

Explore



# Explore Jamaica

Jamaica | Discovery | Trip code JAM

269Kg of CO<sub>2</sub>e  
Average carbon footprint per person

**feefo**    
Product Rating 49 reviews

Days **10**

Deposit from  
**CHF  
318**

Price from  
**CHF 3183**

[View dates & book](#)

Get to grips with the rhythm of island living on our tour of Jamaica. We might be taking things easy, but we still pack a punch, ticking off bucket list and off-the-tourist-trail sites. Experience the culture of Kingston, the coffee of the Blue Mountains and the beach-side bars of white sand beaches, all whilst witnessing stunning Caribbean scenery and sampling the best jerk around. Our all-encompassing tour proves there's more to Jamaica than rum and reggae (but we'll get our fill of those, too).

### Why we love this trip

- **Sun, sea, and sand** - From Frenchman's Cove to Negril's Seven Mile Beach, unwind with a Red Stripe or rum on the white sand beaches of Jamaica's paradisaal coastline.
- **Inland island scenery** - Head into the lush Blue Mountains National Park and Appleton Estate to sample Jamaica's premium coffee and rum.
- **Caribbean indulgence** - Get a taste for island life, trying authentic jerk food, patties and Maroon food at Charles Town Maroons Village.

<b>INCLUDED MEALS</b> Breakfast: 9 Lunch: 1	<b>TRIP STAFF</b> Explore Tour Leader Driver(s)	<b>TRANSPORT</b> Bus	<b>ACCOMMODATION</b> 9 nights comfortable hotel	<b>TRIP PACE:</b> Relaxed	<b>GROUP SIZE:</b> Trip maximum 16 Explore Average 11
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## Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

### DAY 1 - Join trip in Kingston

Our tour starts today in Kingston, Jamaica's capital and the island's cultural hub.

Due to the number of evening flights into Kingston, your tour leader will meet you on the morning of Day 2 for a welcome meeting. Details of timings will be left in the hotel reception. There are no activities planned today, so you're free to arrive at any time. If you'd like an airport transfer today, you'll need to arrive into Kingston's International Airport (KIN), approximately a 40-minute drive from our hotel.

Should you miss the meeting, your tour leader will catch you up as soon as you catch up.

If your flight arrives earlier in the day, why not get to grips with island life and sip a local Red Stripe beer as you soak up the views of the Caribbean?



ACCOMMODATION:  
Hotel Four Seasons (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

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## **DAY 2 - Coffee tasting at plantation in Blue Mountains; visit the Bob Marley Museum**

Today, we'll head north out of the city, following the winding and unmarked roads upwards into the Blue Mountains. This place is famous amongst coffee lovers thanks to its single-origin coffee - we'll head to one of the area's best-known plantations. Way up in the Blue Mountains, we'll see how coffee is grown, harvested and brewed. We'll take a guided hike through the coffee fields that surround the estate before finishing up with a cup of freshly brewed Blue Mountain coffee. The National Park itself is enormous, spanning four of Jamaica's parishes and the breathtaking mountain scenery covers the eastern part of the island.

On our return to Kingston, we'll visit the Bob Marley Museum, located in the colonial house where the reggae legend lived from 1975. For anyone interested in music, the museum gives a great look into the mind and inspirations of one of Jamaica's most famous residents. Finishing the museum at approximately 4pm, we'll head back to our hotel.

For those who'd like to explore more of Kingston, you might like to visit Trench Town or Tuff Gong Studios and continue your Bob Marley odyssey, or see a superb showcase of Jamaican art at the National Gallery. Alternatively, you could spend some time at Devon House, the 19th century home of George Stiebel, the first black millionaire in the Caribbean. It's now a collection of local cafes and restaurants - as well as proudly serving some of the best ice cream in the Caribbean, which is well worth a try.



ACCOMMODATION:  
Hotel Four Seasons (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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**DAY 3 - Drive to Port Antonio via Charles Town Maroon Community with a traditional lunch, plus optional rafting on the Rio Grande**

We'll have a leisurely start this morning before we travel to Charlestown for lunch and to learn about the story of the Maroons. Since the 1700s, pockets of Maroon settlements have existed in Jamaica - escaped or freed slaves who were able to fight off the British and be granted a treaty of relative autonomy within the region. On arrival, we'll visit the village and discover more about these amazing people, their historical legacy and way of life. We'll also taste some traditional Maroon food before continuing to Port Antonio.

We'll make an optional stop en route to Port Antonio for rafting on the Rio Grande. The rafts are made from bamboo and sit two adults each. Your raft captain will take care of the paddle, so you're free to sit back, relax and enjoy the scenery. The rafting takes approximately 90 minutes, and we end where we start- at a spot aptly named the Rafter's Rest. Anyone not wanting to raft will be taken on to the hotel.



ACCOMMODATION:  
Jamaica Palace (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



#### DAY 4 - Visit the Blue Lagoon, swim at Frenchman's Cove

This morning we'll visit the mesmerizing Blue Lagoon where we will stop for some time to relax and have a swim. We will then continue to Frenchmen's Cove to spend a relaxing morning on the white-sand beach, which is sheltered in a secluded cove and backed by lush greenery. We plan to have lunch here, perhaps a tasty plate of jerk pork or chicken washed down with a bottle of Jamaican Red Stripe. We'll then return to the hotel in the afternoon.



**ACCOMMODATION:**

Jamaica Palace (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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#### DAY 5 - Continue to Ocho Rios; option to visit Dunns River Falls

This morning is free to enjoy Port Antonio - there might be the chance to visit a church service in the local area. We'll then continue to Ocho Rios, arriving around 2pm.

This afternoon, we have the option to visit the Dunns River Falls, explore the local area or relax by the pool at our hotel.



**ACCOMMODATION:**

Hibiscus Lodge (or similar)

**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 6 - Visit Rose Hall Great House for a guided tour; continue to Negril**

After breakfast, we'll drive for just under two hours to Rose Hall Great House for a guided tour and to learn more about the heritage of the island. After the tour, we'll continue to Negril via a stop at Montego Bay where we can have lunch. Our driving time this afternoon will be approximately two and a half hours.

Negril is a small town that's known to have some of the most beautiful coastline in Jamaica. As well as miles and miles of sandy beach, at one end of Negril you'll find clusters of high, craggy cliffs, jutting out over the water like spears. Perched high on one of these crags is Rick's Cafe, which we'll be visiting for sunset, one of the best on the island, as well as to watch the daring cliff divers who gather here to perfect their daredevil tricks. It's a lively spot, where locals and tourists flock to enjoy the music, rum and breathtaking views.



ACCOMMODATION:  
Merrils Beach Resort (or similar)

Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### **DAY 7 - Free day in Negril; relax on 7 Mile Beach**

Today is free to enjoy everything that Negril has to offer. The long stretch of sand at Seven Mile Beach (in reality, it's closer to five miles!) is perfect for a long walk, or you could choose to simply swim or relax with a rum punch and a lunch of chicken or curried goat or a tasty Jamaican patty. There are many restaurants and cafes down the length of the beach if you want to get away from the midday sun. Alternatively, if you're interested in getting out on the water, scuba diving, snorkelling or glass-bottomed boat trips are all available.



ACCOMMODATION:  
Merrils Beach Resort (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



MEALS PROVIDED: BREAKFAST

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### DAY 8 - Rum tasting at Appleton Estate Distillery; drive to Treasure Beach

Our drive this morning takes us inland towards the rolling hills of Jamaica's interior and our first stop, the Appleton Estate Rum Distillery. The estate, located amongst beautiful countryside, has been producing rum since the 1700s, and our tour today will show us how the sugar cane is magically transformed into Jamaica's beautiful golden rum. We'll end the tour at the bar, where we'll, of course, be sampling the goods!

After a tippie of rum, we'll set off towards Treasure Beach, a low-key community that's off the beaten tourist path. Seafood here is excellent so it's well worth tasting some of the local lobster (when in season) or the fresh catch at dinner this evening. Our total driving time today will be approximately four hours.



ACCOMMODATION:  
Lashings Hotel (or similar)



Grade: Comfortable Hotel



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 9 - Free day in Treasure Beach; optional Dolphin Quest, Black River Safari, Pelican Bar or cooking class

There is plenty to explore in Treasure Beach, aside from the coastline itself. Just 1 kilometre/0.6 miles offshore is the unusual Pelican Bar - a fantastic driftwood construction on a sandbank in the middle of the ocean. If you fancy a visit, you can easily find a taxi boat. Keep an eye out, there's a chance you'll spot dolphins in this area, too.

Alternatively, you could take a boat 'safari' up the Black River, a swampy river home to the Jamaican crocodile and over 100 species of native birds. On the way back to Treasure Beach you'll stop for a drink and to admire the views at Pelican Bar.

For those who'd prefer to stay on dry land, there's an option to take a Jamaican cooking class to discover the secret of jerk seasoning. You'll learn to cook steamed fish and bammy (traditional cassava flatbread) or to prepare a lobster dish (when in season).

\*if you are travelling on the 18 March 2026 departure please note that we will be departing Treasure Beach this morning and heading back to Kingston where we will be visiting the National Gallery.



ACCOMMODATION:  
Lashings Hotel (or similar)



**Grade: Comfortable Hotel**



SINGLE ROOM AVAILABLE



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

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## DAY 10 - Drive from Treasure Beach to Kingston airport, where the trip ends

Our tour ends today and there will be two transfers from Treasure Beach to Kingston Airport (around a three-and-a-half-hour drive). The first transfer will arrive at the airport at approximately 1pm, so the earliest your flight can depart is 4pm. The second transfer will arrive at the airport at approximately 4pm for evening flights - typically there's a direct British Airways flight to London departing around 8pm-9pm.

\*please note that if you are travelling on the 18 March 2026 departure you would have stayed in Kingston on the final night of this tour instead of Treasure Beach. If you are leaving Jamaica today, we will include a transfer to the airport.



MEALS PROVIDED: BREAKFAST

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## Is this the tour for you?

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- In Jamaica, things run on island time. Going with the flow is an art form to be mastered on the island - service can be slow, and things don't run like clockwork but it's a great opportunity to unwind and slow down.
- We stay in comfortable accommodation, but it might not always match the standards of home - that being said, the sparkling waters of the Caribbean coast are never far away and are sure to make up for any hiccups.
- While we've graded this trip as leisurely (and we'll sure take advantage of island living), we do offer a lot of optional extra activities which, all together, would bump up the tour pace to moderate.
- It can get quite warm on the island, and we'll spend a lot of time by the coast. It's worth being prepared with light layers and sun protection.
- We'll have limited time in Kingston during this tour - if you'd like to see all of the highlights, we recommend adding an extra night or two to the beginning or end of your trip. Contact our customer agents who can help you book accommodation.

## Trip information

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### Climate and country information

#### Jamaica

##### Climate

Along the coast of Jamaica, temperatures range from 22-31C, dropping inland by a few degrees. The rainiest and most humid months are May-October, and hurricanes can occur between August-October. The dry season is from November to April, although it can rain at any time of year. Up in the Blue Mountains, temperatures sometimes drop to around 10C particularly in the evenings.

##### Time difference to GMT

-5

##### Plugs

2 Pin Flat

**Religion**

Protestantism is the main religion. 1% of Jamaicans identify as Rastafarian.

**Language**

English

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**Budgeting and packing****Optional activities**

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for locally and do not form part of your Explore holiday contract.

Kingston - Trench Town US\$20 plus walking tour US\$28; Tuff Gong Studios US\$20; Reggae and Dancehall classes US\$25

Portland - Blue Lagoon Boat Excursion US\$25; Rio Grande rafting trips US\$50.

Negril - Scuba diving US\$70 (1tank) US\$130 (2tank); Snorkel trip US\$35; Glass Bottom Boat US\$55; Catamaran Sunset Cruise US\$75

Treasure Beach - Dolphin Search with Black River Safari and Pelican Bar US\$65; Pelican Bar US\$40; Jamaican Cooking Class US\$45-65

Please note several of these options have additional costs for transport to get to and from them which your leader will brief you on.

**Clothing**

Bring lightweight, informal clothing. A good waterproof jacket, or an umbrella, is necessary all year round. Long sleeved shirts and long trousers give protection against insects. A swimming costume and sun hat are essential.

**Footwear**

Comfortable trail boots, plus trainers/sandals for the evening. Water sandals are highly recommended for swimming.

**Luggage**

20kg

**Luggage: On tour**

One main piece and a daypack. You might like to consider bringing a small beach bag for your free day in Negril. Remember, you are expected to carry your own luggage (i.e. on and off transport etc.) so don't overload yourself.

**Equipment**

Sunblock, insect repellent, a travel towel, sunglasses, sun hat and swim gear are all essential. A torch (with spare batteries and bulb) and filter water bottle are also useful items. You may also wish to bring binoculars for bird watching, and snorkelling equipment.

## Tipping

### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 35, approx. 4'700 Jamaican dollars for group tipping

For all non-included services and meals on your trip please tip independently at your discretion.

## Jamaica

### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price	Dinner price	Beer price	Water price
££8	££15	££1.50	££0.80

### Foreign Exchange

#### Local currency

Jamaican Dollar (JMD)

#### Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the JMD is approximately JMD 170 to the British Pound. We recommend you take some emergency cash in USD and GBP for exchange. Notes should be in good condition otherwise they may not be accepted. Please check on line for up to date information

#### Where To Exchange

Your Tour Leader will advise you on arrival

### **ATM Availability**

ATMs can be found in the major towns and cities for cash withdrawals in JMD. Always have some cash back up as they are not always reliable

### **Credit Card Acceptance**

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

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## **Transport, Accommodation, Food & Drink**

### **Transport Information**

Bus

### **Accommodation notes**

During our tour of Jamaica, we stay in a selection of comfortable hotels. Our accommodation is chosen based on location, authenticity, and comfort. As is the way of island living, service can be laidback here but you're guaranteed a warm welcome.

In general, our hotels offer en-suite rooms with air-conditioning. WiFi is generally available but (as with most things on the island) can be on the slower side. Most hotels have a swimming pool and bar or restaurant. It's worth noting that hotels might not match the standard you'd have at home - hot water in particular can be unreliable and water pressure can be weak at times.

## **Jamaica**

### **Food and drink**

In Jamaica, accommodating clients with dietary requirements is possible, though it varies by location. Generally, meat and other restricted items are substituted with extra vegetables, potatoes, and rice. Vegans and individuals with other food intolerances should anticipate limited options, as creatively prepared dishes are typically lacking.

### **Can you drink the water?**

The water quality is poor and therefore it is recommended to avoid drinking tap water during your trip.

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## **Essential Information**

### **Government Travel Safety Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination's safety and security, entry requirements, health, local laws and customs. Relevant government website links for UK, US, Canadian, Australian and New Zealand citizens are available on our Travel Safety page.

If you'd like some initial information on country-specific entry requirements, such as visas or any health declaration forms, please refer to our Entry Requirements page. The services and information on this page are provided by a third party, and so we will still recommend that you cross check this against your government website for the latest advice.

### **Under 18 immigration guidance**

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

### **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Our price guarantee does not apply to Polar Voyages. However, please note that if you voluntarily make any changes to your booking including changing your trip or departure date, any additional costs or charges incurred will not be covered. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

### **Visa and Passport Information**

Jamaica: Visas are not required by UK, Australian, New Zealand, US and Canadian citizens.

Other nationalities should consult the relevant consulate.

Since 1 September 2023, all travellers are required to complete the Immigration / Customs C5 Form online before arrival in Jamaica. The C5 online form is free of charge and can be completed before your journey via the PICA: Enter Jamaica website. Travellers are advised only to use the official free online service and avoid misleading sites asking for payment.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

USA: If your flights pass through the USA, even if only in transit, you will require either a visa or an ESTA (an e-visa). Please read on for more information.

Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can apply for an ESTA under certain conditions. This applies if you enter the country by sea or by air, and this must be done online via <https://esta.cbp.dhs.gov>, no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

You must have a biometric passport to apply for an ESTA. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iran, Iraq, Libya, North Korea, Somalia, Sudan, Syria and Yemen since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. You should also be aware that if you have travelled to or have been in Cuba since the 12th of January 2021, you will not be eligible for an ESTA visa waiver and will need to apply for a US visa. You should consult the US State

Department website to determine which you will need.

Your ESTA application will ask for Point of Contact information. Please note that if you're only transiting through the USA then this is not required. If you're visiting or staying in the USA on an Explore trip, then our USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure.

Entry requirements for the USA can change regularly, therefore, please ensure you have the most up to date information before you travel by checking the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website:

<http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office

For customers visiting the EU, or transiting via EU countries, please be aware that the European Union's (EU) new Entry/Exit System (EES) is being rolled out, with full operation from 10 April 2026. This means that when you travel into, or depart from, the Schengen area for short stays, you will need to register your biometric details, such as fingerprints and a photo. You do not need to take any action before you arrive at the border, and there is no cost for EES registration. On your first entry or exit into a Schengen country, you will be asked to register your details at a special booth before proceeding to the immigration desk.

At some ports and international stations allow for extra time as there may be increased wait times while EES registration is completed before passengers leave the UK and transit through a EU country. Once initial registration has been completed future entering or exiting of an EU Schengen country should be simplified as only a single fingerprint scan or facial recognition scan will be required.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

## **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

### **Minimum age restrictions**

For our group tours, the minimum age is **16**. The minimum age on Family trips varies between 7 and 11 - please check the 'Family information' section of the trip page for more information.

### **Your safety and enjoyment on tour**

We want everyone to have a safe and enjoyable holiday, so we ask you to confirm when booking this trip that you are fit and able to fully participate in all elements of the itinerary. If you have any concerns

about your fitness or ability to complete any of the activities, please get in touch with our Customer Relations team at [cr@explore.co.uk](mailto:cr@explore.co.uk) as soon as possible. Our tour leaders are trained and experienced in managing differing abilities within a group, but if they have concerns about a group member's ability to safely participate in any element of the itinerary or believe someone's presence could affect the safety or enjoyment of the holiday for others, in accordance with our Booking Conditions our tour leaders have the authority to ask an individual to miss an activity or activities. This decision would never be taken lightly, but on the rare occasions our tour leaders ask someone to sit out part of the tour, refunds will not be offered and individuals may be liable for additional costs incurred.

## **Your Tour Leader**

All tours aside from extensions, Galapagos cruises and polar expeditions will be led by one of our experienced Tour Leaders. We believe that our Tour Leaders are the key to the success of our tours; they are local experts who are bursting with first-hand knowledge which they love to share, and their unique insights will bring the destination to life. Your Tour Leader will be on hand throughout your tour to make sure arrangements run smoothly, to organise all the local logistics and to keep you safe. Your Tour Leader should be your first point of contact if you encounter any difficulties or disappointments in country – please raise any concerns, however small, with your Tour Leader as they are best placed to assist you.

## **Transfers**

Find out more about [Trip Transfer Terms and Conditions](#) before you book.

### **Booking a land only package with Explore**

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

### **Joining Tour Abroad**

Customers booked on the 'Land Only' arrangements will receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Polar customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

## **Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full

terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

## **Flight information**

Explore can arrange your flights for you, to make joining and leaving our trips easy. Read more about them here.

### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### **Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display the price of the tour only. Please call us or select the flight option during the online checkout to receive a quote for a flight inclusive package. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## **Ability to swim**

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

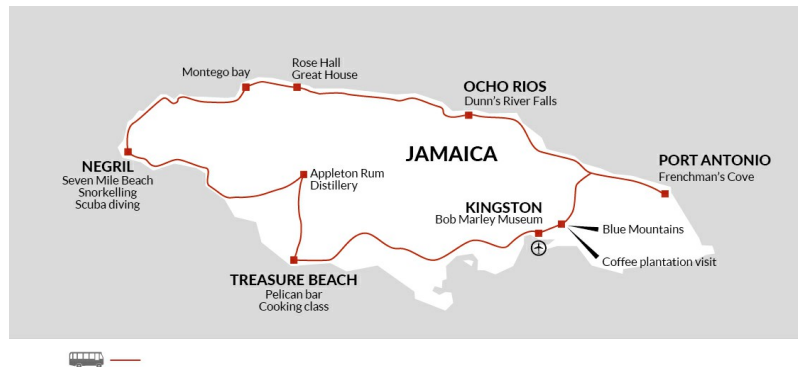
## **Jamaica**

### **Vaccinations**

We recommend protection against Tetanus, Infectious Hepatitis, Typhoid and Polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Yellow fever is only recommended for those travelling east of the Andes (Amazon Extension). Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Information regarding vaccinations and travel health advice can be found by on the NaTHNaC website and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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## Additional Information



## Why book this trip

This trip is an opportunity to discover the real Jamaica, behind the resorts and cruise liners. By staying in smaller accommodation, we take you to the hidden corners of Jamaica that many people don't see, as well as visiting the highlights. Covering almost the entire island circuit as well as some of the inland's beautiful mountainous areas, you should come away from this trip with a real understanding of the Jamaican culture and psyche.

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## Dates, prices and booking

- ▣ Prices may change - book now and today's trip price is guaranteed in our [price promise](#)
- ▣ Book online to secure your price and space. Your deposit is refundable for 14 days. Find out more [here](#)

Departure guaranteed. Find out more [here](#)

**2026**

2027

dates

Hide unavailable

**Thu 26 Nov 2026**

**CHF 3183**

**Thu 14 Jan 2027**

**CHF 3242**

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**Thu 4 Feb 2027**

**CHF 3242**

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**Thu 18 Mar 2027**

**CHF 3242**

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**Thu 8 Apr 2027**

**CHF 3242**

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**Thu 28 Oct 2027**

**CHF 3242**

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**Thu 11 Nov 2027**

**CHF 3242**

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**Thu 25 Nov 2027**

**CHF 3242**

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## **You might also be interested in**

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Recommended Trips

<p><b>AWARD WINNING EXPLORE LEADERS</b></p>	 <p><b>PRICE GUARANTEE PROMISE</b></p>	 <p><b>AIRPORT TRANSFERS</b></p>
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Why Book This Trip?

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