



# Falmouth

Photo: Roussety Gregory/Pexels

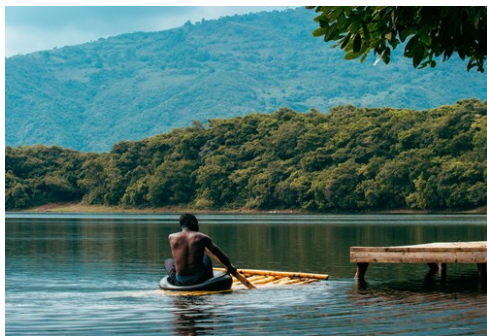


Ralf Steinberger/CC BY 2.0/Wikimedia Commons

Often overshadowed by Montego Bay, Falmouth is a promising destination on the verdant north shore of Jamaica. The city is rich in architectural heritage reflecting centuries of intriguing history, and is surrounded by natural wonders that show just how much life in Jamaica is intertwined with water — from gushing springs and waterfalls to the calm Caribbean embracing the coast.



Photo by Kampus Production/Pexels

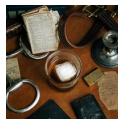


Og Mpango/Pexels (cropped)

## Featured



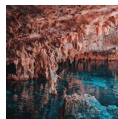
**Dunn's River Falls and Park**  
Natural formations like the Dunn's River Falls are a good reason Jamaica has...



**Hampden Estate**  
Located less than 40 minutes away from Falmouth amid cane fields and lush ve...



**Swamp Safari**  
Made famous by the 1972 James Bond movie "Live and Let Die," Ross Kananga's ...



**Green Grotto Caves**  
The Green Grotto Caves have an incredibly rich history, from Indians who onc...

## Top 5



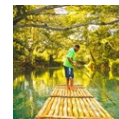
**Luminous Lagoon**  
With only a handful of glowing bays in the entire world, Luminous Lagoon is ...



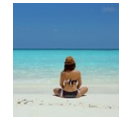
**Water Square**  
A commercial area since the early 1800s, Water Square with the building of A...



**Greenwood Great House**  
A well-preserved example of its kind, Greenwood Great House is a plantation ...



**Rafting on the Martha Brae**  
Jamaica's favorite rafting destination lies only 10 minutes away from Falmou...



**Burwood Beach**  
Only four miles east of the cruise ship pier, Burwood is a public beach with...



## FALMOUTH



Chris/CC BY 2.0/Flickr (image cropped)

Falmouth is located in Trelawny Parish, 15 miles away from Cockpit Country, Jamaica's uninhabitable rainforest with a biological diversity that's unparalleled on the entire island.

Historically speaking, the town gained importance in the late 18th century, a period when Jamaica was the world's leading sugar producer. From the port to great houses to cane fields, the whole area was dedicated to serving trade — including that of slaves — which was making Falmouth one of the busiest places in the region. This period, which began its decline with the abolition of slavery, is preserved in spectacular fretwork buildings built in Jamaican Georgian style, which still dominate the townscape today.

Nowadays, Falmouth was given another chance to shine thanks to the redevelopment of the cruise port, completed in 2011 — and the city's rich past and geographical location make it well worth disembarking cruise ships, to immerse ourselves in its eventful history and admire its unique natural environment.

## DO & SEE



cottonbro studio/Pexels

Although a relatively new addition to Jamaica's map of cruise ports, Falmouth stands out with wondrous natural spectacles and captivating Georgian architecture, with each building having a fascinating story to tell.

### Luminous Lagoon



With only a handful of glowing bays in the entire world, Luminous Lagoon is an unmissable sight for those staying overnight in Falmouth. Guided boat tours usually start at dusk and take visitors to waters where millions of microorganisms, called dinoflagellates, illuminate the lagoon once it is agitated by boats — or daring swimmers submerging for a really hands-on experience.

Photo: Bruce Anderson (University of Stellenbosch)/Wikimedia Commons (edited)(image cropped)

Address: Main Highway A1, Trelawney Parish, Rock, Falmouth

Phone: +1 876 954 3229

Internet: [www.glisteningwaters.com](http://www.glisteningwaters.com)

### Water Square



A commercial area since the early 1800s, Water Square with the building of Albert George Market have for centuries been a lively scene of trade in the history of Falmouth. The famous clock tower is an integral part of the historic quarter, which can be enjoyed by browsing the crafts of local vendors or lounging at one of the many bars nearby.

Photo: rh43/CC BY 3.0/Wikimedia Commons(image cropped)  
Address: Water Square, Falmouth

### Greenwood Great House



A well-preserved example of its kind, Greenwood Great House is a plantation house built by the wealthy Barrett family in the 18th century less than 8 miles away from Falmouth. Spared by the slave rebellion in 1831, the house's rooms are still in intact condition and contain original furniture and artifacts — including unique collections of books and musical instruments — that are bound to transport you back in time.

Photo: Susan Holt Simpson/Unsplash  
Address: 435 Belgrade Avenue, St. James  
Opening hours: Daily 10am-4pm  
Phone: +1 876 631 3456  
Internet: [www.greenwoodgreathouse.com](http://www.greenwoodgreathouse.com)

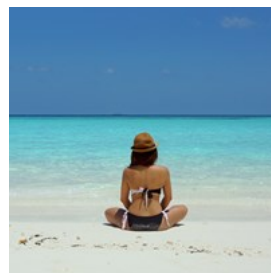
### Rafting on the Martha Brae



Jamaica's favorite rafting destination lies only 10 minutes away from Falmouth. Embark on a relaxing rafting tour and enjoy the views of this picturesque 3-mile stretch of the Martha Brae River, on a bamboo raft steered by a professional guide. Visitors can also admire the rich fauna in Miss Martha's Herb Garden, browse a souvenir shop, and grab a bite or drink at the venue's restaurant and bar.

Photo: Donna-Kay Delahaye/CC BY-SA 4.0/Wikimedia Commons(image cropped)  
Address: 66 Claude Clarke Avenue, Montego Bay  
Phone: +1 876 952 0889  
Internet: [www.jamaicrafting.tourchimps.com](http://www.jamaicrafting.tourchimps.com)

### Burwood Beach



Only four miles east of the cruise ship pier, Burwood is a public beach with a range of basic amenities including restrooms, lounge chairs and gazebos. The beach may get busy at times, but it's a great place to relax under the shade of tropical trees, or enjoy some beach sports such as volleyball or snorkeling.

Photo: Wendy Hero/Pexels

### Hampden Estate



Located less than 40 minutes away from Falmouth amid cane fields and lush verdant scenery, Hampden Estate is a long-standing rum distillery, making some of the finest rums in the

Caribbean since the 1750s. Informative tours reveal all the secrets of rum making, and include a welcome drink and jerk lunch for a complete indulgence in authentic Jamaican flavors.

Photo: Liz Weddon/Unsplash

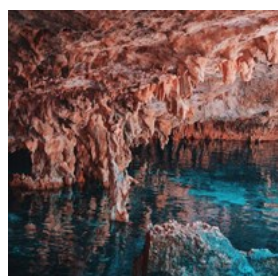
Address: Hampden Estate, Trelawny

Opening hours: Mon-Fri; tours start at 10am & 11am

Phone: +1 876 482 4632

Internet: [www.hampdenestaterum.com](http://www.hampdenestaterum.com)

### Green Grotto Caves



The Green Grotto Caves have an incredibly rich history, from Indians who once dwelled in this place to the Spanish who used it as a hideout from

English invaders. More recent accounts make mention of a nightclub that operated here, and it also featured in the James Bond movie "Live and Let Die."

Photo: Photo by Viviana Camacho/Pexels

Address: Discovery Bay, St Ann

Opening hours: Daily 9am-4pm

Phone: +1 876 973 2841

Email: [greengrottocaves@udcja.com](mailto:greengrottocaves@udcja.com)

### Dunn's River Falls and Park



Natural formations like the Dunn's River Falls are a good reason Jamaica has earned herself the nickname "Land of Springs." The 180-foot

high, terraced waterfalls flowing down the travertine rocks just before making their way into the Caribbean is a stunning sight in itself, but there is also plenty to do here: climb the rocks, take a refreshing dip, or grab a zipline and see it all from above. There is also a water park for the youngest explorers.

Photo: Thank You (23 Millions+) views/CC BY 2.0/Flickr(image cropped)

Address: Main Street, Ocho Rios

Opening hours: Daily 8.30am-4pm

Phone: +1 876 974 4767

### Swamp Safari



Made famous by the 1972 James Bond movie "Live and Let Die," Ross Kananga's Swamp Safari is a 50-acre village which is home to a number of

crocodiles and other wild animals such as the Jamaican coney or green anaconda. Ross' tours give visitors an insight into everyday life at the farm, which is also a sanctuary pledged to safeguard endangered species such as the American crocodile.

Photo: Thomas Couillard/Unsplash

Opening hours: Mon-Tue closed, Wed-Sun 9am-5pm

Phone: +1 876 617 2798

Internet: [www.jamaicaswampsafarivillage.com](http://www.jamaicaswampsafarivillage.com)

## RESTAURANTS



Ricardo Jimenez/Unsplash

Signature Jamaican dishes — from oxtail to jerk chicken — are available in most restaurants of Falmouth, and the culinary experience is enhanced by outdoor venues and the charm of the historic town.

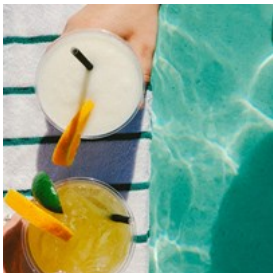
### Pepper's Jerk Center



At a venue of low-key Caribbean ambiance in the heart of the historic quarter, Pepper's Jerk Center is a go-to place in Falmouth for authentic Jamaican dishes, be it jerked chicken, escovitch fish or curried shrimp, prepared with Pepper's signature sauces and blend of seasoning.

Photo: Gabre Cameron/Unsplash  
Address: 20 Duke Street, Falmouth  
Opening hours: Daily 8am-10pm; when no ships are in port 9am-10pm  
Phone: +1 876 617 3427  
Internet: [www.facebook.com/peppersjerkcenter](https://www.facebook.com/peppersjerkcenter)

### Margaritaville



Jimmy Buffett's entertainment venue is a piece of paradise only a few feet away from your cruise ship! Margaritaville in

Falmouth boasts palm tree-lined pools, authentic souvenirs, live entertainment and a full-service restaurant where healthy appetizers and heavy burgers are all twisted with Caribbean flavors.

Photo: Avi Richards/Unsplash  
Address: 2 King Street, Falmouth  
Internet: [www.margaritavillecaribbean.com](https://www.margaritavillecaribbean.com)

### Donna's Caribbean Restaurant



A modest-looking restaurant whose secret lies in the menu: offering a wide choice of chicken and fish dishes and signature local fare,

Donna's Caribbean Restaurant stands its ground even in what is a flagship place of jerk chicken

and curry goat.

Photo: icon0com/PxHere  
Address: 23 Market Street, Falmouth  
Opening hours: Daily 11am-10pm  
Phone: +1 876 617 5175  
Internet: [www.donnascaribbean.com](http://www.donnascaribbean.com)

### Glistening Waters Restaurant



Offering views of Falmouth's most popular natural landmark, Glistening Waters is a sizable waterfront restaurant with a unique

cocktail selection and fresh authentic Jamaican food made from locally sourced ingredients. The menu features a rich selection of jerk and curry meals, and multiple seafood options from shrimp to lobster to conch.

Photo: Photo by Lachlan Ross/Pexels  
Address: Main Highway, A1, Falmouth  
Opening hours: Daily 8am-9pm  
Phone: +1 876 954 3229  
Internet: [www.glisteningwaters.com/restaurant](http://www.glisteningwaters.com/restaurant)

## SHOPPING



Chris/CC BY 2.0/Flickr (image cropped)

The lively, colorful triangle that is the Port of Falmouth is home to stores and merchandise of great variety, and shopping options abound even after you set foot in the town's historic quarter.

### La Casa del Habano



A gem among the duty-free shops inside the cruise ship terminal, La Casa del Habano is the world's number one distributor of genuine

Cuban cigars. As one of the over 140 LCDH locations in the world, the Falmouth store offers a wide range of internationally renowned cigar brands, and has a smoking lounge so you can puff away in an authentic ambiance.

Photo: Alexandre Trouvé/Unsplash

Address: Port of Falmouth

Opening hours: All hours when cruise ships are in port

Phone: +1 876 881 6776

Email: [vinarltd@cwjamaica.com](mailto:vinarltd@cwjamaica.com)

### Shore Thing 100% Jamaican



Disembarking cruise passengers are welcomed by this lively gift store, offering some of the best souvenirs in town.

Colorful clothes and fashion accessories, fragrant beauty products, candles and other decorations. Everything is inspired by Jamaica here: from the sea all the way to the Blue Mountain.

Photo: Andrea Piacquadio/Pexels

Address: Port of Falmouth

Opening hours: Daily 9am-5pm, Thu closed

### Kaya Herb House



Jamaica's first medicinal herb house with the missions to spread knowledge of cannabis and to promote local communities. The herb

selection features several Cannabis Cup winner strains, with plenty of other merchandise to browse. They also operate a pizzeria, offering toppings from simple Margherita all the way to jerk chicken, and a cafe where the island's signature Blue Mountain coffee is brewed.

Photo: David Gabrić/Unsplash

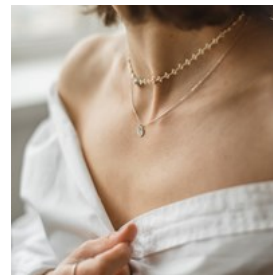
Address: 1 Trelawny Street, Falmouth

Opening hours: Daily 10am-7pm

Phone: +1 876 996 4617

Internet: [www.kayaherbhouse.com](http://www.kayaherbhouse.com)

### Diamonds International



Housed in one of the port's colorful buildings, Diamonds International in Falmouth offers a wide selection of duty-free gemstone jewelry and

luxury watches, from the selections of a range of renowned brands.

Photo: Kateryna Hliznitsova/Unsplash

Address: 205-208 Terminal Plaza, Falmouth

Opening hours: Daily 9am-5pm

Phone: +1 876 633 5968

Internet: [www.distores.com/jamaica](http://www.distores.com/jamaica)

## TOURIST INFORMATION



Kevin Verbeem/CC BY-SA 2.0/Flickr (image cropped)

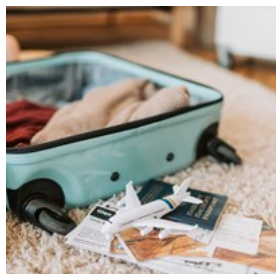
### Best Time to Visit



The best months to visit Jamaica are either March and April, or November through December, when temperatures are just as comfortable but visitor numbers significantly lower. Summer has come to be known as "hurricane season," and temperatures can get uncomfortably hot in July and August, which means a trip is best planned outside the summer months.

Photo: Nev ena/CC BY-SA 4.0/Wikimedia Commons(image cropped)

### Passport & Visa



Nationals of most countries do not require a visa to enter Jamaica if their planned time of stay does not exceed 3 months (6 months in many cases).

This applies to citizens of the USA, all of the EU, Mexico, Japan, Israel, and countries of the Commonwealth. If you do require a visa, it can, in most cases, be obtained upon arrival, but do consult an official source in advance. To receive

a visa, you will most likely need to produce proof of onward travel (tickets) and sufficient funds for the duration of the stay.

Photo: Vlada Karpovich/Pexels

Internet: [www.pica.gov.jm](http://www.pica.gov.jm)

### Port of Falmouth



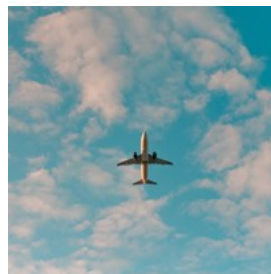
The cruise terminal is a vibrant, camera-friendly place that will have you entertained for hours, housing numerous boutiques, eateries, bars and a craft market. There are also information booths with offers on exciting excursions in the area, assisting passengers with new as well as existing bookings.

Photo: Kevin Verbeem/CC BY-SA 2.0/Flickr(image cropped)

Phone: +1 876 633 2280 98

Internet: [www.portoffalmouth.com](http://www.portoffalmouth.com)

### Sangster International Airport (MBJ)



Sangster International Airport in Montego Bay is around 19 miles away from Falmouth. There are a number of tour operators, taxi companies and car rental options available at the airport. For shuttle services to Falmouth and other locations across Jamaica, Best Jamaica is a popular and recommended option.

Photo: Philip Myrtorp/Unsplash

Address: Montego Bay, St. James

Phone: +1 876 952 3124

Internet: [www.mbjairport.com](http://www.mbjairport.com)

## Taxi



There are a number of taxi companies both inside and outside the cruise port. Official taxis in Jamaica run with red plates and with the

exception of some carriers at the cruise terminals, these taxis often do not have fixed rates, which means these should be negotiated and firmly agreed upon prior to departure. Recommended taxi companies in Falmouth include:

Purpose Driven Tours (in port)

+1 876 850 545

[www.purposedriventoursjamaica.com](http://www.purposedriventoursjamaica.com)

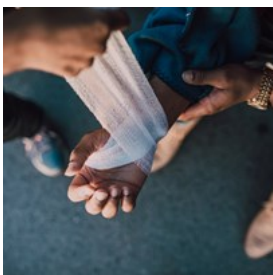
Falmouth Shore Excursions

+1 877 767 9993

[www.falmouthshoreexcursionsjamaica.com](http://www.falmouthshoreexcursionsjamaica.com)

Photo: Photo by Tim Samuel/Pexels

## Pharmacy



There are a handful of pharmacies, most of them concentrated in the historical quarter, with opening hours from around 8am to 9pm. A

generally recommended one is Oliver's Pharmacy.

Photo: RODNAE Productions/Pexels

Address: 26 Market Street, Falmouth

Phone: +1 876 617 3779

## Population

7,245 (2022)

## Currency

Jamaican dollar (JMD)

## Opening hours

Business hours vary, but most stores operate from around 8:30am/9am to 4:30pm/5pm Monday through Friday, with a shortened day on Saturday.

## Internet

[www.visitjamaica.com](http://www.visitjamaica.com)

## Newspapers

Daily Star

Jamaica Gleaner — [www.jamaica-gleaner.com](http://www.jamaica-gleaner.com)

Jamaica Observer — [www.jamaicaobserver.com](http://www.jamaicaobserver.com)

## Emergency numbers

Ambulance & Fire: 110

Police: 119

## Tourist information

Falmouth Jamaica Excursions (Karandas Tours Ltd.)

[www.falmouthjamaicaexcursions.com](http://www.falmouthjamaicaexcursions.com)

[karandastours@gmail.com](mailto:karandastours@gmail.com)

+1 876 974 2063