ITS CONFERENCE

UWI KINGSTON, JAMAICA

June 3-7, 2019

TOURS FOR PARTICIPANTS

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Kingston Overview Tour (2 hours)

**Kingston Overview Tour**:
- This is a 2 hour- drive-through tour from UWI to allow our guests to get an over-view of Kingston from the hills, before travelling down to the waterfront & return. Our tour guide will be sharing with the guests the various sites of interest as we move along.
- Stops for 10 minutes will be done at the Bob Marley Statue, the National Heroes Park and the Waterfront to allow for photo shots.

**Cost**: US$40.00 each (Gratuities not included)

**Minimum number of adults for tour**: 5 adults

**NB**: Tour needs to be booked at least 4 hours in advance
4 HOUR TOURS

THE DEVON HOUSE TOUR (4 hours)

- Guests will be taken on a tour of the Campus of the University of the West Indies (previously 2 sugar plantations, the site where Usain Bolt practiced this skills)
- At the Royal Botanical Gardens (Hope Gardens) guests will hear about the history of this garden, a little about the flowers & plants, including the Chinese Garden.
- Our last stop will be at the Devon House (mansion built by one of Jamaica’s first black millionaires), at the end of the tour we get a chance to enjoy the famous Devon House ice cream, before returning to base.

Cost: US$75.00 each (includes transportation, entrance fees, Tour guide & ice cream)  :  Gratuities not included

Minimum number of adults for tour= 5 adults

NB: Tour needs to be booked at least 4 hours in advance
THE BOB MARLEY TOUR (4 hours)

THE BOB MARLEY TOUR:

- Guests will travel to the Bob Marley Museum (the home & recording studio of adult Bob) to hear about Bob Marley’s adult life, enjoy some of his music in a tour that involves touring his home and watching a video presentation of some of his tours.
- We then travel to the National Heroes Park (where Jamaica’s National Heroes and other States Persons are buried) Their tombs present a display of art pieces with stories behind them.
- Our next tour site will be at the Holy Trinity Cathedral (Roman Catholic). Touring this building will give you an insight into the involvement of the Churches in the development of the country. Viewing the interior of this building should not be missed by any art lover. We then return to base for drop off.

Cost: US$80.00 each (includes transportation, entrance fees, Tour guide) : Gratuities not included

Minimum number of adults for tour= 5 adults

NB: Tour needs to be booked at least 4 hours in advance

NB: If the Church is not available there are other historical churches that we can substitute.
The Legacy of Marcus Garvey Tour:

- Guests will travel to downtown Kingston (old city) for a tour of the Marcus Garvey Museum. Garvey's life and teachings are presented by a tour guide, a video presentation and interactive screens. Our next stop will be at-
- The Simon Bolivar Cultural Centre- where we hear about the Venezuelan Liberator and other Caribbean Liberators & their relationship to Jamaica.
- Across from the Simon Bolivar Centre is the Kingston Parish Church, where we will go for a tour of this historical church, before we start our return journey.

Cost: US$75.00 each (includes transportation, entrance fees, Tour guide) : Gratuities not included

Minimum number of adults for tour= 5 adults

NB: Tour needs to be booked at least 4 hours in advance

NB: If the Church is not available there are other historical churches that we can substitute.
THE ART TOUR (4 hours) (The National Gallery is not open on a Monday)

THE ART TOUR:

- Guests will travel to downtown Kingston (old city) for a tour of a community called Life Yard (street art on display). We next go to
- The Institute of Jamaica whose mandate is “For the Encouragement of Literature, Science and Art” which has on display a rotating collection of historical artefacts about Jamaica. This tour includes touring the Music Museum. From here we go over to the
- National Gallery of Jamaica which was established in 1974, is the oldest and largest public art museum in the English-speaking Caribbean. It has a collection of early, Modern and contemporary art from Jamaica along with other Caribbean and international holdings, displayed on two floors of the building.

Cost: US$75.00 each (includes transportation, entrance fees, Tour guide) : Gratuities not included

Minimum number of adults for tour= 5 adults

NB: Tour needs to be booked at least 4 hours in advance
FULL DAY TOURS

THE BLUE MOUNTAIN COFFEE TOUR (6 hours)

The Blue Mountain Coffee Tour:
Guests will be picked up at their hotel. We travel into the hills of the Blue Mountains to the Craighton Coffee Estate. The road is winding as we climb the hill, but it also gives us a beautiful view of Kingston as we leave it behind us. You need your cameras handy. At Craighton, we climb some steps from the bus park to get to several levels of lawn before reaching the mansion. We do a quick tour of the building, to take in the scenery from the various angles of this house. It is now time to hear about coffee & the custom of coffee drinking. Again, we are invited to take a stroll of the property to see and hear how coffee is grown. Up some more steps to the top of the hill to the owner’s look-out spot. We get a chance to rest our feet, take some more pictures before returning to the mansion- where freshly brewed Blue Mountain coffee is awaiting our arrival to sample. After leaving Craighton we may stop for lunch before returning to the hotel.

Cost: US$75.00 each (includes transportation, entrance fees, Tour guide & lunch) : Gratuities not included

Minimum number of adults for tour= 7 adults

NB: Tour needs to be booked at least 4 hours in advance.

Please dress comfortable. The mountains are much cooler than the city, walking shoes/sneakers recommended. To prevent scratches, we suggest shorts not be too short, or tops too skimpy.
## THE OCHO RIOS TOURS (7 hours)

### DUNN’S RIVER & MYSTIC MOUNTAIN

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<th>DUNN’S RIVER FALLS</th>
<th>MYSTIC MOUNTAIN</th>
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### THE OCHO RIOS TOUR:

- Guests will travel to the North Coast of the island to Ocho Rios.
  - At Dunn’s River Falls, you may select to go into the water and climb the falls, led by a guide, others may select to go to a nearby beach.
  - At Mystic Mountain there are several experiences, we have selected the Sky Lift. At the entrance to the property we are lifted in chairs (strapped in) to the upper level of the property. On the way up we get a chance to see the surrounding area—which is beautiful. On the upper level there is a pool for swimming, strolling around. The other experiences that available are the Bobsled Ride, Canopy Zip line & Bobsled which guests may wish to partake in at their expense.

After a full day in Ocho Rios it is time to return to the city.

### Cost:

US$125.00 each (includes transportation, entrance fees & Tour guide) : Gratuities not included

### Minimum number of adults for tour:

7 adults

### NB:

Tour needs to be booked at least 24 hours in advance.
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<th>DUNN’S RIVER &amp; YAAMAN ADVENTURE PARK TOUR:</th>
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<tr>
<td>• At Dunn’s River Falls, you may select to go into the water and climb the falls, led by a guide, others may select not to go</td>
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<tr>
<td>• To a near-by beach.</td>
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The Yaaman Adventure Park, located 5 minutes outside of Ocho Rios. The package selected is the Nyam & Splash Tour- it includes:

- a. A jitney drive (open air tractor drawn carriage) to the Great House
- b. A tour of the Great House
- c. Jamaican cooking.
- d. A visit to the secret river
- e. Lunch (that you cooked)

Cost: US$145.00 each (includes transportation, entrance fees, Tour guide & lunch) : Gratuities not included

Minimum number of adults for tour= 7 adults

**NB:** Tour needs to be booked at least 24 hours in advance
RAFTING ON THE RIO GRANDE TOUR (Portland) 8 hours

RAFTING ON THE RIO GRANDE TOUR:
Guests will be picked up at their hotel & travel through the parish of St Andrew, St. Mary to Berrydale in Portland. Here guests will get ready to go rafting (being fitted with life jackets) on the Rio Grande (2 persons on a bamboo raft, conducted by a raft captain), mid-way on the journey we stop for lunch, which is cooked on the river-side (the old time Jamaican way – on a wood-fire). After lunch & relaxation, it is time to board the raft for the remaining journey. The tour ends at Rafter’s Rest where the bus will meet the guests, for the return journey into Kingston.
Please travel light, comfortable clothing & shoes (which may get wet)

Cost: US$130.00 each (includes transportation, entrance fees, Tour guide & lunch) : Gratuities not included

Minimum number of adults for tour = 7 adults

NB: Tour needs to be booked at least 24 hours in advance
APPLETON ESTATE RUM TOUR

YS FALLS

JAKE’S RESTAURANT

Appleton Estate Rum Experience & YS Falls

- 7.00 am-Guests will be picked up at their hotel & travel to the south coast of the island.
- At Appleton, we do the Joy Spence Appleton Estate Rum Experience, where we learn so much about the production of rum. Any interesting story even to non-alcoholic drinkers, we take a tour of the factory to observe the process of producing rum, & for those interested there is sampling to be done at the end of the tour. We then travel to
- The YS Falls, we enjoy a light lunch and head out to the falls, or enjoy a swim in the pool. When we have had our fill we leave to spend the evening at
- Jake’s Restaurant before starting our return journey to Kingston.
- Arrive at hotel approx. 10.00 pm

Cost: US$135.00 each (includes transportation, entrance fees & Tour guide) : Gratuities not included

Minimum number of adults for tour= 7 adults

NB: Tour needs to be booked at least 24 hours in advance
Black River Safari Boat Ride & YS Falls

- **The Black River Boat Ride & YS Falls Tour:**
  - 7.00 am - Guests will be picked up at their hotel & travel to the south coast of the island.
  - The first tour site will be the Black River Safari Boat tour (The Black River - once thought to be the longest river in Jamaica, get’s its name from the darkness of the river bed that has over the years been lined with thick layers of decomposing vegetation. This gives the river a dark almost black hue especially in the more thickly vegetated areas). You board your boat on the Black River, for an exciting nature expedition. As you cruise the river, you’ll catch glimpses of real Jamaica - from native crocodiles and Jamaican birds to the local fishermen in their dugout canoes fishing for river shrimp.
  - After lunch we head off to
  - The YS Falls. There are seven waterfalls, several which cascade into natural pools. Some areas are fairly rocky and river shoes are recommended. Lifeguards on site, will indicate which areas are for swimming, however, being able to swim is a requirement. There is a natural pool, fed by underground and above ground springs, which is more suitable for children and others unable to swim.
  - Arrive at hotel approx. 7.00 pm

**Cost:** US$120.00 each (includes transportation, entrance fees & Tour guide) : Gratuities not included

Minimum number of adults for tour= 7 adults

**NB:** Tour needs to be booked at least 24 hours in advance