

COOL, MUST DO ADVENTURES

Jamaica offers so many fun-filled adventures and unique attractions that it is hard to decide which one to select. Ziplining and bobsledding offer thrills to adrenaline junkies, while swimming with dolphins and glass-bottom kayaking is perfect for lovers of the marine world. More gentle activities such as hiking and cycling are also available, as are several adventures for children. Knowing that it is a hard choice, our team has put together a list of recommended highlights. Do it the Jamaican way – enjoy a day of ultimate fun! Check with your hotel tour desk or call the attractions at the numbers listed below.

CAMEL TREK SAFARI

PROSPECT PLANTATION NEAR OCHO RIOS

Prospect Plantation's new Camel Trek Safari is a unique adventure that you can experience nowhere else in Jamaica. Upon arrival to the Camel Park, camel trainers will give you a brief orientation. You can cuddle with the camels and take photos while you wait to saddle up. Travel the beautiful countryside on the back of your gentle and docile new friend, while comfortably seated in a beautifully decorated saddle. This entertaining adventure entitles you to your own, personal 'Camel Driver's License'. Call 994-1058. www.prospectplantationtours.com



Ready to take you on an adventure (Photo: Heidi Zech)

KOOL RUNNINGS WATER PARK

NEGRIL

Kool Runnings Water Park - the greatest chill under the sun! This state-of-the-art water park provides fun amusement options to visitors and locals of all ages. Patrons are pulled through the intriguingly designed entrance into its magical water world with 10 amazing super-size water slides, ¼ mile lazy river, Captain Mikie's Coconut Island for kids, Anancy Village, restaurants and much, much more. Open Tuesday to Sunday from 11:00 am to 7:00 pm. Closed Mondays. Call 957-5400. www.koolrunnings.com.



Fun amusement at Kool Runnings Water Park (Photo: Kool Runnings)

A DAY AT DOLPHIN COVE

OCHO RIOS

With lots of activities and fun, Dolphin Cove is the perfect place to spend the day. Visitors can captain their own mini-boats and explore the coast, interact and snorkel with dolphins, sharks and stingrays, take a glass-bottom kayak ride to explore the fascinating underwater world and interact with exotic birds, snakes and iguanas on the Jungle Trail Walk. Pirates roam freely along the Boardwalk of "Little Port Royal" and the One Legged Pirates will perform a 'Jig or Two.' Jamaica Tours offers tours to Dolphin Cove from all the major north coast resorts. Call 974-5335. www.dolphincovejamaica.com

SEA KEEPER FOR A DAY

DOLPHIN COVE, OCHO RIOS

If you have ever dreamed of working with dolphins, sharks, stingrays and other creatures of the sea, you can try out your talent at Dolphin Cove, which offers guests the rare opportunity to be 'Sea Keeper for a Day'. Learning 'hands-on' training techniques used by the professionals, participants assist animal trainers in food preparation, feeding and training of dolphins, sharks and stingrays. Call 974-5335.

www.dolphincovejamaica.com



Visitors enjoy a day at Dolphin Cove (Photo: Dolphin Cove)

ZIPLINE ADVENTURE TOURS

LETHE NEAR MONTEGO BAY

Zipline Adventure Tours offers you the longest combined zipline experience in the Caribbean. Travel at 30 - 40 mph across great expanses of land up to 250 feet off the ground, while volcanic spouts of adrenaline rock your core as you whisk through the air with the natural beauty of Jamaica as your companion. Designed to satisfy the adventure needs of the entire family, exploration activities at the Great River Adventure Center in the hills of Hanover include canopy tours, bamboo rafting, kayaking, river tubing, guided hiking tours, liqueur tasting, botanical garden walk and plantation tours. Whether you desire heart-pumping action or a more relaxed activity, an abundance of fun is waiting for you at the island's first adventure center. For more information call 940-7394 or visit www.zipline-tours.com



Having lots of fun at Zipline Adventure Tours (Photo: Heidi Zech)

TRAIL MIX TOUR

BRACO STABLES, TRELAWNY

In addition to its great equestrian Swim & Ride, Braco Stables now offers you the chance to explore Trelawny's magnificent scenery on foot and bicycle on their new TrailMix adventure. The tour starts with an energizing 2 mile hike through the canopied tropical forest up to Braco Hill, which boasts a magnificent panoramic view of the coastline from some 300-400 feet above.



Braco's Trail Mix Tour offers something for everybody (Photos: Nigel Lord)

The 60 minute hike is followed by a relaxing 30 minute bicycle trip over gently undulating terrain, through hedgerows and farmland down to the stunningly beautiful beach. Enjoy a cool, refreshing dip in the crystal-blue Caribbean Sea and breathe in the warmth of the sun on the soft white sand. From here, a driver will take you back to the Braco Great House for a well-deserved refreshment and a final photo-taking opportunity at the poolside gazebo. Wear sensible walking shoes, loose clothing and shorts with your swimsuit. Children must be at least 10 years old. Tours are available daily: 10.30 am and 2.30 pm. Call 954-0185.

