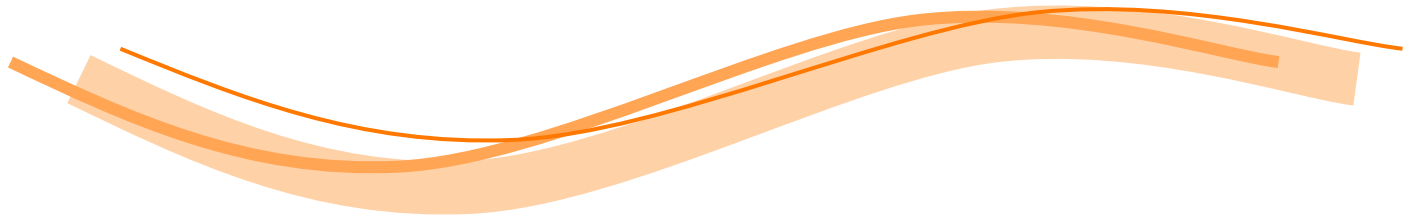




IBEROSTAR





<p>TRAVEL NOTES SECTIONS</p>	<p>To help you find what you are looking for, these Travel Notes are organized in the following order:</p> <ol style="list-style-type: none"> 1. Iberostar Hotels and Resorts 2. Dominican Republic 3. Riviera Maya, Mexico 4. Riviera Nayarit, Mexico 5. Jamaica
-------------------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>IBEROSTAR HOTELS AND RESORTS</p>	<p>With more than 80 years in the tourism business, and more than 100 resorts worldwide across 16 countries - you are in expert hands with IBEROSTAR Hotels and Resorts. Independent reviews consistently rate IBEROSTAR Hotels and Resorts as offering the best beachfront locations, fabulous food and wine and the highest standards of entertainment and service. No wonder their levels of satisfaction and repeat visits are so high.</p> <p>It also comes as no surprise that IBEROSTAR has 4 hotels selected in the top 25 best all inclusive hotels in the world according to the Trip Advisor Travellers's Choice awards.</p>
<p>Iberostar - Background</p>	<p>With over 100 four and five star hotels, Iberostar Hotels & Resorts offers a selection of fantastic destinations for wonderful trips and getaways, leisure travel and corporate events at major tourist destinations in Spain, the Mediterranean and Caribbean</p> <p>Iberostar's basic principles are:</p> <ul style="list-style-type: none"> - Located on the best beaches in the world. - Ideal for a vacation alone, as a couple or with children. - Maximum respect for the environment in which they are located. - Fine gastronomy. - Large gardens with swimming pools. - Highly qualified team. - Meticulous care of decor. - Exceptional facilities maintenance
<p>Iberostar – Resort Categories</p>	<p>There are three categories of Iberostar Hotels:</p> <p>Grand Collection - Luxurious, adults only hotels with the highest levels of service (including butler service) and offering gourmet dining.</p> <p>Premium Gold Hotels - Upscale family hotels which are all-suites and provide excellent amenities and services</p> <p>Premium Hotels - Quality hotels that are great for families and couples alike and which still offer superior service</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Iberostar Destinations	<p>Of particular interest to Canadians fleeing the winter cold - IBEROSTAR Hotels are found throughout Cuba, Mexico, Jamaica and the Dominican Republic. They are on all the best beaches in all the most popular destinations, and whether you are looking for adults only luxury, a fun family experience, a spa and wellness getaway or a golf vacation – there is an IBEROSTAR hotel that’s perfect for you.</p> <p>Cuban destinations include the historic cities of La Habana (Havana) and Trinidad, the archetypal beach locations of Cayo Coco, Cayo Los Ensenachos and lively Varadero.</p> <p>In Jamaica you can stay with IBEROSTAR in bustling Montego Bay.</p> <p>Mexican destinations include glitzy Cancun, the diving paradise of Cozumel and the golden sands of the Riviera Maya on the Caribbean coast. And their newest resort is in beautiful Riviera Nayarit on the Pacific coast.</p> <p>IBEROSTAR resorts in the Dominican Republic are found in idyllic Bayahibe (La Romana) and the ever popular Puerto Plata and Punta Cana.</p> <p>Here is a list of all the Barcelo hotels in the Americas:</p> <p>Dominican Republic Bayahibe IBEROSTAR Hacienda Dominicus</p> <p>Puerto Plata IBEROSTAR Costa Dorada</p> <p>Punta Cana IBEROSTAR Bávaro Suites IBEROSTAR Dominicana IBEROSTAR Grand Hotel Bávaro IBEROSTAR Punta Cana</p> <p>Playa Bávaro IBEROSTAR Bávaro Suites IBEROSTAR Dominicana IBEROSTAR Grand Hotel Bávaro IBEROSTAR Punta Cana</p> <p>Mexico Cancun IBEROSTAR Cancún</p>
-------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Cozumel IBEROSTAR Cozumel</p> <p>Riviera Maya IBEROSTAR Quetzal IBEROSTAR Tucán IBEROSTAR Grand Hotel Paraíso IBEROSTAR Paraíso Beach IBEROSTAR Paraíso Del Mar IBEROSTAR Paraíso Lindo IBEROSTAR Paraíso Maya</p> <p>Playa del Carmen IBEROSTAR Quetzal IBEROSTAR Tucán</p> <p>Playa Paraíso IBEROSTAR Grand Hotel Paraíso IBEROSTAR Paraíso Beach IBEROSTAR Paraíso Del Mar IBEROSTAR Paraíso Lindo IBEROSTAR Paraíso Maya</p> <p>Riviera Nayarit Punta de Mita</p> <p>Cuba Cayo Coco IBEROSTAR Cayo Coco IBEROSTAR Mojito</p> <p>Cayo Guillermo IBEROSTAR Playa Pilar IBEROSTAR Daiquiri</p> <p>La Habana IBEROSTAR Parque Central</p> <p>Trinidad IBEROSTAR Grand Hotel Trinidad</p> <p>Varadero IBEROSTAR Laguna Azul IBEROSTAR Playa Alameda</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>IBEROSTAR Tainos IBEROSTAR Varadero</p> <p>Cayo Los Ensenachos IBEROSTAR Ensenachos</p> <p>Jamaica Montego Bay IBEROSTAR Grand Hotel Rose Hall IBEROSTAR Rose Hall Beach IBEROSTAR Rose Hall Suites</p> <p>Brazil Manaus IBEROSTAR Grand Amazón</p> <p>Praia do Forte IBEROSTAR Bahía IBEROSTAR Praia do Forte</p>
<p>Iberostar Playa Pilar</p>	<p>This is the newest of Iberostar's resorts in the Caribbean.</p> <p>Location: Cayo Guillermo is one of the most spectacular and best preserved islets in the Jardines del Rey archipelago, in Cuba. It is also one of the smallest keys, only 13 sq km, and features native vegetation zones, trails and long white-sand beaches where coconut trees grow. Cayo Guillermo and the surrounding islands form part of the Buenavista Biosphere reserve - home to a wealth of wildlife including the spectacular pink flamingos. There are as many as 12,000 flamingos living in the park – the largest community of these birds in Cuba. Cayo Guillermo Dolphinarium - located in the south within the nature park, this is the seventh (and latest) dolphinarium opened in Cuba. Accessible from wooden footbridges, it shows dolphins in their day-to-day habits, playing with visitors or in amazing performances. The island offers wild natural areas and the world's second largest coral reef, which is 400km long. Playa Pilar has 15 metre high sand dunes and is ranked as one of the top 25 landscapes of this type in the world. Cayo Guillermo is a paradise where you can relax, do water sports and enjoy peace and quiet.</p> <p>Activities in Cayo Guillermo: There is always perfect weather in Cayo Guillermo! In this slice of heaven, sun is guaranteed all year round -and the water by the shore is</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



always warm.

Due to the lack of wind or ocean currents, there is virtually no swell. The average temperature is 25° C to 30° C (closer to 20° C in January and February, and above 30° C in July and August). However, with relative humidity at 80%, it usually seems to be hotter than it really is. Cayo Guillermo features one of the most amazing nature parks you can find in Jardines del Rey. The trail network will help you explore the island and have fascinating encounters with the dunes (the highest in the Caribbean) and with the colonies of cute flamingos.

One of the most entertaining ways of getting around Cayo Guillermo is on a jeep ride, with or without a guide. Since the area is quite unspoilt, there are not many roads or trails, so your jeep can take you to the depth of the tropical forest or as close as you can get to the sea on four wheels.

Cayo Guillermo is the perfect destination to get away from it all and forget about stress and routine. Just lie down on a lounge in the white-sand beach and stare at the mesmerising crystal-clear water, protected from the sun by a generous coconut tree and rocked into slumber by the sea breeze. You will only have to think about what cocktail to sip or what book to read.

A paradise for scuba divers and lovers of water sports at large: Cayo Guillermo seems to have been designed to get a close look at things. Go deep under the crystal-clear water and admire marine life at the bottom of the sea or around the huge coral reef.

IBEROSTAR Playa Pilar

- 5 star Premium Gold Resort
- 482 rooms in 15 buildings or bungalows
- Right on a long stretch of one of Cuba's finest beaches - also known as 'Playa Hemingway' after the American writer, this heavenly white-sand beach is said to have inspired *The Old Man and the Sea*.
- Family oriented hotel with a waterpark and daily kid's activities at the mini-club
- Also great for couples – 10 swim out suites with private pool – perfect for honeymooners
- 5 pools
- 3 bars and a cigar bar to sample those wonderful Cuban cigars
- Large spa centre with thermal and treatment zone
- Room choices: Double; Double Sea View; Family Room; Junior Suite; Suite
- Dining: Buffet plus 4 speciality restaurants (Mediterranean, Gourmet, Japanese, Italian)
- The Sensations spa at the IBEROSTAR Playa Pilar One of the most exclusive spas in Cuba. It has everything you can think of: expert

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>certified therapists sauna, hot springs, beauty salon, barbershop, cosmetic face and body treatments, custom massage, yoga, tai chi...</p> <ul style="list-style-type: none"> - Fitness room, aerobics classes and dance classes, yoga - Catamaran, water bicycles, windsurfing, kayaking, scuba diving.... - Tennis, beach volleyball, football and basketball.... - Kids facilities: Waterpark; Children's pool. Mini club 4 -12 years - Evening mini shows - Adult entertainment: entertainment: Starfriends entertainment team; Shows; Live music
<p>Iberostar Playa Mita, Mexico</p>	<p>Iberostar Hotels & Resorts has opened its first resort in Riviera Nayarit with its all-inclusive, 5-star IBEROSTAR Playa Mita. This amazing resort is located 40 kilometers from the Puerto Vallarta International Airport and it's a destination for both families and couples alike. Distinctive architecture, spacious accommodations, superior service and a full selection of entertainment among other world class amenities await in this luxurious hideaway.</p> <p>Location: Iberostar Playa Mita is located near breathtaking Punta de Mita, Riviera Nayarit, nestled between the Pacific Ocean and the Western Sierra Madre Mountains. Guests enjoy a tropical year-round climate and endless golden beaches that will complete their unforgettable experience in Mexico. This stunning 5-star hotel has easy access to many of the area's top tourist attractions and is conveniently located 40 kms from Puerto Vallarta International Airport.</p> <p>Accommodations: The stunning 452 rooms at this all-inclusive hotel boast selected interior designs, 24-hour room service, and a friendly atmosphere perfect for relaxing with family and friends. Guests will enjoy a unique all-inclusive location and welcome ambiance near Punta Mita. Rooms have balconies and terraces, including 120 oceanfront junior suites and 2 presidential suites with spectacular views of the Pacific Ocean, High-speed Internet, LCD cable TVs and Concierge service.</p> <p>Dining: Iberostar Playa Mita offers a vast assortment of culinary possibilities. Guests enjoy an exclusive buffet serving international dishes and four á la carte restaurants specializing in Gourmet, Japanese, Steakhouse, and traditional Mexican cuisine. Guests who wish to enjoy a snack or an ice-cold drink can take advantage of the 8 bars located throughout the hotel as well as a 24-hour room service menu which includes a variety of dishes and beverages.</p> <p>Sports: Guests an infinite selection of sports and activities available throughout the hotel, among them a stunning infinity pool and a fully</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>equipped gym, perfect for guests who wish to stay active and in-shape during their stay in Mexico. Activities include aerobics, tennis, beach volleyball, and much more. The hotel also offers a fully equipped gym for fitness lovers. Guests can also scuba dive, kayak, windsurf and parasail during their visit . Non-motorized sports are included and motorized sports, like scuba diving, can be enjoyed for a small fee.</p> <p>Golf: Designed by professional golfer Greg Norman and inaugurated in 2010, the Litibu Golf Course is perfect for guests who wish to enjoy tee-time the way it was meant to be. The-onsite Litibu Golf Course includes a Pro Shop, Snack Bar, practice tee, driving range and carts (included in rate), clubs, and equipment rental.</p> <p>Spa: Exclusive signature treatments, beachfront massages, a beauty salon, a relaxation lounge, a secluded relaxation garden and a whirlpool are just part of the spa services here.</p>
<p>Iberostar Hacienda Dominicus, Dominican Republic</p>	<p>The Iberostar Hacienda Dominicus Hotel offers 5-star All Inclusive accommodations in Bayahibe, a picturesque village on the Dominican Republic's southeast coast. This is the perfect beachfront locale for indulging in a comfortable, luxurious Caribbean vacation. Designed with both couples and families with children in mind, the hotel's entertainment program includes activities for young and older alike as well as a modern spa for serene relaxation and high quality dining options.</p> <p>Location: The Iberostar Hacienda Dominicus Hotel is nestled in the charming little town of Bayahibe on the Dominican Republic's southeast shore. This 5-star hotel sits beachfront, close to the island's popular tourist attractions such as Saona and Altos de Chavón. The Iberostar Hacienda Dominicus is also close to La Romana International Airport, which is just 18 Kms away.</p> <p>Accommodations: The Iberostar Hacienda Dominicus Hotel features 502 guestrooms with a choice of 463 Double Rooms, 39 Junior Suites and handicap-accessible Standard or Double Rooms. Tastefully appointed with the finest luxuries and comforts, the Iberostar Hacienda Dominicus Hotel's 5-star accommodations are an excellent choice for your memorable Caribbean vacation.</p> <p>Entertainment. Guests of all ages will enjoy this hotel's wide array of entertainment and leisure options, all carefully prepared by skilled, professional staff. By day, children can spend hours of fun at Lucy's Club. By night, adults can unwind with live shows and music.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Sports: This is a perfect venue for enjoying outdoor sports while being one with nature. The unique location along the breathtaking white, sandy beaches of the Caribbean Sea creates the perfect spot for scuba diving and other watersports. Complimentary on-site sports at the Iberostar Hacienda Dominicus include aerobics, billiards, target shooting, tennis (lighted courts require an additional charge), table tennis, volleyball, kayaking, catamarans, windsurfing, and beginner's scuba diving lessons in the pool. Guests may also make use of our fitness centre and fully equipped gym.</p> <p>Scuba Diving: Within the hotel, visit the CDC Padi Palm Resort Scuba Center, directed by Dressel Divers International, which offers a long list of boat excursions for diving into the crystal clear Caribbean waters.</p> <p>Dining. Travelers with an affinity for fine food and new tastes will fall in love with the excellent local and international selections at the Iberostar Hacienda Dominicus. The hotel features a phenomenal buffet plus four a la carte restaurants showcasing Mexican, Japanese, gourmet, and steakhouse cuisines. The Hacienda Dominicus Hotel is also home to several themed bars.</p> <p>Spa Sensations. The modern spa provides five rooms for treatments, jacuzzis, and much more. This will quickly become your favourite place to escape for the best relaxation during your trip to the Dominican Republic.</p> <p>Weddings: The Iberostar Hacienda Dominicus Hotel is the picturesque backdrop for dream destination weddings. Its beachfront location along the Caribbean, fine dining, and complete on-site services make this 5-star hotel a great spot to say "I do." Couples can also utilize the services of their wedding planner who will take care of every detail to make your big day run smoothly. The resort is also an ideal venue for vow renewal ceremonies, honeymoons, and banquets.</p>
<p>New at Iberostar</p>	<p>There is a continuous program of renovations to keep the IBEROSTAR properties in tip top condition. New in 2016:</p> <ul style="list-style-type: none"> - New spa at IBEROSTAR Bavaro in Punta Cana on the Dominican republic with a large menu of treatment and hydrotherapy - New lobbies and restaurants <p>IBEROSTAR Cozumel in Mexico– lobby refurbishment plus 2 new restaurants (Tex-Mex and Asian) that replace the old ones</p> <p>IBEROSTAR Tucan and IBEROSTAR Quetzal in Playa del Carmen undergoing a complete renovation of their main lobbies and restaurant areas</p> <ul style="list-style-type: none"> - Kids' programs in the mini clubs are also being enhanced:

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Age appropriate – including the teens Great fun activities – the kids will want to go! Started at IBEROSTAR Paraiso Maya and IBEROSTAR Paraiso Lindo and will be in place in all hotels during 2016:</p> <ul style="list-style-type: none"> - For kids 4-6- Petit star friends with games according to their age: pinatas, craft, etc - For kids 7-9- Maxi star friends – wave pool; superheroes dress up - For kids 10-12- Junior star friends- aquatic sports; movies; etc - For kids- 13-17- Teen star friends- video editing; Olympic games; movies <p>New fitness programmes: The participating IBEROSTAR resorts are the Paraiso del Mar, Paraiso Beach, Paraiso Lindo, Paraiso Maya and the Grand Hotel Paraiso. Train under the guidance of Belinda and George Kiriakou, world renowned professional trainers with more than 30 years of experience. Plus enjoy fun classes – there are over 80 classes a week! Gym Classes: Kickboxing, Yoga, Pilates & Stretch, Zumba-Fit, Bootcamp, TRX & Kettlebell and Spinning. Beach/Pool Classes: ZumbaFit, Yoga and Aquafit. Gym is open every day from 6:00 am to 7:00 pm. Water, juice and fruits, AC, towels provided. Washroom and showers available. All classes are included in your stay.</p> <p>FREE Wi-Fi in all IBEROSTAR hotels in the Dominican Republic, Jamaica and Mexico.</p>
Tour Operators	You will find Iberostar properties offered by all the major Canadian Tour Operators – Transat, Air Canada Vacations, WestJet Vacations and Sunwing.
To Find Out More	<p>Website: www.iberostar.com www.iberostarchefontour.com Connect with Iberostar on facebook: https://www.facebook.com/IberostarHotelsEnglish Photos on Pinterest: http://www.pinterest.com/iberostarsm/ Follow Iberostar on Twitter: https://twitter.com/iberostar_eng</p>

DOMINICAN REPUBLIC	The Dominican Republic is a great destination with a number of different resorts for you to choose between.
---------------------------	-------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>For relaxing and “fun in the sun” - Punta Cana has crystal seas, vast stretches of white sands and first class golf. Most travelers come to this region because its beaches are among the most beautiful in the country, if not the entire Caribbean. The big hotel complexes in Playa Macao, Playa Bavaro and Punta Cana all organize activities. Their prime locations mean that guests can enjoy scuba diving, snorkelling, sailing, windsurfing, horseback riding and many other sports, including tennis. There are two golf courses in the region.</p> <p>Puerto Plata has a renewed buzz with new resorts, ramped up nightlife and fabulous windsurfing and water sports. The Dominican Republic and Nolitours have joined forces to create the It Zone in Puerto Plata. It is the place to be this year! Designed for people who expect more than just sun and sand on their vacation, it’s a destination for people who want to have fun! Beyond the fabulous beaches and great resorts, you’ll be able to immerse yourself in the local culture, get into the Dominican beat and enjoy a host of activities open to everyone. It’s a great place to kick back and meet new people!</p> <p>Blend the Caribbean with art and culture in Romana. Altos de Chavón, located to the east of La Romana, is a surprisingly beautiful reconstruction of a late 14th century Italian village. It was built by ambitious entrepreneurs to create a major tourist attraction in the region. This replica is faithful in many ways to the original village, due to its incredible attention to detail.</p> <p>The historic, cosmopolitan capital of Santo Domingo is the oldest city in the Americas. It mixes the stately grandeur of colonial architecture with glamorous casinos and nightclubs. A stroll through the streets is pleasant and requires little effort, the buildings all being set in a relatively limited perimeter. Visit the magnificent Catedral Santa María de la Encarnación, constructed during the 1540s, the Alcazar of Columbus and many other beautiful buildings in the old city.</p> <p>Explore the website at: www.godominicanrepublic.com</p>
<p>Choosing Between the Different Destinations Within Dominican Republic</p>	<p>So here's your choice: Puerto Plata lies on the more verdant, and rainier, north shore of the island; Punta Cana lies on the dustier, somewhat drier southeastern tip. Instead of the tranquil Caribbean Sea, the beaches of Puerto Plata face the Atlantic Ocean, which means that waters can be more turbulent, especially in the winter months. Rainfall in Puerto Plata, when it comes, arrives suddenly, but doesn't last long. And it keeps the landscape green. Puerto Plata's beaches aren't as wide as some of those in Punta Cana, but recent improvement of the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>beaches in Puerto Plata has done a lot to even out the equation. However the beaches of Punta Cana truly deserve their worldwide reputation.</p> <p>Staff at hotels in Puerto Plata tend to have been born and raised within the region, and they usually retain cultural links to the region and to their families. Staff within hotels in Punta Cana tend to have moved recently from other parts of the island, and some of them seem a little uprooted. Puerto Plata maintains an urbanized feel, and an economy based on something in addition to tourism, whereas newer communities like Punta Cana and Samana are basically modern communities carved from what was wilderness or scrubland, with none of the feelings of urban life that are so deeply engrained within the Dominican consciousness.</p> <p>Each region has advantages and it's great to have the choice of different styles of vacation.</p>
<p>Location</p>	<p>In the heart of the Caribbean archipelago - nestled amid Cuba, Jamaica, and Puerto Rico - the island of Hispaniola (Little Spain) is divided between Haiti, on the westernmost third of the island, and the Dominican Republic, which has a lush landmass about the size of Vermont and New Hampshire combined. In the Dominican interior, the fertile Valley of Cibao (rich sugar-cane country) ends its upward sweep at Pico Duarte, the highest mountain peak in the West Indies, which soars to 3,125m (10,250 ft.).</p> <p>Much of what Columbus first sighted still remains in a natural, unspoiled condition. One-third of the Dominican Republic's 1,401km coastline is devoted to beaches of which the most celebrated are those around Punta Cana, which lies in the east of the country.</p>
<p>Geography</p>	<p>The mountains of the Dominican Republic divide the country into northern, central, and southwestern regions. The northern region includes the Cordillera Septentrional (northern mountain range), the Cibao Valley, which is the country's major agricultural area; and the tropical Samaná Peninsula with its coconut plantations and bay, where humpback whales breed.</p> <p>The central region is dominated by the Cordillera Central (central range) which ends at the Caribbean Sea. The highest point in the Caribbean is Pico Duarte, which reaches an elevation of over 10,414 feet (3,175 meters) and has alpine forests near the summit. The Caribbean coastal plain includes a series of limestone terraces that gradually rise to a height of about 328 feet (100 meters) and has sugarcane plantations. The southwestern region lies south of the Valle de San Juan and encompasses the Sierra de Neiba. Much of the region is a desert and it includes Lake Enriquillo, the island's largest lake. Lake Enriquillo is a saltwater lake that lies 150 feet (46 meters) below sea level and is inhabited by unique fauna, including crocodiles, huge iguanas, and</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>flamingos.</p> <p>Pico Duarte was not climbed until 1944; it's now an exciting and energetic 3 day hike available as a guided excursion.</p>
Name	Hispaniola was named "Little Spain" by Colombus
Population	Approximately 9.2 million
Language	The official language is Spanish; many people also speak some English.
Currency	The Dominican monetary unit is the peso (RD\$), made up of 100 centavos. Coin denominations are 1, 5, 10, 25, and 50 centavos, 1 peso, and 5 pesos. Bill denominations are RD\$5, RD\$10, RD\$20, RD\$50, RD\$100, RD\$500, RD\$1,000, and RD\$2,000. Price quotations in this section sometimes appear in U.S. and sometimes in Dominican currency, depending on the policy of the establishment. Currently, 32 pesos = Cdn \$ at January 2016
Tipping	Most restaurants and hotels add a 10% service charge to your check. Most people usually add 5% to 10% more, especially if the service has been good.
Government	Representative democracy with Presidents elected for a 4 year term Although the DR has long been viewed primarily as an exporter of sugar, coffee, and tobacco, in recent years the service sector has overtaken agriculture as the economy's largest employer due to growth in tourism
Documentation	Canadians traveling to the Dominican Republic require a valid Canadian passport .. You will also require tourist card which will be provided on the aircraft during your southbound flight. Minors (under the age of 18) being nationals of Canada in addition to the above documentation requirements must: if traveling as an unaccompanied minor or with an adult other than a parent or legal guardian must hold a permit issued by the Consulate of Dominican Republic in Canada or the Director General's Office of Immigration in Santo Domingo, Dominican Republic to leave the country of Dominican Republic. Baptismal Certificates are not acceptable as a birth certificate, nor are birth certificates issued in Quebec prior to January 1, 1994. Contact the Consulate of Dominican Republic for more information.
Time zone	One hour ahead of EST
Health	Stick to bottled water outside of the main resorts. Consult your doctor about Malaria and Dengue Fever – very unlikely threat to tourists but you may want to additionally protect yourself anyway.
Safety tips	Safety is still a concern in the Dominican Republic, but it shouldn't dissuade you from planning a vacation here. Crime consists primarily of theft, robberies, and muggings, and most of it is limited to certain areas of Santo Domingo and the night hours. There is a low incidence of violent crime against tourists, however. Follow some simple

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	common-sense rules, and you'll be fine.
--	-----------------------------------------

CLIMATE	
General climate	The average temperature is 25°C. August is the warmest month, and January the coolest month, although even then it's warm enough to swim.
Today's weather	26 degrees Centigrade and mostly sunny for 30 th January 2016
Best time to visit	The DR is a year-round destination, but with special attraction to Canadians during the cold winter months! Hurricane season is generally September and October, but you would be very unlucky indeed to experience one of these storms.

GETTING THERE	
Flying time	It's just over a 4 hour flight from Toronto or Montreal with Air Transat. Most tourists will only need to pay for a tourist card that is issued upon arrival at the airport. The cost for the tourist card is US\$10 and it will be valid for 30 days. The exit tax is US\$20. However, most of the time this is already included in the airline ticket cost. (as at Jan 2016)
Punta Cana	<p>On the easternmost tip of the island is Punta Cana, site of several major vacation developments with more scheduled to arrive in the near future. Known for its spectacular beaches and clear waters, Punta Cana is an escapist's dream. Its 32km of white sands, set against a backdrop of swaying palm trees, are unrivaled in the Caribbean, and that's the chief and perhaps only reason to come here.</p> <p>Many Europeans (especially Spaniards) rushed to take advantage of Punta Cana's desirable climate - within one of the most arid landscapes in the Caribbean; it rarely rains during daylight hours. Capitalizing on cheap land and the virtually insatiable desire of Europeans for sunny holidays during the depths of winter, a half-dozen European hotel chains participated in something akin to a land rush, acquiring large tracts of sugar-cane plantations and pastureland. Today, at least a dozen mega-hotels, most with no fewer than 500 rooms, some with even more, attract a clientele that's about 70% European or Latin American. Some of them have some of the most lavish beach and pool facilities in the Caribbean, spectacular gardens, and relatively new concepts in architecture (focusing on postmodern interplays between indoor and outdoor spaces).</p> <p>If you choose to vacation in Punta Cana, you won't be alone, as increasing numbers of Latino celebrities are making inroads, usually renting private villas within private compounds. Julio Iglesias and celebrity designer Oscar de la Renta both spend time here.</p>
Santo Domingo	Santo Domingo is one of the Caribbean's most vibrant cities, with a 12-block Colonial Zone to rival that of Old San Juan in Puerto Rico. Come here to walk in the footsteps of Cortés, Ponce de León, and, of

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>course, Columbus himself. Allow at least a day to capture some of the highlights of the old city such as its Alcazar and its Catedral Santa Maria la Menor.</p> <p>Bartholomeo Columbus, brother of Christopher, founded the city of New Isabella (later renamed Santo Domingo) on the southeastern Caribbean coast in 1496. It's the oldest city in the New World and the capital of the Dominican Republic. Santo Domingo has had a long, sometimes glorious, more often sad, history. At the peak of its power, Diego de Velázquez sailed from here to settle Cuba, Ponce de León went forth to conquer and settle Puerto Rico and Florida, and Cortés set out for Mexico. The city today still reflects its long history - French, Haitian, and especially Spanish.</p>																											
Distances	<p>From Santo Domingo to:</p> <table> <tr> <td>Barahona</td> <td>3 hrs.</td> <td>124 miles (200 km)</td> </tr> <tr> <td>Boca Chica</td> <td>30 mins.</td> <td>22 miles (35 km)</td> </tr> <tr> <td>Jarabacoa</td> <td>1 hr. 30 mins.</td> <td>97 miles (155 km)</td> </tr> <tr> <td>Juan Dolio</td> <td>50 mins.</td> <td>31 miles (50 km)</td> </tr> <tr> <td>La Romana</td> <td>1 hr. 30 mins.</td> <td>70 miles (113 km)</td> </tr> <tr> <td>Puerto Plata</td> <td>3 hrs.</td> <td>134 miles (215 km)</td> </tr> <tr> <td>Punta Cana</td> <td>2 hrs. 30 mins.</td> <td>120 miles (194 km)</td> </tr> <tr> <td>Samaná</td> <td>2 hrs. 30 mins.</td> <td>109 miles (176 km)</td> </tr> <tr> <td>Santiago</td> <td>1 hr. 30 mins.</td> <td>96 miles (155 km)</td> </tr> </table>	Barahona	3 hrs.	124 miles (200 km)	Boca Chica	30 mins.	22 miles (35 km)	Jarabacoa	1 hr. 30 mins.	97 miles (155 km)	Juan Dolio	50 mins.	31 miles (50 km)	La Romana	1 hr. 30 mins.	70 miles (113 km)	Puerto Plata	3 hrs.	134 miles (215 km)	Punta Cana	2 hrs. 30 mins.	120 miles (194 km)	Samaná	2 hrs. 30 mins.	109 miles (176 km)	Santiago	1 hr. 30 mins.	96 miles (155 km)
Barahona	3 hrs.	124 miles (200 km)																										
Boca Chica	30 mins.	22 miles (35 km)																										
Jarabacoa	1 hr. 30 mins.	97 miles (155 km)																										
Juan Dolio	50 mins.	31 miles (50 km)																										
La Romana	1 hr. 30 mins.	70 miles (113 km)																										
Puerto Plata	3 hrs.	134 miles (215 km)																										
Punta Cana	2 hrs. 30 mins.	120 miles (194 km)																										
Samaná	2 hrs. 30 mins.	109 miles (176 km)																										
Santiago	1 hr. 30 mins.	96 miles (155 km)																										
Ferries	<p>Shuttle boats to Cayo Levantado from Samana Also ferry to Sabana de la Mar across Samana Bay</p>																											
Trains	<p>There is no passenger train service in the DR</p>																											
Car Rental	<p>The best way to see the Dominican Republic is to drive. Motorists drive on the right here. Although major highways are relatively smooth, the country's secondary roads, especially those in the east, are riddled with potholes and ruts. Roads also tend to be badly lit and poorly marked in both the city and the countryside. Drive carefully and give yourself plenty of time when traveling between island destinations.</p> <p>For reservations and more information, call the rental companies at least a week before your departure: Avis (tel. 800/331-1212 in the U.S. and Canada, or 809/535-7191; www.avis.com), Budget (tel. 800/527-0700 in the U.S. and Canada, or 809/549-0351; www.budget.com), and Hertz (tel. 800/654-3131 in the U.S. and Canada, or 809/221-5333; www.hertz.com) all operate in the Dominican Republic. All three have offices at the Santo Domingo and Puerto Plata airports, as well as in downtown Santo Domingo. Avis and Hertz also have offices in La Romana and in Punta Cana.</p>																											
Buses	<p>Públicos are unmetered multipassenger taxis that travel along main thoroughfares, stopping often to pick up people waving from the side of the street. A público is marked by a white seal on the front door. You must tell the driver your destination when you're picked up to make sure</p>																											

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>the público is going there. A ride is usually RD\$5 (15¢). The minimum fare is RD\$3 (10¢).</p> <p>Public buses, often in the form of minivans or panel trucks, are called guaguas (pronounced gwa-gwas). For about the same price, they provide the same service as públicos, but they're generally more crowded. Larger buses provide service outside the towns.</p>
--	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

ACCOMMODATION TYPES	There is a wide range of hotels and resorts in the DR, from value 3 star to all-singing, all-dancing 5 star resorts.
----------------------------	----------------------------------------------------------------------------------------------------------------------

LIFESTYLES	
Kids	<p>Acuario Nacional, Santo Domingo Phone: (809) 766-1709 Open from Tuesday to Sunday from 9:30am to 5:30 pm. Bordering the Carribean Sea, the national aquarium offers visitors a glimpse of the Caribbean's diverse, colorful sea life. The aquarium's Plexiglas tunnel surrounds spectators with water, sharks, rays and conger eels. A variety of colorful fish swim throughout the tunnel, while exhibits explain different types of marine environments.</p> <p>Manati Park, Bavaro, Punta Cana Phone: (809) 221-9444 Website: www.manatipark.com Manati Theme Park focuses on nature, animals and the history of the Dominican Republic. Located in Bavaro-Punta Cana, the park is centered on an incredible landscape of magnificent gardens abundant with orchids and tropical plants. This park is a huge hit with kids as it encourages them, with the assistance of professionals, to hold non-poisonous snakes and play in a pool with dolphins.</p> <p>Parque Zoologico Nacional, Santo Domingo Phone: (809) 562-3149. http://www.zoodom.gov.do Open Tuesday to Sunday, 9am to 5pm Located north of Santo Domingo, Pargue Zoologico is one of the largest zoos in Latin America. The 320-acre park provides guests with the opportunity to see intriguing animals like tigers, chimps and hyenas, while also offering glimpses of crocodiles, flamingos and nocturnal anteaters. Whether children are discovering creatures in the large landscaped grounds or going for a ride on the shuttle train, they're sure to enjoy their visit to Santo Domingo's National Zoo.</p>
Teens	<p>Islabon Jungle River Tour Phone: (809) 248-2818 Located about three miles east of Cabarete, the Islabon Jungle River Tour allows kids to explore the Islabon river area by boat and walk</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>through jungle trails to a mini zoo that includes iguanas, snakes, turtles, ravens and North American crocodiles. The tour includes an informative chat about the nature found in the area.</p> <p>Monster Truck Safari Phone: (809) 244-4060 This full-day adventure tour allows participants to experience the diversity and beauty of the Dominican countryside in a fun, comfortable and safe environment. Holding approximately (28 people for small jeeps, and 32 for large), the large eight-wheel drive safari jeeps are driven by professionals on a variety of terrain. Participants are seated up high to ensure an exceptional view of the countryside and will be covered in case of rain. Various stops throughout the day offer a glimpse of true Dominican culture and life.</p>
Romance	Lush tropical forests, rolling mountains and long deserted beaches – perfect!
Honeymoons & Weddings	This is a very popular wedding and honeymoon destination for Canadians and most of the larger resorts have dedicated staff available to help you plan for this very special event.
Zoomers	Endless beaches, excellent resorts and accessible tours to the countryside make this an excellent choice for the older vacationer.

UNIQUES	<p>Usually starting in January and lasting until late March, Samana's humpback whales return every year to these tropical waters. Tours originate from Samana and Las Galeras (and several bayside locations in between) and from Las Terrenas.</p> <p>Whale-watching as a local tourist industry was begun in the 1980s by Kim Beddall, then an itinerant scuba instructor with no formal training as a marine biologist – although she's since been instrumental in the implementation of a code of conduct for whale-watch boats. Beddall still runs excellent whale boat tours through her Whale Samaná/Victoria Marine operation, Malecón (US\$45) that allow you to get an up-close look at the humpbacks; sitings are guaranteed in season</p>
Surprising	<p>Larimar: is a rare blue variety of pectolite found only in the Dominican Republic. Its coloration varies from white, light-blue, green-blue to deep blue. In 1916 Father Miguel Domingo Fuertes Loren found the first gems but it wasn't until 1974, that Miguel Méndez and Peace Corps volunteer Norman Rilling rediscovered Larimar on a beach at the foot of the Bahoruco Range, the coastal province of Barahona in southwest DR.</p> <p>There is a Larimar Museum in Santo Domingo: Isabel La Católica Street no.54, Zona Zolonial-Santo Domingo. Tel: 809-682-3309 Hours:</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	9:00AM - 6:00PM. http://www.larimarmuseum.com
History	<p>For at least 5,000 years before Christopher Columbus discovered America for the Europeans the island was inhabited by Amer-Indians. Anthropologists have traced multiple waves of indigenous immigration from two principle places. Some of the early Amer-Indians came from Central America (probably Yucatan and/or Belize) and some came from South America, descendants of the Arawakan Indians in Amazonia, many of whom passed through the Orinocco Valley in Venezuela. It is from the blending of these waves of indigenous immigrants that the Taíno Indians, the people who welcomed Columbus on his arrival, are believed to have originated.</p> <p>The Dominican Republic was discovered on December 5, 1492, by Christopher Columbus during his first voyage to the New World. At that time the island of Hispaniola (as Columbus named it) was called "Quisqueya" by the Taino Indians who occupied the land. With a population estimated around 600,000, the Tainos (meaning "the good") were peaceful and hospitable to Columbus and his crew of Spaniards. Columbus himself grew a particular fondness for Hispaniola, describing it in his journal as "a beautiful island paradise with high forested mountains and large river valleys."</p> <p>Columbus' admiration for Hispaniola coupled with his crew's discovery of gold deposits in the island's rivers led to the establishment of European settlements, the first of which was founded in 1493 in La Isabela. With the presence of new settlements, the Taino Indians were put into slavery and over the next 25 year, were eventually wiped out. Simultaneously, the settlers began bringing African slaves to the island to ensure adequate labor for their plantations.</p> <p>Columbus' brother, Bartholomew, was appointed governor of Hispaniola and in 1496 he founded the city of Santo Domingo. The capital city quickly became the representative seat of the Spanish royal court and therefore, a city of power and much influence. However, by 1515 the Spaniards realized the gold deposits of Hispaniola had significantly dwindled. Around this time Herman Cortes discovered silver deposits in Mexico. Upon hearing this news, most Spanish residents of Santo Domingo left for Mexico, leaving only a few thousand settlers behind. Because of the predominance of livestock, initially introduced by Columbus, these settlers sustained themselves by providing food and leather to Spanish ships passing Hispaniola on their way to the richer colonies on the American mainland. It is during this period of time that the pirates of the Caribbean made history.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



The island of Hispaniola remained under Spanish control until 1697 when the western third of the island became a French possession. (In 1804, the western part of the island became the Republic of Haiti.) This area, which the French called "Saint Domingue" became the richest colony in the world thanks to large sugar plantations which were worked by hundreds of thousands of slaves imported from Africa. In 1791 a slave revolt broke out in Saint Domingue. For fear of losing their colony to the slaves, the French abolished slavery in 1794. With calm in Saint Domingue, the French were able to focus on overwhelming the Spanish on the island's eastern side, who later surrendered power.

In 1809 the eastern side of the island returned to Spanish rule. In 1821 the Spanish settlers declared an independent state but just weeks later, Haitian forces invaded the eastern portion of the island and incorporated Santo Domingo. For the next 22 years the entire island came under Haitian control. However, fueled by their loss of political and economic control, the former Spanish ruling class developed an underground resistance group led by Juan Pablo Duarte called "La Trinitaria." After several attacks by La Trinitaria on the Haitian army, the Haitians retreated. On February 27, 1844, the eastern side of the island declared independence and gave their land the name "Dominican Republic."

The 70 years that followed were characterized by political unrest and civil war, mainly due to fights for leadership of the government by Dominican strongmen. Disputes continued with Haiti and power returned to the Spanish for a short period of time (Restoration Day celebrates the day that a national war of "restoration" began, re-establishing the Dominican Republic's independence by 1865). Turmoil in the early 1900's led the United States to intervene. In 1916 U.S. troops occupied the country and stayed until 1924 when a democratically elected Dominican government was put into place. However, the head of the army that was put into place during the American occupation, Raphael Leonidas Trujillo, used his power to block government reform and shortly thereafter, took total control of power in the form of a repressive dictatorship. His rule lasted until 1961 when his motorcade was ambushed and he was killed. (The anniversary of his death is a public holiday in the Dominican Republic.)

Following Trujillo's death, political unrest again prevailed. The Dominican Republic went through a series of leaders until 1965 when Lyndon B. Johnson ordered the U.S. marines to again occupy the country. A rigged election in 1966 put Dr. Joaquin Balaguer, a member of the Partido Reformista Social Cristiano (PRSC), in power for a reign that lasted until 1978 when Dominicans elected Antonio Guzman, also of the PRD.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Guzman died in 1982 at which time Dominicans elected another member of the D.R.P. In 1986 Balaguer was again elected, this time legitimately, and remained president until 1996 when President Leonel Fernandez (of the Party of the Dominican Liberation or PLD.) was elected. He served for four years and was replaced by Hipolito Mejia in 2000. Today's president is Danilo Medina (2016).</p>
Books	<p>Lonely Planet's Dominican Republic An Adventure Guide to the Dominican Republic by Harry Pariser See also an article I have written for one of the airline in-flight magazines: http://www.chrisrobinsontravelshow.ca/travelarticles/TA_Dominican.pdf</p>
1000 Places to see before you die	<p>Casa de Campo near La Romana – one of the world's best golf and sporting destinations</p>
UNESCO World Heritage Site	<p>Santo Domingo After Christopher Columbus's arrival on the island in 1492, Santo Domingo became the site of the first cathedral, hospital, customs house and university in the Americas. This colonial town, founded in 1498, was laid out on a grid pattern that became the model for almost all town planners in the New World.</p>
Must See	<p>Altos de Chavon, is an architectural wonder, a 16th century replica of a Mediterranean village perched high above the Chavón River, near Casa de Campo. The village was designed by Dominican architect Jose Antonio Caro, and created by Italian master designer and cinematographer Roberto Coppa. Dominican artisans handcrafted the stone pathways, decorative ironwork, furniture and enchanting buildings, reviving almost forgotten crafts of metal work and stone carving. Under Coppa's direction, each stone was hand cut, each wooden door frame was handcrafted and each wrought-iron detail hand-forged. Construction of the village began in 1976 and the village was inaugurated in 1982 with the concert of Frank Sinatra at the amphitheatre.</p> <p>Altos de Chavon was built as a centre of culture for the Dominican people. Dominican residents, tourists and working artists, flock to this magically inspirational locale.</p> <p>Stroll along cobblestone streets and enjoy the architectural grandeur of days gone by as you take in the detailed, amazing quality craftsmanship of yesteryear. Quaint shops, boutiques, art galleries, fine restaurants and an archeological museum are just a sampling of the world that awaits atop the picturesque cliffs of Casa de Campo.</p> <p>Today, this amazing village is the site of many fine restaurants, boutiques, museums and the Altos de Chavon School of Design affiliated with Parson's School of Design in New York.</p>

SPORTS ACTIVITIES -	<p>Back in 1866, American sailors stationed on the island of Cuba taught natives the rules of the game of baseball. Following the Ten Years' War</p>
----------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>Baseball</p>	<p>(also known as the Big War) in Cuba, baseball migrated to the Dominican Republic along with Cubans who were fleeing their country. Quickly nicknamed "beisbol" by the Dominican people, the sport was rapidly learned and became a passion. Today, traveling from one side of the country to the other presents national scores of baseball fields and stadiums, attesting to the Dominicans' love for the game.</p> <p>The sport first turned competitive in the 1920s when baseball games began being played against neighboring countries. This competitiveness encouraged the establishment of the Dominican Baseball League. Four baseball teams were formed: Tigres del Licey and Leones del Escogido, both from Santo Domingo, Estrellas Orientales of San Pedro and the Las Aguilos Cibaeñas in Santiago. The popularity of professional baseball in the Dominican Republic ascended throughout the following years, but came to a halt in 1937 due to a financial downturn in the country. Meanwhile, amateur baseball evolved with Dominican teams competing with those from the U.S. and other Caribbean countries. The hiatus finally ended in 1951 with the return of professional baseball. Dominicans' idea of hosting amateur baseball in the summer and professional baseball during the winter months was generated, therefore giving the Caribbean the "home of winter baseball" title.</p> <p>Today there are two additional teams in the country's professional baseball league: the Azucareros del Este from La Romana and the Gigantes del Cibao. Each season extends from the end of October through February, with the winner advancing to the Caribbean Series. At the series, the winning team of the Dominican Republic league plays against the champions of the Mexican, Venezuelan and Puerto Rican leagues.</p> <p>The baseball season is October to February each year.</p>
<p>Golf</p>	<p>Punta Cana has 12 professional golf courses that were built in 1991, from designers such as Jack Nicklaus, P.B. Dye, Tom Fazio, Nick Faldo and Nick Price. Punta Espada, along with Teeth of the Dog in Casa de Campo figure among the very first 50 best golf courses in the world.</p> <p>The Bávaro Golf Course, at Barcelo Bávaro Beach, Golf & Casino Resort, Bávaro Beach (tel. 809/686-5797), is the best golf course on this end of the island, and bears the honor of being the golf course whose allure helped open the eastern DR to the tourist boom. Open daily 7am to 5pm.</p> <p>Punta Cana Golf Club. Fronting the sea, it was designed by P. B. Dye of the famous golfing family. Fourteen of its holes open onto panoramic views of the Caribbean Sea, and four play along the ocean itself.</p>
<p>Fishing</p>	<p>Sea fishing is great in all the resorts for Marlin, sailfish, benito, tarpon, dorado, snook. You can arrange freshwater river-fishing trips through</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Casa de Campo in the south. Some of the biggest snook ever recorded have been caught around here.</p>
Horse riding	<p>Within Punta Cana, the guest services staff at your hotel can arrange horseback riding for you, but if they can't, consider an equestrian jaunt at the region's biggest stables. These are headquartered at Rancho RN-23, Arena Gorda (tel. 809/747-7356 or 7538). It supervises as many as 125 horses that are stabled at three separate "ranches," each within a reasonable distance of one another. You'll be guided on equestrian tours through groves of coconut palms near the beach and, in most cases, onto the beach itself. To reach it, you'll follow some clearly marked signs 3km through some of the wildest terrain left in Punta Cana, down winding sandy paths to a series of palm groves, to the site of these stables.</p>
Hiking	<p>In the National Park and along the endless beaches the walks are superb.</p> <p>For a special hike, there's a three day guided hike up Pico Duarte, the highest mountain in the Caribbean.</p> <p>There is a well-maintained system of trails leading up to the summit, with trailheads at several locations. The easiest access is from the town of La Ciénega, near Jarabacoa. The trail is 23.1 km to the summit, with a total elevation change of 1,977 meters, and a shelter 5 km away from the summit. Tourist-friendly travel agencies in the town of Jarabacoa can help arrange trips from this trailhead, using mules in their employ to help lug food, sleeping bags and supplies for the overnight stay in the shelter. A few fresh water springs labeled "Potable" are along the trail, but water filters or purifying tablets are recommended. The vast majority of hikers travel by this route.</p> <p>For the more adventurous, there is another trailhead northwest of the town of San Juan de la Maguana. These four-day (three night) trips that end at the Ciénega trailhead (or, for an extra day of hiking, back at the starting location) are run entirely by local Dominicans who cook the food you provide and help you camp along the way. Each night is spent in well maintained shelters, and due to the distance traveled, riding by mule-back is strongly encouraged. Far off the beaten path, it is highly unlikely that there will be anyone else on the trail until you merge with the trail from La Ciénega.</p> <p>According to Dominican Park Service representatives in La Cienega, while approximately 1,000 hikers visit Pico Duarte during each of the months of December and January, only about 10 to 15 people a day hike the mountain during off-season months.</p>
Cycling	<p>The coast road is good biking terrain, but the roads are pot-holed and this is not ideal biking country!</p>
Diving	<p>There are diving opportunities with fully qualified operations in all the major resort areas of the country.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



CULTURE	
Arts	Dominican paintings are primitive, colourful and affordable.
Music	<p>Passing through the streets of the Dominican Republic visitors are sure to notice the handmade posters that hang from telephone poles promoting an upcoming merengue or bachata night at a nearby venue. Continue walking and it doesn't take long to realize that music acts as the soundtrack of the country and its people, often heard blaring from vehicles, stores, restaurants and houses. After sunset, the pulsing beats fill the air with life and draw locals and tourists alike toward the crowded dance floors of the world's hottest night clubs. A way of life on the island, Dominicans view dancing as an art and take pride in sharing their native movements with others. Salsa, Latin jazz and other types of dance music can be heard in the country, but are not as popular as their beloved merengue and bachata counterparts.</p> <p>Merengue The country's national dance, traditional merengue groups are comprised of a three-piece band including a melodeon (accordion-like instrument), a guira (a scraped percussion piece) and a tambora (double-headed drum); however, it has expanded to incorporate other instruments such as the saxophone, trumpets, violin, flute and piano. Its tempo is characterized by an aggressive beat, requiring its dancers to swing their hips in rapid, fluid motions and make sure their feet follow suit. Early merengue's lyrics were based on sexual encounters and other socially taboo subjects, thus preventing it from becoming widely accepted. Today, merengue's lyrics cover more general topics including politics and current events. Its music has become so popular, in fact, that it is honoured with two regional festivals each year.</p>
Films	Cayo Levantado on the peninsula of Samana, is the original Bacardi Island photographed in the 1970s rum campaign
Museums	<p>Museo del Hombre Dominicano, Santo Domingo The finest collection in the Caribbean of the artifacts of the pre-Columbian peoples, including the Taíno Indians. This is, in fact, the most important collection in the world of the Taínos, who greeted Columbus in 1492, little knowing the horrible fate that awaited them, including disease, slavery, and ultimately death at the hands of these strange visitors from another world. Thousands of magnificently sculpted ceramic, bone, and shell works are on display, along with grinding stones, carved necklaces, axes, and pottery. One section is devoted to the conquest of the West Indies, focusing on the pain suffered by the slaves under the domination of the Spanish. The life of the peasant is brilliantly depicted, including a typical country house that has been reconstructed in the museum. The exhibits are a pastiche of African, Taíno, and Spanish cultures, all of which went to influence Dominican life</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>today. There's a little bit of everything here, even the "throne car" that the pope rode through the streets of Santo Domingo on a 1979 visit. One festive section depicts carnival costumes from around the island.</p> <p>At the southern end of the Plaza Espana in Santo Domingo is the Museo de las Casas Reales, built between 1503 and 1520, was the administrative centre of the West Indies, housing the Royal Court, Treasury and Office of the Governor. Inside, the museum's rather hodgepodge collection includes a few Taíno artefacts, Spanish navigational instruments, and an armoury donated by Trujillo with examples of weaponry used here since Columbus. Opposite the Casas Reales is the Alcazar de Colón, the fortified palace of the Columbus family, built by Diego from 1511 to 1515.</p> <p>Amber Museum: Puerto Plata You can see a collection of rare amber specimens at the Museo de Ambar Dominicano (Museum of Dominican Amber), Calle Duarte 61 (tel. 809/586-2848; www.ambermuseum.com), near Puerto Plata's Central Park. Look out for the piece of amber with a perfectly preserved lizard inside! It's open Monday to Friday 8am to 6pm, Saturday 9am to 5pm. Guided tours in English are offered. Admission is RD\$40 or RD\$7 for children.</p>
<p>Festivals</p>	<p>Dominican Republic Jazz Festival: Nov in Cabarete The Dominican Republic is world-renowned for merengue so it is no surprise that the annual Dominican Republic Jazz Festival attracts a line-up of Latin jazz performers. Concerts are held at Cabarete beach and the Gran Teatro del Cibao in Santiago. http://www.drjazzfestival.com</p> <p>Carnival is held in late Feb – Diablo Conjuelo costumes, singing, dancing, every weekend in February.</p> <p>Merengue festivals: July in Santo Domingo – musical blowout; Oct in Pto Plata on the Malecon.</p> <p>Las Nochas de Vela: the night of the prayer festival Jan 21 mix of Catholic and African religious festivities</p>

<p>ATTRACTIONS</p>	
<p>Beaches</p>	<p>It was the beaches of the Dominican Republic's north coast that originally put the country on the world's tourist map, and in 2006, the Dominican government pumped hundreds of thousands of tons of sand from deeper offshore waters onto Playa Dorada's beaches, restoring them to wide, expansive stretches of pale amber-colored sands. The beaches all along the north shore are collectively known as the "Amber Coast" because of their color and because of the rich deposits of amber</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>that have been discovered here. Many concession stands along the beach rent water sports equipment.</p> <p>Don't expect Robinson Crusoe-style isolation at Playa Dorada; you'll rarely, if ever, be alone on a stretch of beach in Puerto Plata. But if you enjoy beige sand that's rarely too hot to walk on, and a seemingly never-ending array of water sports kiosks and chaise longues, as well as an occasional loudspeaker projecting merengue music, you'll be happy here.</p> <p>Lying 5km west of Puerto Plata is a gorgeous beach, Playa Cofresi, set against a backdrop of all-inclusive hotels and some vacation villas that started to be built here in the 1990s. Although you can find plenty of space on this beach on weekdays, it comes alive on Sunday when several hundred local Dominican families descend from the hinterlands for fun, food, and sun.</p> <p>Another good choice in the area, Playa Luperon lies about an 80-minute drive to the west of Puerto Plata. This is a wide beach of powdery white sand, set amid palm trees that provide wonderful shade when the noonday sun grows too fierce. It's more ideal for windsurfing, scuba diving, and snorkeling than for general swimming. Various water sports concessions can be found here, along with several snack bars.</p> <p>Playa Bonita, in the Samana area, has 13km of uninterrupted beach that begins just west of Playa Las Ballenas, and boasts the kind of powdery white sand you might expect to see only in tourist brochures. From Playa Bonita's entrance, a sand road provides access for four-wheel-drives and motorbikes, past a beachfront populated at most by a few small groups of people taking advantage of the isolation to swim or sunbathe naked, until, after 6km, you reach Playa Cosón, a small fishing village holding two gourmet beach shacks with tables and chairs on the sand, serving grilled, fresh-caught fish for a few pesos.</p>
Wildlife	<p>Whales: 2500 of 6000 world pop of humpbacks breed and give birth in the north on the Silver Bank; they are 50ft long and 60 tons; Dec- Mar is the season for whale watching.</p> <p>The hutia is an endemic mammal, nocturnal, 30cms, lives in caves and is rarely seen.</p>
Parks	<p>Los Haitises National Park – 1200 square kilometers of limestone hills and mangroves. Guided tours to explore the many small islands and caves of the park are offered from Samana, Sanchez, Sabana de la Mar. Pre-Colombian pictograms cover the walls of some of the caves</p> <p>There are 16 national parks, 67 protected areas; caimans in SW; birds: flamingos, parrots; solenodon – the Caribbean's only insectivorous mammal, almost extinct; sea turtles, whales galore!</p>
Gardens	<p>The National Botanical Garden in Santo Domingo occupies an area of one square mile and was founded to study, preserve and investigate the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>varied plant life of Dominican Republic. Opened in 1976, the Botanical Garden is named after Dr. Rafael María Moscoso, the first Dominican botanist who wrote a catalog of the plants of the Spanish island in 1943. It is a sanctuary where animals and plants live in perfect harmony, with roads and trails will lead you a personal encounter with nature. It highlights the permanent exhibitions of bromeliads, ferns, palms, orchids, aquatic plants and the Japanese garden. Open daily from 9am - 5pm. www.jbn-sdq.org</p>
<p>Historical Buildings</p>	<p>Santo Domingo: Santo Domingo is the city of firsts in the Americas. Located in this metropolis are the first buildings constructed for religious, health, judicial and government purposes after the Spanish arrived. Among them, the first Cathedral of the Americas was erected (1523-1546), with its blend of Gothic and Renaissance styles. Don't miss the beauty of the Alcázar de Colón, the oldest Viceregal residence in the Americas. It was built at the beginning of the 16th century by the son of Admiral Christopher Columbus, Don Diego Columbus. He lived there with his wife María de Toledo, the niece of the King of Spain. Diego became the colony's governor in 1509, and Santo Domingo rose as the hub of Spanish commerce and culture in America. For more than 60 years, this coral limestone structure on the bluffs of the Ozama River was the centre of the Spanish court, entertaining such distinguished visitors as Cortés, Ponce de León, and Balboa. The nearly two dozen rooms and open-air loggias are decorated with paintings and period tapestries, as well as 16th-century antiques. A walk downhill from the Alcázar leads to the impressive Puerto de San Diego, which dates from 1571 when it was built as the main gate into Santo Domingo. Columbus Park is in the centre of the city's ancient quarter. It is an "urban living room" where everyone goes to enjoy its tree-lined streets where beautiful buildings date back several centuries.</p>

<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>Santo Domingo is also one of the grand shopping bazaars of the Caribbean, with such "hot" items as hand-wrapped cigars for sale virtually everywhere, along with local handicrafts. Jewelry made of larimar or amber is also much sought after. From gambling to merengue, Santo Domingo is also one of the liveliest cities in the Caribbean after dark.</p> <p>Notable cigar brands include: Santiago, Cibao Valley, Davidoff, Churchill.</p> <p>Puerto Plata: The neoclassical house sheltering the Museum of Dominican Amber also contains the densest collection of boutiques in</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Puerto Plata. Many of the paintings here are from neighboring Haiti, but the amber, larimar, and mahogany woodcarvings are local.

Plaza Turisol Complex, the largest shopping center on the north coast, has about 80 different outlets. You may want to make this your first stop so you can get an idea of the merchandise available in Puerto Plata. This complex also has the most upscale and tasteful merchandise. You might want to stop in here if you don't have time to visit all the shopping centres. It's about 5 minutes from Puerto Plata and Playa Dorada, on the main road heading east.

Nearby is a smaller shopping centre, **Playa Dorada Plaza**, with about 80 shops selling handicrafts, clothing, souvenirs, and gifts. Both it and the Plaza Turisol are open daily from 9am to 9pm. The Amber Shop, in the Playa Dorada Plaza (tel. 809/320-2215), is associated with the Amber Museum. This shop sells the best collection of Dominican amber in town, artfully displayed on racks and on shelves. It features necklaces, pendants, bracelets, and rings crafted from amber ranging in color from oil-clear yellow to dark blue. A competitor, Galeria de Ambar, Calle 12 de Julio (tel. 809/586-2101), is both a museum and shop. On the ground floor, both amber and larimar are sold along with Dominican and Haitian arts and crafts and with bottles of rum. Upstairs, a museum displays rare samples of Dominican amber, often with prehistoric insects imbedded inside. It is open Monday to Friday 8:30am to 6pm, Saturday 9am to 5:30pm, charging an admission of RD\$35.

Tobacco Shop, in the Playa Dorada Plaza (tel. 809/320-2216), is the best shop selling cigars around Puerto Plata. Don't overlook the benefits of cigars rolled in the Dominican Republic from tobacco grown with Cuban seeds. They're a lot less expensive than most of the Cubans, and many of them are surprisingly good.

Plaza Isabela, in Playa Dorada about 500m from the entrance to the Playa Dorada Hotel complex, is a collection of small specialty shops constructed in Victorian gingerbread style, although much of its inventory has a Spanish inspiration or flair. Here you'll find the main branch of the Dominican Republic's premier jeweler, **Harrison's**, a specialist in platinum work and a favorite with celebrities. The store has a special clearance area; tours are available. Another branch is in the Centro Comercial Playa Dorada in the Playa Dorada Hotel complex.

A particularly attractive outlet for jewelery is **La Canoa**, Calle Beller 18. If you drop into this place, you can wander around, noting the difference between what's in front (a well-ordered, glossy-looking jewelery store) and what's in back (a much more workaday and less glossy series of workrooms where a crew of locals actually polishes and sets amber and larimar into gold and silver settings.) There is a wide range of prices, suitable for modest to extravagant budgets. Although there are the predictable array of gold, diamonds, and precious colored stones, the

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	best are the chunks of amber - some pale, some tawny, and some of them blue - set into gold frames and configured as pendants, brooches, earrings, or rings.
Markets	Most of the towns have fun markets to explore. Samana town has one of the most colourful public markets in the DR. Although the marketplace at Puerto Plata hardly resembles the greater one at Santo Domingo in the Zona Colonial, the Mercado at Puerto Plata merits a visit. It lies at the corner of Avenida Isabel de Torres and Calle 2, and is open Monday to Saturday 8am to 5pm (it starts winding down after 3pm, however). Everything is sold here, from both Dominican and Haitian art to handicrafts, along with the inevitable T-shirts, as well as luscious fruits and vegetables. It's a great photo op
Nightlife	Punta Cana: Bávaro Disco, on the grounds of the Barcelo Bávaro Beach, Golf & Casino Resort (tel. 809/686-5797), has emerged as the hottest, most popular, and sexiest dance club in Punta Cana, thanks to a superb sound system. The venue is more European than North American, thanks to a heavy concentration of clients from Italy, Spain, and Holland. Painted black, with simulated stars overhead and lots of mirrors, the place is open nightly from 11pm to 5am. On Sundays, islanders pour into Playa Cofresi , turning the beach here into a giant house party, with the eating, drinking, picnicking, barbecues, and merengue lasting well into the night; it's a great way to meet the locals.
Casinos	Most casinos are conveniently located within major resort complexes and are open until dawn, if not 24 hours. Dominican casinos use Las Vegas odds, so the casino's profits and player winnings are relatively the same and considered fair

CUISINE	
Food	<p>Breakfast typically calls for a serving of "Mangu," a mix of plantains, cheese and bacon, which can be found at most hotel and resort restaurants. Mangu has been dubbed the "mashed potatoes" of the Dominican Republic and is a must-try for all visitors. Locals are also known to prepare the dish for evening meals.</p> <p>A foundation of the native diet, "La Bandera Dominicana," or the Dominican flag meal, is eaten by nearly everyone at lunch time. The most important meal of the day, La Bandera consists of rice, beans, meat, vegetables and fried plantains to ensure energy throughout the afternoon and evening.</p> <p>Another popular dish is "Sancocho," a Spanish-style stew usually served with rice. Ingredients include various roots, green plantains, avocado and typically chicken or beef, although it sometimes includes a</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>combination of seven meats (Sancocho prieto). Goat meat, a staple in many Dominican homes, may also be used in this recipe. It offers a unique addition to the character of any dish as these animals graze on wild oregano.</p> <p>"Locrio," or Dominican rice, varies with its preparer. An adaptation of the Spanish paella, locrio is made with achiote (a colored dye produced from the seeds of the achiote plant), since saffron spice is unavailable.</p> <p>Near Samana, coconut trees decorate the landscape and provide a delectable milk sauce for fish, known as "Pescado con Coco." Throughout the south central coast, "bulgur", or whole wheat, is a main ingredient in "Quipes" (ground beef wrapped in wheat) or "Tipili" (bulgur salad).</p> <p>Comida Creolla – creole cuisine blends Spanish, African, Indian and Caribbean influences; plantains, cassava, tropical fruits, mango, papaya, seafood, rice and beans; pastelitos: meat or cheese pastry turnovers; chimichurris: pork sandwiches hot off the spit; sancocho: national dish, sausage, pork, chicken, beef, goat, veg, herbs, spices in stew. Local beers, which are very good, are Quisqueya and El Presidente.</p>
<p>Rum</p>	<p>Rum production in the Caribbean is attributed to the African colonists who brought sugar cane with them to make crystallized sugar and molasses. They noticed, however, that the molasses began to ferment when left in the hot Caribbean sun and could be mixed with water to create what became known as rum.</p> <p>During the 1700s, sugar cane plantations and their by-products contributed to a booming social and economic climate which eventually drew the attention of the DR's three rum brand founders. In the mid-to-late 1800's Don Andres Brugal Montaner, Don Erasmo Bermudez and Julian Barcelo started experimenting with their own personal refining processes. Today, the Brugal, Bermúdez, and Barcelo brands of rum have become popular across the globe and are considered some of the world's best. Unlike that of Jamaica and Barbados, Dominican rum is produced through a more natural process of distillation. Aging is often done in special American white oak kegs, thus creating a sweet, hearty blend.</p> <p>Bermudez, the eldest of the Dominican rum distilleries, was established in 1852. Its first formula, Bitter Panacea, remains famous. Distilling in Santo Domingo, Bermudez boasts the Dominican's oldest aging cellar. Brugal, established in 1888, is located just east of Puerto Plata and produces more than one and a half million liters of white and dark rum each year. Considered the most popular distiller, Brugal offers affordable bottles of rum for sale at its bottling plant and gives guests a free rum</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>drink. Tours are offered Monday through Friday and admission is free. Barcelo, established in Santo Domingo in 1930, is said to be best-liked by locals. The plant manufactures 40 thousand liters of rum per day.</p> <p>Mama Juana is a unique Dominican Republic drink that is concocted by allowing rum, red wine, and honey to soak in a bottle with tree bark and herbs. The taste is quite similar to port wine and the colour is a deep red. The specific herbs that make up Mamajuana were originally prepared as an herbal tea by the native Taino Indians and much later in time, post-Columbus, alcohol was added to the recipe. Besides being rumored to be an aphrodisiac, with many natives of the Dominican Republic claiming that the drink has similar effects, Mamajuana is also consumed for its medicinal value. The alcohol is said to act as an extract base that pulls the herbs' curative properties, creating an herbal tincture that is often served as a shot. The reported positive effects on health vary, ranging from a flu remedy, to a digestion and circulation aid, a blood cleanser and kidney and liver tonic.</p>
<p>Restaurants</p>	<p>Chez Palace, Punta Cana: This is the showcase restaurant of one of the biggest resort complexes in the Dominican Republic. If you're not staying at one of the Barcelo hotels, you'll have to make reservations in advance. The decor is cool and stylish, as if it were imported from a chic resort in the south of Spain. A formally dressed staff serves superb dishes that include salmon mousse in a prawn sauce, tartar of tenderloin, grilled red snapper, grouper with mustard sauce, and filet mignon with truffles and foie gras.</p> <p>Le Papillon, Puerto Plata This is an unusual but charming restaurant set on a hillside in a residential neighborhood about 5km southwest of Puerto Plata. The expatriate German owner, Thomas Ackermann, manages to combine aspects of the Black Forest with merengue music. The best way to start a meal here is with a caipirinha (a Brazilian cocktail) at the bar beneath the cane-frond ceiling. Later, within an open-sided pavilion overlooking a forest, you'll be presented with a menu that's divided into categories that feature different preparations of pork, chicken, beef, seafood, rabbit, and even vegetarian offerings. Enduring favorites include fettuccine with lobster; "pirate" kabobs with shrimp, tenderloin of beef, and vegetables; an especially worthy chicken stuffed with shrimp and served with saffron sauce.</p> <p>Casita Rica/Escape al Mar, Puerto Plata These two establishments, one a snack bar, the other an upscale dining choice, sit side by side between Puerto Plata's seafront and its waterfront boulevard, El Malecon, in the heart of town. As such, they're closely linked to the gossip and goings-on of the local community, but</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>somehow manage to emulate the gastronomic style of elegant dining rooms within some of the resort hotels. If you happen to be strolling along the seafront and want a beer, the laid-back but gregarious Casita Rica, an open-air dive a few steps from a wide stretch of beachfront, would be perfect. And if candles and romantic gloss appeal to you at dinner, Escape al Mar has the kind of variety that has successfully sheltered wedding receptions, local charity luncheons, and romantic evenings within a classy, napery-strewn setting that evokes seafront trattorias within popular resorts in Italy or Spain. There's even a bronze statue of Neptune positioned like a guardian on a rocky offshore island, within full view of your table. Menu items include pizzas, fried chicken, burgers, pastas, and a flavorful casuela de mariscos that's loaded with fish, saffron, spices, and shellfish.</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MORE INFO	
Websites	Website: www.godominicanrepublic.com Facebook: https://www.facebook.com/DominicanRepublicTourism Pinterest: http://www.pinterest.com/godomrep/ Twitter: https://twitter.com/GoDomRep

RIVIERA MAYA, MEXICO	<p>It starts with a special location - the Riviera Maya is mystical, mesmerizing and magnificent... The Mayan coast is a favourite spot around the world for vacationers seeking beauty combined with Mexican hospitality.</p> <p>The area boasts intriguing Mayan ruins, spectacular scuba diving, eclectic towns & villages and adventurous eco-tour options - not to mention upscale shopping, sizzling nightlife and tantalizing cuisine. Serviced by the Cancun International Airport, the Riviera Maya is a destination not to be missed. Flights are available with a range of airlines from airports right across Canada.</p>
Location	Southeast Mexico, facing the Caribbean.
Geography	The Yucatán's Caribbean coast is 380km long, stretching from Cancún all the way to Chetumal, at the border with Belize. The northern half of the coast has been dubbed the "Riviera Maya"; the southern half, the "Costa Maya." In between is the large Sian Ka'an Biopreserve.
Name	The Mexican name for the Atlantic coastal region of the Yucatan Peninsula is "Riviera Maya", named after the Mayan People. The English use is either Maya Riviera or Mayan Riviera. Cancun comes from "Kankun" (a single word written with the two "k's"), which means "pot of snakes" or "nest of snakes" in Maya.
Language	Spanish, but English is widely spoken in the resort areas
Currency	One Canadian Dollar = 13 Mexican Pesos (Jan 2016)

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Tipping	10-15%
Government	Democracy. Enrique Peña Nieto was elected President in the Federal election of 2012.
Documentation	Passports are required for Canadian citizens, but no Visa is necessary.
Time zone	Central Time
Health	No inoculations needed; drink bottled water to avoid 'turista', an upset stomach.
Safety tips	<p>Car break-ins are just about the only crime here. Despite concerns about safety in Mexico which have been largely created by lurid media reporting, Mexican tourist destinations remain as safe as most other major destinations. 80% of all murders take place in just 6% of the country...and a part that Canadians are unlikely to go anywhere near. About 50,000 Canadian ex-pats live in Mexico For instance the murder rate in this part of Mexico – the Yucatan – is the same as the rate in Canada.</p> <p>Mexico's former President Felipe Calderon told the World Travel and Tourism Council (WTTC) summit in Las Vegas in 2011 that the murder rate in Mexico was lower than in much of the US. "The rate of homicide is 15-16 per 1,000 – lower than in Washington DC, in Pittsburgh or in New Orleans," he said. "It is lower than in Puerto Rico. Yucatan has a rate of less than two per 1,000 – similar to places in Europe." The president also suggested the US bore a responsibility for the increasing violence. He said: "There are 8,000 gun shops along the US side of the border with Mexico. We seized more than 100,000 guns from criminals and 85% were bought in the US." A sobering thought...</p> <p>Here is a link to an excellent article on the subject from a travel insider that I know well and respect for her balanced judgment: http://travelindustrytoday.com/web/index.php?option=com_k2&view=item&id=14175:mexico-gets-a-bad-rap-time-to-give-it-a-rest&Itemid=64</p> <p>On a more general level – check out my Top Ten Safety Tips: http://www.chrisrobinsontravelshow.ca/Planning/ChrisTop10Lists/Top10VacationSafetyTips.aspx</p>

CLIMATE	
General climate	The average annual temperature of the Riviera Maya is 25.5 degrees Celsius, with fluctuations of 5 to 7 degrees. Occasional hurricanes (e.g.Emily and Wilma in 2005)
Today's weather	28 degrees with sun and cloud in Playa del Carmen (30 th Jan 2016)
Best time to visit	Year round (the hurricane season is July-Nov, but you would be very unlucky to encounter one of these storms)

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



GETTING THERE	
Flying time	4.25 hours from Montreal and Toronto
Cities and Towns	<p>Cancun Cancun is situated on the south-east coast of Mexico in the state of Quintana Roo in the Yucatan Peninsula. Warm white powdery sand beaches and turquoise crystal clear waters together with the famous Mexican hospitality make this a place like no other. There are a thousand and one things to do in Cancun. There are many world-class luxury hotels dotted all along the edge of the beautiful Caribbean Sea, and on the other side you have the Nichupte Lagoon with many romantic waterside restaurants and trendy bars. Add a full range of water sports, including some of the world’s most exquisite snorkeling and scuba diving, plus championship golf courses and you have a location that will delight even the most discerning traveler. For water sports enthusiasts, Cancun offers some of the best scuba diving, snorkeling and fishing in the world, owing to the Great Mesoamerican Reef just off the coast of Cancun. This is the second largest reef in the world – second only to the Great Barrier Reef in Australia. In Cancun you have such a varied choice of cuisine, with everything from downtown traditional Mexican restaurants to ultra-chic bistros. You will find something to suit all tastes and budgets and will get fantastic service with a smile wherever you go. Cancun’s Hotel Zone is renowned for its nightlife, boasting some of the best nightclubs in the world playing everything from salsa to disco to R & B and live music venues. You will find something to suit all ages and tastes.</p> <p>Downtown Cancun offers a captivating mixture of tradition and modernity. If you like to enjoy a real local atmosphere in a safe and friendly environment then this is the place to come! In downtown Cancun you will find hotels for all budgets- many small local restaurants offering regional and specialty cuisines and some really cool bars and live music venues. There is a wide choice of shopping venues from the Mercado 28 – a handicrafts market – to the super modern shopping mall Plaza Las Americas.</p> <p>The Cancun Aquarium located near Cancun's hotel zone boasts a large numbers of fascinating Marine life exhibits. There is also an area to get up close to various marine life including star fish and sea cucumbers.</p> <p>Playa Mujeres – This is a newly developed destination a little to the north of Cancun and features an endless beach, a brand new marina and some luxurious resorts. It’s the perfect spot for a quieter vacation but</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



it's still very close to the bright lights of Cancun. The Isal Mujeres is just offshore and makes for a lovely excursion by small boat.

Puerto del Carmen - Playa, as it is called, is the most happening place on the coast - a delightful beach (especially when the wind and currents are flowing in the right direction), hotels for every budget, a good choice of restaurants, and an active nightlife, most of which is on or around Quinta Avenida (Fifth Ave.), Playa's well-known promenade. In the last few years the town has grown quickly, and local residents and the tourism board are working to keep it from becoming a smaller version of Cancún.

Puerto Morelos - This town between Playa and Cancún remains a little village affectionately known by the locals as "Muerto Morelos" (muerto means "dead") for its phenomenally quiet low season. It has a few small hotels and rental houses, and nearby are a few secluded spa resorts. The coast is sandy and well protected by an offshore reef, which means good snorkeling and diving nearby, but the lack of surf means sea grass and shallow water. If you're looking for good swimming, head farther down the coast. If you're looking for a relaxing seaside retreat with a clean beach in an easygoing community, this will work for you.

Puerto Aventuras - The first major town south of Playa is a modern condo-marina development with a 9-hole golf course, several restaurants, and a few hotels. You might come here to go deep-sea fishing or swim with dolphins.

Akumal - A bit farther south is Akumal and Half Moon Bay. The community is relatively old for this shore, which means that it's already built up and doesn't have the boomtown feel of Playa and Tulum. Akumal has a strong ecological orientation and is a prominent scuba and snorkeling center. The locals are a mix of Americans and Mexicans, who enjoy the unhurried lifestyle of the Tropics, making this a good place to relax and work on your hammock technique. There are a few hotels; most of the lodging is rental houses and condos. Consequently, the town is a favorite with families who enjoy the calmness of the place and can save money by buying groceries and cooking for themselves.

Tulum - The town of Tulum (near the ruins of the same name) has a hotel district of about 30 palapa (palm-leaf roofed) hotels, which stretch down the coast of the Punta Allen peninsula. A few years ago it was mainly a destination for backpacker types, but with some of the most beautiful beaches on this coast and many improvements in hotel amenities, it now attracts people with big budgets. Construction is

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	booming, both in the town and along the coast. Here you can enjoy the beach in relative solitude and quiet.
Distances	The tranquil paradise of the Mayan Riviera stretches more than 100 km south of Cancun offering stunning beauty with ruggedly beautiful beaches, lush vegetation and a charming Mexican atmosphere. Cancún – Tulúm130 km Cancún – Cobá167 km Cancún – Chichén Itza193 km Cancún – Puerto Morelos ...32 km Cancún – Xcaret72 km Cancún – Xel-Há124 km
Ferries	You can take a ferry to Cozumel , which you catch in Playa del Carmen. There are two ferry lines transporting passengers now. The ferries leave every hour. The ride is approximately 45 minutes, depending on the sea conditions \$11 The island of Isla Mujeres is located off the coast and is accessible by boat from Puerto Juárez.
Car Rental	All major companies are represented here.
Buses	A colectivo is a mini-bus that runs up and down the coast along highway 307 from Cancun to Tulum. It is an inexpensive way to travel up and down the Riviera.

ACCOMMODATION TYPES	All Inclusive resorts predominate here, but there are smaller, pension type properties in Playa del Carmen.
----------------------------	-------------------------------------------------------------------------------------------------------------

LIFESTYLES	
Kids	Xcaret is a developed Nature Park, eighty kilometers south of Cancún and 10km south of Playa del Carmen. Xcaret (pronounced "ish-cah-ret") is an ecological and archaeological theme park that is one of the area's most popular tourist attractions. It's the closest thing to Disneyland that you'll find in Mexico, with myriad attractions in one location, most of them participatory. Signs throughout Cancún advertise Xcaret, which has its own bus terminal to take tourists there at regular intervals. Plan to spend a full day. Tres Rios ecoadventure park 25 minutes south of Cancún is actually a nature reserve on more than 60 hectares of land. Tres Ríos www.tres-rios.com offers families a beautiful natural area for kayaking, canoeing, snorkeling, horseback riding, or biking along jungle trails. It's definitely less commercial than the other eco-theme parks and is essentially just a great natural area for participating in these activities. The entrance fee includes canoe trips; the use of bikes, kayaks, and snorkeling equipment; and the use of hammocks and beach chairs once you tire yourself out. Extra charges apply for scuba diving, horseback

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>riding, and other extended, guided tours through the preserve and its estuary. You can also opt for an all-inclusive package that covers admission, diving, horseback riding, and all food and beverages.</p> <p>The ecopark at Xel-Ha (tel. 998/884-9422; www.xelha.com), 13km south of Akumal, attracts throngs of snorkelers and divers with its warm waters and brilliant fish. The beautiful, calm cove is a perfect place to bring kids for their first snorkeling experience. Xel-ha (shell-hah) also offers dolphin swims and has food and beverage service, changing rooms, showers, and other facilities.</p>
<p>Teens</p>	<p>In Cancún, the Parque Nizuc marine park offers guests a chance to swim with dolphins and view them in their dolphin aquarium, Atlántida. The price of the dolphin swim (\$135) includes admission to the park. It's a fun place for a family to spend the day, with its numerous pools, waterslides, and rides. Visitors can also snorkel with manta rays, tropical fish, and tame sharks. It's at the southern end of Cancún.</p> <p>Xplor: Xplor is a unique underground world, with four activities that invite you to Xplor and rediscover your emotions and senses immersed in nature. This unique place is found in the heart of the Riviera Maya on the highway to one side of Xcaret. Xplor offers you the chance to dive deep into the entrails of the Earth in way that would previously have been unimaginable, submerging yourself in a sea of stalactites and stalagmites, navigating on an underground raft, after a fantastic flight through the jungle, or like a modern Explorer, driving an amphibious vehicle that can travel equally on water and underground and also through the intricate paths filled with thick foliage.</p> <p>Selvatica: the adventure kingdom is strategically located in between Cancun and Playa del Carmen (only 30 minutes away from either town). With over 330 acres of jungle, their 3 high-rope circuits including the "Aventura" zipline circuit (11 cables), plus its brand new "Extremo" course (12 ziplines), and America's first A.C.C.T. fully certified Aerial Trek (high ropes course with over 20 elements), Selvatica offers adventures for everyone, from 6 to 96 year olds.</p>
<p>Honeymoons & Weddings</p>	<p>The Riviera Maya is a popular destination for weddings and honeymoons. These are best arranged through the tour operator with the resort itself.</p>
<p>UNIQUES</p>	<p>Coba: Set inland, deep in the jungle, surrounded by shallow lakes and accessed by "sac-be's", a network of formal limestone roads built by the Mayans over a 1000 years ago, awaits the ancient city of Coba, located about 40kms west of Tulum, Coba served as a Ceremonial centre that flourished during the Classic Period (300-1000 A.D.), with 50,000</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>inhabitants. Coba, the capital of the largest Late Classic Empire in the Northern Lowlands, the city's most important structure is the Nohoch Mul, which is the tallest pyramid in the Yucatan Peninsula, stands 138 feet tall.</p> <p>The road to Cobá begins in Tulum and continues for 65km; there are also buses to Coba from Puerto Del Carmen</p>
<p>Surprising</p>	<p>Cenotes The Sacred Waters of the Riviera Maya</p> <p>The natural wonders of the Yucatan Peninsula are countless, but some of the most unique to the area are the cenotes. Cenotes are created by an underground river system and are fresh water sink holes that the Maya considered to be sacred. In addition they were an incredibly important resource as a fresh water source, and the Mayans also believed they were the entrance to the underworld. Cenote, (say-NOH-tay) called dzonot (ZO-note) by the ancient Maya were defined by the Motul dictionary, a dictionary of Mayan hieroglyphics, as "abysmal and deep" or "hole filled with water".</p> <p>Millions of years ago, the Yucatan Peninsula was covered by the ocean. Some 15,000 years ago, during the last Ice Age, the sea level descended approximately 250 feet.</p> <p>For thousands of years, the porous land surface, formed by fossilized coral and limestone, has filtered rainwater, which dissolved parts of the subsoil. This process created a system formed by flooded underground rivers and caves. This phenomenon is truly unique, and makes up the largest network of caverns in the world.</p> <p>Cenotes are formed when the roof of a cavern collapses due to erosion. The level of the water also contributes to the creation of cenotes: if it is too low, it does not provide enough support, which causes the roof to weaken and cave in.</p> <p>The depth of each cenote depends of the amount of natural debris that has accumulated through erosion in addition to the remains of the roof that collapsed. The water that gathers in these amazing natural wonders is a crystal clear turquoise color with a very pleasant temperature.</p> <p>The stalactites and stalagmites that form inside the cenotes are true natural works of art. In many, holes in the ceiling allow the sunlight to filter into the cenotes, giving the scene a magical feeling. The cenotes of the Yucatan Peninsula should be seen by all, but keep in mind that they should be protected so that they are here for generations to come. You can do your part in local conservation by not using any lotions, sunscreens, perfumes, or repellents prior to swimming in a cenote. Many cenotes provide showers that you can use to rinse off before going in.</p> <p>There are four different types of cenotes - those that are completely underground, those that are semi-underground, those that are at land</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>level like a lake or pond, and those that are open wells. Some of them are accessible for swimming and cave diving, some of them are not accessible at all, and some are actually dry cave systems that can be explored.</p> <p>Sizes and shapes of the cenotes differ according to their location. Some cenotes have been found to hold quantities of ancient offerings and jewelry, apparently thrown in the depths by the Mayas who once inhabited the area.</p> <p>Currently, an estimated six thousand cenotes have been found in the Mexican states of Yucatan and Quintana Roo. In the Riviera Maya, many cenotes have become famous, for their individual features offer different types of amusement for their visitors.</p> <p>In most cases, cenotes offer basic facilities such as bathrooms, dressing rooms and parking. Entrance can run anywhere from free to 100 pesos depending on where you go. Here are a few names to Google:</p> <p>Gran Cenote Tres Bocas Cristalino Cenote Azul El Jardin de Eden Chemuyil Dos Ojos Yax Mul Casa Cenote</p>
<p>History</p>	<p>Tulum: A popular excursion combines a visit to the ruins at Tulum with the ecological water park Xel-Ha . A wall surrounds the site on three sides, which explains the name (tulum means fence, trench, or wall). Its ancient name is believed to have been Záma, a derivative of the Maya word for "morning" or "dawn," and sunrise at Tulum is certainly dramatic. The wall is believed to have been constructed after the original buildings, to protect the interior religious altars from a growing number of invaders. It is considered to have been principally a place of worship, but members of the upper classes later took up residence here. Between the two most dramatic structures - the Castle and the Temple of the Wind - lies Tulum Cove. A small inlet with a beach of fine, white sand, it was a point of departure for Maya trading vessels in ancient times. Today it's a playground for tourists, and you can enjoy a refreshing swim. Admission to the site without a tour is \$3.50 168km SW of Cancún</p> <p>Coba: Older than most of Chichén Itzá and much larger than Tulum, Cobá was the dominant city of the eastern Yucatán before A.D. 1000. The site is large and spread out, with thick forest growing between the</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>temple groups. Rising high above the forest canopy are tall and steep pyramids of the Classic Maya style. Of the major sites, this one is the least reconstructed. But the structures themselves and the surrounding jungle and twin lakes make the experience enjoyable. This is not a cenote area, and the water has nowhere to go but stay on the surface. The forest canopy is also higher than in the northern part of the peninsula.</p>
<p>Books</p>	<p>Lonely Planet's Mexico</p> <p>Maya Roads by Mary Jo McConahay see my review of this lovely book: http://www.chrisrobsontravelshow.ca/Planning/ChrisBookPicks.aspx#18</p>
<p>1000 Places to see before you die</p>	<p>Chichen Itza, 2.5 hours' drive from Cancun is the granddaddy of Mayan ruin sites in the Yucatan Peninsula and one of the most grandiose in the Mayan world. What also makes this a wonderful site to visit is there has been much restoration done, the grounds are manicured and there are tourist services including restaurants, small museum, and stores selling items not found in Playa del Carmen or Cozumel. This is also a UNESCO World Heritage Site.</p>
<p>Must Sees</p>	<p>Xcaret: Hanging out on the beach, scuba and snorkeling, cavern diving, visiting ruins, taking a siesta in a hammock under a grove of palm trees, hiking through tropical forest, meeting native Maya peoples - Xcaret has all that plus handicraft exhibitions, a bat cave, a butterfly pavilion, mushroom and orchid nurseries, and lots of wildlife on display (the park has several conservation programs for endangered species), native jaguars, manatees, sea turtles, monkeys, macaws, flamingos, and a petting aquarium. Children love it.</p> <p>What probably receives most of the comments is the underground river (a natural feature of the park and common in much of the Yucatán) that's been opened in places to allow snorkelers to paddle along with the current. There are also a number of tours and shows, including charros (Mexican cowboys) from the state of Jalisco, and the Totonac Indian voladores ("flyers" who do a daring pole dance high above the ground) from the state of Veracruz.</p> <p>Xcaret is 10km south of Playa del Carmen. It's open daily from 8:30am to 9pm. www.xcaret.com</p> <p>Sian Ka'an biosphere reserve is also a UNESCO World Heritage Site and is a wonderful place to spend a day if you love wild, natural landscapes. In this case it's all about low, partially submerged coastal limestone plain that is home to a rich diversity of both marine and terrestrial life such as jaguars, margays, pumas, ocelots, tapirs, monkeys and anteaters.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



SPORTS ACTIVITIES	
<p>Golf</p>	<p>Currently this region features 10 quality golf courses, created by world class designers such as Robert Trent Jones, Jr., Robert von Hagge, Jack Nicklaus, Greg Norman and P.B. Dye. The Mexican Caribbean will generate more than 200,000 rounds of golf a year.</p> <p>This new Golf Paradise has already been host to International tournaments like The Mayakoba Golf Classic Riviera Maya - Cancun (the first PGA Tour Event to be held outside of the United States or Canada). Perhaps the best known is the Pok-Ta-Pok Club, a Robert Trent Jones designed course where a round will cost \$105 including cart.</p> <p>The golf courses in Cancun and the Riviera Maya feature challenging fairways that present players with distinctive curves and gentle hills, all framed by colorful tropical vegetation. Some are even built around ancient Mayan temples. From tee to green, views of the Caribbean's turquoise waters and pure white beaches stretch out in the distance with an abundance of wildlife in view.</p> <p>Cancun Golf Club at Pok Ta Pok - Robert Trent Jones Jr Cancun Golf Club at Pok Ta Pok, designed by Robert Trent Jones Jr. in 1976, is considered a leader in golf in this region. Those who visit Cancun know that playing a round of golf on this course is a must.</p> <p>Hilton Cancun Golf Club The 18-Hole, Par 72 Championship golf course at Hilton Cancun Golf Club is set within 150 acres of tropical paradise. With lush fairways tended with the utmost care meandering through ancient Mayan Ruins, this challenging, yet fair golf course is enjoyable for golfers of all handicaps</p> <p>Moon Spa & Golf Club – Jack Niklaus Signature Golf Course Moon Spa & Golf Club is one of the Nicklaus Signature Golf Courses in Cancun and the Riviera Maya and was designed with a unique concept of environmental conservation. It is surrounded by a beautiful landscape, natural mangroves and exotic animals. This 27-hole course will be an unforgettable experience.</p> <p>Riviera Cancun – Jack Niklaus Signature Golf Course Two brand new golf courses can be found at the Riviera Cancun with the famous Jack Niklaus Signature design. With Par 72 and undulating fairways at the edge of the turquoise Caribbean sea it will be an</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>exhilarating experience for any golfer.</p> <p>Mayan Palace Riviera Maya – Jack Niklaus This is another Niklaus Design golf course found at the Mayan Palace Riviera Maya between Cancun and Playa Del Carmen. It features traps of radiant, white sand, lakes surrounded by natural rocks and the intense color of the greens .The extraordinary natural landscape featuring lakes and native Mayan vegetation all make for a challenging yet beautiful golf course.</p> <p>Cozumel Country Club – Jack Niklaus The Cozumel Country Club has been carefully crafted from the surrounding mangrove marshlands and tropical rainforest to preserve its environmental integrity, as well as providing attractive challenges for players of every skill level.</p> <p>El Camaleon Mayakoba – Greg Norman El Camaleon Mayakoba designed by Greg Norman stretches from the jungle to the mangroves and on to the most beautiful ocean views. El Camaleon Mayakoba is the first golf course in Mexico to be chosen by the PGA. They now hold the PGA Tour, and have committed to carry out the PGA event during the third week of February for the next several years.</p> <p>Playacar Spa & Golf Club – Robert Van Hagge Playacar Spa & Golf Club was designed and constructed under the supervision of the famous architect Robert Von Hagge. This magnificent golf course surrounded by a diversity of lakes and exuberant vegetation, is considered to be one of the most challenging golf courses in Cancun or the Riviera Maya.</p> <p>Iberostar Playa Paraiso Golf Club – P.B. Dye Iberostar Playa Paraiso Golf Club, located about 30 minutes south of Cancun, is the latest creation of world-renowned golf course architect P.B. Dye. The vertical movement and distinctive rock work are signatures of a typical P.B. Dye design. This world-class layout features conditions seen only at the best golf destinations around the world.</p> <p>Cancun Country Club Cancun Country Club consists of two 18-hole courses – one designed by Tom Fazio, considered to be one of the world’s great golf design architects and one by Nick Price.</p>
<p>Fishing</p>	<p>Sportfishing Riviera Maya is one of the best sportfishing hotspots in the world...</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Sportfishing in Cancun is on a 'catch and release' basis and goes in seasons. From February to April the top catches are kingfish, barracuda, small shark, grouper and blue marlin. From April to August you will find blue marlin, sailfish, tuna and mahi-mahi. Then from September to February catches include barracuda, snapper and mackerel. Book a sportfishing excursion and you are guaranteed an exhilarating day out!</p> <p>Fly fishing The lagoon system around Cancun offers the angler all year round opportunities to catch and release a great variety of species such as tarpon, bonefish, barracuda, sea trout, and red snapper. Fly fishing can be done in the sea, lakes, lagoons or rivers and is done in shallow, clear waters using artificial bait called a fly. You can book fly fishing lessons with one of the many tour operators.</p> <p>The fishing is best March to August; you can arrange a day of deep-sea fishing at one of the numerous piers or travel agencies for around \$220 to \$360 for 4 hours, \$420 for 6 hours, and \$520 for 8 hours for up to four people. Marinas will sometimes assist in putting together a group. Charters include a captain, a first mate, bait, gear, and beverages.</p>
Horse riding	Rancho Loma Bonita: 30 minutes south of Cancun has a 5 hour package riding through mangrove swamps to the beach for a swim
Hiking	The long stretch of beach by the resorts is ideal for strolls by the ocean
Cycling	Bikes are available for rent in Puerto del Carmen and Cancun
Diving	<p>Riviera Maya offers an unimaginable world of underwater beauty and is one of the best places in the world for scuba diving; it's famous because of its shallow reefs alive with the dazzling colours of fish and coral. Scuba diving in Cancun is so popular largely because of the Great Mesoamerican Reef (the Gran Arrecife Maya). This is the largest reef in the Western Hemisphere and the second largest coral reef in the world. The Great Mesoamerican Reef stretches from Punta Nizuc, which it at the tip of the Cancun Hotel Zone, all the way to the Bay of Islands in Honduras. Cancun's coastline is home to nearly 100 coral species, 350 molluscs and 164 species of reef dwelling fish.</p> <p>The Riviera Maya is also the home to the hawksbill sea turtle, crocodiles, lemon sharks and manatees.</p> <p>There are many fascinating scuba diving venues for both the novice as well as the more experienced diver. You have a choice of open water diving along the reef and there are also several sunken boats to add to the adventure. If you go inland along the Cancun – Tulum corridor you will find many caverns and cenotes, also known as "sink holes".</p> <p>Cyan-Ha Diving Centre arranges reef and cavern diving. Many of the hotels have free introductory dives and dive shops.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



CULTURE

Mayan Culture

The Mayan civilization was among the original cultures of the New World and spanned more than 3,000 years. The Mayans lived mainly on the Yucatan Peninsula in the eastern one third of Mesoamerica and at its peak had one of the most densely populated and culturally dynamic societies in the world. Mayan culture is known for its spectacular art, impressive architecture, and sophisticated mathematical and astronomical systems which were all way ahead of their time.

Mayan Architecture

Mayan architecture spans many thousands of years. The most dramatic and easily recognizable are the fantastic stepped pyramids in places such as Chichen Itza and Coba to name but a few. A year ago Chichen Itza was named as one of the seven wonders of the world, and has been a UNESCO World Heritage Site for 20 years.

The Mayan Calendar

The Mayan Calendar was not the original Mesoamerican calendar, but with the refinements the Mayans made, it became the most sophisticated. The Mayan calendar along with the Aztec calendar are the best documented and most completely understood of all the Mesoamerican calendars.

Mayan Scripture and Mayan Art

Mayan scripture is the only known fully developed written language of the pre-Columbian Americas. Mayan art is considered by many to be the most sophisticated and beautiful of the ancient New World.

Mayan Tree of Life

The Mayan civilization recognised the four primary compass directions and each was associated with a colour – East with red, North with white, West with black and South with yellow. They also had a fifth ‘direction’ which was the center and this was a blue-green colour. The center was represented by a great ceiba tree known as the Mayan tree of life. This tree connected the center of the Earth with both the underworld and the heavens.

Mayan Gods

There were thirteen Mayan gods belonging to the thirteen of heavens of the Mayan religion and nine gods from the nine underworlds. Natural elements such as the stars and the planets, crops, numbers, days and periods of time each had their own gods. The mood of the Mayan gods changed according to the days in the Mayan calendar or the position of

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>the sun, moon and stars. Some of most notable gods are Chaac – God of Rain and Thunder, Ixchel – jaguar goddess of midwifery, Ah Puch – God of Death.</p> <p>Today, the Mayan civilization and their descendants form sizable populations throughout the Maya area known as the Mundo Maya and maintain a distinctive set of traditions and beliefs. Over 500 different Mayan languages continue to be spoken today.</p> <p>To visit some of these sites and experience the beauty of the Mayan civilization really is an opportunity not to be missed during your Cancun vacation. There are many tours available from your hotel or tour operator.</p>
<p>Museums</p>	<p>Museo de Arte Popular Mexicano, located at on the second floor of the El Embarcadero Marina, Bulevar Kukulcán Km 4. It displays a representative collection of masks, regional folkloric costumes, nativity scenes, religious artifacts, musical instruments, Mexican toys, and gourd art.</p> <p>Shipwreck Museum, Puerto Aventuras - a fascinating display of wreckage and artifacts collected from shipwrecks along the eastern coastline. Exhibits include 16th century breech-loading cannons and an elephant tusk from the wreckage of a 17th century ship carrying African slaves and ivory.</p>
<p>Festivals</p>	<p>Santa Semana: Holy Week is a huge celebration in Mexico with colourful street processions...but be sure to book early as everywhere is sure to be very busy.</p> <p>Spring Equinox is celebrated with parades to welcome the spring and at Chichen Itza's main pyramid, the shadows align and the plumed serpent moves slowly from the top of the building to its base...</p> <p>Riviera Maya Jazz Festival November The annual Riviera Maya Jazz Festival attracts an enthusiastic crowd to Mamitas Beach in Playa del Carmen to enjoy free performances by national and international acts. http://www.rivieramayajazzfestival.com</p>
<p>ATTRACTIONS</p>	<p>Beautiful lagoons and bays full of colorful fish & sea turtles Fascinating Mayan ruins at Chichen Itza, Tulum, Coba and Xel-Ha Second-largest barrier coral reef in the world Miles of white sand beaches National Park and UNESCO Site: Sian Ka'an Unique "eco-archeological" theme parks, Xcaret & Xel-Ha Lots of Cenotes - natural pools of clear water- amazing to swim in Aktun Ha - giant caves on road to Coba</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Playa del Carmen - the fastest growing city in Latin America Cozumel Island for diving and snorkeling Magnificent resorts and hotels Diverse shopping Fabulous food</p>
Beaches	<p>Almost the whole length of the Mayan Riviera is bordered by beautiful white sand beaches. These beaches have recently been considerably enhanced with additional sand to make them broader and better than ever after recent coastal erosion.</p>
Wildlife	<p>The Sian Ka'an Biosphere Reserve Down the Riviera Maya a few kilometers south of the Tulum ruins, you'll pass the guardhouse of the Sian Ka'an Biosphere Reserve. The reserve is a tract of 500,000 hectares (1.2 million acres) set aside in 1986 to preserve tropical forests, savannas, mangroves, coastal and marine habitats, and 110km of coastal reefs. The area is home to jaguars; pumas; ocelots; margays; jaguarundis; spider and howler monkeys; tapirs; white-lipped and collared peccaries; manatees; brocket and white-tailed deer; crocodiles; and green, loggerhead, hawksbill, and leatherback sea turtles. It also protects 366 species of birds -- you might glimpse an ocellated turkey, a great curassow, a brilliantly coloured parrot, a toucan or trogon, a white ibis, a roseate spoonbill, a jabiru (or wood stork), a flamingo, or one of 15 species of herons, egrets, and bitterns.</p>
Wildlife – Whale Sharks	<p>Swimming with Whale Sharks Whale sharks are the gentle giants of the ocean. They are the largest fish in the world measuring up to 40 feet (12 meters) and weighing up to 15 tons. Fortunately for those of us that want to swim with the whale shark they are totally harmless and peaceful. During your vacation in Cancun you have the once in a lifetime opportunity to get up close to one of these amazing creatures.</p> <p>Whale Shark Facts The whale shark is a fascinating creature to behold, with its wide mouth extending to 5 feet when open. The whale shark swims with its mouth open, close to the surface of the water, and just sucks in the plankton. It then closes its mouth and forces all the unwanted water out of its gills and only the plankton remains. The whale shark has a unique checkerboard pattern on its back made up of creamy white spots and pale horizontal and vertical stripes with a white underbelly so is easily distinguishable. This pattern is why it is also often known as the Domino.</p> <p>Whale Shark Season If adventurers want to take advantage of this phenomenon, you must</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>bear in mind that the whale sharks are usually found around the islands of Holbox and Contoy from May until September, although mostly during the months of July and August. They gather here due to the nutrient -rich water around these shores. In fact, 30th August has now been formally established as the Mexican Day of the Whale Shark.</p> <p>Tours to Swim with Whale Sharks</p> <p>You can book tours to swim with the whale sharks leaving Cancun from Punta Sam, which last about 5 hours, or you can take a trip to Isla Holbox and book it while you are there. If you choose to experience swimming with the whale shark you will be accompanied by experts who will provide you with all the necessary information to better understand the behaviour of these wonderful creatures. Take a look at some of our recommended tour operators. If you would like to swim with a whale shark just remember there is nothing to fear... they feed exclusively on plankton and are therefore completely harmless to humans. The experience is truly amazing and one you will never forget.</p>
<p>Parks</p>	<p>There are many beautiful nature reserves and protected areas you can visit in this region. You will get the opportunity to observe monkeys, flamingos, whale sharks, marine turtles, crocodiles and many more creatures in their natural habitat. You can arrange guided tours lasting from one day to several days where you can pursue activities such as kayaking, hiking, snorkeling and diving.</p> <p>Cozumel Reef National Park</p> <p>In 1996, an 11,988-hectare area of sea and coral reefs, was declared the Cozumel Reef National Park. Cozumel is the Caribbean’s premier dive spot with 85% of the region’s dive sites. Isla Mujeres West Coast, Punta Cancun and Punta Nizuc National Park. It covers 8,673 hectares of reefs that are part of the Mesoamerican Reef System. The estimated age of the base coral is 125,000 years and the reef consists of a chain of coral formations of varying sizes. The park protects a triangle of reefs off the west coast of Isla Mujeres, Punta Cancún and Punta Nizuc.</p> <p>Isla Contoy National Park</p> <p>The island, covering 5,126 sq. hectares, was declared a National Park on February 2, 1998. The coral reefs within the park’s perimeter -called an “islet”- are located south of the island and mark the beginning of a 389-kilometer barrier reef running along the coast of Quintana Roo. This is the birthplace of the Mesoamerican Reef System.</p> <p>Puerto Morelos Reef National Park</p> <p>The 9,066 square-hectare park was set up in 1998. The barrier reef borders the Isla Mujeres West Coast, Punta Cancún and Punta Nizuc National Park.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Chinchorro Bank Biosphere Reserve The Chinchorro Bank Biosphere Reserve was created in 1996. The country's best-preserved reef system covers 144,360 hectares. A platform reef, it has the largest commercial population of pink conch and Caribbean lobster and is important for the fishing industry. It is also a sea turtle nesting ground and at least 93 bird species live in the area's mangroves. The reef is a fantastic spot for divers. It is also a magnet for scientists who study its biodiversity and underwater archaeological heritage (there are more than 20 shipwrecks here).</p> <p>Sian Ka'an Biosphere Reserve Declared a United Nations World Heritage Site, the Biosphere Reserve was created on January 20, 1986 and the Uaymil Flora and Fauna Protected Area and the Sian Ka'an Biosphere Reefs Reserve were created in 1994 and 1998, respectively. The three reserves cover an area of 650,000 square hectares. They incorporate areas of the principal ecosystems found in the Yucatán Peninsula and the Caribbean, where both Mesoamerican and Antillean species flourish. The barrier reef extends for some 120 kilometers and covers approximately 15,000 hectares</p>
<p>Historic Sites</p>	<p>Chichen Itza was once the capital of the Maya people in this region and is one of the new Seven Wonders of the World as well as a UNESCO World Heritage Site. It is simply stunning!</p> <p>Tulum Ruins is a relatively small site. It has an excellent beach for swimming and cooling off, shopping and food. This makes an easy half-day excursion and is simple to get to anywhere on the Mayan Riviera from Tulum to Playa del Carmen. You can use a tour company or go there yourself via colectivo.</p> <p>Coba is deep in the jungle a 45 minutes' drive off of Hwy 307 just before Tulum. There is a lot more to see here than Tulum including large temples/pyramids. Taking a colectivo here can be done but it's not recommended; better to rent a car and drive yourself in or take a tour.</p>

<p>OTHER ACTIVITIES</p>	
<p>Shopping</p>	<p>As one of the world's premier tourist destinations the shopping in Cancun is as impressive as one would imagine. You will find everything from ultra-chic designer stores and famous brand names, to flea markets and souvenir shops selling Mexican local handcrafts. Cancun shopping is duty free so you can find some real bargains on cosmetics and fine jewellery. There are many shopping malls in Cancun: here is a list of just some of the great places to go if you fancy shopping in</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Cancun whether it be for a new designer outfit for yourself or a gift to take home to your loved ones</p> <p>La Isla Shopping Village, Cancun La Isla Shopping Village is a glittering, ultra-trendy shoppers' paradise on the banks of the Nichupte Lagoon in the Hotel Zone Cancun. You will find over 150 shops here all under a giant canopy with a series of canals and small bridges designed to create a Venetian look. There is an amazing aquarium here as well as fabulous restaurants and cinemas showing movies in English and Spanish.</p> <p>Kukulcan Plaza & Luxury Avenue Kukulcan Plaza & Luxury Avenue are adjacent to each other in the Hotel Zone. Between them they boast more than 250 shops and boutiques in exclusive and luxurious surroundings including world famous brands such as Louis Vuitton and Cartier. There are many specialty restaurants, bars and cafes and even a bowling alley if you are looking for something fun to do.</p> <p>Plaza Caracol Plaza Caracol is situated just north of the Cancun Convention Center. There are over 200 shops and boutiques where you will find everything from Ralph Lauren and Sunglass Island to chic perfumeries such as Ultrafemme to souvenir and silver jewellery stores. There is also a great choice of restaurants and cafes if you need to take a rest from shopping in Cancun.</p> <p>Plaza Las Americas Plaza Las Americas is found in downtown Cancun. There are three large department stores as well as more than 50 stores – fashion shops – bookstores – sportswear – just about everything you might need. There are also two fantastic cinemas here showing movies in English and Spanish as well as a choice of restaurants.</p> <p>Also, Fifth Avenue in Playa del Carmen is a good shopping street.</p>
Markets	<p>Market 28: Also known as the Mercado 28 this is a huge flea market situated in the heart of downtown Cancun. It is a fun place to buy your souvenirs, Mexican handcrafts and silver jewelry at half the price of the Hotel Zone. Next door you will find Plaza Bonita, built to resemble a small Mexican village with colourful architecture and shops selling good quality Mexican handcrafts and pieces of art.</p>
Nightlife	<p>For a night out, Playa del Carmen is the place to go. Almost all activity take place around Playa's 5th Avenue which is a pedestrian walk way filled with restaurants, sidewalk cafes, bars, handicraft stores where</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	people from all over world get together giving this town its cosmopolitan atmosphere - The Blue Parrot is particularly well known.
--	------------------------------------------------------------------------------------------------------------------------------------

CUISINE	
Food	The annual Mexico-Caribbean Food Festival , featuring special menus of culinary creations throughout Cancun, is held each year over the first two weeks of November.
Drink	<p>Tequila! Tequila is a blue agave-based spirit made primarily in the area surrounding the city of Tequila, 65 kilometres northwest of Guadalajara, and in the highlands (Los Altos) of the western Mexican state of Jalisco. Try the different varieties available.</p> <p>Beer: Many think that as long as it is cold and being imbibed anywhere in Mexico... whatever it is, it IS the best beer. Bohemia, Negro Modelo, Modelo Especial, Dos Equis, Dos Equis Amber, Pacifico, Montejo, Victoria, Tecate Light, Sol, Leon and the ubiquitous Corona are all well liked and satisfying. Carta Blanca is also an old, satisfying beer. Barriardo Lessardo is pretty good as well.....</p> <p>When touring off of the resort find a small convenience shop. They will give you a few options other than the norm. Try the Corona Familiar (a huge quart) which cannot be bought in Canada. It tastes a bit stronger but is more pleasant tasting than the regular corona. Also, try the Corona Cerveza de Barril. (They look like little "Mickey" Bottles.) It is also much better than Corona regular. If you have the opportunity to be in Mexico over the Christmas season, try the Noche Buena by Dos Equis. It is a darker full flavored brew that is not exported either and can only be found in Mexico.</p>
Restaurants	<p>The resort located restaurants are often first class in this area. U.S. based franchise chains dominate the Cancún restaurant scene. These include Hard Rock Cafe, Rainforest Cafe, Tony Roma's, TGI Friday's, Ruth's Chris Steak House, and the gamut of fast-food burger places.</p> <p>La Cueva del Chango in Puerto del Carmen is recommended: Good food in original surroundings with a relaxed "mañana" attitude. True to its name ("The Monkey's Cave"), the place suggests a cave and has little waterways meandering through it, and there are two spider monkeys that hang about in the back of the place. You'll enjoy great juices, blended fruit drinks, salads, soups, Mexican specialties with a natural twist, and handmade tortillas. The fish is fresh and delicious.</p> <p>Yaxche: The menu in this Perto del Carmen eatery makes use of many native foods and spices to present a more elaborate regional cooking than the usual offerings at Yucatecan restaurants. Excellent examples are a cream of chaya (a native leafy vegetable), an xcatic chili stuffed</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	with cochinita pibil and the classic Mexican-style fruit salad with lime juice and dried powdered chili. There are several seafood dishes that are fresh and well prepared.
--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MORE INFO	
Brochures	Mexico Tourism Board, 2 Bloor Street West, Suite 1502, Toronto, ON M4W 3E2 Tel: 416-925-0078
Websites	www.rivieramaya.com for destination information www.visitmexico.com
PERSONAL	I have visited the Mayan Riviera, Puerto del Carmen and Cancun many times. I have also explored the atmospheric archaeological sites of Chichen Itza, Tulum, Muyil and Coba; the national park of Sian Ka'an; and the cenotes of Gran Cenote and Sammula. Check out my Pinterest board at http://www.pinterest.com/TravelShow/riviera-maya-yucatan/ And my Travel Blog at http://www.chrisrobinsontravelshow.ca/Blog/tabid/400/EntryId/81/Riviera-Maya-Mexico.aspx

RIVIERA NAYARIT	<p>Vallarta-Nayarit, Mexico's Pacific paradise has endless choices and incredible value. This region is one of Mexico's most popular tourist destinations because of its great climate and incredible diversity. It's this boundless diversity that provides visitors with such a range of unique experiences - so many to describe that you have to LIVE IT TO BELIEVE IT.</p> <p>Vallarta-Nayarit stretches over 300 kms along pristine Pacific coast framed by the majestic Sierra Madre Mountains and just ten minutes north of accessible Puerto Vallarta International Airport. The region extends along the entire coast of the Pacific state of Nayarit - including the resorts of Nuevo Vallarta, the historic colonial town of San Blas, exclusive Punta Mita, picturesque fishing villages, long stretches of serene beaches and spectacular Banderas Bay.</p> <p>Famous for its glorious beaches you can also save a fortune as you discover the area's treasures - Vallarta-Nayarit offers countless affordable activities. The region attracts vacationers of all tastes and budgets with its wide range of accommodation including chic luxury resorts, eco-tourism boutique hotels, and quaint B&B inns.</p>
------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



This beautiful Mexican destination provides romantic resorts, spectacular beaches, superb cuisine and a special attention to all of the myriad details of organizing a wedding. Vallarta-Nayarit is ideal for a destination wedding or honeymoon because, in addition to beautiful wedding locations, there is so much to do for wedding guests and honeymooners.

There are currently six major golf courses in Vallarta-Nayarit, developed by high profile names such as Jack Nicklaus, Percy Clifford, Robert Von Hagge and Greg Norman. The area also offers many luxury spas. Boutiques span throughout the coast of Nayarit, offering crafts and popular souvenirs, fine jewelry and designer clothing from all over the world.

From charming beachfront restaurants in tiny fishing villages offering authentic Mexican seaside cuisine, to elegantly sophisticated gourmet restaurants with international chefs - the dining experience in Vallarta-Nayarit is a unique fusion of tradition, contemporary innovation and local products.

The main nightlife scene is focused on quaint and eclectic bars, pubs and cantinas as well as in the Resorts. Travelers looking to party all night long will surely also have a blast in neighboring Puerto Vallarta - famous for its high energy nightlife party scene at the Malecón/board walk or in the historic downtown of Puerto Vallarta.

Vallarta Adventures is Puerto Vallarta and Nuevo Vallarta's premier tour and activity operator. They offer a wide selection of adventure-based tours and excursions with things to do for people of all ages - from zip lines to swimming with dolphins, from whale watching to snorkeling, and from Jeep safaris in the Sierra Madre Mountains to an award winning dinner show. Vallarta Adventure's Dive Centre offers professional diving instructors and scuba lessons for every level of PADI Certification.

During the summer and fall months, travelers can visit Grupo Ecológico de la Costa Verde's marine turtle nursery, located in the San Francisco area of Vallarta-Nayarit. Turtle hatchlings are released just after sundown, and each Wednesday evening during the nesting season.

La Tovara National Park and mangrove eco-region in San Blas is a paradise for bird enthusiasts with a concentration of migratory birds and over 250 species altogether. The Crocodile Reserve in El Manantial of La Camelota allows visitors to see baby crocodiles and huge full-grown crocodiles.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Hundreds of Humpbacked whales visit Banderas Bay each year from November through April. Visitors can see these majestic giants who raise their calves in the protected waters of the Banderas Bay and Pacific coastline of Vallarta-Nayarit. Friendly wild dolphins inhabit these waters year-round and the ocean is also home to a plethora of majestic giant manta rays, sea turtles and exotic tropical fish.</p> <p>Vallarta-Nayarit offers both authentic cultural heritage and a dynamic contemporary art scene. Mexican handicraft artisans and many contemporary Mexican and international artists are drawn to the area. Visitors can find their artwork in galleries, boutiques and open air markets.</p> <p>The Huichol Indians of Vallarta-Nayarit are an indigenous ethnic group living high in the Sierra Madre Mountains who escaped both conquest by the Spaniards and being changed by Mexican culture. They are one of the last tribes of people in North America who still live as they did in pre-Colombian times, still maintaining their same rituals and beliefs.</p> <p>You can take a full day excursion into the Sierra Madre to experience the wonders of the Huichol Indian Culture. You'll stop at an authentic fishing village before climbing 3,000 feet into the majestic Sierra Madre Mountains. In the Nueva Valley the small Huichol Indian village has a population of just 130 natives! Visit their temple, learn about their culture and experience their costumes, music and dance. You will be allowed to take "priceless photographs" and purchase authentic beaded artwork and handicrafts.</p> <p>www.RivieraNayarit.com</p>
<p>Location</p>	<p>Riviera Nayarit is on the Pacific coast of Mexico about half way between the US and Mexico's southern border. It is located in the state of Nayarit, just north of Puerto Vallarta International Airport. It extends from Nuevo Vallarta, Nayarit's most developed area, north to the border of the state of Sinaloa. Key attractions include the exclusive Punta Mita luxury resort and residential area; a rich cultural tradition with pre-Hispanic and pre-Columbian history; and abundant and exotic species of protected wildlife, including sea turtles, humpback whales and tropical birds.</p>
<p>Geography</p>	<p>Nayarit is one of Mexico's 31 states and is located on the central west coast, bordering the Pacific Ocean. Nayarit is surrounded by the states of Sinaloa to the northwest, Durango to the north, Zacatecas to the northeast and Jalisco to the south with the Pacific Ocean bordering it to the west. Its capital is Tepic, which is located inland and south on the Tepic River. Nearby is the Sanganguey volcano and the crater lake.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Name	The Nayarit name means "Region whose people adore the god of battles".
Population	The State of Nayarit has a population of approximately 950,000.
Language	Spanish – but English is widely spoken in the coastal resort towns.
Currency	The Mexican Pesos – although the US Dollar is also widely accepted too. Currently (Jan 2016) \$1 Cdn = 13 Mexican Pesos.
Tipping	The average tip for service is 10-15% and one or two dollars per suitcase carried. Always check your bill first as tips may already be included.
Government	The United Mexican States are a federation whose government is representative, democratic and republican based on a presidential system. The President is Enrique Peña Nieto.
Documentation	Passports are required but no Visa is necessary for Canadians. Check for possible updates to requirements for children travelling to Mexico with adults other than their parents in 2013.
Time zone	Riviera Nayarit is on Mountain Time, two hours behind Montreal and Toronto. Note that just across the river in Puerto Vallarta, the time zone is Central, just one hour behind EST.
Health	There are no special health problems here and the hospital facilities are excellent.
Safety tips	In contrast to the sometimes lurid media accounts of the drug war in Mexico, this region – in common with most of the tourist regions of the country – is safe for vacationers. Just take the normal precautions that you would in your own town or city.

CLIMATE	
General climate	<p>One of the chief considerations in planning a vacation is the weather, and it is the weather that makes Riviera Nayarit an excellent choice for anyone trying to escape the cold of a northern winter, or the heat of a southern summer. On the same latitude as Hawaii, Riviera Nayarit enjoys a mild tropical climate with an average temperature of a comfortable 25 °C. Those who find themselves snowbound in the winter months will find an escape to Riviera Nayarit for a tropical vacation just the thing to break up those long winter nights. Summer in Riviera Nayarit can be a bit warm for some, with average highs in the 30's, but the rainy season comes in June and lasts until November, bringing with it afternoon showers and relief from the summer heat. Occasional thunderstorms roll through in late summer providing an evening's entertainment without interfering with daytime activities.</p> <p>If you are looking for the right climate for outdoor activities like golf, deep sea fishing, sailing, or just sitting on the beach, Riviera Nayarit has what you're looking for.</p>
Today's weather	26 Centigrade and sunny as at 30 th January 2016 on the Riviera Nayarit

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Best time to visit	In the winter months, Riviera Nayarit has the perfect antidote to northern snows and cold temperatures!
---------------------------	---------------------------------------------------------------------------------------------------------

GETTING AROUND	
Getting There	<p>Puerto Vallarta International Airport (PVR) is the nearest commercial air service to Nayarit - only 10 minutes south of Nuevo Vallarta and 40 minutes from Punta Mita.</p> <p>Flight time from Toronto to Puerto Vallarta is 5 hours.</p> <p>Several Canadian airlines have direct flights to Puerto Vallarta: Air Canada, WestJet, Transat and Sunwing.</p>
Towns & Cities	<p>Nuevo Vallarta – This was first major resort centre in the Riviera Nayarit and is just ten minutes north of the Puerto Vallarta airport, just across the state line... It features Resort Hotels, All-Inclusive vacation resorts, luxury spas, restaurant dining, an expansive beach on Banderas Bay, yacht club, marina, dolphin swim, golf courses, shopping malls and excursion activities centre.</p> <p>Bucerias - Minutes north of the heartbeat of Nuevo Vallarta, Bucerias straddles time... a town of cobblestone streets with charming shops, clubs and seaside restaurants overlooking its magnificent 4km long beach which is also 100 metres wide! This is an ideal place for enjoying the Pacific Ocean and activities such as snorkeling, banana rides, jet ski, ski boarding, surfing or simple strolls on the beach. Overall, Bucerias is the perfect setting for a Mexico beach vacation.</p> <p>Punta de Mita - Located at the northern tip of Banderas Bay, this peninsula is surrounded by white beaches and calm waters. The area is well known as home to the Four Seasons Hotel, its Jack Nicklaus golf course and a fabulous vantage point from which to view the three month long winter migration of the humpback whales. Distinguished by its specialty cuisine restaurants featuring local fish and fresh seafood, spectacular fine golden sand beaches, clear warm waters, colorful coral reefs and excellent sport fishing, Punta de Mita is a dream beach vacation destination.</p> <p>Lo de Marcos - This is a tranquil, relaxing seaside town that offers an exclusive selection of beach front villas and rentals, as well as some smaller luxury hotels. There is an authentic Mexican atmosphere here. The beauty of the mountains, beach and sea is really spectacular. Water sports and horseback riding are popular, as are the variety of shops and restaurants serving fresh seafood and local specialties.</p> <p>San Blas - This coastal village is different from others in the Riviera Nayarit as it is an old city with a history of about 500 years. Several</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	ruins and buildings still document at least the last 250 years of its history. Because of many small rivers and lagoons, a huge number of unique species populate the area. Miles of nearly virgin beaches make it the perfect choice for sea, sun, sand and ecotourism adventure, as well as seeking to explore some cultural, historical aspects of Mexico.
Distances	The Riviera Nayarit stretches 300 kms from the state of Jalisco in the south to Sinaloa in the north.
Ferries	The muelle (cruise-ship pier), also called Terminal Marítima, is where excursion boats to Yelapa, Las Animas, Quimixto, and the Marietas Islands depart.
Car Rental	Rental cars are readily available at the airport, through travel agencies, and through the most popular U.S. car rental services.
Buses	City buses in nearby Puerto Vallarta, easy to navigate and inexpensive, will serve just about all your transportation needs. They run from the airport through the Hotel Zone along Morelos Street (1 block inland from the malecón), across the Río Cuale, and inland on Vallarta, looping back through the downtown hotel and restaurant districts on Insurgentes and several other downtown streets.

ACCOMMODATION TYPES	<p>From a quaint "Posada" hotel on a forgotten beach, to the ultra-modern family travel oriented resorts in upscale Nuevo Vallarta and Flamingos, Riviera Nayarit has the kind of accommodations and services that will send you home refreshed and rejuvenated. If exclusive special category retreats are more your style, take a look at the elegant luxury embodied in the resorts of Punta Mita. I stayed in Riviera Nayarit: Dreams Villamagna Nuevo Vallarta.</p> <p>Check out our prize hotel on the Travel Show, the Hard Rock Hotel in Nuevo Vallarta – see details at the end of this section.</p>
----------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

LIFESTYLES	
Kids	<p>The extensive beaches and great resorts with children’s facilities make this a very suitable destination for children. I vacationed here with my kids when they were 12 months and 6 years old – a perfect time for them.</p> <p>Dolphin encounters: Vallarta Adventures have a special program tailor-made for kids aged 4 to 8 years so that they can interact and get closer to dolphins than they ever dreamed possible. Cost: \$75 US</p>
Teens	<p>With jeep excursions into the mountains, canopy tours, surfing and all kinds of activities at the many resorts, there’s plenty to keep old kids happy in this region too.</p> <p>Sea Lion Encounters: Sea lions are one of the ocean's most fascinating creatures - and snorkeling with them adds another element</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	of excitement and adventure to your day of fun-in-the-sun at Las Caletas, where on the Vallarta Adventures trip you'll also enjoy a superb buffet lunch, beverages, parrot encounters, nature walks, Paella cooking lessons, guided kayak tours, and lots of fun!
Romance	There's a sense of fresh beginnings that saturates the pure and natural Riviera Nayarit, making it ripe for romance. Whether it's a luxurious wedding or a beachside honeymoon straight out of a Hollywood movie, stoking the flames of passion here is a simple venture. Pamper yourself in the glow of a romantic Mexican sunset on a luxury yacht. There is nothing more peaceful and romantic than sailing across Banderas Bay as the crimson sun dips into the deep blue waters of the Pacific.
Honeymoons & Weddings	Wedding packages may run from the bare basics to extravagant offerings that include reception dinners, room upgrades and his-and-hers massages. Many resorts in the Riviera Nayarit also provide onsite wedding coordinators to help special days go off without a hitch – including the featured resort Hard Rock Hotel in Nuevo Vallarta.
Seniors	Many Canadian Seniors have holiday homes here. The beautiful sunsets over the Pacific, great climate year round and the excellent value of the region are all appealing. The price of long stay vacations in the winter months is also very appealing.

UNIQUES	
Surprising	Nayarit has an unusual combination of both tropical and temperate ecosystems. About 300 species of orchids can be found there.
History	Although humans may have settled in Nayarit as early as 5,000 B.C, the first known civilization in the region, the Cora, appeared sometime around 400 A.D. Concentrated on the Nayar plateau of the Sierra Madre Occidental, Cora society reached its apex about 1200 A.D.; many of their descendants continue to live in the area. The Cora relied on agriculture, and cultivated beans, corn and amaranth. From the 9th to the 12th century, other tribes migrated into the region, including the Tepehuano, Totorano and Huichole. Over the next 300 years they were driven back by tribes from the Indian civilizations of Xalisco. These tribes were members of the Chimalhuacán Confederation. In 1523, Spanish conquistador Hernán Cortés briefly visited Nayarit. He was followed five years later by Nuño Beltrán de Guzmán, infamous for his ruthlessness in overthrowing indigenous leaders. Beltrán de Guzmán conquered many villages in the region and founded the settlement of Espíritu Santo on the ruins of the indigenous city of Tepic. In 1531, Cortés returned and tried to take control of the area, but Beltrán de Guzmán appealed to the Spanish crown and was named

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>governor of a province comprised of the territories he had conquered. Throughout most of the 16th and 17th centuries, Franciscan priests of the Roman Catholic Church sought to convert and pacify the Cora, who fiercely resisted Spanish occupation. Spanish control of the region was constantly threatened by indigenous revolts, such as the famous uprising led by Tenamxtli in the 1540s. Rebels in the Nayar mountain range continued to harass the Spanish until they were finally conquered in 1722.</p> <p>Mexico began its march toward independence in 1810 under the leadership of Miguel Hidalgo. In Nayarit, a local priest named José María Mercado took up the cause, occupying the capital city of Tepic without a battle in November 1810. By December he had also captured the port of San Blas, but his success was fleeting. Within a year, royalist forces had recaptured most of Nayarit. Even so, the larger revolution eventually succeeded, and Nayarit became a part of independent Mexico in 1821.</p>
Books	Lonely Planet's Mexico is the bible for travellers to Mexico.
1000 Places to See Before You Die	El Dia de los Muertos – Mexicans remember and celebrate their departed in this festival which normally takes place at the start of November each year.
Must Sees	<p>Marietas Islands</p> <p>It's every travelers dream to step into an adventure of discovering secret places, and trekking to the hidden beach of Las Marietas, located in Riviera Nayarit, is sure to surpass even the highest expectations. Visitors to the hidden beach will forever remember being transported to a mysterious escape filled with beauty, wildlife, and peaceful, private beaches.</p> <p>Only a short boat ride away from the coast, Las Marietas is a cluster of islands formed by volcanic activity and rumored to have once been a hideout to pirates and hunters. On the eastern most island, exploration minded travelers will discover a narrow tunnel ending with a rock arch which they must swim under to finally gain entry to a cave which then leads into the private cove.</p> <p>Coined Playa del Amor, or "Lover's Beach" by the locals, what makes this beach so impressive is the ring of rock that surrounds the open cove, forming a natural oculus to the blue skies above. The beauty doesn't end there; this is also home to a vast array of wildlife, including over ninety species of birds. White-Capped Marine Swallows, Band-Tailed Swallows, the largest population in the Pacific Ocean of the curious Laughing Sea Gull, and the extremely rare Blue-Footed Booby are among the birds that will draw ecotourists and bird watchers alike. Having the greatest abundance in the Bay of Banderas, Las Marietas is home to 103 of the 159 registered species of reef fish. Lastly, massive Humpback Whales migrate to the Bay of Banderas from Mid-December</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>through early April. A visit to the Marietas during these months is almost guaranteed to yield up close and personal encounters with families of Humpbacks as they play in the warm waters of the bay, launching out of the water, and producing massive splashes when they land. Surely, these islands are a rich, more easily accessible alternative to the myriad of wildlife that travelers seek from the Galapagos Islands.</p> <p>The beauty of these islands relies on the fact that they are carefully preserved and guarded. The islands, a UNESCO Biosphere reserve now protected by the Mexican government, are uninhabited by man. Take note that only certain companies and organizations, such as Punta Mita Expeditions, are authorized to visit the islands and that local law enforcement agencies patrol the islands by boat, making sure that all visitors are wearing approved wrist bands. Under these protections, visitors to the area can enjoy pristine guided boat, snorkeling, or scuba excursions and rest assured that the local wildlife are indeed safe in their natural environment.</p>
--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>SPORTS ACTIVITIES</p>	<p>From the hotel developments in Nuevo Vallarta to the virgin beaches in the north, visitors can choose between dozens of activities: you can experience thrilling jungle adventures and enlightening nature excursions in unique and exotic locations, and an enticing variety of water activities on beaches that ranked first place in Mexico for certified clean beaches awarded by the federal government. The wide range of beaches that make up the Riviera Nayarit offers perfect environments for every possible water activity, from sailing and jet skis to snorkeling and diving.</p> <p>Surfers, for instance, will enjoy the waters off of Destiladeras beach, San Pancho, Lo de Marcos, and especially Sayulita, which is the site of an annual surfing competition each March.</p> <p>There is also a Riviera Nayarit Half Marathon each November that has a scenic course along the coast and through El Tigre Golf Course.</p>
<p>Golf</p>	<p>For those who love the links, few locations compare with the impressive golf courses in Riviera Nayarit. The area has become known as a premier golfing destination in Mexico and one of the preferred destinations for golfers from around the world. The secret to these courses' success resides in the combination of magnificent surroundings including mountains, tropical forests and beaches, with the incredible design of masters such as Jack Nicklaus, Greg Norman, Robert Von Hagge & Baril, Jim Lipe and Percy Clifford. Riviera Nayarit has six world-class golf courses, each more surprising and challenging</p> <p>EL NAYAR VIDANTA GOLF COURSE This Jim Lipe design features a par of 71 and 7000 yards of challenging play. Located on the Grupo Vidanta property in Nuevo Vallarta, it</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>provides impressive views of the Pacific Ocean, the Rio Ameca, and the surrounding Sierra Madre Mountains. Jim Lipe is Jack Nicklaus' head designer and this course reflects that heritage.</p> <p>EL TIGRE GOLF COURSE The El Tigre is one of the most challenging in the family of excellent golf courses in Riviera Nayarit. This course weighs in at 7,239 yards and par 72 and was created by designer Robert Von Hagge. An absolute must for golfer visiting Riviera Nayarit.</p> <p>FLAMINGOS GOLF COURSE Designed by Percy Clifford (creator of some of Mexico's top courses) as a cornerstone of the Nuevo Vallarta & Flamingos resort development. The course today is fully mature and unlike any other in Riviera Nayarit making it one of the most popular due to its beautiful rolling hill terrain, lush tropical forest and natural lagoons and mangroves.</p> <p>LITIBU GOLF COURSE Designed by the legendary golf player Greg Norman, Litibu Golf Course opened in early 2010 hosting the International Canadian Golf Tour Tournament. The unique feature of this par 72, 7,022 yard course is that it was built over a surface of 68.48 hectares, where 7 holes are a “link” style, 8 others are surrounded by virgin jungles, and the last 3 are run along the Pacific Ocean.</p> <p>PUNTA MITA PACIFICO GOLF COURSE Punta Mita Pacifico course plays out at par 72 and 7,014 yards of the most breathtaking golf course in Mexico (possibly in the world). A Jack Nicklaus Signature Course that offer extraordinary ocean views and world-play.</p> <p>PUNTA MITA BAHIA GOLF COURSE The Punta Mita Bahía Course is as stunning as its sister course. Featuring six ocean holes and playing between 5,180 and 7,030 yards it's just one more stunning design by Jack Nicklaus.</p>
<p>Fishing</p>	<p>Riviera Nayarit is rapidly establishing itself as a major deep sea fishing destination, with world class catches of blue and black marlin, sailfish, yellow fin tuna and other species. Other season's feature wahoo and Dorado and coastal sport fishing. In addition to an extensive fishing fleet available for charter, Riviera Nayarit hosts the International Marlin & Tuna Fishing Tournament each year in July.</p> <p>Fishing charters cost around \$120 per person, for one to eight people; or select from other options where the price varies with the size of the boat; a boat can be rented for 8 hours for \$450.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>Surfing</p>	<p>Sayulita: There are two main surf spots in Sayulita - the most popular is the break fronting the main beach in the village, which is a right longboard break. A faster, left break is found just north of the river mouth, in front of the campground. Surf instruction and board rentals are available at Lunazul Surf School (www.lunazulsurf.com) located at Marlin #4, where this street ends at the beachfront. The 90-minute surf lessons cost \$40 for individual instruction, or \$30 for group instruction. They also offer 2-day weekend clinics for \$80 or weeklong clinics for \$200. Included in all lessons is the use of a surfboard and rashguard. Board rentals through Lunazul are \$20 for the day, or \$150 for the week. Lunazul also has a surf shop, where you can purchase surf gear ranging from wax to boards.</p>
<p>Hiking</p>	<p>Hiking options in Riviera Nayarit range from gentle strolls along the many beaches to strenuous treks in the mountains of the Sierra Madre: take your pick!</p>
<p>Horse Riding</p>	<p>Travel agents and local ranches can arrange guided horseback rides. Rancho Palma Real, Carretera Vallarta, Tepic 4766 (tel. 322/222-0501), has an office 5 minutes north of the airport; the ranch is in Las Palmas, 40 minutes northeast of Puerto Vallarta. It is by far the nicest horseback riding tour in the area. The horses are in excellent condition, and you enjoy a tour of local farms on your way to the ranch. The price (\$60) includes breakfast and lunch.</p>
<p>Canopy Tours</p>	<p>A popular Riviera Nayarit adventure activity is canopy tours. You glide from treetop to treetop, getting an up-close-and-personal look at a tropical rainforest canopy and the trails far below. Expert guides assist you to the special platforms, and you move from one to another using pulleys on horizontal traverse cables, while the guides explain the tropical flora surrounding you. They also offer assistance - and moral support - as you rappel back down to the forest floor. Tours depart from the Vallarta Adventures offices in both Marina Vallarta and Nuevo Vallarta at 8am, returning at 2pm. The price includes the tour, unlimited nonalcoholic beverages, and light snacks. Their Outdoor Adventure combines a ride on the canopy line with a day of adventure activities. You'll learn wilderness survival techniques while hiking through the Sierra Madre foothills, splashing through streams, rappelling down waterfalls, then taking a 300m zip line over jungle landscape.</p>
<p>Yachting</p>	<p>There are four marinas that welcome visitors stopping by on yachts and each have boats available for fishing or leisurely excursions on the water: the Paradise Village Marina, the Nuevo Vallarta Marina, the San Blas Marina and the brand-new state-of-the-art Riviera Nayarit Marina at La Cruz de Huanacastle.</p>
<p>Diving</p>	<p>The warm, crystal-clear waters of Banderas Bay and the Mexican Pacific are home to a vast array of sea life making Puerto Vallarta one of Mexico's top diving destinations. At Vallarta Adventure's PADI 5</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>star IDC Dive Center, professional diving instructors combine their expertise with the utmost personal attention in scuba lessons for every level of PADI Certification. You may snorkel or dive at Los Arcos, a company owned site at Caletas Cove (where you'll dive in the company of sea lions), Quimixto Coves, the Marietas Islands, or the offshore La Corbeteña, Morro, and Chimo reefs. The company runs a full range of certification courses up to Instructor. Chico's Dive Shop, near Carlos O'Brian's offers similar diving and snorkeling trips and is also a PADI five-star dive centre. www.chicos-diveshop.com . Chico's is open daily from 8am to 10pm, with branches at the Marriott, Las Palmas, Holiday Inn, Fiesta Americana, Krystal, San Marino, Villa del Palmar, Paradise Village, and Playa Los Arcos.</p>
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>CULTURE</p>	<p>The Riviera Nayarit's cultural influences make it a wonderful area in which to indulge in some other popular pastimes. Four ethnic groups survived the Spanish conquest and still exist in the Riviera Nayarit today: the Coras, Mexicaneros, Tepehuanos, and Huichol peoples. The most coveted regional finds in the Riviera Nayarit come from the Huichol. They create colourful glass beads and wooden handicrafts, including jewelry, animal figurines and paintings. Many of their creations are found just as easily in open-air markets as they are in high-end hotel boutiques. San Blas, the northernmost town in the Riviera Nayarit, was the first port in the entire Pacific Coast of Mexico, is also rich in the area's colonial history. Nowadays is known as much for its pristine beaches as for its bird-watching options.</p>
<p>Arts</p>	<p>Centuries of history are featured in expeditions to pre-Hispanic and pre-Columbian cultural sites, mining towns, colonial San Blas and Mexcaltitlan. Visitors may join group tours or customize their own itineraries, with travel by air, land or boat. There are several traditional Huichol villages in the mountains and resort galleries display their colorful handicrafts, mostly animal figures made from beads pressed into wax.</p>
<p>Films</p>	<p>The Night of the Iguana (1963) - filmed on location at Mismaloya and other minor locations in the Puerto Vallarta area. The filming brought Richard Burton, Ava Gardner, Deborah Kerr, Tennessee Williams, and Elizabeth Taylor (who was not in the film). The off-screen activities of Burton and Taylor were reported in the tabloids and tabloid newsreels of the day. After filming was completed, John Huston decided to build a home in the vicinity, he built a home on remote Las Caletas beach and a house in town. John Huston's children Angelica and Danny are founders and supporters of the Puerto Vallarta Film Festival.</p>
<p>Museums</p>	<p>The most important museum in Tepic, the state capital, is the Regional Museum of Anthropology and History, which displays historical items. The Cuatro Pueblos Museum showcases the culture of the four</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>main ethnic groups of Tepic: huicholes, coras, tepehuanos and mexicaneros. For artwork, go to the Amado Nervo Museum, which exhibits various personal items and the work of the famous Mexican poet, Amado Nervo.</p>
<p>Festivals</p>	<p>There are festivals throughout the year in this region: here are a few coming up in the next couple of months-</p> <p>Gourmet Festival - November Every year better than the last, the Gourmet Festival includes the best restaurants in the Bay celebrating gastronomy. www.festivalgourmet.com</p> <p>Mexican Revolution Day, also Day of the Sports - November 20 National holiday celebrating the 1910 Revolution, and the Day of the Sports with parades.</p> <p>Lady of Guadalupe Festivities - December 1-12 Twelve days celebrating the lady of Guadalupe with processions and donned cars, each day with folkloric dances, pre Hispanic performers and military Bands. This takes place in Sayulita, Nayarit and Puerto Vallarta, Jalisco.</p> <p>Surf Classic in Sayulita - December An event which every year brings surfers from all over the world into Sayulita, Nayarit, one of the most important surf destinations. www.sayulitalife.com</p> <p>Joy Parade in the city of Tepic - December 16 Colorful parade of picturesque donned cars.</p> <p>Christmas - December 24-25 The Midnight Mass takes place on the 24th of December, followed by the great dinner and a presents exchange; this also takes place on the following day.</p>

<p>ATTRACTIONS</p>	<p>Vallarta Adventures Vallarta Adventures is Puerto Vallarta and Nuevo Vallarta's premier tour and activity operator. They offer a wide selection of adventure-based tours and excursions with things to do for people of all ages - from zip lines to swimming with dolphins, from whale watching to snorkeling, and from Jeep safaris in the Sierra Madre Mountains to an award winning dinner show. Vallarta Adventure's Dive Centre offers professional diving instructors and scuba lessons for every level of PADI Certification. Vallarta Adventures offer trips that are safe learning experiences -</p>
---------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>designed for people who want to have fun exploring and enjoying all that nature has to offer. They focus on sharing the culture, wildlife, biodiversity and natural beauty of Puerto Vallarta. Website: http://www.vallarta-adventures.com</p> <p>Here are three of their tours to consider:</p> <p>Sierra Madre Expedition: This is the ideal way to get off the beaten path and explore the real Mexico. Visit the remote, traditional villages of the Mexican Outback and uncover the ecosystem and wildlife of the mountains and jungles of the Sierra Madre.</p> <p>Swim with the Dolphins: Dolphins and humans have a natural affinity with one another, and this will be an unforgettable visit to the Dolphin Adventure Centre.</p> <p>Las Marietas Eco Discovery: There is a vast array of marine life living in the Mexican Pacific and on the shores of Banderas Bay. A trip to the Marietas Islands offers the chance to spot whales and dolphins, but the ocean is also home to a majestic giant manta rays, sea turtles and exotic tropical fish. This eco tour will also encounter bird life.</p>
<p>Beaches</p>	<p>There are nearly 300km of beaches of exceptional natural beauty; here are a few suggestions:</p> <p>La Cruz de Huanacastle: This tranquil beach resort town is located on the northern side of Banderas Bay and has 5 distinct beach areas that stretch for over 7kms! It's most famous, known for the calm waters found there, is a fabulous beach called La Manzanilla. This town is the home of the new, largest marina in the region and its plans for a malecon that will offer vacationers everything from all-inclusive resorts and hotels to a full range of restaurants, bars and shops.</p> <p>Rincon de Guayabitos: The bay and its surrounding majestic mountains are extraordinarily beautiful and invite vacationers to enjoy beach vacations with real Mexican ambience and culture. The magnificent beaches which offer different experiences are the main attraction of the area. The main beach in the center of the bay, Guayabitos, is also known as the world's biggest pool for its tranquil waters and scarce waves. Small hotels and rentals are available as is the traditional nearby market which offers fresh local foods, handicrafts, clothes and jewelry.</p> <p>Sayulita: This small picturesque surfer's Mecca is a seaside town like something out of a fairy tale and Hollywood movie at the same time. Full</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	of contrasts from gourmet restaurants to beachside palapas and seaside stands, California ex-patriots, international surfers and local artisans combine with the incredible beach and blue Pacific Ocean to deliver an experience rich in colour, flavor and diversity.
Wildlife	<p>The Sierra Madre Occidental supports some of the richest biodiversity found anywhere in North America, boasting a wide range of wildlife species including white-tailed deer, jaguar, pumas, wild boars, ocelots, jaguarundi, coati mundi, skunks, badgers, coyotes, margays, rabbits, armadillos and iguanas.</p> <p>From mid-December to the end of March, Banderas Bay offers some of the world's most spectacular whale watching opportunities anywhere. And as Vallarta Adventures is the only tour company in the Banderas Bay area with a spotter plane, they can get you closer than you ever thought possible to witness these awesome creatures in action. Their light aircraft is in constant radio contact with each boat captain and reports sightings immediately from all over the bay. No matter which of their four exciting tours you choose, they all deliver an exhilarating and life changing insight into whales and their habitat.</p>
Parks	La Tovar National Park – A sanctuary for birds in a natural mangrove forest fed by the Pacific Ocean. Motor boats take you through the mangroves where you have the opportunity to see many of the native birds of the region, as well as crocodiles, swamp turtles, and other creatures. Continue up the estuary, where a freshwater spring changes the terrain and brings new varieties of flora and fauna.
Ecotourism	<p>Riviera Nayarit is a nature lovers paradise. In summer and fall, visit Grupo Ecológico de la Costa Verde's marine turtle nursery and see Turtle hatchlings released.</p> <p>La Tovar National Park and mangrove eco-region in San Blas is a paradise for bird enthusiasts. See baby and huge full-grown crocodiles at The Crocodile Reserve in El Manantial of La Camelota.</p> <p>Hundreds of Humpbacked whales visit Banderas Bay each year from November through April. Friendly wild dolphins, giant manta rays, sea turtles and exotic tropical fish also inhabit these waters.</p>
Historical Sites	San Sebastien: With its charming cobblestone plaza, elegant snow-white buildings, classic Porfirian bandstand, an 18th century church dedicated to San Sebastián and a wealth of 18th century Haciendas, you'll enjoy a privileged glimpse into colonial Mexico, untouched by time in this little known treasure. Originally settled in 1605, this secluded 17th century mining town reached its peak of prosperity in the 1700s, when over 30,000 people inhabited the area. Over the years, the town's population fluctuated wildly as gold and silver were mined intermittently between the 1600's and the 1930's.

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



OTHER ACTIVITIES	
Shopping	<p>Day or night there is always time for shopping, an entertainment form of its own. You'll find treasures everywhere – one-of-a-kind hand-made items of pottery, jewelry, textiles, leather, silver, paintings and the list goes on....You can treat yourself to brand name designer goods that may be calling your name as well.</p> <p>My top recommendation for a memento of your visit is to purchase a sample of Huichol art. Huichol Art dates back millennia. During spiritual rituals Shaman have visions which are then transcribed into carvings, yarn art, and have evolved into t-shirts, boxed note cards, framed art and downloadable animations. Each image has spiritual meaning. Huichol art is personal and captivating, with intricate designs, vibrant colours and sacred symbols. It is an expression of deeply held spiritual beliefs. In the Huichol culture, art and religion are inextricable. The shaman links the community with the spirit world, from where their creativity pours forth as a gift from their deified ancestors - to be given back as offerings to the gods.</p>
Markets	<p>Just across the state boundary, Puerto Vallarta's municipal market is just north of the Río Cuale, where Libertad and A. Rodríguez meet. The mercado sells clothes, jewelery, serapes, shawls, leather accessories and suitcases, papier-mâché parrots, stuffed frogs and armadillos, and, of course, T-shirts. Be sure to comparison-shop, and definitely bargain before buying. The market is open daily from 9am to 7pm. Upstairs, a food market serves inexpensive Mexican meals - for more adventurous diners, it's probably the best value and most authentic dining experience in Vallarta. An outdoor market is along Río Cuale Island, between the two bridges. Stalls sell crafts, gifts, folk art, and clothing.</p>
Nightlife	<p>The main nightlife scene is focused on quaint and eclectic bars, pubs and cantinas as well as the resorts. Travellers looking to party all night long will also have a blast in neighboring Puerto Vallarta - famous for its high energy nightlife party scene at the Malecón/board walk or in the historic downtown of Puerto Vallarta.</p>
Spas	<p>Luxury resort spas of world class status such as The Spa at Grand Velas, the Remède Spa at St. Regis Resort and Residences, Playa del Sol, Apuane Spa at Four Seasons and The Villa del Palmar Tatewari Spa. Most of the luxury resorts also offer spa services and massage. I enjoyed a relaxing spa experience at the Dreams Villamagna Hotel in Nuevo Vallarta.</p>
Casinos	<p>Real casinos have yet to make it to Mexico, although the federal legislature has been debating the issue for some years.</p>

CUISINE	
Food	<p>The biggest and most pleasant surprise of my last visit to the region was the quality and variety of the cuisine available here.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Riviera Nayarit offers many fine dining restaurants as well as intimate cafes and lively bars. Visitors enjoy the fresh seafood, authentic Mexican cuisine and top quality international restaurants.</p> <p>The most famous dish in the region is Huachinango Saradeado, marinated red snapper grilled over coals usually near the beach. The region holds an annual gastronomy festival that takes place in November.</p>
<p>Drink</p>	<p>Tequila is produced in Nayarit and is a great buy here. In Mexico, tequila is often drunk straight. It is popular in some regions to drink fine tequila with a side of sangrita—a sweet, sour and spicy drink typically made from orange juice, grenadine (or tomato juice) and hot chilies. Equal-sized shots of tequila and sangrita are sipped alternately, without salt or lime.</p>
<p>Restaurants</p>	<p>There are approximately 500 restaurants in the Vallarta area. Every flavour, style, nationality and ambiance is available with a wide range of pricing. The following are a few select samples of the wide variety of choices available.</p> <p>Nuevo Vallarta</p> <p>Angelo's Specialty: Italian cuisine and steaks Website: www.angelospv.com Address: Paradise Plaza L-J2, 3, 4, Nuevo Vallarta Telephone: (322) 297-6130</p> <p>Il Pescatore at The Paradise Village Resort, Nuevo Vallarta Specialty: Italian cuisine/seafood dishes Address: Paradise Village Resort, Paseo de los Cocoteros # 1 local 16 int 7, Nuevo Vallarta, Nayarit, 63731 Telephone: (322) 226-6770</p> <p>La Portena Specialty: Quality steaks like the “vacío” a tender Argentinian steak. Also serves seafood, and home made pasta dishes Address: Boulevard Nayarit, PTE 250, Nuevo Vallarta Telephone: (322) 297-4950</p> <p>Tino's La Laguna Specialty: Seafood Website: www.tinosvallarta.com Address: Km 1,2 on the 2nd entrance to Nuevo Vallarta Telephone: (322) 297-0221</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Bucerias

Adauto's On The Beach

Specialty: Seafood (lobster, jumbo shrimps, red snapper, langoustines)

Address: Av. Del Pacifico # 11A, Bucerias, Riviera Nayarit

Telephone: (329) 298 2790

El Chivero Restaurant & Bar

Specialty: Mexican cuisine - Seaside establishment offers breakfast, lunch and dinner

Address: Av. Pacifico No. 9, Centro Bucerias, Riviera Nayarit

Telephone: (329) 29-806-12

Ecole de Cuisine LeFort

Specialty: French cuisine with and is reputed to have one of the largest wine cellars in the area

Website: www.lefort.com.mx

Address: Lázaro Cardenas No. 71-A, Bucerías, Riviera Nayarit

Telephone: (329) 298.1532

Marks Bar & Grill

Specialty: Mediterranean with a touch of Asian-inspired flavors

Website: www.marksbucerias.com

Address: Lazaro Cardenas 56, Bucerias, Bahia de Banderas, Riviera Nayarit

Telephone: (329) 298-0303

MezzoGiorno

Specialty: Italian cuisine - Beachfront restaurant and two bars.

Website: www.mezzogiorno.com.mx

Address: Av. Del Pacifico 33, Bucerias, Riviera Nayarit

Telephone: (329) 298-0350

La Cruz de Huanacaxtle

Marina Riviera Nayarit

Specialty: International cuisine

Address: La Cruz de Huanacaxtle, Riviera Nayarit

Tel: 52 (329) 29-555-26

Sky Bar

Specialty: Bar with light snacks overlooking Banderas Bay

Address: La Cruz de Huanacaxtle, Riviera Nayarit

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Tel: 52 (329) 29-555-26

Aki Samurai House

Specialty: Japanese – Restaurant has a third floor palapa offering unimpeded views of the bay

Address: Coral 156 Oriente, La Cruz de Huanacastle, Riviera Nayarit

Tel: (329) 295-5880

Black Forest Restaurant

Specialty: German cuisine

Web Page: www.blackforestpv.com

Address: Marlin 16 La Cruz de Huanacastle, Riviera Nayarit

Phone number: (329) 295-5203

Frascati Ristorante

Specialty: Italian and Mediterranean cuisine - The owner also owns a charming and sophisticated bed & breakfast in town called Villa Bella

Website: www.frascativallarta.com

Address: Av. Langosta No. 10, esq. Coral, La Cruz de Huanacastle, Riviera Nayarit

Telephone: (329) 295 61 85

La Glorieta

Specialty: Seafood, Fish Tacos and chilaquiles

Address: Coral 26, La Cruz de Huanacastle, Riviera Nayarit

Telephone/Cell: 044 (322) 278-3292

Philo's

Specialty: BBQ ribs and hamburgers

Address: Calle Delfin 15, La Cruz de Huanacastle

Telephone: (329) 295-5068

Taco Stands - El Güero De Sinaloa

Address: Huachinango, La Cruz de Huanacastle, Riviera Nayarit

Specialty: Sinaloa style meat tacos and quesadillas

Rey Bombon

Specialty: Seafood

Address: Coral 31 esq. Delfin

Telephone:(329) 295-5204

Hikuri Cafe

Specialty: International/Mexican cuisine

Website: www.hikuri.com

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Address: Coral 66, La Cruz de Huanacastle, Riviera Nayarit
Telephone: 01 (329) 295-5071

Columba

Specialty: Seafood

Address: Marlin 14, La Cruz de Huanacastle, Riviera Nayarit
Telephone: (329) 295-5055

Britannia Bar

Specialty: Drinks and bar snacks

Address: Coral 68, La Cruz de Huanacastle, Riviera Nayarit

Miramar

Specialty: Seafood (i.e. sarandeado fish Mexican style grilled fish; whole fish, marinated with lime & chilies then grilled over charcoal)

Address: La Manzanilla Beach, La Cruz de Huanacastle, Riviera Nayarit

Don Emerio

Specialty: Seafood

Address: La Manzanilla Beach, La Cruz de Huanacastle, Riviera Nayarit

Vista Hermosa

Specialty: Seafood

Address: La Manzanilla Beach, La Cruz de Huanacastle, Riviera Nayarit

Punta Mita

Sufi Restaurant

Specialty: "Mexiterranean" Fusion of Mexican and Mediterranean ingredients

Address: Inside the gates of Punta Mita, across from the St. Regis
Telephone: (329) 291-6990

Café des Artistes del Mar

Specialty: French/Mediterranean with emphasis on using fresh local seafood

Website: <http://cafedesartistes.com/delmar/index.htm>

Address: Av. Anclote Lote 5, Block 19 at The Hotel Des Artistes del Mar, Punta de Mita, Riviera Nayarit 63734

Telephone: +52 3292915145

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Margarita's
Specialty: Seafood/Mexican
Address: El Anclote, Punta de Mita

Tino's
Specialty: Seafood/Mexican
Address: Punta de Mita
Telephone: (322) 224-55-84/ (322) 224-55-84

Sayulita

Don Pedro's
Specialty: Mediterranean style cuisine with Mexican/Californian influences
Website: www.donpedros.com
Address: Marlin 2, Sayulita
Telephone: 52 (329) 291 3090

Si Hay Olitos
Specialty: Mexican cuisine
Website: <http://www.sayulitalife.com/business/sihayolitas.htm>
Address: Just over the bridge on your left
Phone: 52-329-291-3203

Rollie's
Specialty: Mexican/Continental
Address: Av. Revolución, 2 blocks west of the main square, Sayulita, Riviera Nayarit
Telephone: (329) 291-3053

Sayulita Fish Tacos
Specialty: Mexican (Signature dish is the Baja style fish tacos)
Website: <http://www.sayulitafishtaco.com>
Address: Calle Jose Mariscal, Sayulita, Riviera Nayarit
Telephone: (329) 291-3271

San Blas

El Delfin Restaurant at the Hotel Garza Canela
Specialty: French with Mexican influences and ingredients
Website: www.garzacanela.com
Address: Paredes #106 Sur, San Blas, Riviera Nayarit 63740
Telephone: (323) 285-0112

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>San Francisco</p> <p>Mar Plata Specialty: Seafood and steak Address: Calle de Palmas 30, Col. Costa Azul, San Francisco, Riviera Nayarit Tel: 52-311-258-4425</p> <p>Café del Mar Specialty: International cuisine Address: Café del Mar, China no. 9, San Francisco, Riviera Nayarit Tel: 52-311-258-4251</p>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MORE INFO	
Websites	www.rivieranayarit.com http://www.facebook.com/rivieranayarit.mex www.twitter.com/riv_nayarit

PERSONAL EXPERIENCES	<p>I recently broadcast the Travel Show on location from Nayarit and had the chance to see some of the sights: see my Travel Blog at http://www.chrisrobinsontravelshow.ca/Blog/tabid/400/EntryId/52/Riviera-Nayarit-Mexico.aspx</p> <p>And see my Pinterest board at: http://www.pinterest.com/TravelShow/riviera-nayarit/</p> <ul style="list-style-type: none"> - Lo de Marcos: A small town with a friendly atmosphere and outstanding beaches and beachfront restaurant serving authentic local food. - Rincón de Guayabitos: Described as the “Hidden Pearl” among the beaches of Nayarit, Rincon features all the conveniences of modern life in a relaxing, traditional setting; an excellent option for fishing and diving. - El Tigre golf course and the tiger habitat - Tino’s La Laguna in Nuevo Vallarta for the local specialty, pescado sarandeado (situated by a lagoon, Tino’s serves up the mouthwatering dish which is grilled fish marinated in spices, chilis and lime) - Bucerias: This tiny fishing town has grown into a popular spot for dining and shopping near the resorts of Nuevo Vallarta. It retains its authentic Mexican charm with cobblestone streets, Main Square, tiny shops and numerous seafood restaurants and beach clubs. Each January it is the setting for a popular annual festival celebrating the “Virgen de la Paz” which includes the blessing of the fishing fleet. - Vallarta Adventures for tour and learn more about the opportunities
-----------------------------	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>to experience Riviera Nayarit nature. Following, experience Swimming with the Dolphins.</p> <ul style="list-style-type: none"> - Sayulita: Internationally recognized for its outstanding surfing, Sayulita is a somewhat bohemian art colony with a thriving expat community. There are also several beachfront restaurants and cafes, luxurious villas and spas. Wandered around in this charming eclectic town and enjoyed browsing the fine art galleries and stylish colourful shops with clothing, handicrafts, decorative items, handmade cosmetics and jewelry. I took my first surfing lesson here! - La Cruz de Huanacastle: A traditional fishing village with an elegant new marina accommodating yachts to 400 feet. Rapidly growing, the town has new boutique hotels, restaurants and shops. - Hotel Des Artistes del Mar and dinner at the Cafe Des Artistes del Mar.
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>JAMAICA</p>	<p>Vibrant, raucous, beautiful, green, lush, colourful, tranquil and full of contradictions, this famous vacation destination lives up to its reputation on all counts. Come visit, meet the people, experience the ambience and fall in love with the place!</p> <p>Jamaica is a one-of-a-kind-island with a one-of-a-kind people - truly a unique slice of the Caribbean! Vibrant, raucous, beautiful, green, lush, colourful, tranquil and full of contradictions, this famous vacation destination lives up to its reputation on all counts. Come visit, meet the people, discover their history and culture, experience the ambience - and fall in love with the place!</p> <p>You will discover an island of adventure as you climb a tropical waterfall, float through the jungle on a bamboo raft or take a safari on the Black River. Jamaica is also well known for its excellent, panoramic golf courses. There are 12 courses in total - from championship courses with Caribbean charm to brand-new, all-inclusive resort courses with seascape views.</p> <p>Montego Bay... "The Complete Resort"</p> <p>With its "Hip Strip" booming with shops, restaurants and clubs, championship golf courses on lavish resorts, and legendary Colonial great houses - Montego Bay's juxtaposition of natural beauty and man-made luxury make it a beloved destination.</p> <p>Negril... "Capital of Casual"</p>
-----------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>A favourite destination for families, honeymooners and spring breakers, Negril's picturesque coast, lined with towering cliffs and bustling beaches, is home to many world-class all-inclusive resorts, as well as nightlife hotspots</p> <p>Ocho Rios... "The Centrepiece of Jamaica"</p> <p>From the natural beauty of its waterfalls, rivers and beaches to the grandeur of its all-inclusive resorts, "Ochi" is a favourite destination for all types of travellers, including eco-tourists, families, sports buffs, beach bummers - even rock stars like Keith Richards.</p> <p>Runaway Bay... "Jamaica's Natural Beauty"</p> <p>Runaway Bay is certainly one of the most scenic areas in Jamaica. Since the early 1960s, when the old Cardiff Hall Estate was converted to a combination of luxury hotels, golf courses and private villas, the town has developed its own character and persona as an elegant yet lively getaway.</p>
<p>Location</p>	<p>Situated 150 kms south of Cuba and 960 kms south of Miami, Jamaica is 18 degrees north of the equator. It is very centrally situated, and entirely surrounded by the Caribbean Sea.</p>
<p>Geography</p>	<p>Jamaica is the largest English-speaking island in the Caribbean and the third largest in the region after Cuba and Hispaniola. With a total land area of 10,991 sq. km, the island is 230 kms long with widths varying between 35 and 82 km.</p> <p>Jamaica is divided into three counties, Cornwall, Middlesex and Surrey. The terrain is very mountainous with much of the land rising above 305m. The highest point, Blue Mountain Peak, is 7,402 feet (2,256 m) above sea level. Complementing the mountains, Jamaica also brims with valleys and plains. The five major plains – Vere, St Jago, George's, Liguanea and Pedro – provide the backbone for a largely agricultural economy.</p> <p>Natural rivers and springs abound in Jamaica. Over 120 rivers flow through the land from the central mountain region to the coasts. The rivers on the north side tend to be shorter and swifter than those on the south side. The fast flowing rivers – Black River, Rio Cobre, Milk River, Rio Grande and Martha Brae - are used for transport and the production of electricity as well as to provide irrigation for agricultural purposes. There are several mineral springs, recognized for their therapeutic value. Some have been developed with facilities for bathing and/or accommodation, others remain little-known gems in communities across the island.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Name	Jamaica's indigenous Arawakan-speaking Taíno inhabitants named the island Xaymaca, meaning the "Land of Wood and Water", or the "Land of Many Springs".
Population	The population is currently estimated at a little less than 3 million.
Language	The official language of Jamaica is English. Jamaicans primarily speak an English-African Creole language known as Jamaican Patois, which has become known widely through the spread of Reggae music.
Currency	<p>Jamaica has its own dollar, far less valuable than the Canadian dollar. In all exchanges, determine which dollar unit is being quoted in the price: US or Jamaican. Otherwise, it's possible you could get cheated in a financial transaction.</p> <p>Currently (January 2016) one Canadian dollar = 84 Jamaican dollars</p> <p>All the major resorts and first-class restaurants quote prices in U.S. dollars, so many visitors can go through their entire trip without the bother of converting their currency into Jamaican dollars. But it's still prudent to carry some Jamaican dollars: for some transactions, such as a drink of coconut water from a roadside vendor, prices are only quoted in Jamaican dollars.</p> <p>Licensed cambio centres and commercial banks are accessible in all resort areas. Official currency exchange rates vary daily, so it's advisable to shop around for the best rate before converting your cash. Most Jamaican ATMs accept international bank cards with Visa, MasterCard, Cirrus and Plus logos. Banks also give credit card advances, change traveller's cheques among other financial services</p>
Tipping	Standard tipping in Jamaica is 10% to 15% in hotels and restaurants, although many all-inclusive resorts have a no tipping policy. Where tips are automatically included in your bill, add 3 to 5% if you have received good service.
Government	Jamaica is an independent country, completely self-governed since 1962, when the island ceased to be a British colony. After independence, Jamaica chose to be a part of the British Commonwealth, and to keep the Queen of the United Kingdom as the constitutional monarch, the titular head of the country. The government of Jamaica was patterned on the Westminster model of government, and is composed of the Queen as head of state, and a bicameral parliament. In Jamaica, the Governor General, who is appointed by Her Majesty upon the recommendation of the Prime Minister of Jamaica, represents the Queen.
Documentation	To enter Jamaica a valid passport is required. Canadians do not require a visa to visit Jamaica. Other nationalities should contact your local Jamaican Embassy or Consulate or Jamaica Tourism Board office or www.visitjamaica.com to verify correct documentation needed.
Time zone	Jamaica is on Eastern Standard Time 365 days a year. This means they do not turn their clocks back. Therefore, from the first Sunday in April

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	until the last Sunday in October they are one hour behind EST, i.e. 9:00 am in Toronto means 8:00 am in Jamaica. The rest of the year Jamaica is on the same time as Montreal and Toronto.
Health	<p>Travelling to Jamaica should not adversely affect your health. Finding a good doctor in Jamaica is no real problem, and all of them speak English, of course. Keep the following suggestions in mind:</p> <ul style="list-style-type: none"> - It's best to drink bottled water in Jamaica. - If you experience diarrhea, moderate your eating habits and drink only bottled water until you recover. If symptoms persist, consult a doctor. - The Jamaican sun can be brutal. Wear sunglasses and a hat, and use sunscreen liberally. Limit your time on the beach the first day. If you do overexpose yourself, stay out of the sun until you recover. - Some of the biggest annoyances in Jamaica are the insects called "no-see-ums," which appear mainly in the early evening. You can't see these gnats, but you sure can "feel-um." Screens can't keep these critters out, so carry your favorite bug repellent. - You don't need to get any particular shots or vaccinations to travel in Jamaica, and most common medicines are available over the counter.
Safety tips	Jamaica is safe as long as you use the same common sense that you would in your country. Just be aware of your surroundings. Most resorts employ security that guards the entry, beach access and patrols the grounds. There are areas of Kingston which are not safe, but these hold little of interest for the traveller anyway.

CLIMATE	
General climate	<p>Jamaica has a tropical climate at sea level and a temperate climate towards the highlands of the interior. As a popular Jamaican poem says, "we have neither summer nor winter/neither autumn nor spring..." and it's true. Many Jamaicans characterize the seasons according to the fruits available at that time! Some of the most important 'seasons' are mango season (May to July), guinep season (July to late September) and cane crop season (late October to about January). Although there is little real variation in temperature year round, between December and April the weather is practically perfect for any activity every day. The average temperature ranges from 19 degrees Celsius to 32 degrees Celsius all year.</p> <p>Will it rain during your holiday? If it does, don't worry. Most times, the short tropical showers provide a welcome break from the afternoon heat – just look at it as liquid sunshine, not rain...</p>
Today's weather	At Montego Bay: 28C with sun and clouds (30 th January 2016)
Best time to visit	For Canadians: winter of course! When the blizzards are blowing in the True North Strong and Free, the trade winds are gently sighing in the palm fronds of a another blissful day on the beach in Jamaica...

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



GETTING AROUND	
Getting There	<p>There are two international airports in Jamaica: Norman Manley International Airport in Kingston and Sangster International Airport in the resort city of Montego Bay. Tourists generally fly in to Montego Bay. There are direct flights to Jamaica from both Montreal and Toronto – see your travel agent for full details. Flight time is around 4 hours. There is a departure tax of \$22 US (2016). For passengers flying to the USA and Canada, the departure tax is included in the cost of the airline ticket (paid in advance), if you are flying on a scheduled airline.</p>
Cities	<p>Kingston is the capital and largest city of Jamaica, located on the southeastern coast of the island. It faces a natural harbour protected by the Palisadoes, a long sand spit which connects the town of Port Royal and the Norman Manley International Airport to the rest of the island. In the Americas, Kingston is the largest predominantly English-speaking city south of the United States with a population of 650,000. Although there are parts of the city that are unsafe for unaccompanied tourists, you are unlikely to stumble into these and the centre of the city makes for an interesting visit.</p> <p>The centre of downtown Kingston is known as Parade, from the area's early days as the drill centre and parade grounds of the Colonial Militia. Long before Kingston took over from Spanish Town as the island's capital city, Parade held significance as a centre of activity. When Kingston became the capital of the nation, Parade became somewhat of a public arena used for just about any imaginable purpose; public hangings and floggings were held there, and the wealthy and fashionable would meet and greet in transit. The recently restored powder blue Ward Theatre flanks Parade on the north. To the east lies Coke Methodist Church, the first Methodist chapel to be built in Jamaica and to the west is the Coronation Market, the largest and most frequented market in the island. To the south stands the beautiful and historic Kingston Parish Church, with its many interesting graves, tributes and gifts from the wealthy citizens of the city. For many years the church stood as the major landmark in Kingston, giving rise to the phrase, "born under the clock", a reference to Kingstonians born within sight or earshot of the Kingston Parish Church bell.</p> <p>In 1870, after the Colonial Militia and the troops moved their base northwards to Up Park Camp, city officials petitioned to create a public green space for the city of Kingston. Upon completion, in true Colonial style, the British erected a statue of the monarch, Queen Victoria, dominating the park and facing down King Street to view her subjects. It is said that during the 1907 earthquake, the statue turned 180 degrees to face the hills, a sign some interpreted as a message that the city should expand northwards. The statue was later rotated, and in 1914, the garden was named Victoria Park in honour of the Queen. After</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Independence, the park was renamed in honour of St William Grant, the firebrand labour leader of the 1930s. The park still holds a sort of ceremonial appeal for Kingstonians, and once a year, the city's Christmas tree is lighted with much pomp and ceremony.</p> <p>Parade is a Mecca for shoppers! Bargain hunters can find everything they need. With the various arcades, the grand Coronation Market, the high street stores and the plethora of handcart and street vendors moving about, just about any wish can be granted, and any need fulfilled with the exchange of a few dollars. If you don't intend to buy and just want a sense of a Jamaican market, Coronation Market is a necessary stop. It is crowded, noisy, chaotic and filled with countless delicious scents and amusing verbal advertisements and exchanges.</p>
Distances	<p>Driving Times</p> <p>Kingston to Mandeville around 1.5 hours 98 km</p> <p>Montego Bay to Negril less than 1.5 hours 83 km</p> <p>Montego Bay to Ocho Rios less than 2 hours 100 km</p> <p>Ocho Rios to Port Antonio less than 2.5 hours 97 km</p> <p>Ocho Rios to Kingston less than 1.5 hours 97 km</p> <p>Port Antonio to Kingston less than 2 hours 109 km</p>
JUTA	<p>Jamaica has a transport service specifically for visitors. It's called JUTA, Jamaica Union of Travelers Association. Equipped with a fleet of well-maintained, air-conditioned cars, buses, coaches and luxury vehicles, each piloted by experienced and friendly drivers, JUTA is the right choice for visitors looking for more than just a way to get from one place to another. Choosing JUTA means that not only will you travel to your destination in comfort and style, but you'll also enjoy extremely personal service – all in all, making for a memorable Jamaican experience. JUTA drivers are certified by the Jamaica Tourist Board, and as such have attended seminars about Jamaica's history, culture, geography, and flora and fauna. Armed with this special training, JUTA operators often double as impromptu tour guides. On route, they'll happily entertain you with interesting historical facts, bits of local trivia and rural lore. Eager to share the joys of their home with visitors, JUTA drivers will also gladly stop at scenic spots, fruit stalls and restaurants along the way to allow you to experience local delicacies, beverages and vistas firsthand. Furthermore, all JUTA vehicles must adhere to the strict standards set by the Jamaican Transport Authority, and undergo regular road fitness tests. As a result, the vehicles are always in the best condition, ensuring your safety and comfort.</p>
Trains	<p>The only railways remaining in Jamaica are used to transport bauxite (aluminium ore) rather than people.</p>
Car Rental	<p>There are car rental agencies in most major towns and cities. Clients must be at least 25 years old to rent a motor vehicle. All drivers are required to carry a valid licence. Jamaica recognises valid International</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	Driver's Licences. North Americans may use their country's licence for up to three months per visit.
Buses	Public transportation in Jamaica is nothing short of an exciting adventure. In Kingston, the capital city, large air-conditioned luxury coaches ply popular routes, but outside those areas, vehicles are less comfortable and arrive with less regularity. Buses, minibuses and route taxis are the primary means of transportation for the majority of people on the island, but are recommended only for the more intrepid tourist.
Cruises	Day and evening cruises are offered aboard the Calico, a 17m gaff-rigged wooden ketch that sails from Margaritaville on the Montego Bay waterfront. An additional vessel, Calico B, also carries another 40 passengers. For either cruise, transportation to and from your hotel can be arranged. The daily voyage departs at 10am and returns at 1pm and snorkeling (with equipment) is available. On the Calico's evening voyage, which is offered daily from 5 to 7pm, cocktails and wine are served as you sail through the sunset. For information and reservations www.calicopiratecruises.com

ACCOMMODATION TYPES	Bed and breakfasts, guesthouses, apartments, villas...and of course superb all-inclusive resort hotels – all these provide visitors to Jamaica with many options. Have a look at the Tourist Board website for more inspiration at http://www.visitjamaica.com/where-to-stay/overview.aspx
----------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

LIFESTYLES	<p>Jamaica offers several learning vacations for visitors to interact with people on the island and gain authentic experiences as part of their vacation itinerary. From meeting locals with like interests to exploring off the beaten path locations, taking agricultural expeditions and learning how to prepare Jamaican cuisine to share with friends and family back home, Jamaica's learning vacations provide an experiential travel adventure that's truly memorable.</p> <p>Meet the People The Jamaica Tourist Board's "Meet the People" program pairs travellers with a Jamaican who has similar interests. The meet-up can take place at a school, church, hiking trail, local craft market or even a coffee shop over some Jamaican Blue Mountain coffee. The experience is uniquely Jamaican and free of charge for all travellers interested in broadening their horizons. Simply sign up online once you know your travel dates. www.visitjamaica.com</p> <p>Rastafari Indigenous Village While many know aspects of this uniquely Jamaican philosophy, few have experienced the culture, language, music, dress, spirit and lifestyle of Rastafari for themselves. At the Rastafari Indigenous</p>
-------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Village, visitors learn the self-sustaining and eco-friendly habits of the Rastafari people through an interactive visit -- a tour of medicinal herbal gardens, trying their hands at arts and crafts and finally becoming part of the community through drum rhythms and ancient chants. www.rastavillage.com</p> <p>Pressing Tunes Tour According to Sean Paul, one of Jamaica’s top dancehall artists: “Music is the voice of the Jamaican people.” Now, visitors can take an inside look as to why. Hotel Mocking Bird Hill and Backyard magazine have partnered to create the ultimate music excursion to Kingston, the city where reggae music began. The “Pressing Tunes” historical music tour includes visits to record companies’ studios, music stores and a trip to the Jamaica Music Museum, which features rare musical recordings, displays of iconic photographs and instruments. www.hotelmockingbirdhill.com</p> <p>Organic Gardening for Kids The Tryall Club comprises 86 private villas atop a former sugar cane plot with lush, fertile land. Tailored to kids of all ages, their organic gardening classes have transformed a private herb and vegetable garden into a playground where kids can learn about an array of plants and how to reduce their carbon footprint. The garden produces items such as Thai basil, edible hibiscus flowers, mustard greens, and much more. Participants are introduced to organic methods of growing “super foods”, learn sustainable habits and receive cooking recipes. www.tryallclub.com</p> <p>In Jamaica, no one is ever too old to learn something new. For more information on Jamaica’s learning vacations, or to book a trip to Jamaica, go to www.visitjamaica.com .</p>
Kids	<p>Climbing the waterfall at Dunns River Falls is always a great success (see “Must See’s”) and the beaches will be blissful for the kids. But also take them out of the resort to see the real Jamaica and meet the people. One of the great joys my kids had in Jamaica was bargaining for souvenirs with the locals who seemed to enjoy the dickering as much as my boys!</p> <p>YS Falls on the South Coast features seven waterfalls which cascade into natural pools. Recent additions include canopy rides and river tubing, both accompanied by expert guides. www.ysfalls.com</p>
Teens	<p>River rafting on the Rio Grande: Shades of Errol Flynn, this is the grandest rafting experience in Jamaica. The rafts are propelled by</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>bamboo poles and it's a wonderful way to spend a few hours on the river. You start in Berrydale in the hills and end up at rafters' rest on the coast. When we did this trip, my eldest son floated down the river alongside the raft to cool off...</p> <p>Learning to Surf at Boston Bay Beach: It's known not only for its white sands and clear waters, but also for the great jerk-pork stands. This beach has the biggest waves in Jamaica, and teens can rent surfboards and get a lesson.</p> <p>Reggae Explosion (aka The Reggae Hall of Fame) functions as a subdivision of the Island Village Shopping Center, Turtle River Road Ocho Rios (tel. 876/675-8902). Owned and operated by Christopher Blackwell, the hotel/film/music mogul who's credited with having originally discovered reggae superstar Bob Marley, it's a combination museum/public relations tool for Marley and the Jamaican music industry as a whole - a party-colored temple to the greatness of the art form. Within a high-ceilinged decor that's mostly black but highlighted with Day-Glo colours, you'll follow on a route designated by captions that outline the history of Jamaican music. (According to the wall charts, it started with mento in the 1940s; moved on to ska after the independence of Jamaica from Britain in 1962; and evolved after 1966 into movements that included RockSteady, Roots, and several other groups that eventually led to reggae.) Once you get used to the shadows and immediate sense of chaos reigning here, the place can be a lot of fun. There's a replica of a party-colored Jamaican rum shack near the entrance, a 1950s-era jukebox, lots of portraits and illustrations of reggae greats, and a bevy of what might be the hippest tour guides in Jamaica. Head upstairs to the second floor of this museum, marveling at the pictorial history of the evolution of Jamaican music as you ascend, past tributes to stars such as Marley, Jimmy Cliff, Alton Ellis, and Lee Scratch Perry.</p>
Romance	<p>This destination has a reputation for romance which is backed up by several resorts that focus on this aspect of vacations – Holiday Inn Sunspree Resort Montego Bay have special arrangements for weddings, honeymoons and vow renewals</p>
Honeymoons & Weddings	<p>Jamaica is famous as a wedding destination. Visitors can be married just 24 hours after arriving in Jamaica, providing prior application has been made for a marriage license. To apply for your marriage license, call the Ministry of Justice at 1-876-906-4923 or visit: Ministry of Justice, 2 Oxford Road, NCB Towers, 10th floor/South Tower Kingston 5 Tel: 1 876 906 4923 -31 Fax: 1 876 906 1712 - 3 Email: customerservice@moj.gov.jm</p>
Meet the People	<p>Share in the Jamaican Experience</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>What better way to experience the culture of a nation than through its people? For travellers seeking insight into the Jamaican experience and the warm welcome of a Jamaican friend, the island's Meet-the-People programme provides an ideal option. Launched in 1968 by the Jamaica Tourist Board (JTB), the Meet-the-People programme reaches out to visitors curious to explore the culture of this vibrant Caribbean island, taking them beyond the traditional resort and beach setting into the colourful realm of Jamaica's lifestyle, tradition and customs.</p> <p>Visitors wishing to take part in the Meet-the-People programme are teamed up with Jamaican hosts or volunteers who share a common profession, hobby or interest, free of cost. In true Jamaican fashion, these volunteers offer a hand of friendship and hospitality to visitors who genuinely want to know Jamaicans and the Jamaican way of life. Meet-the-People allows the visitor to meet a Jamaican who can enhance their enjoyment of the real Jamaica. Guests may get to meet a family or know a fellow musician, doctor, photographer, nurse, teacher or artist, or participate in a wide range of activities, such as hiking, shopping at a local craft or food market, visit a church, tour a facility or have a chat over Jamaica's famous Blue Mountain coffee.</p> <p>Whatever the focus, these activities are uniquely Jamaican, providing an island experience that only locals can create, and a pathway to the unique aspects of Jamaica's rich endearing heritage in people, culture, music, cuisine and natural landscape. The Jamaica Tourist Board will make all arrangements for you to participate in the Meet-the-People programme. Once you have confirmed your accommodations and your travel dates, simply sign up online at http://www.visitjamaica.com/about-jamaica/meet-people-sign-up.aspx</p>
Zoomers	<p>The large number of high end all-inclusive resorts make this an easy destination for those who want a gentle, everything-taken-care-of style of vacation. However, there's still plenty to see and do on the island, as these notes attest, for more active seniors.</p>
UNIQUES	<p>Port Royal</p> <p>From West Beach Dock, Kingston, a ferry ride of 20 to 30 minutes will take you to Port Royal, subject of a hundred adventure novels that conjure up visions of swashbuckling pirates, led by Henry Morgan, swilling grog in harbor taverns. This was once one of the largest trading centers of the New World, with a reputation for being the "wickedest city on earth." Blackbeard stopped here regularly on his Caribbean trips. But it all came to an end on June 7, 1692, when a third of the town disappeared underwater during a devastating earthquake.</p> <p>Today Port Royal, derelict and rundown, is a small fishing village. Some 2,000 residents and a lot of ghosts live here. A seafaring tradition continues, and the town is famous for fresh seafood and quaint</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>architecture. Once there were six forts here with a total of 145 guns; some of the guns remain today, but only Fort Charles still stands.</p>
Surprising	<p>Rastafarians, a Jamaican religious group, venerate the late Ethiopian emperor, Haile Selassie. Some Jamaicans regard ganja (marijuana) as a sacred plant and testify to its healing power.</p>
History	<p>For centuries, Jamaica has welcomed settlers from all around the world. This small island has played host to the Amerindians who discovered it, to Europeans who fought to own it, to Africans forced to call it home, and to Asians, Indians and Middle Easterners searching for a better life. Each group carried with it a story and tradition, throwing everything into Jamaica's melting pot. After centuries of brewing, all have blended together to give the island its rich history and heritage - an international smorgasbord of legends, cultures and customs, all displayed right here against the background of Jamaica's beautiful mountains and valleys.</p> <p>Jamaica's first inhabitants were the Tainos, an Arawak-speaking people, believed to be originally from South America. The Tainos called the island "Xaymaca" meaning "land of wood and water". These peaceful, seafaring people greeted Columbus when he first visited the island in 1494.</p> <p>Columbus described Jamaica as "the fairest isle mine eyes ever beheld ..." His arrival marked the beginning of nearly 500 years of European occupation and governance. Initially, the Spanish settled near St Ann's Bay at "Sevilla Nueva" (New Seville), but eventually moved to "Villa de la Vega" (the city on the plains), now called "Spanish Town". Their new city swiftly flourished, becoming the island's centre of activity.</p> <p>During the 1650s, the British captured Jamaica from the Spanish. In a last-ditch attempt at defiance, the Spanish settlers freed and armed their slaves, who sought refuge in the island's interior. The Maroons, as these ex-slaves came to be called, continuously defied the island's new colonizers and still exist in modern-day Jamaica.</p> <p>Under British rule, Jamaica became a busy and wealthy colony. By the 18th century, the island was "the jewel of the British crown", producing 22 percent of the world's sugar on large, lucrative plantations. This success came at great cost to the African people, thousands of whom were forcefully brought to the New World as slaves.</p> <p>As a result of the cruel and oppressive slavery system, Jamaica had more revolts than other West Indian islands. Reports of frequent slave uprisings and other forms of resistance, coupled with brutal planter-militia reprisals, troubled the European conscience. In time,</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>anti-slavery sentiments grew strong in Europe, culminating in the Emancipation Act of 1834. The Act made provision for all slaves under the age of six to gain immediate freedom. All others were to serve a period of apprenticeship for four to six years. The apprenticeship period worked well in theory. In practice, however, it was little better than slavery. Planters continued to abuse their apprentices, and withheld guaranteed provisions and wages. Subsequently, full emancipation was granted in 1838, two years earlier than planned.</p> <p>Eager to sever connections with the symbol of their enslavement, many labourers left the plantation, settling across the island. To provide an alternative, affordable workforce, the planters recruited indentured workers from China and India. After their period of indenture, many Chinese and Indians stayed on the island, adding to Jamaica's eclectic mix of cultures.</p> <p>After 1838, sugar productivity and profitability declined, forcing Jamaica to diversify its economy. Although crops such as bananas and coffee provided sound substitutes, other industries eventually became the driving force of Jamaica's economy, outgrowing agricultural exports.</p> <p>Like the changing economy, Jamaican politics also transformed with the end of slavery. In 1866, the island implemented the crown colony system of government. Under this new system promises of education, health care and other social reforms gave hope to a newly freed generation. But decades later, social disappointment festered, leading to a spate of incidents of civil unrest, and heralding the birth of the trade union movement.</p> <p>Out of these disturbances arose Jamaica's foremost labour organisations and political parties. Norman Manley's People's National Party and Alexander Bustamante's Jamaica Labour Party would go on to dominate Jamaica's political scene into the 21st century.</p>
Books	Lonely Planet's Jamaica is an invaluable guide to the island.
1000 Places to See Before You Die	<p>Jamaica's Reggae Festival – a party to end all parties! Pork Pit – a beachside introduction to the World of Jerk Rick's Café – where sunset is served on the rocks in Negril Strawberry Hill – on top of the world in the Blue Mountains</p>
Must Sees	<p>Dunns River Falls The point at which Dunns River enters the Caribbean Sea is marked by 600ft of mountain spring water cascading down the rocks towards the ocean. It's the most photographed attraction in Jamaica. Set within a small tropical forest, the thundering cascades, exhilarating blasts of ice-cold spring water and the sheer majesty of nature all combine to</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>create one of Jamaica's most-treasured locations.</p> <p>Tip: Check at the main booth for information on renting lockers, having a guide direct you up the falls and on acquiring beach beds.</p> <p>Far from simply a picturesque spot, the falls offer a hint of adventure to those with a willing spirit. Climbing Dunns River Falls has become almost a staple for any Jamaican vacation; even for the not-so-athletic. Inexperienced climbers should hire an official guide, since the rocks may be mossy, slippery and just dangerous enough to put a small damper on what would otherwise be a perfect vacation. Climb at your leisure, and have a guide show you interesting spots where you can jump off, slide down rocks, or have a soothing massage from the falling water. Along the route up the falls there are clear pools to swim in, small whirlpools, caves to explore and a garden to picnic in.</p>
--	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p>SPORTS ACTIVITIES</p>	<p>Sport is an integral part of national life in Jamaica and the island's athletes tend to perform to a standard well above what might ordinarily be expected of such a small country. While the most popular local sport is cricket, on the international stage Jamaicans have tended to do particularly well at Track and Field. Over the past 6 decades Jamaica has produced dozens of world class sprinters including most recently Usain Bolt, world record holder in the 100m and 200m for men.</p> <p>The Reggae Marathon is held every year in the first week in December in Negril and race participants are treated to a pre-dawn ritual during which Rastafarian drummers chant "Irie" blessings, while the soulful beat of Reggae music encourages runners to the finish line.</p> <p>http://www.reggaemarathon.com</p>
<p>Golf</p>	<p>Jamaica has the best golf courses in the West Indies, with Montego Bay sporting the best championship links.</p> <p>The Cinnamon Hill Ocean Course at Rose Hall Resort & Country Club (tel. 866/831-1313 or 876/953-2650; www.rosehallresort.com) is ranked among the top-five golf courses in the world by some; it's an unusual and challenging seaside and mountain course.</p> <p>Golf at Half Moon (tel. 876/953-2211; www.halfmoongolf.com) at the Half Moon Resort features a championship course designed by Robert Trent Jones, Jr. SuperClubs' Ironshore Golf & Country Club (tel. 876/953-2800) is another good course in Montego Bay.</p> <p>On the North Shore are SuperClubs' Runaway Golf Club (tel. 876/973-7319; www.superclubs.com) at Runaway Bay and Sandals Golf & Country Club (tel. 876/975-0119; www.sandals.com) at Ocho Rios.</p> <p>In Mandeville, the Manchester Country Club, Brumalia Road (tel. 876/962-2403), is Jamaica's oldest golf course, recently expanded from 9 to 18 holes. Beautiful vistas unfold 660m (2,200 ft.) above sea level.</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



<p>Fishing</p>	<p>North Coast Marine Sports Half Moon Hotel, Montego Bay Tel: 876-953-2211 Deep sea fishing on the "Irie Lady" a private sport fishing charter boat for 1 - 6 passengers. Bait and tackle are included. The vast crystal - clear water of the Caribbean Sea offers exciting adventures with marlin, trophy-size kingfish, fighting barracuda, sailfish, wahoo and a host of other species. They arrange free transportation within an 8km radius, which covers the resort of Montego Bay.</p>
<p>Horse riding</p>	<p>The best riding is on the North Shore. Jamaica's most complete equestrian center is Chukka Caribbean Adventures (tel. 876/972-2506; www.chukkacaribbean.com), at Richmond Landoverly, less than 6km east of Runaway Bay. Another good program is offered at Rocky Point Riding Stables (tel. 876/953-2286), Half Moon Club, Rose Hall, Montego Bay, housed in the most beautiful barn and stables in Jamaica.</p>
<p>Hiking</p>	<p>The hiking jewel in Jamaica's crown is Blue Mountain Peak. The peak is the highest on the island, rising to an altitude of 7402ft. Overall, the 22km Peak Trail takes about seven hours. Starting the trail early in the morning makes for an exciting hike and an incredible view of the sunrise, however if you decide to do the trek in the morning, you can spend the night prior to the hike at either Whitfield Hall or Wildflower Lodge, or camp out at Portland Gap. Both lodges are cosy and rustic, and their staff will make arrangements to pick you up from Kingston or Mavis Bank. They will also organize local guides, and can provide meals on request. Also, in order to drive to the start of the hike near Whitfield Hall, you must have four-wheel drive. Generally, the best time to try the hike is during the Blue Mountains' dry season, which lasts from December to April. It's often best to go on an organized tour, the best of which are offered by Sun Venture Tours (tel. 876/960-6685; www.sunventuretours.com). Besides the high Blue Mountains, where Sun Venture goes, another great place for hiking is from Port Antonio. You can hike various trails through the Rio Grande Valley; highlights include the 7-hour White River Falls jaunt along the banks of the White River and an easier walk to the Scatter Waterfalls, floating on a bamboo raft across the Rio Grande. The 11km Guava River Trail goes along the Guava River into the heart of the Blue Mountains. The Maroon Country, near Montego Bay, is also a place of challenging hikes - though it's best to hire a guide here as it's easy to get lost.</p>
<p>Cycling</p>	<p>Blue Mountain Bicycle Tours Ltd., 121 Main St., Ocho Rios (tel. 876/974-7075; www.bmtoursja.com) offers all-inclusive, all-day biking holidays in Jamaica's Blue Mountains, the Caribbean's highest mountain range. The highlight of the tour is the famous Downhill Bicycle Tour, with panoramic vistas in all directions. The tour features a</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Jamaican brunch and lunch at a local cafe. You're taken around by experienced guides and provided safety equipment as well. Time is allotted for a refreshing waterfall swim.</p>
<p>Diving</p>	<p>There is excellent diving available in various locations in Jamaica. Diving is sometimes offered as part of all-inclusive packages by the island's major hotels, such as Couples resorts. There are also well-maintained facilities independent of the hotels.</p> <p>Near Montego Bay, Seaworld Resorts (tel. 876/953-2180; www.caribluhotel.com), at the Cariblu Hotel on Rose Hall Main Road, offers scuba-diving excursions to offshore coral reefs that are among the most spectacular in the Caribbean. There are also PADI-certified dive guides, one dive boat, and all necessary equipment for either inexperienced or certified divers.</p> <p>Negril is a hotbed of diving. Negril Scuba Centre (tel. 800/818-2963 or 876/957-9641), in the Mariner's Negril Beach Club, Norman Manley Boulevard, is the area's most modern, best-equipped scuba facility.</p> <p>Websites for Divers - For useful information on scuba diving in the Caribbean, check out the website of the Professional Association of Diving Instructors (PADI) at www.padi.com . This site provides descriptions of dive destinations throughout the Caribbean and a directory of PADI-certified dive operators. Scuba Diving Magazine also has a helpful website at www.scubadiving.com . Both sites list dive package specials and display gorgeous color photos of some of the most beautiful dive spots in the world.</p>

<p>CULTURE</p>	
<p>Arts</p>	<p>Jamaican paintings, sculpture and pottery are among the best in the Caribbean. What makes the art extraordinary is its diversity. Artists work in a variety of styles, modes and forms, ranging from the academic to the self-taught or intuitive, the surrealist and symbolist to the impressionist and social-realist. Also they blend European, African and American influences. And they've learnt from Europe's and America's classical and abstract forms, while mimicking the techniques, colours and symbols found in African art. Altogether, they've collected and merged these influences to create the extremely varied, unique Jamaican school of art.</p> <p>The Ward Theatre in Kingston is Jamaica's largest and best-known performing arts theatre, and has a rich and fascinating history. That aside, the building itself is certainly worth a visit, but attending a performance there is clearly the best way to experience Jamaican theatre, history and culture firsthand. Call ahead or stop by the box office to see what's on. Usually the National Pantomime, an annual production of the Little Theatre Movement opens on December 26 and</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	runs for a few months afterwards.
Music	<p>Thumping, infectious and passionate sounds are the trademarks of Reggae, Jamaica's most internationally recognised music and the heartbeat of the people. Although this is Jamaica's music, its origins are in the villages of Africa where the people's forefathers mourned the passing of an ancestor, heralded the birth of a son or celebrated the end of a harvest with song and dance.</p> <p>Jamaica's traditional music is heavy with the substance of Jamaican collective experiences, struggles for personal freedom and independent nationhood. Music has been a tool for rebellion and for communication with each other, nature and the Divine. It also provides a lyrical voice for social and political commentary. The fusion of African and European heritage has produced several forms of music that still thrive in many modern communities.</p> <p>These folk forms fall into three main groups – tunes for work and entertainment, religious melodies and dance music. Each group has its own harmony, but all share a commonality in the types of accompaniments used, primarily the drum and small wind and string instruments.</p>
Films	<p>The James Bond film "Doctor No" was filmed in Jamaica, which is appropriate as Ian Fleming lived in Jamaica and wrote many of his 007 books here. He used the island as a setting in other James Bond novels, including Live and Let Die, For Your Eyes Only, The Man with the Golden Gun and Octopussy.</p> <p>Tom Cruise also starred in "Cocktail" on the island and you can visit the beach bar where key scenes were shot.</p> <p>Errol Flynn lived with his third wife Patrice Wymore in Port Antonio in the 1950s. He was responsible for developing tourism to this area, popularising raft trips down rivers on bamboo rafts.</p>
Museums	<p>The most important art collection in Jamaica is housed at the National Gallery, Roy West Building, Kingston Mall (tel. 876/922-1561). This gallery is a showcase for the nation's most talented artists. On the ground floor you're greeted with the controversial bronze statue of the late Bob Marley, the reggae great.</p> <p>Bob Marley Museum 56 Hope Road, Kingston 6; Tel: 876-927-9152 Website: http://www.bobmarleymuseum.com The museum is dedicated to the memory of the late Reggae superstar, Robert "Bob" Marley. The museum is located in Marley's original studio in Kingston where he recorded many of his songs.</p>
Festivals	<p>Reggae Sumfest First staged in 1993, Reggae Sumfest quickly became the world's premiere reggae music event. The festival showcases the best of</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Dancehall and Reggae music, as well as top R & B/Hip Hop performers and offers delicious Jamaican cuisine and arts and crafts. Each year, the event attracts more than 30,000 patrons to the tourist capital of Montego Bay in mid-July. http://www.reggaesumfest.com</p> <p>Jamaica Jazz and Blues Festival is held every January at Greenfield Stadium in Falmouth with high profile performers such as Natalie Cole, Air Supply and Ron Isley. http://jamaicajazzandblues.com</p>
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

ATTRACTIONS	
<p>Beaches</p>	<p>The beaches are the number one attraction of Jamaica. So many and so varied, there is the perfect beach for you. From secluded coves to the immense Seven Mile Beach in Negril...try as many as you can in your vacation or simply slump on the beach beside your resort and completely unwind...the choice is yours to make.</p> <p>With more nude beaches than any other Caribbean island, Jamaica is the perfect place to bare it all. The au naturel beaches range from sedate and relaxing, to wilder and more self-indulgent. So it's just a question of packing a towel and some serious sun block, and then picking a patch of sand that's right for you. Nude tanning is permitted on private beaches island-wide. Find a secluded spot to slip out of your suit at Oracabessa's James Bond Beach or at Negril's Bloody Bay. Or take a boat ride to an island shared only by fellow nudists, Negril's Booby Cay. Ask for a little more privacy at Reggae Vibes, Ocho Rios, and the managers will corner off a section of the beach just for you. In Trelawny, Time & Place's deserted white sand offers quiet seclusion that's perfect for wearing nothing at all.</p>
<p>Wildlife</p>	<p>Jamaica is as much an animal lover's paradise as it is a botanist's dream. There are over 252 species of birds, of which 27 are found nowhere else in the world. These endemic species include the national bird – the streamer-tailed hummingbird (doctor bird), and the bee hummingbird, one of the world's smallest birds. The Jamaican tody, also known as the robin redbreast, lives solely on this island. This tody is even more unique because it makes its nest not in a tree, but in a hole in the ground.</p> <p>The indigenous streamer-tailed hummingbird or "doctor bird" is Jamaica's national bird. It is called the "doctor bird" because of its long black tail resembling an old-time doctor's coat. The doctor bird's feathers are the most iridescent and beautiful of all the hummingbirds on the island.</p> <p>The Giant Swallowtail butterfly, papilio homerus, exists exclusively in</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Jamaica. With a wingspan of up to six inches (0.2 m), it is believed to be the largest butterfly in the western hemisphere and the second largest in the world. The zebra, another indigenous butterfly, has a fascinating habit –every evening, large swarms roost on the same tree or branch. This unusual behaviour baffles scientists.</p> <p>In addition to these birds, butterflies and frogs, Jamaica has rare yellow snakes, infinite numbers of snails, hundreds of types of bats, six foot long lizards, and fireflies that light up the night sky.</p>
<p>Parks</p>	<p>Royal Palm Reserve The 122-hectare (300-acre) Royal Palm Reserve recreation site carved into the Great Morass is the easiest part of the massive local wetlands to explore. To reach it, take the road to Savanna-la-Mar at the southern end of Negril, turning left at the signpost and going along a dirt road to reach the beginning of the reserve. Here you'll find much wildlife, including sea hawks, ospreys, and the Jamaican woodpecker. The swamp is also home to egrets, butterflies, doctor birds, herons, and the endangered Jamaican black parakeet. Wooden boardwalks enable you to walk 2km or so into the wetlands for a close encounter with it all. The showpiece of the reserve is Cotton Tree Lake, home to numerous waterfowl, including wild ducks and the Jamaican pond turtle. A nature museum informs about the plant and animal life of the reserve. There is also a riverside bar and another lakeside restaurant and bar specializing in natural juices and Jamaican dishes.</p> <p>The Cockpit Country The foreboding landscape of the Cockpit Country is one of the most desolate and eerie territories in all the West Indies. For those who'd like to combine some adventure into that holiday by the beach, a tour through this rugged terrain is recommended - if you're in good shape. The forest-clad limestone hills of the Cockpit Country are shaped like witches' hats. This is wild "karst" terrain, of the type also found in Puerto Rico. The land is filled with weathered limestone covering 1,295 sq. km (500 sq. miles). Much of the Cockpit Country remains uninhabited and, even today, still hasn't been explored in depth. Conical hillocks were dissolved by an elaborate drainage system of caves and sinkholes. No other region of the Caribbean has such intriguingly named settlements: Wait-a-Bit, Rest and Be Thankful, and Me No Sen You No Come. Jamaica at present classifies the Cockpit Country as a National Reserve and there is a movement afoot to have it declared a national park. I travelled with Cockpit Country Adventure Tours and Hugh Dixon in this region, whom heartily endorse. Hugh's website is www.stea.net/tours and the telephone number is 876-393-6584.</p>
<p>Gardens</p>	<p>Hope Botanical Gardens & Zoo, Hope Road, Kingston Visit a Jamaican Shangri-La, a 93-hectare (230-acre) plot of beauty and</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>the largest botanical garden in the West Indies. It is adjacent to the Mona campus of the University of the West Indies. The "Hope" in the name comes from Richard Hope, a British Army commander who lived here in the mid-17th century. After the grime of downtown Kingston, it's a lovely place for a tranquil stroll; attractions include a cactus garden, sago palms, an orchid house, various greenhouses, an ornamental pond, and a "forest garden," with an aviary for the "birdie" in you. There's also a little zoo on-site. Admission to the gardens themselves is free, and they are open daily from 6am to 6pm.</p> <p>Coyaba River Garden gets its name from an Arawak word meaning paradise or heaven - so it's no wonder it's become a popular place to say "I do". Nestled in the hills, the small manicured garden displays a variety of flowering plants and vines, ferns and trees. Water plays an important role in the garden's ambiance, and shallow crystal-clear streams and ponds crisscross the grounds. After you roam Coyaba's garden, browse the gift shop, enjoy a cup of Blue Mountain Coffee at the courtyard cafe or take a tour of the museum, which displays many artefacts, including bits of Arawak pottery, a mantrap from the 19th century, Spanish water jars and 16th century maps.</p> <p>Cranbrook Flower Forest is a garden within a park, and is a popular picnic spot. The 130-acre property holds a working nursery, four lawns with barbeque areas and swings, a diverse collection of plants, fishing ponds stocked with tilapia, and a river coursing through the property. The main garden is a horticulturist's dream, with thousands of plant species parked along trails and in a greenhouse. There's also an area where numerous rare varieties of palms grow, including the Triangle Palm and the Traveller's Palm. The garden aside, Cranbrook's main attraction is the riverhead, where the Little River gushes out from its underground source into a natural swimming pool - perfect for a refreshing dip after a romantic stroll.</p> <p>Shaw Park Gardens: High on the hills overlooking Ocho Rios, Shaw Park Gardens offers a breathtaking view of the seaside town, making it a popular setting for special events. The property was originally a part of Shaw Park Estate, which was owned by a Jamaican family until the 20th century when it became the site of one the earliest hotels on the Jamaican north coast. Today, the 25-acre property has lovely gardens that slope downhill and run alongside a cascading waterfall.</p>
<p>Historical Sites</p>	<p>Rose Hall Great House The legendary Rose Hall is the most famous great house on Jamaica. The subject of at least a dozen Gothic novels, it was immortalized in the H. G. de Lissers book, <i>White Witch of Rose Hall</i>. The house was built</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



from 1778 to 1790 by John Palmer, a wealthy British planter. At its peak, this was a 2,640-hectare (6,521-acre) plantation, with more than 2,000 slaves. However, it was Annie Palmer, wife of the builder's grandnephew, who became the focal point of fiction and fact. Called "Infamous Annie," she was said to have dabbled in witchcraft. She took slaves as lovers and then killed them off when they bored her. Servants called her "the Obeah woman" (Obeah is Jamaican for voodoo). Annie was said to have murdered several of her husbands while they slept and eventually suffered the same fate herself. Long in ruins, the house has now been restored. Located 15km east of Montego bay.

Greenwood Great House

Located 23km east of Montego Bay, some people find the 15-room Greenwood more interesting than Rose Hall because it's undergone less restoration and has more literary associations. Erected between 1780 and 1800, the Georgian-style building was the residence of Richard Barrett, cousin of poet Elizabeth Barrett Browning. Elizabeth herself never visited Jamaica, but her family was one of the largest landholders here. An absentee planter who lived in England, her father once owned 33,600 hectares (82,990 acres) and some 3,000 slaves. On display is the original library of the Barrett family, with rare books dating from 1697, along with oil paintings of the family, Wedgwood china, rare musical instruments, and a collection of antique furniture.
www.greenwoodgreathouse.com

Fort Charles

This is the only one remaining of Port Royal's six forts. It has withstood attack, earthquake, fire, and hurricane. Built in 1656 and later strengthened by Henry Morgan himself for his own purposes, the fort displays scale models of ships from past eras and is close by to Kingston.

Firefly

Located in Grants Town, in St. Mary, 32km east of Ocho Rios above Port Maria, this vacation retreat was the home of Sir Noël Coward and his longtime companion, Graham Payn, who, as executor of Coward's estate, donated it to the Jamaica National Heritage Trust. The recently restored house is more or less as it was on the day Sir Noël died in 1973. His Hawaiian-print shirts still hang in the closet of his austere bedroom, with its mahogany four-poster. The library contains a collection of his books, and the living room is warm and comfortable, with big armchairs and two grand pianos (where he composed several famous tunes). Guests stayed at Blue Harbour, a villa closer to Port Maria; they included Evelyn Waugh, Winston Churchill, Errol Flynn,

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>Lord Laurence Olivier, Vivien Leigh, Claudette Colbert, Katharine Hepburn, Mary Martin, and the Queen Mother. Paintings by the noted playwright/actor/author/composer adorn the walls. An open patio looks out over the pool and the sea. Across the lawn, Sir Noël is buried under a simple white marble gravestone.</p>
--	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

OTHER ACTIVITIES	
Shopping	<p>Take a taste of Jamaica home with Blue Mountain coffee or Jamaican rum. Buy colorful art from the Contemporary Art Centre in Kingston or go to the Craft Market in Negril for carvings, beads and straw items. Arts and crafts range from alabaster and woodcarvings to weavings, and any outlet of Things Jamaican, sells a reliable assortment, including locations in Montego Bay and Harmony Hall outside Ocho Rios on the North Coast.</p>
Markets	<p>A visit to Dunns River Falls is a necessary stop for any visitor to the island, and the experience is perfectly complemented by a visit to the craft park at the top of the falls. The Dunns River Craft Market is one of the largest in Jamaica, featuring the work of artisans and vendors from as far away as Kingston. Dunns River is a prime place to have hair braiding done; with many braiders present, it is easier to negotiate a good price here than in the centre of town.</p> <p>At the Crafts Market, near Harbour Street in downtown Montego Bay, you can find a good selection of handmade souvenirs of Jamaica, including straw hats and bags, wooden platters, straw baskets, musical instruments, beads, carved objects, and toys. That jipijapa straw hat is important if you're out in the island sun.</p>
Nightlife	<p>Beach bars abound in Jamaica, and one of the most popular is the raffish Time 'n' Place in Falmouth, built of driftwood. The setting is so authentic that many fashion magazines, including Vogue, have used it for photo shoots. Dance on the sand at parties in Negril and Montego Bay's Hip Strip, and hear soca, calypso, and reggae in hotels, roadside bars and clubs. Serious reggae fans flock to one of Kingston's sound system discos for the real deal.</p>
Casinos	<p>Most Jamaican casinos are part of resort hotels, which means nearly all Jamaican casinos are located in popular tourist areas of the island. Slots make up the majority of floor games, but video poker, blackjack, Caribbean Stud Poker, craps, and roulette are also available.</p>

CUISINE	
Food	<p>There's a lot that goes into Jamaican cuisine. The people arrived from all corners of the globe, bearing favourite ingredients. But on a small island, nothing stays the same for long, and necessity dictates that everything be modified – creatively, flavourfully, and with a little bit of life</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>in every bite. They use cassava from native Arawaks, pickled meats and fish brought by the Europeans, yams and bananas brought by the Africans and curry by the East Indians. Put it all together, add some more spice, and what do you get? Jamaican cuisine.</p> <p>Although many quality gourmet and fusion restaurants around the world use the famous jerk sauce and serve the highly acclaimed Blue Mountain Coffee, most things taste better when they are made in Jamaica. At Boston, the heavily pimento-spiced jerk leaves a lasting tingle, while Middle Quarters' pepper shrimps heats the senses with a passionate intensity. Miss May from Hellshire challenges anyone, even the Spanish, to prepare Escovietch fish better than she does. In addition to tasting better, there are some dishes available only on the island. Good luck trying to find Cow Foot Stew or Goat Head Soup anywhere but in a Jamaican kitchen!</p>
<p>Drink</p>	<p>Appleton Estate Rum Tour Appleton, Siloah, Maggotty Tel: 876-963-9215 http://www.appletonrum.com</p> <p>Appleton Estate Rum Tour gives the visitor an inside look at the rum-making process. Visitors watch resident donkey "Pax" demonstrate how juice was extracted from sugarcane in the 18th century. From there the tour takes visitors to the Distillery & Aging House where the different methods of distillation are shown. Visitors are then able to juice their own cane, sample white rum and boil "wet sugar".</p> <p>Red Stripe is the local beer – and very good it is too on a hot evening at a beachside bar...</p>
<p>Restaurants</p>	<p>Jamaica is known for several distinct flavours, but jerk truly sets it apart. Jamaican jerk is world famous and can now be found in cities across the globe. But the best place to taste it is always at the source.</p> <p>Jerk is a style of cooking (native to Jamaica), in which meats are rubbed with a spice rub made from allspice (pimento), cinnamon, peppers, onion, thyme and garlic and marinated for hours before cooking. After marinating, the meat is placed on raised platforms of pimento wood over hot coals to slowly roast for hours.</p> <p>Jerk had its genesis in the hilly interior of the island. The Maroons (freed slaves who settled in the mountains) devised this cooking method to preserve meats. Today, jerk is found in a multitude of forms: from the traditional jerk pork or chicken to jerk sausage or jerk lobster and crab. You can even find jerk ackee (Jamaica's national fruit) or tofu at some restaurants.</p> <p>There are dozens of restaurants and cook shops across the island that either specialize in jerk cuisine or include it on their daily menu. However, if you want to participate in the jerk experience, here are some options:</p>

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



Jerk Trail: The jerk trail was created to assist visitors with navigating the island's many jerk stops, from favourite roadside stands to more traditional restaurants. This island-wide culinary tour is self-guided and includes 22 spicy stops from Negril at the western tip of the island to Port Antonio in the east. jamaicajerktrail.com

Portland Jerk Festival: The parish of Portland is the birthplace of jerk, which makes the Portland Jerk Festival the best way to celebrate this spicy food in its many forms. Now in its 14th year, this year's festival is scheduled for July 7 at the Folly Ruins in Port Antonio. In addition to the culinary side, Jamaican music and entertainment for kids are also featured. portlandjerkfestival.com

Boston Bay: Jerk Capital of Jamaica

Located in the parish of Portland, Boston Bay is where jerk first became popular. Year-round, Boston Bay and the surrounding roads are lined with a variety of jerk stalls. A visit here is a great way to rub shoulders with locals and grab a picnic before heading down to the beach.

Here are some other recommendations from our friends at Frommer's:

- **Jasmine** (Montego Bay; tel. 876/953-2800): At the Ritz-Carlton Rose Hall Resort, this small, intimate restaurant offers grand service and vibrant international dishes illuminated by candlelight. It's the most romantic place to dine at the resort.

- **Sugar Mill Restaurant** (Montego Bay; tel. 876/953-2314): Located at Half Moon, this is the top restaurant in Montego Bay. The chef's smoked marlin is without equal, and he makes the island's best Jamaican-style bouillabaisse. Guests dine by candlelight indoors or on an open terrace.

- **Norma's on the Beach** at Sea Splash (Negril; tel. 876/957-4041): Widely acclaimed as Jamaica's finest woman chef, Kingston's Norma Shirley has brought her recipes to Negril's Sea Splash Resort. The Jamaican and international food here is the finest on Seven Mile Beach, and Norma gets the best produce from local vendors.

- **Rockhouse Restaurant** (Negril; tel. 876/957-4373): Perched above a rocky inlet, this restaurant serves terrific cuisine, such as smoked marlin and peppered pork with yams.

- **Bloomfield Great House** (Mandeville; tel. 876/962-7130): Once part of a coffee plantation, this restaurant today serves one of the island's

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.



	<p>best-orchestrated menus - everything from smoked marlin with black caviar to the best pasta dishes in this part of Jamaica.</p> <ul style="list-style-type: none"> - Evita's Italian Restaurant (Ocho Rios; tel. 876/974-2333): Evita (actually Eva Myers) is a local culinary star, devoting at least half her menu to pastas. Her recipes range from the north to the south of Italy. Try snapper stuffed with crabmeat or lobster and scampi in buttery white-cream sauce - all washed down with a good Italian wine. - Mille Fleurs (Port Antonio; tel. 876/993-7267): In the Hotel Mocking Bird Hill, this restaurant is terraced and perched 180m (600 ft.) above sea level with panoramic views. People come here for the delectable food, which has been praised by Gourmet magazine. Opt for coconut-and-garlic soup or the fish with a spicy mango-and-shrimp sauce. - Norma's on the Terrace (Kingston; tel. 876/968-5488): Kingston's Norma Shirley, the island's foremost female restaurateur, serves up a nouvelle Jamaican cuisine without equal in the area. Try such Jamaican specialties as chowder with crabmeat, shrimp, conch, and lobster, or grilled smoked pork loin in a teriyaki-and-ginger sauce. - Strawberry Hill (Kingston; tel. 876/944-8400): This is one of the best modern Jamaican restaurants, tucked in the Blue Mountains. Even if you don't stay at this exclusive resort, try grilled fish with jerk mango or grilled shrimp with fresh cilantro in its restaurant.
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

MORE INFO	
Brochures	The Jamaican Tourist Board office for Canada is located at: 303 Eglinton Avenue East, Suite 200, Toronto , Ontario M4P 1L3 Tel: (416) 482-7850 or toll free (800) 465-2624 Fax: (416) 482-1730 and Email: jtb@visitjamaica-ca.com
Online	Website: http://www.visitjamaica.com Facebook: https://www.facebook.com/visitjamaica Twitter: https://twitter.com/VisitJamaicaNow Pinterest: https://www.pinterest.com/myjamaica/

PERSONAL EXPERIENCES	Negril, Montego Bay, Ocho Rios, Dunns River Falls River rafting on the Rio Grande Caving in Cockpit Country
-----------------------------	-------------------------------------------------------------------------------------------------------------------

Chris Robinson Associates Inc does not warrant the quality, accuracy or completeness of any claims, statements or information contained within this document. This document was created at the time of broadcast and may not be current.