and sophisticated 5-star, dining experience on the edge of the Caribbean Sea, specializing in an assortment of fine wines and fresh seafood, creatively prepared.

**Jimmy Buffet's Margaritaville** - 876 – 952-4777 [www.margaritavillecaribbean.com/](http://www.margaritavillecaribbean.com/)

next door to Marguerite's offers a casual, fun-filled environment: giant TV screens and a water slide into the sea. Burgers and pizzas are the order here.

**The Pelican** - 876-952-3171

One of the favorite places for all-day dining with locals and visitors alike. Pelican's has been a Montego Bay institution since the '70s with its truly Jamaican home-style dishes.

**The Houseboat Grill** – 876-979-8845 [www.thehouseboatgrill.com/](http://www.thehouseboatgrill.com/)

Moored in the calm waters of the Montego Bay Marine Park Fish Sanctuary, The HouseBoat Grill offers a unique setting for an intimate, one of a kind dining experience. Visit casually elegant. Heels not recommended.

## Port Antonio



**Woody's Low Bridge Place** - 876-993-7888

Woody's Low Bridge Place has been operating in Port Antonio since 1986 by Charles "Woody" Cousins and his wife, Cherry. Specializing in homemade burgers, all made from local ingredients.

**Bushbar** – 876-993-7000

Lushly exquisite, the Bushbar, complete with an ambient sound system, outdoor pool table and a forest-to-ocean view that expands the boundaries of even the most vivid imagination. The Bushbar features savory Jamaican and Asian-influenced dishes.

## Negril



**Rick's Café** - 876-957-0380 [www.rickscafejamaica.com/](http://www.rickscafejamaica.com/)

opened in 1974. Top Sunset Bar and Grill. Great Service, people watching, cliff divers, sunset, watching the dancers on the dance floor. Cliff Divers dive for tips. They do this for a living.

**3 dives** - 876-782-9990

A family-owned spot on the West End with canvas-topped tables covered by wooden roofs on stilts. Here the jerk chicken comes with a homemade granny sauce, while the grilled lobster comes doused in garlic butter, with callaloo and rice and peas on the side. There's a bonfire each night, and live music every Tuesday.

**Margaritaville** – 876-957-4467

Hot on the heels of Margaritaville Montego Bay, Margaritaville Negril opened in December 1996 along Negril's world famous 7-mile stretch of white sand beach. Encouraged by the runaway success of the Montego Bay restaurant they opened less than a year earlier, Brian and Ian opened the Negril branch of the beach bar and grill to the delight of tourists and locals alike.

**The Hungry Lion** - 876-957-4486

Some of the best seafood and vegetarian dishes are found at this laid-back alfresco hangout on the cliffs. Instead of the usual Red Stripe beer, you can visit the juice bar and sample the tropical punches with or without rum. Menus change daily, depending on what's available in the local markets.

**Juicy J's** -876-957-4213

Head past the mismatched chairs and tables of the front rooms to the pinewood bar in back, meet the staff, and have a glass of fruit punch, coffee, beer, or rum. Then select from a list of good-tasting food that includes grilled, steamed, or escoveitch of fish.

## South Coast

**Jimmyz Restaurant and Bar** – 876-390-3477

On Fisherman's Beach in central Whitehouse, next to a pavilion where local fishers sell their catch to wholesalers, this eatery is popular with old sea salts. The menu has fresh juices, including an exceedingly peppery ginger tonic, and dishes featuring steamed fish, chicken, 'sea puss' (octopus) and a particularly excellent spicy conch stew.



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800-396-0258

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[www.sunvillas.com](http://www.sunvillas.com)  
[donna@sunvillas.com](mailto:donna@sunvillas.com)

800-396-0258

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