

Jamaica

TROPICAL TREASURE ISLAND

LIMOSA HOLIDAYS | TOUR INFO PACK



The striking Jamaican Spindalis is one of 28 bird species that are unique to the island of Jamaica © Mike Crewe/Limosa

2019 **Friday 15th - Saturday 23rd March (9 days)** **Single-centre, small group tour with Mike Crewe & local guides**

UPDATED! *Fine accommodation and fabulous birding beneath the warm Caribbean sun await on this 'one-stop' tour to Jamaica - staying at the beautiful Green Castle Estate. Jamaica is a hotbed of avian endemism in the West Indies, with no fewer than 28 species unique to the island. Remarkably, as many as 20 of these are to be found within the grounds of the private estate where we stay. Add a wealth of more widespread Caribbean specialities - plus migrant North American warblers, too - and you have a week of hot and tropical birdwatching that's every bit as tasty as the island's delicious Caribbean cuisine! Our price includes flights to Montego Bay, a Limosa guide and all excursions - including two new for 2019.*

- A wonderful week of tropical birding and warm winter sunshine on the “Blue Mountain Isle”
- 28 bird species endemic to Jamaica - more than any other Caribbean island
- Jamaican Owl, Jamaican Tody, Red-billed & Black-billed Streamertails, Blue Mountain Vireo
- A host of other Caribbean bird specialities and North American migrants, too
- **NEW for 2019!** Visits to White-tailed Tropicbirds and Rocklands Bird Sanctuary
- One-stop tour based in tropical comfort on the picturesque Green Castle Estate
- Small group tour - maximum 8 participants
- Expertly led by Limosa's own Mike Crewe and an experienced Jamaican bird guide

What's Included?

- Limosa Tour Leader
- Expert resident Jamaican bird guide
- Return flights - London Gatwick to Montego Bay, nonstop with Virgin Atlantic
- 7 nights accommodation in Jamaica, staying on the lovely Green Castle Estate
- All main meals - with drinking water provided during the day
- Travel by comfortable minibus and Toyota Coaster with experienced local driver
- Inclusive of all birdwatching excursions on Jamaica - none at extra cost!
- All entry fees, tour based tips (lodge staff, drivers, local guides) and taxes

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Outline Itinerary

- Day 1:** We fly from London Gatwick-Montego Bay and transfer directly to the lovely Green Castle Estate on the island's north coast. Night Green Castle Estate
- Days 2-7:** Our days on Jamaica will be spent birding the extensive and varied Green Castle Estate plus excursions out into the Blue Mountains, the John Crow range, Vinery and the Caribbean coast - and all included within our tour price
- Day 8:** Return to Montego Bay, birding as we go - including visit to Rocklands Bird Sanctuary. Late afternoon transfer to Montego Bay airport for our overnight flight home
- Day 9:** Morning arrival London Gatwick

Tour Overview

Jamaica is a hotbed of avian endemism in the West Indies. Not only does the 'Blue Mountain Isle' offer a superb range of habitats, it is home to a remarkable 28 endemic birds - more than any other Caribbean island. Jamaica is also the only one of the Greater Antillean Islands where we have a realistic chance of seeing all of the island's endemic birds within a week.

Our March tour is timed to give us the best chance of finding them, along with a host of regional Caribbean specialities and wintering North American birds, too. **NEW for 2019**, we've included two extra excursions on our itinerary, taking in the coast for White-tailed Tropicbirds and visiting the famous Rocklands Bird Sanctuary. Add a welcome dose of warm Caribbean sunshine, great food and a generous helping of legendary Jamaican hospitality at the excellent Green Castle Estate where we stay - and the allure of a winter break on this bird-rich 'Tropical Treasure Island' is surely irresistible!

Nestling 'twixt the foothills of the verdant Blue Mountains National Park and the azure waters of the Caribbean, the Green Castle Estate offers visiting birdwatchers comfortable lodgings, fine

food and relaxed, easy birding in the safe and lush northeastern corner of this ornithological paradise. Twenty-one of the island's 28 endemic bird species have been found on the property - but our price also includes a comprehensive programme of trips in search of those occurring elsewhere on the island. From three stunningly iridescent hummingbirds - viridian-bodied Red-billed and Black-billed Streamertails and the purple-headed Jamaican Mango - to the smart Jamaican Spindalis and sweet Jamaican Tody, the latter looking good enough to lick!

After flying direct to Montego Bay, we travel along the island's picturesque north coast to the Green Castle Estate. Our historical lodgings here form part of a working mix of environmentally friendly tourism and land use that is sustainable and in harmony with the diverse ecosystems that make Green Castle such a special place - and with some excellent birding in the grounds.

A first gentle stroll might discover a Jamaican Mango zapping about outside the windows of your room or we may find ourselves being watched by a pale-eyed Jamaican Vireo or red-crowned Jamaican Woodpecker. Much can be seen in and around the lovely gardens of our guesthouse - and all while enjoying a cup of locally grown coffee, freshly squeezed organic fruit juice... or why not a rum punch or two!

Walking the hill trails on the estate will reveal more of the island's endemic birds, bringing chances of everything from the outrageous Jamaican Lizard Cuckoo and Jamaican Becard to the wonderfully-named Sad Flycatcher and White-chinned Thrush. As a warm Caribbean breeze brushes over you, there may be the temptation of relaxing around the swimming pool or strolling the grounds on your own. But that's the beauty of spending the whole week here: although we offer a full programme of daily birdwatching, you are free to pass on any of the organised walks or excursions and simply choose to do whatever you wish.

To round off our list of Jamaican endemics, we will take day trips from Green Castle into the nearby Blue and John Crow Mountains National Park, as well as paying visits to Vinery and to the coast for White-tailed Tropicbird.

The sparsely populated Blue Mountains are of course world famous for their coffee, but they're also a terrific spot to go birding. Walking the road through marvellous cloudforest at Hardwar Gap, with its abundant mosses, bromeliads and tree ferns, we will watch for the tell-tale shaky gait of the furtive Crested Quail-dove - often the most challenging of the island's endemics to see. As Ring-tailed Pigeons sweep over the forest canopy we will also be keen to see the peculiar Jamaican Blackbird and to hear the ethereal song of the Rufous-throated Solitaire.

Named after the Turkey Vultures (known locally as "John Crows") that teeter across the forested peaks, the John Crows are the easternmost mountains on the island. This limestone area receives quite a bit of rain blown in on the trade winds and is a verdant and very scenic place to spend time looking for birds. Specialities on our day in the mountains here include Black-billed Streamertail (a species found only here), both Yellow-billed and Black-billed Amazon, and Jamaican Crow. We'll also keep our eyes peeled for the monochromatic Arrowhead Warbler.

Returning to Montego Bay at the end of our tour, we'll drop by at the Rocklands Bird Sanctuary - a wonderful opportunity for photography and a great place to get up close and personal with a good proportion of the island's endemic birds, especially its hummingbirds.

Orangequit, Bananaquit or Jamaican Mango... pick your own favourite and join Limosa guide Mike Crewe for a 'juicy' Caribbean tour where the very names of the island's birds sound just as delicious as they look!

Daily Itinerary

DAY 1 FLY MONTEGO BAY, TRANSFER TO GREEN CASTLE ESTATE

Our March birdwatching tour to Jamaica begins this morning with a Virgin Atlantic flight from London Gatwick nonstop to Montego Bay, on the island's picturesque north coast. From here we'll travel east by air-conditioned Coaster bus

to the private Green Castle Estate, a journey of around two and a half to three hours.

We'll be welcomed on arrival at the Estate House with glasses of fresh local fruit juice and homemade rum punch, followed by our first delicious dinner. *Night Green Castle Estate*

DAY 2 BIRDING GREEN CASTLE ESTATE

After our day of travel yesterday, we take it easy today and simply bird this 1600-acre estate on foot. We'll take our time getting to know some of the more common island endemics such as Jamaican Woodpecker, the tiny Jamaican Tody, Jamaican Oriole, Orangequit, Sad Flycatcher, Jamaican Vireo, Jamaican Euphonia and White-chinned Thrush. We'll also devote some time to tracking down a few of the scarcer endemics - like Yellow-shouldered Grassquit and the 'reptilian' Jamaican Lizard Cuckoo. Jamaican endemic subspecies (there are a further 19 of these!) of Olive-throated Parakeet, Loggerhead Kingbird and Vervain Hummingbird might also be found - often right outside the guesthouse. But the star bird of the day could well be the Red-billed Streamertail, whose elaborate tail plumes make a fascinating hum as they fly.

Though we might perhaps walk for three or four miles over the course of the day (some of it on hilly terrain), as with life everywhere in the Caribbean, the pace is easy and relaxed with frequent stops for birding as we go. *Night Green Castle Estate*

DAY 3 BLUE MOUNTAINS & HARDWAR GAP

After our orientation day around the estate yesterday, this morning we will make an early start up to Hardwar Gap and the famous Blue Mountains. As we depart in the half-light, we have a chance of spotting American Barn Owl perched in the open - the birds on Jamaica have very white wings. There are three key endemic birds to find in the Blue Mountains National Park, with two of them - Crested Quail-dove and Jamaican Blackbird - being rather secretive so we will spend a bit of time looking for these. The third speciality, the understated Blue Mountain Vireo, is generally more showy.

Rising to around 1300 metres (4200ft), the Blue Mountains will reveal more of Jamaica's avian treasures. Gems to watch for as we walk the road that passes through the moss, bromeliad and fern-laden cloudforest at Hardwar Gap include Ring-tailed Pigeon, Jamaican and Greater Antillean Elaenias, Rufous-tailed Flycatcher, Jamaican Pewee, Jamaican Vireo, the humbug-like Arrowhead Warbler, the stripe-headed Jamaican Spindalis and the impressive Chestnut-bellied Cuckoo. The haunting call of Rufous-throated Solitaire should be another of the morning's highlights as it resonates through the forests. And what better way to round off the day than with a cup of Blue Mountain coffee actually in the Blue Mountains during a quick visit to a coffee plantation – for a true taste of Jamaica. *Night Green Castle Estate*

DAY 4 BIRDING GREEN CASTLE ESTATE

Spread over 1600 acres with more than 20 miles of trails and so much to see, there's plenty to keep us occupied as we explore more of the Green Castle Estate today.

In addition to the island's resident birds, in March we should also pick up wintering North American migrants such as Northern Parula, Yellow Warbler and the stunning Prairie Warbler. Our perambulations could well find us diminutive Yellow-faced Grassquits or Greater Antillean Grackles lurking by the hotel dining room; perhaps a Black-whiskered Vireo foraging; a Loggerhead Kingbird flycatching near the tennis courts; or the splendidly named Stolid Flycatcher and Jamaican Elaenia sitting unobtrusively... while the ceaseless activity of the Jamaican Mango will more than make up for that! The retiring Mangrove Cuckoo could also come our way today and sharp eyes might even pick out the sought-after Crested Quail-dove. *Night Green Castle Estate*

DAY 5 FOOTHILLS OF THE JOHN CROW MOUNTAINS & ECCLESDOWN ROAD

We head out very early this morning to travel to Ecclesdown Road, which cuts through the lush John Crow Mountains at the far eastern end the island. Well-known in birding circles as the sole site in Jamaica where all of the island's endemic

birds have been recorded, it's imperative to be there first thing. Black-billed Streamertail is the key endemic to find here - a bird whose tiny world range is restricted solely to these rugged limestone mountains.

Exposed to the Northeast Trade Winds, the John Crow forests are the wettest in Jamaica. Early mornings here offer the best chance to find key specialities including Yellow-billed and Black-billed Amazons, the unusual Jamaican Blackbird and the odd Jamaican Crow with its remarkable gurgling voice and jabbering outbursts.

Ecclesdown Road is also an excellent back-up location for some of the other endemics we may have missed previously. We will walk this quiet road on foot, hoping for eye-level views of many species before taking lunch at Boston Bay, the world famous home of Jamaican jerk.

If time allows, we'll make stops on our return drive back along the coast, watching for waders along the shore and Magnificent Frigatebirds and Royal Terns out over the sea. *Night Green Castle Estate*

DAY 6 ROBIN'S BAY & NIGHT BIRDING ON THE GREEN CASTLE ESTATE

Taking a packed breakfast this morning, we set off early to visit the low, craggy coastline of volcanic cliffs at nearby Robin's Bay. In March, White-tailed Tropicbirds should be returning to their nesting sites and we have an opportunity to look for these superb birds here. Early in the morning at the start of the breeding season, these elegant birds perform their dancing courtship flights over the sea. We paid an impromptu visit to the site on our March 2018 tour - with great success. Having added this excursion to our March 2019 itinerary, we shall be keeping our fingers crossed that they put on another good show for us this year! As a bonus, Cave Swallows (here of the local Caribbean form) are often to be seen wheeling about the low cliffs.

After spending time with the tropicbirds we'll check out the nearby beaches for waders and terns. Brown Pelicans may be fishing offshore and Brown Noddy is occasionally present, too.

With both an early start and a late finish planned for today, after lunching at Green Castle, we'll take time out in the afternoon to relax, enjoy the estate's swimming pool or simply to unwind ... although there's always the gardens to enjoy!

After dinner this evening, there will be a chance to go spotlighting for night birds on the estate. The endemic Jamaican Owl, American Barn Owl and Northern Potoo - the latter yet another endemic Jamaican subspecies - are all on the cards. *Night Green Castle Estate*

DAY 7

VINERY & GREEN CASTLE RESERVOIR

Vinery lies within a 30-minute drive of the Green Castle Estate and we will set off early there today so as to give ourselves the best possible chance to find the elusive Crested Quail-dove - a species known locally as the 'Mountain Witch' after its characteristic "woo-woo" call. The exquisite Jamaican Tody, Yellow-shouldered Grassquit and White-eyed Thrush can often be cooperative along this quiet road - and Ruddy Quail-dove is possible, too.

After lunch back at Green Castle, this afternoon we have an opportunity to bird areas of the estate we may have missed on other days. The estate reservoir is one such spot and regularly attracts waterbirds such as Purple Gallinule, Black-necked Stilt and Northern Jacana - as well as the 'must see' Stolid Flycatcher.

Again, our itinerary affords those that wish the chance to do their own thing - relax after lunch, to stroll on their own about the grounds, to take photographs of the wildlife - or to bird with the group, if you prefer. *Night Green Castle Estate*

DAY 8

TO MONTEGO BAY, ROCKLANDS BIRD SANCTUARY & FLY LONDON

We bid a reluctant farewell to our friends at the Green Castle Estate today and travel back west to Montego Bay. However, our flight home doesn't depart Jamaica until early evening so we have plenty of time for birding along the way.

As we journey along the north coast, we may admire cruciform Magnificent Frigatebirds, plunging Brown Pelicans and Royal Terns

feeding offshore. In March, the likes of Greater Yellowlegs, Semipalmated Plover and Least Sandpiper may also be present along the shore. Our principal birding destination today is the famous Rocklands Bird Sanctuary. For many years, birds at this location have been attracted to feeders and a visit here presents unparalleled opportunities for bird photography as well as to get up close and personal with a good proportion of Jamaica's endemic birds - especially its hummingbirds. Species such as White-crowned Pigeon, Caribbean Dove, Jamaican Woodpecker, Orangequit and Jamaican Oriole can also be more confiding here than elsewhere on the island, making for a fitting finale to our stay on this 'tropical treasure island'.

If time permits we'll stop for a short visit to the area around the Bogue Water Treatment Plant, which lies en route to Montego Bay Airport. In March, the mangroves and lagoons here can hold an array of herons, egrets, waders and ducks - the latter often including the scarce West Indian Whistling Duck. The indecisive Caribbean Coot (now once again 'lumped' with American Coot), Purple Gallinule and Northern Jacana are other possible treats waiting for us here.

Our birding over, we travel the short distance back to Montego Bay airport and check-in for our overnight flight home.

DAY 9

ARRIVE LONDON GATWICK

Morning arrival at London Gatwick, where our spring birdwatching tour to Jamaica concludes.

Trip Information

Group Size Max of 8 participants & 2 guides

Birds: 100-110 species

Accommodation 7 nights in comfortable guesthouse accommodation at Green Castle, set on a safe, private estate of 1650 acres in the northeast corner of Jamaica. All rooms are en suite and equipped with a ceiling fan.

The estate land is hilly, with the guesthouse enjoying beautiful views over land that slopes gently down to the Caribbean shore - and up into the verdant Blue Mountains. The house also has a swimming pool and tennis court, and free wifi is available in the Estate House living area.

Meals All main meals are included in the tour price, commencing with dinner on arrival at Green Castle on Day 1 and concluding with lunch in Jamaica prior to departure on Day 8. The estate house has a large, free freshwater dispenser for bottle filling and complimentary tea and coffee are available 24hrs a day.

Jamaican food is excellent, with delicious and tasty cuisine. Local dishes you might like to look out for and try include ackee (vegetable scrambled eggs), callaloo (vegetable cooked like spinach), green bananas, fried Johnnycakes (cornmeal flatbread) and the famous Jamaican jerked chicken. While if coffee is your thing, Jamaica has some of the very best!

Walking There are over 20 miles of well maintained trails to explore on the Green Castle Estate that provide safe and easy access to a range of habitats: from extensive tracts of pristine forest to grasslands and agricultural fields, mangrove swamp, coastline and a good-sized freshwater reservoir.

To enjoy this tour to the full you should be reasonably fit and mobile as each day we are likely to cover between three and five miles on foot. Much of the island is hilly or mountainous, so expect walks to be up and down on mainly gentle slopes, with a few steeper sections at a couple of sites. Some participants might like to bring a walking pole or collapsible stool.

However, this is not a strenuous or difficult tour - the pace is gentle with frequent stops to watch birds and all excursions and walks are optional.

Please note that early starts are necessary on days when we travel out to the Blue Mountains and the John Crowes (Ecclesdown Road), and also to look for the White-tailed Tropicbirds.

As one would expect, rainforest trails can be loose or uneven underfoot in places, also muddy at times - sturdy waterproof walking shoes or lightweight boots with good grip recommended.

Weather Subtropical, pleasantly warm to hot, dry and sunny. In March, temperatures in the capital Kingston range from 22-29C (73-84F). Typically a little cooler in the hills, where it can feel chilly first thing with lows of around 13C (55F). It's the dry season (but rain or the odd shower may still occur, particularly in the John Crow Mountains), and well outside the hurricane season (which runs June-November). It can be humid at times, especially at lower elevations.

Flights We fly from London Gatwick to Montego Bay, nonstop with Virgin Atlantic.

Ground Transport Birdwatching excursions will be by minibus, with airport transfers by Toyota Coaster allowing ample room for our bags.

Insects There is no malaria risk on this tour. Although mosquitoes are present in a few locations, a little repellent should do the trick. Overall, the birding here is relatively nuisance-free and (unusually for the tropics) Jamaica has no poisonous snakes.

Photos Good to excellent opportunities, especially at Rocklands. More difficult in the forest due to low light levels.

Tour Cost

2019 (9 days): £3595 (inc flts from London)

Land only cost: £2995

Deposit: £500

Single Supp: £325

Cost includes

- Limosa Tour Leader
- Expert English-speaking Jamaican bird guide
- Return flights London Gatwick-Montego Bay
- 7 nights accommodation in Jamaica
- All main meals (with drinking water provided)
- Minibus transport
- Airport transfers by Coaster bus
- Inclusive of all daily birding excursions
- All permits, entry fees, tour-based tips (hotel staff, drivers and local guides) and taxes
- Map & Limosa checklist of birds

Cost excludes

Insurance, airport meals/snacks, drinks & other items of a personal nature.

About Your Guides

Mike Crewe Born and raised in Oxford, Mike first joined Limosa in 1997 having spent 16 years working in horticulture - his love and knowledge of which still often shines through. In 2009, after 13 years working for us - both in the Limosa office and as a tour guide - Mike emigrated to New Jersey with his American wife Megan, to take up a post at the Cape May Bird Observatory. Tour leading has always been his first love however, and he returned to the fold early in 2016 to resume his tour leading duties with Limosa! Aside from birds, Mike claims his other real passion is for plants. Those who have travelled with him on tour will know that this isn't strictly true however, for one quickly comes to realise that he's a highly accomplished all-round naturalist who takes great pleasure in sharing his discoveries with others. When he's not away from home guiding our groups across Europe, Asia, Africa or the Americas, Mike's is also one of the voices that may greet you when phoning the *Limosa* office. Mike led our March 2018 tour to Green Castle, Jamaica and this will be his 2nd visit there, and his 13th trip to Central America and the Caribbean.

Local Guides Throughout our stay on Jamaica our groups also enjoy the exclusive assistance of Green Castle's registered expert bird guides.

Financial Security

Limosa Holidays is a fully bonded Tour Operator and a member of the Association of Independent Tour Operators (AITO). We hold an ATOL (Air Tour Operators Licence) granted by the CAA, providing for your protection in the event of Limosa Holidays' insolvency. Our ATOL licence number is ATOL 2950.

For tours not including the cost of a flight from the UK or for holidays booked by you as 'Land Only', all payments made to us are fully bonded through the Association of Bonded Travel Organisers Trust Limited (ABTOT). Our ABTOT membership number is 5230. For details please see our brochure or website: <http://www.limosaholidays.co.uk/financial-protection>

Limosa Loyalty Discount

We are proud of the number of loyal customers who travel regularly with us. As our way of saying 'thank you', we offer a **Frequent Travel Discount**. Under the scheme, everyone who takes four trips with us is entitled to claim a 5% discount on their 5th trip. ^{*1}

^{*1} **Please note:** *This offer applies to the basic tour cost only and excludes certain commission-based trips, extras such as additional flights or accommodation, private extensions and cancellations. • Discounts cannot be given in lieu of tour deposits or off the cost of single room supplements. • Discount **must** be requested at time of booking!*

How To Book

Check availability on our website or with our office. We are happy to hold Provisional Reservations for up to 7 days. After this, we do require a Booking Form and deposit to confirm your place on tour. Any unconfirmed space will be released.

Book Online, by Phone or by Post

You can book and pay the deposit simply and securely **Online** via our website, using the **'Book This Tour'** button on the relevant tour page or the **Booking** tab at the top of the page.

Telephone bookings must be confirmed in writing by completion of a Booking Form (there's one tucked inside every brochure or as a PDF download from our website), which can be mailed to us in the time honoured way.

Be sure to read our **Booking Conditions** and **General Information** (found at the back of our brochure, on our website or available from our office on request) prior to booking.

When to Book

Early booking is advised since flights and accommodation are much more easily secured well in advance. To encourage early booking, we are pleased to offer an **Early Bird Discount** - see our current brochure or website for details.

All our tours are limited to small group sizes. So they can fill up quickly - sometimes even before our new brochure comes out! Single rooms in particular can often be in short supply and among the first to go, so do try to plan well ahead if you definitely require one of these.

Last-minute Bookings: We inevitably receive a few unexpected cancellations over the course of a season so it is always worth enquiring about vacancies on any tour - even for those departing in just a few weeks!

Payments

Deposit: The amount of **booking deposit** per person is shown alongside every tour. We accept deposit payments by **electronic bank transfer** (please ask for our bank details), **UK debit card** and **cheque** (made payable to *Limosa Holidays* and drawn on a UK bank in GBPounds Sterling).

For payment of **booking deposits** only we also accept Visa and MasterCard credit cards.

Balance: Full payment of the **tour balance** is due not later than 12 weeks prior to departure (20 weeks in the case of certain tours such as

cruises or those involving rail travel). We will send you an invoice before the balance is due.

We accept balance payments and any additional payments (e.g. interim flight deposits, flight upgrades, extra hotels etc) by **electronic bank transfer (BACS), UK debit card** or **cheque**.

Payment by overseas customers must be in GB Pounds Sterling and may be made by electronic transfer direct to our bank (*please ask for our bank details*).

We do **not** accept cheques on US Banks in US Dollars, or cheques in Euros or Eurocheques.

Credit cards - please note:

(i) We do **NOT accept** credit cards or overseas debit cards for balance payments (including any additional or interim payments) from customers living within the UK or European Economic Area (the EEA is the EU countries plus Iceland, Liechtenstein and Norway).

(ii) For customers living in North America, Australia and all other areas outside of the UK and the European Economic Area we are able to accept payment by Visa and MasterCard credit cards or overseas debit card but with a charge of 2.5% of the transaction amount to help offset card company charges.

Late Booking Payments: In order for us to guarantee your airline seats, hotels etc., full payment is required at time of booking for all late bookings (*i.e. bookings made within 12 weeks of departure*).

Other Things You Need To Know**Passports & Visas**

Your **passport** must be valid for the proposed duration of your stay.

Although no additional period of validity beyond this is required, when travelling anywhere overseas we **always recommend** that your passport has a minimum of 6 months left to

run after your intended date of return home in case of unforeseen delay.

• **VISA NOT REQUIRED** by British nationals for entry into Jamaica. Visitors are usually granted entry for a maximum of 90 days. The date by which you must leave Jamaica will be stamped in your passport.

Holders of non-UK passports should contact the nearest Jamaican embassy or consulate to enquire whether or not they require a visa. If a visa is required, you will need to apply locally. If the embassy or consulate requires you to provide a letter confirming that you are booked on an all-inclusive tour, please contact our office and we will be happy to provide one.

Check the Foreign & Commonwealth Office (FCO) website for up-to-the minute Travel Advice - see: www.gov.uk/foreign-travel-advice.

Health & Vaccinations

Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the **National Travel Health Network and Centre (NaTHNaC)**, visit: travelhealthpro.org.uk/country-information/ and by **NHS (Scotland)**, visit: <http://www.fitfortravel.nhs.uk/destinations.aspx>

Useful information and advice about healthcare abroad is also available at NHS Choices website: <http://www.nhs.uk/NHSEngland/Healthcareabroad/Pages/Healthcareabroad.aspx>

Compulsory vaccinations: No compulsory international certificates of vaccination are required for entry into Jamaica from the UK *unless* you are coming more or less directly from areas affected by yellow fever. If the latter applies, you will be required to produce a current Yellow Fever certificate - check with your doctor or the NaTHNaC website (below).

Recommended immunisations: Consult your doctor for current advice regarding diphtheria, tetanus, polio and hepatitis.

Malaria: There is no risk of malaria on this tour. However, be aware that mosquito-borne dengue fever is endemic to Latin America and the Caribbean region and you should use insect repellent as a precaution against bites.

Other: A sun hat is essential, and the use of an effective barrier cream and sunglasses advised.

The above information, together with that contained within our Travel Information sheets (sent to everyone who books), outlines health requirements for this tour. **Please note that these details are given for guidance only - and are only for certain diseases - and you must consult your doctor in good time prior to travel as to what immunisations (if any) are needed for your chosen holiday.**

For full and latest health information we **urge everyone to consult The National Travel Health Network and Centre (NaTHNaC) website prior to booking any overseas holiday**. NaTHNaC is funded by the UK Government's Health Protection Agency and provides health information for both health professionals and travellers, with information compiled by its own clinical and scientific team. You can search for individual country requirements, which are updated regularly.

Your Safety & Travel Advice

An unavoidable aspect of travelling abroad nowadays is the threat it may pose to your safety and security. The UK's Foreign and Commonwealth Office (FCO) encourages British nationals to be better prepared for their overseas trips with a view to avoiding common travelling traumas, risks and dangers. In order for you to assess and protect against any risks in your chosen destination it is **strongly recommended** that you refer to the relevant FCO Travel Advice - www.gov.uk/foreign-travel-advice - both prior to booking and regularly before you travel.

It is standard Limosa policy for our office to send a copy of the relevant FCO Travel Advice about the tour to all participants along with their Final Letter (ca. 2-3 weeks prior to the trip).

‘**Travel Aware**’ - staying safe and healthy abroad - is a travel safety campaign run by the FCO, and another useful resource. Go to: www.gov.uk/travelaware

Travel Insurance

Good travel insurance is **essential** before setting off on any overseas trip. In common with all responsible tour operators, **it is a condition of booking** that all clients are fully and adequately insured before travelling overseas with us.

Be aware that some destinations may require you to produce proof of comprehensive travel insurance (*e.g.* valid insurance certificate) at immigration on arrival in the country, so you should carry your documentation with you.

Your travel insurance should cover against cancellation, curtailment, missed departure, delay, personal accident, death, loss of baggage and valuables (see note below), personal liability and legal expenses.

Most importantly, your insurance must cover you fully in respect of medical care and repatriation should you become too ill to continue with the tour, including the cost of emergency evacuation by helicopter or air ambulance should this be necessary. Note that passenger liability insurance covering the transportation that we hire, particularly in Third World countries, may be inadequate; it is therefore important that your insurance cover includes sufficient provision for your dependents in the event of an accident.

We recommend that you obtain travel insurance as soon as possible after booking your holiday to ensure you are protected right from the word go in the event of unexpected cancellation prior to departure due to accident or illness. You must inform your insurers of any pre-existing medical conditions (including those of persons not necessarily travelling but upon whom your holiday may depend) that may require treatment during a period of overseas travel or might cause you to cancel the trip.

Once you have arranged your insurance, please be sure to send us the following essential details: name and contact details of your insurance provider, your policy number, expiry date and your insurers 24hr Emergency Assistance number.

Important things to note about Insurance

- Travel Insurance does **not** normally provide sufficient cover for valuable optical equipment, which is often best protected under your own household insurance policy. If in doubt ask your insurers for advice prior to travel.
- Most travel insurance policies limit the amount of cover, typically up to a maximum tour cost of £5000 per person. If the tour you are booking exceeds this amount, additional cover can usually be provided upon payment of additional premium. **We recommend all travellers** check their individual policy limit to ensure the full cost of their holiday is covered.

Arranging Your Insurance: due to UK Government legislation, under Financial Services Authority (FSA) regulations, we are not allowed to offer or recommend travel related insurance to customers. Premiums can vary widely according to your age, needs, health, choice of destination and other factors, while many people nowadays have Annual Travel Insurance cover. For these reasons, we leave you free to shop around and pick your own policy, one best suited to your own individual needs.

General Information

www.limosaholidays.co.uk

Our website gives easy access to detailed tour itineraries (Tour Info Packs), trip reports, trip photos and the latest Limosa News.

Special Diets & Other Requests

We pass on all such requests to airlines, hotels and other suppliers, and do our best to ensure

(but of course cannot guarantee) that your needs will be met. Please be sure to tell us about these (in as much detail as possible) at the time of booking, to allow good time to make the necessary arrangements.

Smoking

Almost all of our clients prefer a smoke-free environment. For the enjoyment and comfort of all, we ask that smokers refrain from smoking in proximity to the group and respect our NO SMOKING policy in the vehicle, at meal times and when watching wildlife.

Any Questions?

If you have any questions at any time, you'll find our office staff friendly, efficient, approachable - and just a phone call away, eager to assist you in every way.

Our office is open 09.00-17.00 hrs Mon-Fri, and can also be reached by email. In the event we are unable to take your call, please leave a message on our answerphone (24hrs) and our office will contact you as soon as we can.

*Thank you for your interest in our tours.
We do hope that you will be able to join us
- and we look forward to hearing from you
again!*

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