

# EXPLORE THE LAND OF WOOD AND WATER!

A paradise known for its beautiful white-sand beaches, swaying palm trees and glorious sunsets, Jamaica offers adventures and tours that showcase the island's beauty to the fullest. Centuries ago, its first inhabitants called Jamaica 'Xaymaca' the 'land of wood and water'. Today, many activities are carefully carved around the island's spectacular natural resources and major emphasis is placed on eco-friendliness and preservation. Hike or ride, swim or raft, sail or cruise, climb or zip, sing and dance, play and relax, celebrate and EXPLORE! Below are a few hand picked exploits from the vast array of options that is Jamaica.



Rafters enjoy a thrilling ride on the Great River (Photo: Caliche)

## WHITE WATER OR RAINFOREST RAFTING - CALICHE RAINFOREST PARK

MONTEGO BAY, OCHO RIOS AND PORT ANTONIO

Committed to high quality, safety and personable service, Caliche offers an exciting variety of river excursions and rainforest exploration tours. Feel the adrenaline pumping on the Canyon White Water Rafting tour on state-of-the-art, self-bailing rafts. A life vest and helmet keep you safe during the wildest part of the ride, around boulders, through rapids and down waterfalls. To ensure that everyone

can enjoy this tour, one river section is available to beginners while a more difficult section is open to experienced white water rafters. Participants must be over 12 years and physically fit. The tour is approximately 1½ to 2 hours depending on the river flow.

The Rainforest Rafting tour is another exotic and beautiful experience in the rainforest, safe enough for children and gentle enough for the elderly. Swim in mineral pools, swing on ropes or just glide down the river on a raft. This ride is approximately 1½ to 2 hours, the age limit 4 years and the capacity per raft is 10. Check out [www.whitewaterraftingmontegobay.com](http://www.whitewaterraftingmontegobay.com). Tel: 940-1745.



Cultural exchange at the Rastafari Indigenous Village (Photo: Marco D'Alfonso)

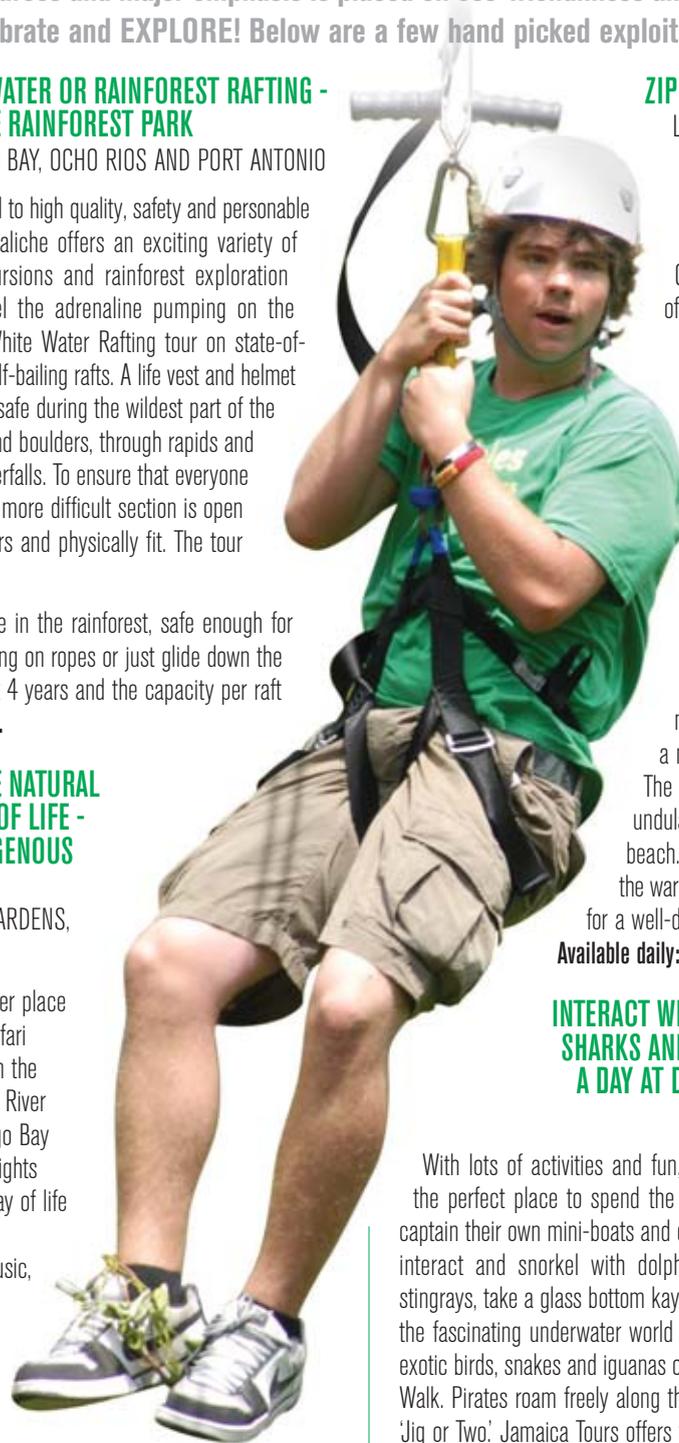
## EXPERIENCE THE NATURAL RASTAFARI WAY OF LIFE - RASTAFARI INDIGENOUS VILLAGE

MONTEGO RIVER GARDENS, MONTEGO BAY

Welcome to a simpler place and time! The Rastafari Indigenous Village in the hills of the Montego River Garden near Montego Bay gives interesting insights into the Rastafari way of life including its natural heritage, culture, music, foods, herbs and

spices. The village comprises of homes, school, herbal and organic farms and lots of interesting people. Enjoy river walks, spiritual healing, wellness workshops, yoga and fitness classes and purchase unique handmade crafts, CDs and clothing.

Tel: 383-9068 or log on to [www.rastavillage.com](http://www.rastavillage.com).



Zippering through the jungle a la Tarzan (Photo: Heidi Zech)

## ZIIPPING THROUGH THE JUNGLE - ZIPLINE ADVENTURE TOURS

LETHE NEAR MONTEGO BAY

Zipline Adventure Tours is currently the #1 attraction in Jamaica, according to TripAdvisor. Travel at 30 - 40 mph across great expanses of land up to 250 feet off the ground on the longest combined zipline experience in the Caribbean. 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 to satisfy the whole family is waiting for you at the island's first adventure center.

Tel: 940-7394 or visit [www.zipline-tours.com](http://www.zipline-tours.com)

## FOREST HIKING & BIKING - 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. 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 relax in the warmth of the sun on the soft white sand before returning to the Braco Great House for a well-deserved refreshment. Children must be at least 10 years old.

Available daily: 10:30 am and 2:30 pm. Call 954-0185. [www.bracostables.com](http://www.bracostables.com)

## INTERACT WITH DOLPHINS, SHARKS AND STINGRAYS - 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](http://www.dolphincovejamaica.com)



Interactive experience at Dolphin Cove (Photo: Dolphin Cove)

**BRACO STABLES**  
Ride a Seahorse into Paradise...

Make a reservation through your hotel tour desk or call: (876) 954-0185-6 / fax: (876) 954-0434, or email: [bracostables@cwjamaica.com](mailto:bracostables@cwjamaica.com) / <http://bracostables.com>

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