



# SEA AND MOUNTAIN ESCAPE

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## TWO GOOD REASONS TO COME TO JAMAICA...

### A GREEN & SUSTAINABLE HOLIDAY

Enjoy a Jamaica of lush unusual beauty arranged by two intimate, independent eco-boutique properties, that both share a commitment to sustainable tourism.

Lime Tree Farm and Mocking Bird Hill have teamed up to provide the unique 'Sea & Mountains Escape' - an incredible Caribbean holiday that is off the beaten track and environmentally friendly.

### LUXURY AWAY FROM THE MADDENING CROWDS

A stay at both will enable you to enjoy the complementary landscapes of both locations and have a truly unique break that allows you to explore the real, unspoilt Jamaica far away from the hustle and bustle of the tourist resorts.

What better way to spend a holiday than to experience the warm local welcome at both hideaways, nestled in stunning beauty close to nearby villages where you can grab a refreshing beer and enjoy a quick chat if you should ever get bored!

## MOUNTAINS & SECRET BOTANICAL GARDENS

You will be picked up by Charlie from 'The Independent's Caribbean Hotel of the Week' - Lime Tree Farm, who will drive you up to their 1,040m above sea level working Blue Mountain Coffee Estate to stay in one of their unique cottages: Lookout, Wood or Water. Highlights of your itinerary here include a gentle hike to & organic picnic at Cinchona Gardens, the oldest botanical gardens in the Caribbean, a visit around the coffee estate & Mavis Bank Coffee Factory, and a ramble through the local communities of Tower Hill & Lime Tree.



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## SEA AND RAFTING ON THE RIO GRANDE

From the Blue Mountains you travel to the North Coast to Hotel Mocking Bird Hill, Jamaica's award winning eco-chic boutique hotel, home to the Frommer's acclaimed Mille Fleurs Restaurant. Here you can take your time to enjoy a variety of intimate coves and beaches starting with the romantic Frenchman's Cove where you can snorkel and dive in the crystal Caribbean Sea, then hike in the lush Rio Grande Valley home to many indigenous birds and go bamboo rafting on the Rio Grande.

## THE LAND OF WOOD AND WATER

Discover the natural beauty of our diverse landscapes, from the lush tropical coast, with its many coves, unspoilt waterfalls and rain forested valleys to the wild Montane forests of the Blue Mountains -home to the best coffee in the world 'Blue Mountain coffee'.

Come and be inspired by an untouched Jamaica - take our special Sea & Mountains Escape and realize that there is a world more to Jamaica than just ...rum 'n' reggae.

Day 1	Arrival Kingston Airport Pick-up and transfer to Lime Tree Farm Overnight	<p>Rates are per person in a double room and incl. the local taxes :</p> <p>The rate is based on a garden view room at Mocking Bird Hill.</p> <p>Rates: US\$1,715 per person (20/12/10-30/4/11) US\$1,602 per person (1/5/11-19/12/11) or superior room upgrade - per night US\$165 / US\$160 (high / low)</p> <p>Included are: 6 nights accommodation (3 each at Lime Tree and MBH) with half-board Transfers /ground transportation as listed Tour to cinchona gardens and guided hike or birdwatching tour on day 4 Rafting on day 7</p> <p>Extras/Not included: Lunch at Gap Café Entrance fee to Mavis Bank coffee factory Beverages at MBH Optional : hike in the Rio Grande in combination with Rafting Optional : on day 6 one can opt to visit other beaches, eg. Long Bay in which case extra transportation costs will be involved</p> <p>The package includes full board (Breakfast, lunch and dinner ) at Lime Tree and Half board at Mocking Bird (Breakfast &amp; Dinner)</p>
Day 2	Relax at Lime tree Optional : Visit Mavis Bank coffee factory Overnight	
Day 3	Breakfast Tour to Cinchona Gardens Lunch Dinner 3 Overnight at Lime Tree Farm	
Day 4	Packed breakfast Either birdwatching at Hardware Gap with guide or hike with guide from Gordon Town/Craighton/Red Hills	
Day 5	Possibility to have lunch at Gap Café (optional) Drive to Kingston Pick up by AI and transfer to PA Dinner 1 Overnight at MBH	
Day 6	Breakfast Relax beach at Frenchman's Cove Dinner 2 Overnight at MBH	
Day 7	Breakfast Transfer to rafting Rafting in the morning Tour of Port Antonio / market on the way back Dinner Accommodation	
Day 8	Breakfast Last morning at beach - Frenchman's Cove Lunch Afternoon departure for airport	

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## CONTACT DETAILS

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