

# Caribbean charm

*OK!Extra follows in Prince Harry's footsteps in Jamaica...*

The most westerly and third largest of the Caribbean islands, Jamaica celebrates its 50th year of independence from British rule on August 6 with a parade in the capital Kingston. The tropical island offers a diverse range of scenery – from the soaring Blue Mountains and the rain-forested interior carpeted with sugar cane and banana plantations, to the rugged south coast dotted with fishing villages and deserted beaches. If you like large all-inclusive hotels, then the touristy resorts of Ocho Rios and Montego Bay on the north coast will appeal, while the younger crowd like to hang out at Negril, with its wonderful beaches and watersports. A-listers hide away in the Blue Mountains and those who want an off-the-beaten-track experience head to Treasure Beach, an enticing six-mile stretch of dark sand punctuated by rocky coves on the south coast.

## Which stars will I see?

Jamaica recently had the royal seal of approval with a Diamond Jubilee visit from Prince Harry. Meanwhile, Her Majesty the Queen, Prince Philip and Prince Charles have all stayed at the Half Moon Resort in Montego Bay. Johnny Depp, Robbie Williams and Kate Moss have all stayed at Jake's on Treasure Beach. Kate Moss, Jamie Hince, Grace Jones and the Olsen twins all partied over New Year at the GoldenEye resort, while Usher, Shaggy and Chris Brown have performed at the Reggae SumFest which is held every July.

theatrical set designer, while her son Jason manages the hotel. With its intimate feel, we felt like we were staying with a group of friends rather than at a hotel. Daily life at Jake's proceeds at a sedate pace, as you dip in and out of the saltwater pool, enjoy open-air yoga classes or play tennis at the new courts at the nearby Breds Sports Park. Overlooking the sea, the Driftwood Spa at Jake's offers a large range of holistic therapies and wellness treatments using natural Caribbean ingredients.

## Where can I eat and drink?

Jake's main restaurant is set in a lovely courtyard under vines and twinkling fairy lights, where chilled Jamaican rhythms play in the background. To learn more about the local cuisine, OK!Extra signed up for a cookery lesson with head chef Dockery Lloyd. Jack Sprat, the hotel's casual seafood eatery, serves the freshest seafood and fabulous pizza. We also loved hanging out at Jake's thatched-roof bar, packed with Jamaican memorabilia and serving potent rum punch. Outside the hotel, you can pick up jerk chicken, pork or fish, cooked over hot coals, from any of the roadside stalls. About a mile from the shore, the Pelican Bar is a simple wooden hut set on stilts hovering above the aquamarine waters. This is the perfect place to spend a lazy afternoon watching pelicans fly overhead. A definite trip highlight for OK!Extra.

crocodile! At YS Falls, about an hour's drive from Jake's, we swam in the lagoons of the spectacular seven-tiered waterfall and swung on a rope from a tree on the bank before dropping into the waters.

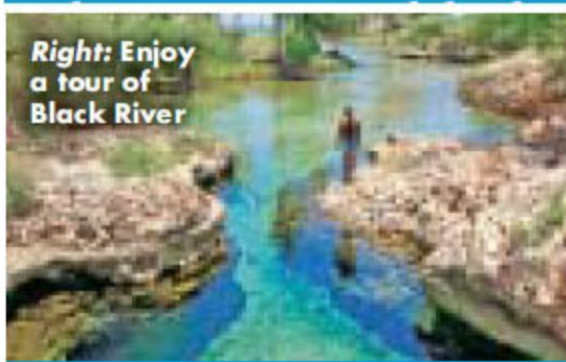
## How do I get there?

Virgin Holidays + Hip Hotels (vhiphotels.co.uk, 0844 573 2460), offers a seven-night package, including direct Virgin Atlantic flights from London Gatwick to Montego Bay and private car transfers, staying in a garden-view room at the four-star Jake's, Treasure Beach, from £1,139 per person. Price is based on two adults sharing. Start your holiday before you take off in the V-room at Gatwick, adults £20, kids, £12.

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**Above: Dinner is a twinkling affair at Jake's**



**Right: Enjoy a tour of Black River**

**OK!EXTRA TRAVEL**

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**Above: Enjoy drinks at the Pelican Bar**

**Main: A beautiful beach in Jamaica and, right: Prince Harry who visited the island recently**

