

MONTEGO BAY



**warm
welcome**

Insider Guide & Map

This guide is packed full of tips and advice on how to get the most from your visit from those who know the island best.

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Montego Bay (known locally as MoBay) is a city bursting with life and an easy place to explore.



Prepare yourself for a sensory overload of sights, sounds and tastes - from vibrant market stalls and beautiful beaches, to reggae beats and mouth-watering eats.

Finding your way around Montego Bay and the surrounding area.

 Click on a number for more information

- KEY:  Shopping  Sites and attractions
 Culture & history  Information Kiosk



① Old Fort Craft Market

This market sits on the site of an old fort once used to guard Montego Bay harbour from invasion by the Spanish and French forces and pirates that roamed the Caribbean Sea.

Opening times: 7am – 7pm every day

Located at the end of Hip Strip nearest downtown Montego Bay



② Harbour Street Craft Market

With rows of brightly coloured wooden huts, smiling traders and rhythms of dub and reggae sounding in the background, this beautifully laid out market offers the largest selection of craft souvenirs in MoBay. You can see the artisans at work offering woven straw baskets, hats, bags, jewelry, clothing, artwork, and much more.

Opening times: 7am – 7pm every day



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Montego Bay Marine Park

The Marine Park includes some of Jamaica's finest beaches, coral reefs and mangroves and is a sanctuary to a wealth of wildlife. There is a lot to do here. You can join a science or ranger team on a glass bottom boat, go diving or take a stunning sunset cruise to Mangrove Quay to watch birds go to roost. All funds go towards important conservation work.

Planning your trip

You need to call ahead to arrange for a day and time to visit and the park staff can arrange to pick you up from Doctor's Cave Beach or you can easily grab a taxi.

Facebook: @montegobaymarineparktrust

Tel: 1 876 952-5619



④ Sam Sharpe Square

This is the historical heart of Montego Bay. Samuel Sharpe is a national hero who was also a Baptist deacon. He was just 31 when he led one of the island's last major slave revolts in 1831 - the Christmas Rebellion. Estates were set ablaze across Jamaica as a signal for the slaves to rise up and, in doing so, it was instrumental in bringing about the abolition of slavery in Jamaica and across the British Empire. Sam Sharpe was tried and hanged right here in this square the following year.



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Hip Strip (Gloucester Avenue)

Walking is the best way to experience the Hip Strip where you can browse the shops, bars, restaurants and cafes, while taking in panoramic views of the coastline, or soaking up some sun on one of the beaches.



6 Doctor's Cave Beach

This is a very beautiful beach at the heart of the Hip Strip with white sand and crystal-clear waters. It has a natural spring which people say has medicinal properties. The beach, which was started by a group of doctors as private member's club in 1906, is the reason why tourism started in MoBay as hotels were originally built to cater for the rich and famous attracted by the water's curative properties. Many local families visit on the weekends to enjoy the pristine surroundings and socialise with friends.

Please note, there are charges for this beach.

Opening times: 8.30 am - 5.30 pm

Located on the Hip Strip.



⑦ Montego Bay Cultural Centre

“This is a museum and gallery in Sam Sharpe Square. You will see lots of local art and there is a very rich history of artefacts that we have used here over the many years.” Errol Lewis, Artist

Opening times: Tuesday – Sunday,
9am – 5pm.

Please note, there is an entrance fee



⑧ St James Parish Church

Built between 1775 – 1782, this magnificent limestone church boasts elaborate stained glass windows, mahogany pews, a fine example of a pipe organ and marble monuments - including works by renowned 18th-century English sculptor John Bacon.

Free access when church not in use.

Tel: 1 876 952-2775



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Old Hospital Park

A beautiful, green space and a relaxing area away from the hustle and bustle of Montego Bay.

Located on the Hip Strip.

5 minute walk from Doctor's Cave Beach.



OUT OF TOWN



Rastafari Indigenous Village

The Rastafari Indigenous Village is a living cultural village where you will have a unique opportunity to connect with the members and learn more about their culture and values. This place feels a million miles away from the bustle of the city. You'll start by taking a short trek in the verdant countryside before crossing a stream (wear shoes that can get wet!) into the heart of the village...

OUT OF TOWN

Rastafari Indigenous Village (cont)

"This was not a tourist attraction, but more of a welcome home. We were educated about the Rastafarian beliefs and way of life. The time flew by and we did not want to leave. Thanks to all for the lessons on medicinal herbs, living off the land, finding your purpose through your passion, the act of forgiveness, and equality for all."

Krisnomis, Trip Advisor

Booking: Please book your tour in advance

Tel: (876) 383-9068/410-1770

www.rastavillage.com

Opening hours: Tuesdays, Thursdays
and Saturdays: 10am - 2pm

There is an entrance fee

Time and distance from central MoBay:
20 minutes by taxi

OUT OF TOWN



White House fishing village

"This place has long been popular with locals and a few 'in the know' visitors. It's a genuine fishermen's village and shows a truly authentic slice of local life.

The fishermen head out on their nightly ritual in their canoes and small boats, returning at dawn with their catch of fresh fish, conch and lobster destined for the small, homely restaurants and bars mostly run by the women of the village. Lunchtime and after-work hours are probably its busiest times."

Eleanor Hussey, a born and bred Montegonian who works for the Travel Foundation

Time and distance from the central MoBay:

15 minutes by taxi; 6.8km
(close to the airport)

TIPS



PEOPLE

"Personal space? Jamaica doesn't know what that means! Touch your face, hug you, call you affectionate names: 'tall man', 'short man.' We break the ice quick!"

Jason Russell, owner of Pier One



"We are friendly, warm and proud. If you have not met the people you have not experienced Jamaica. Here, we say: 'Jamaica All One Love.' We are all from different places but we all have blood running through our veins so we are all one."

Carol McLennon, Harbour Street Market

FOOD & DRINK

Jerk

Jerk, probably Jamaica's best-loved food, originates from the Maroons who were slaves that escaped and ran away from the Spanish-owned plantations when the British took Jamaica in 1655. They fled to the mountains and joined the remaining indigenous communities who showed them techniques for preserving and cooking wild boar. Jerk is often served with bammy (a flat, round bread made from dried and pounded cassava) and festival (a cornmeal dough which is deep fried).

"Jamaican jerk chicken with all those spices, pimentos... peppers... It's NICE!"
Authentic jerk chicken, everytime. You can't go wrong!"
Constable Allen



FOOD & DRINK



Favourite meals

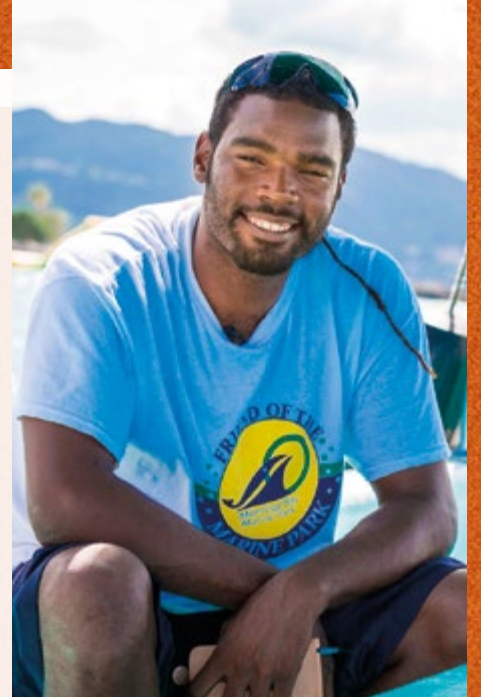
"For breakfast I recommend trying our national dish ackee and cod fish or maybe yam and fried plantain which is a bit like banana. For lunch, I love Jerk chicken or oxtail (stew with rice and peas) with dumplings.

For dinner, stuffed lobster which is cut from the shell and mixed with onion, tomatoes and peppers is fantastic!" Dalton James, Pelican Grill

Which fish to eat

"We love eating snappers, kingfish, and mahi mahi. Try and avoid eating parrot fish which do an important job in cleaning the reef. Instead, you could help us protect our marine environment by eating invasive species like the lionfish."

Joshua Bailey, Montego Bay Marine Park

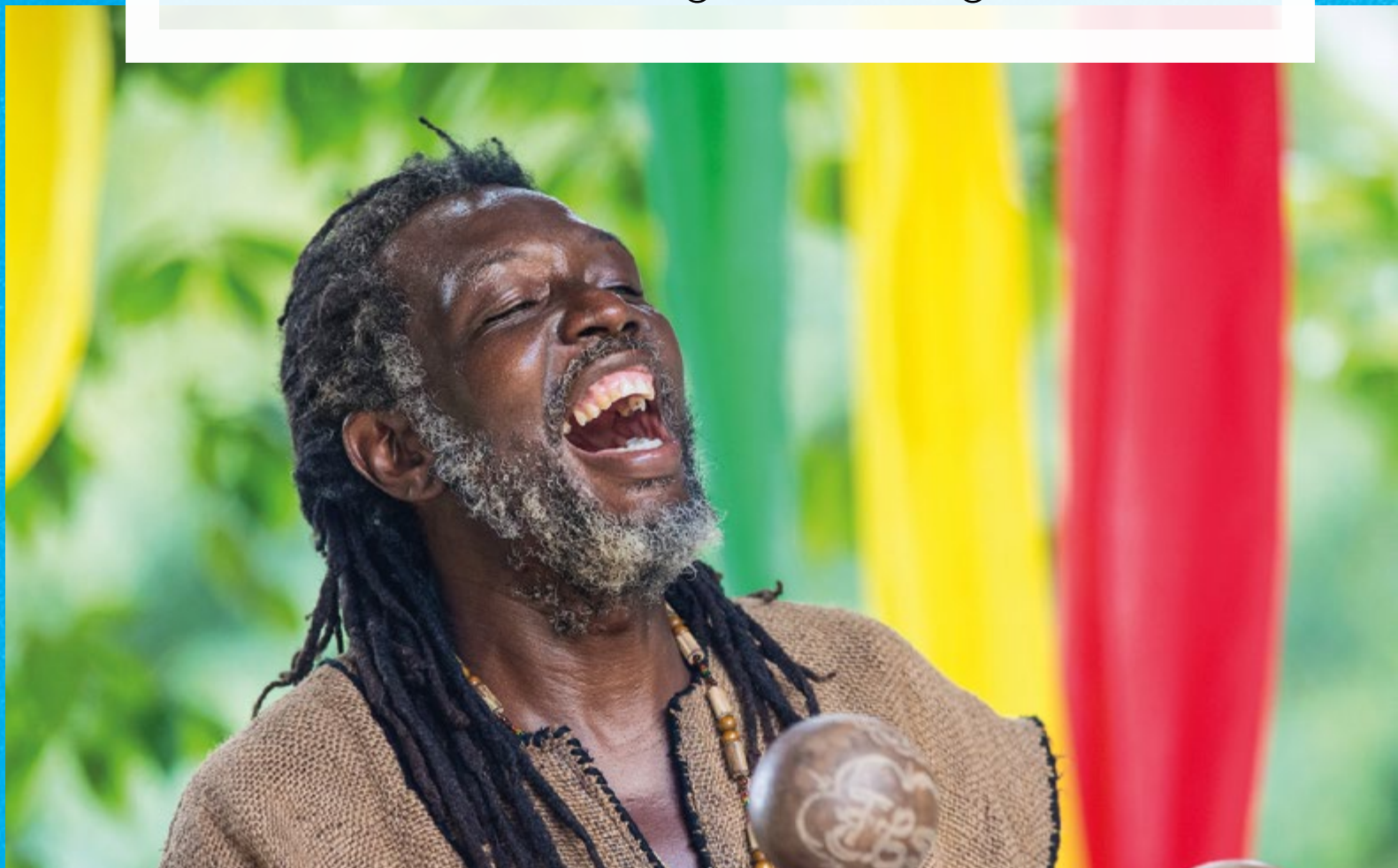


MUSIC



“Reggae music is everywhere, we love it. You’ll hear it pumping out of cars, bars, market stalls – everywhere! It developed from the songs our ancestors sang to console themselves and it incorporates all kinds of other music and blends them together into a wonderful mix.”

Prince Tebah, Rastafari
Indigenous Village



PATOIS

As well as English, Jamaicans also speak Patois (pronounced Patwah), which is a very expressive language. Here are some words and slangs that you are sure to hear:

WHA'A GWAAN? – What's going on? / How are you? (Mainly used as a greeting)

IRIE – (pronounced EYE-ree) Alright, used to indicate that all is well. Also a greeting.

GYAL – A woman or girl.

BWOY – A man or boy.

PICKNEY – Child (boy or girl).

EVERY TING CRISS – Everything is cool.

SOON COME – 'Soon' can be any length of time! Often used by a person when they are departing but will return.

YAHSO – Right here.

NO PROBLEM, MAN – The standard reaction to a request for help, or for service. Also, exemplifies the general hospitable attitude.

BRAWTA – An 'extra' given for free (often added to your shopping in the markets and elsewhere).

PATOIS



“We are a combination of cultures from all over the world... You will find Jamaican words include Spanish, French, English, Chinese... It’s very unique, I doubt you will find it anywhere else.”

Constable Allen

GETTING AROUND

Montego Bay is a relatively small city and easy to get around. To give you an idea, most people can walk from the Hip Strip to Sam Sharpe Square (in the centre of town) in twenty minutes at a medium pace.

You can book taxis from your hotel or from most attractions in Montego Bay - look out for cars with JUTA Tours, JCAL Tours or MAXI Tours logos. Authorised taxis have the red registration plate and a visible ID - always ask to see the driver's ID.



FRIENDLY ADVICE

The district constables are an official and friendly face for tourists and you can ask them about anything. They'll be very happy to make recommendations for places to go and can advise you on how to spot official operators and keep safe. Always check for ID if someone is trying to sell something to you like a tour. Jamaicans are laid back but please ask out of courtesy before taking their photo.



"The district constables are in blue and regular constables are in red, white and black. So we are easy to spot. Any problems come to us. We make it as safe as possible so people can go around, take pictures, enjoy the ambiance, the food, the vibes and the culture."

District Constable Dixon-Morris

This guide has been produced as part of our Warm Welcome campaign to promote the very best of Montego Bay.



We would love to know what you think of this guide and your visit to MoBay?

Please take a moment to share your thoughts in this short survey.

www.surveymonkey.co.uk/r/5TFSJKW

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