


JAMAICA INN

Activities Guide

An aerial photograph of a tropical beach resort. The image shows a wide, sandy beach curving along a coastline. The water is exceptionally clear, transitioning from a shallow turquoise near the shore to a deep blue further out. Several palm trees are scattered across the beach, casting long shadows. In the foreground, a swimming pool with a curved edge is visible, surrounded by lush greenery. A small boat is anchored in the shallow water. The sky is a clear, pale blue with a few wispy clouds. The overall scene conveys a sense of tranquility and escape.

Where life is simplified,
experiences are prioritised,
and you can reconnect with
what's truly important. This is
escape, perfected.



Experiences at Jamaica Inn

Welcome to Jamaica Inn. For over 60 years, the Morrow family has taken extraordinary care of Jamaica Inn, our iconic small luxury hotel. Located on the beautiful Island of Jamaica, there are endless experiences to enjoy for every type of traveller.

Explore the gardens, learn about local fruits & vegetables, take a trip to the farmers market, master all things Rum during our Rumology class or hop on our boat and head down to Dunns River.

Whatever your interests may be, our team is here to make your stay as unique as possible.



Experiences at Jamaica Inn

Glass Bottom Boat Tour

Get up close and personal with the colourful coral reefs, tropical fish, and other marine life on our glass bottom boat tour. Take a firsthand look at our coral nursery which is an initiative of our Jamaica Inn Foundation.

Monday's at 9:00 am

Sign up at the front desk the day prior.

\$25 per person



Experiences at Jamaica Inn

Teddy's Beach Bar & Grill

Every Monday, Wednesday, Friday & Sunday night, enjoy a more casual dining experience at Teddy's Beach Bar & Grill. With feet in the sand and the stars overhead, our team prepares local grilled specialities as well as home made wood-fired pizzas.

Monday, Wednesday, Friday & Sunday
6:30 pm - 9:30 pm



Experiences at Jamaica Inn

Farm to Skin Foraging at The Ocean Spa

Join us at The Ocean Spa for a morning of wellness. Our spa team will take you on a journey through our lush gardens, where you will learn about therapeutic plants and herbs, and their medicinal properties. At the end of the tour, make your own tropical body scrub using these ingredients.

Tuesday's at 10:30 am
Sign up at The Ocean Spa
Complimentary



Experiences at Jamaica Inn

Spice & Fruit Tour

Experience an immersive gastronomic journey around the property as our head gardener leads a tour of our gardens. Sample a variety of fruits, spices, and herbs cultivated on property.

Wednesday's at 10:15 am
Meet in the hotel lobby
Complimentary



Experiences at Jamaica Inn

Yoga

An hour long yoga flow takes place at Peter's Point every Thursday & Sunday. Mats, towels, and water will be provided. Please sign up at the front desk by 4:00p.m. the day before.

Thursday's & Sunday's at 8:00 am
Sign up at the front desk the day prior
Complimentary



Experiences at Jamaica Inn

Rumology

Learn all about Jamaica's rum industry, brewing techniques, and world-famous distillers from our bar team as they take you on a Rumology journey at Teddy's Beach Bar.

Thursday's at 12:30 pm
Meet at Teddy's Beach Bar
Complimentary



Experiences at Jamaica Inn

Bond on the Beach

The Inn has a rich history involving Ian Fleming, the creator of James Bond. You are invited to take advantage of Bond on The Beach every Thursday night when a featured 007 movie is screened next to Teddy's Beach Bar.

Thursday's at 9:00 pm
Meet at Teddy's Beach Bar
Complimentary



Experiences at Jamaica Inn

Shop & Cook with Chef Maurice

Join Executive Chef Maurice on a trip to the Ocho Rios Farmer's Market followed by a 45-minute cooking demonstration of an iconic Jamaican dish such as ackee and salt-fish or escoveitch fish. Be sure to ask for the recipe to take back home!

Friday's at 10:30 am

Sign up at the front desk the day prior

Meet in the hotel lobby

\$25 per person



Experiences at Jamaica Inn

Flora & Fauna Tour

Known as the “Garden Parish” of Jamaica, St. Ann has an immense variety of plants, flowers, butterflies & birds. Enjoy an informative tour of our gardens with our head gardener.

Saturday's at 10:15 am
Meet in the hotel lobby
Complimentary



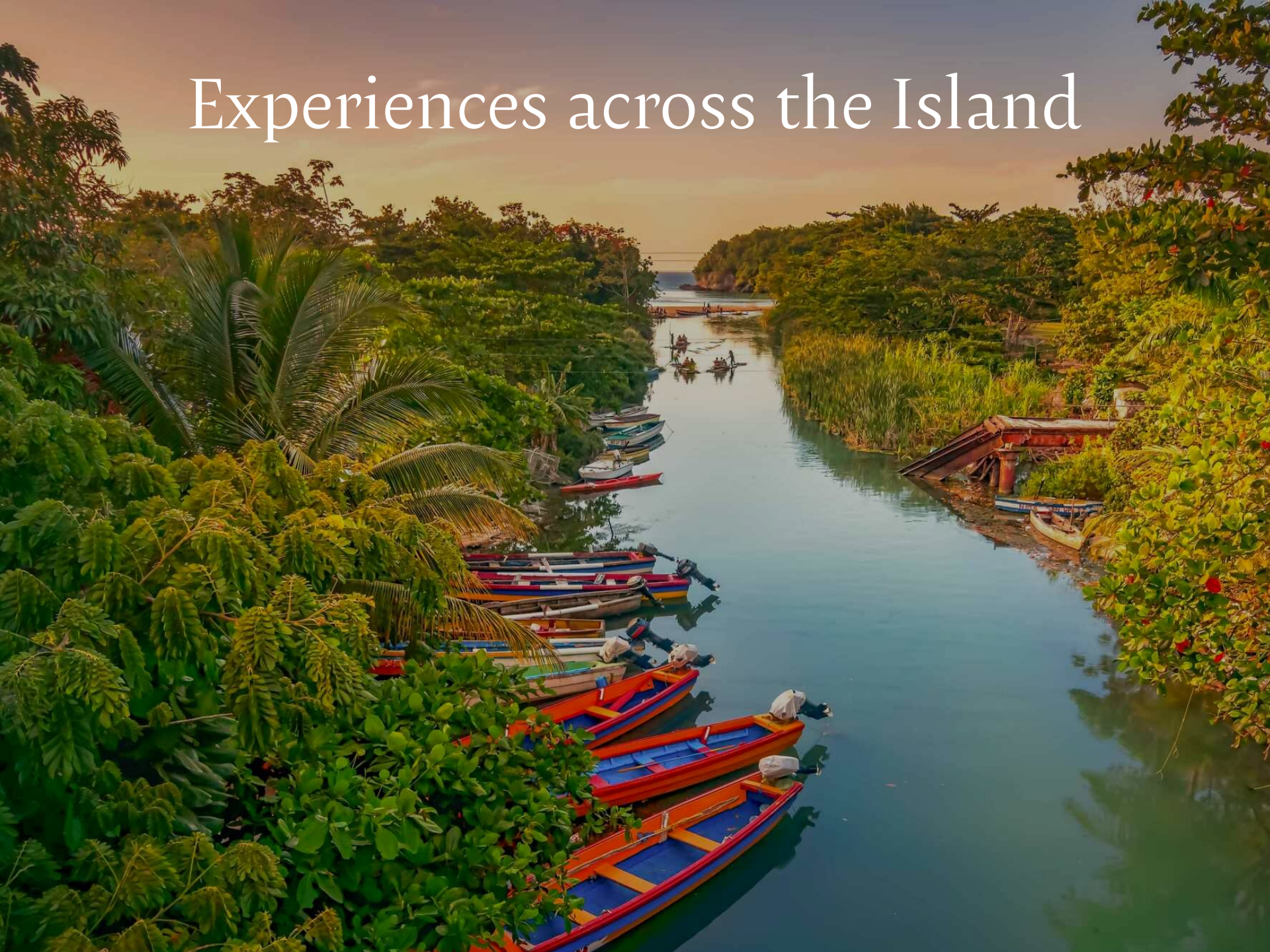
Experiences at Jamaica Inn

Croquet and Rosé

Our love for tradition makes your experiences at the Inn even better. Join us at Teddy's Beach Bar every Saturday for a glass of Rosé and Croquet lessons with one of our on-property experts.

Saturday's at 3:00 pm
Meet on the Croquet lawn
Complimentary

Experiences across the Island





Experiences on the Island

Dunns River Falls

Take Jamaica Inn's local fishing boat 'Little Children', for a drive down the coast to Dunns River Falls. One of Jamaica's natural wonders, climb up the beautiful waterfall lead by a certified tour guide.



Experiences on the Island

Nine Mile

Did you know that our great reggae artiste was born in the hills of St. Ann, the same parish that Jamaica Inn is located in? The Bob Marley Mausoleum is located in Nine Mile and is managed by members of Marley's family. Nine Mile is where Bob Marley's musical career began and also influenced many of his songs. Another highlight is the Rasta-colored "rock pillow" on which Marley laid his head when seeking inspiration. Pay your respects to him here at his burial site.



Experiences on the Island

Glistening Waters

Glistening Waters is a glowing lagoon on the north coast of Jamaica. This marvel is only found in 4 places in the world, however, this lagoon is the brightest of them all due to more consistent climate. The water is filled with phosphorous which allows it to illuminate so brilliantly when disturbed.



Experiences on the Island

Blue Mountain Bicycle Tour

Drive to a starting point atop Blue Mountain and enjoy a leisurely downhill bike ride through tropical rainforest, home to hundreds of species of birds and blossoming plant life. View the world famous Blue Mountain coffee plantations. Finish your tour with a cool dip in a waterfall.



Experiences on the Island

Worthy Park Rum Tour

Elevated 1,200 feet above sea level in the cool hills of St. Catherine, is the Worthy Park Estate; a rum distillery that's known for creating one of Jamaica's smoothest rums.

Located just 50 minutes from Ocho Rios, learn about the rich history of rum making from 1670 into present day. Watch as sweet sugarcane converts into pure, premium Jamaican rum, explore the distillery and finish off the day with a rum tasting of course!



Experiences on the Island

Rafting on the Martha Brae

Climb aboard a 30-foot, bamboo raft for an authentic Jamaican experience. Sit back and relax in your personal raft as your captain skilfully navigates the jade-green waters of the Martha Brae River located in the parish of Trelawny. Trail your hand in the shimmering waters and gaze into the trees filled with colourful birds and exotic flowers. Surrender to the romance of the moment as you float in the cool water glistening in the beautiful Caribbean sun.



Experiences on the Island

Stush in the Bush

Stush in the Bush is an organic farm-to-table vegan dining experience that takes patrons into a gastronomic euphoria. Set in the luscious hills of St. Ann, your day here starts with a walking tour of the farm, learning about what you'll eat, and then proceeds to a beautiful rustic cabin with tremendous views for your meal.



Thank You

Contact Information

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