

adventure travel itinerary

Jamaica Edition



TRAVEL PERSONALITY

YOUR ULTIMATE
THRILL-SEEKER'S GUIDE

ADRENALINE MEETS
PARADISE

DAY 1: ARRIVAL

- ***ADVENTURE LIGHT DAY, ALL WITHIN MONTEGO BAY***



Doctor's Cave Beach

relax in turquoise waters after your flight (\$6 entry).

Hip Strip Walk

lively stretch with bars, craft shops, and music.

Dinner at Houseboat Grill

floating restaurant on the Montego Bay Marine Park Lagoon (meals \$20–35)

DAY 2: NEGRIL THRILLS

- ***ALL CLUSTERED AROUND NEGRIL
— NO LONG TRANSFERS***



Seven Mile Beach

morning jet ski, parasailing, or glass-bottom kayaking (\$40–70).

Booby Cay Island

quick boat trip for snorkeling and fresh lobster grill (\$20 boat ride, \$15 meal).

Cliff Jumping at Rick's Café

adrenaline jumps into the Caribbean Sea (free entry, drinks \$8–12).

DAY 3: SOUTH COAST (ST. ELIZABETH & TREASURE BEACH)

- ***ALL WITHIN 1 HOUR OF EACH OTHER***



Black River Safari

boat ride spotting
crocodiles & mangroves
(\$25).

YS Falls Canopy Adventure

waterfalls + zipline & river
tubing (\$25 entry, \$50–80
packages).

Treasure Beach

unwind at fishing villages,
meet locals, and enjoy a
seafood dinner at Jack
Sprat's (\$15–25).

DAY 4: KINGSTON CULTURE + ADVENTURE

- *BASE YOURSELF IN KINGSTON TO CUT TRAVEL*



Blue Mountain Coffee Tour

hike or ATV in the mountains, coffee tasting included (\$40–70).

Bob Marley Museum

music history in the city (\$25 entry).

Hellshire Beach

eat legendary fried fish & festival right on the sand (\$15–20 meal).

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DAY 5: PORTLAND'S OUTDOOR PLAYGROUND

- *ALL WITHIN 20–40 MINUTES OF EACH OTHER IN PORT ANTONIO*



Blue Lagoon Swim

famous turquoise pool (free, \$30 boat ride option).

Frenchman's Cove Beach

river meets sea in a jungle cove (\$10 entry).

Bamboo Rafting on Rio Grande

serene + adventurous (\$80 for two people).

DAY 6: OCHO RIOS ACTION

- *ALL WITHIN OCHO RIOS TOWN,
MINIMAL TRAVEL*



Dunn's River Falls

climb the natural staircase waterfall (\$25 entry).

Mystic Mountain

bobsled ride, zipline, rope course (\$49–139 packages).

Konoko Falls & Park

smaller, less crowded waterfalls with mini zoo (\$20).

DAY 7: MONTEGO BAY WRAP-UP

***ALL NEAR MONTEGO BAY FOR EASY AIRPORT
DEPARTURE***



**Rose Hall Great House
Night Tour**

haunted plantation mansion
(\$25).

**Martha Brae River
Rafting**

peaceful bamboo rafting
(\$80 per raft for 2).

Final Night at Pier 1

seafood + live reggae on the
waterfront (meals \$15–30).

ESTIMATED ADVENTURE BUDGET (PER PERSON, 7 DAYS)

Attractions & Tours:

\$500–700

Food & Drinks:

\$300–400



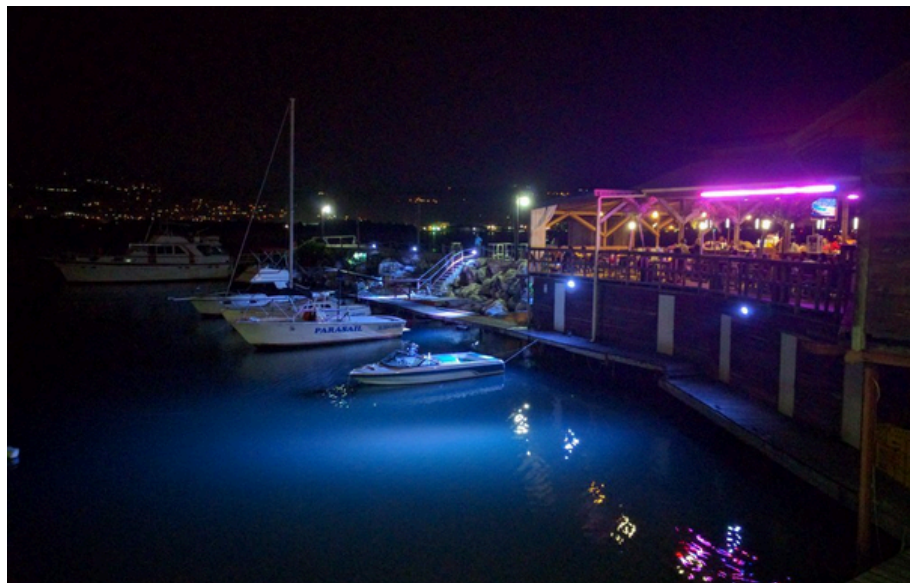
Accommodation (mid-range hotels/guesthouses):

\$700–1,000

Transport

(taxis/shuttles):

\$250–350



Total: \$1,750–2,400

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