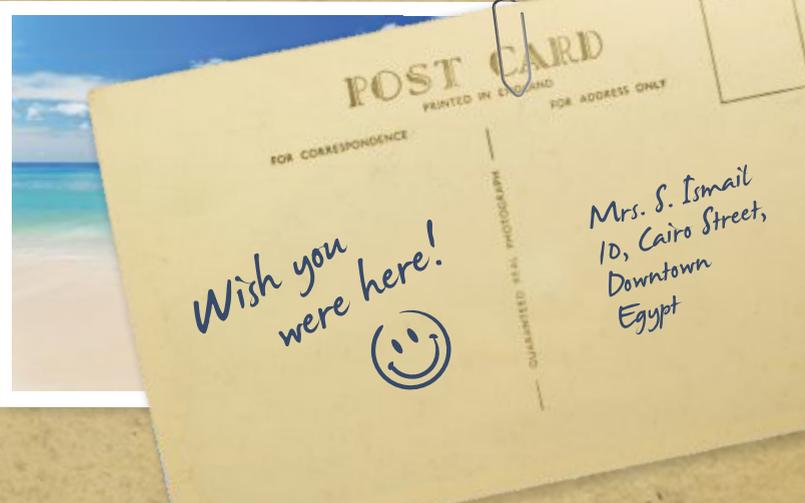




# The Caribbean



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# The Caribbean



Hamilton  
Bermuda

Nassau  
Bahamas

Cuba

Turks and Caicos Islands  
(U.K.)  
Grand Turk

Dominican Republic

Jamaica  
Kingston

Haiti  
Port-au-Prince

Santo Domingo

Puerto Rico  
(U.S.)  
San Juan

British Virgin Islands  
(U.K.)

U.S. Virgin Islands

Saint Kitts and Nevis

Basseterre  
Plymouth

Anguilla (U.K.)

Saint Martin

Saint Barthelomy (France)

Netherlands Antilles (Neth.)

St. John's

Antigua and Barbuda

Montserrat (U.K.)

Guadeloupe (France)

Basse-Terre

Dominica

Roseau

Martinique (France)

Fort-de-France

Castries

Saint Lucia

Barbados

Kingstown

Bridgetown

Saint Vincent and the Grenadines

Grenada

St. George's

Port-of-Spain

Trinidad and Tobago

Aruba  
(Neth.)  
Oranjestad

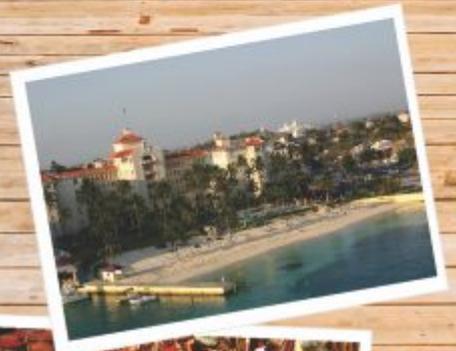
Netherlands Antilles  
(Neth.)  
Willemstad



### ● **Transportation**

● Getting around in Nassau/Paradise Island , Grand Bahaman Island and most of the 'Out Islands' is easy. Public transport, mini buses called "Jitneys" are an excellent way to see the cities, taxis are plentiful. Car hire is available, water taxis and ferries are busy and useful. Longer distances best by charter or cruise boats or by air. Driving here is on the left of the road.

●



# The Bahamas

## A memorable mix of history, glamour, nature and paradise.

A unique mix of cultures, from slavery to colonization, the people of the Bahamas are of West African descent mixed with English settlers, they're friendly, laid back and love to celebrate. A beautiful island paradise with a long and fascinating history where Pirates have played a major role, the Bahamas are a haven for holiday makers who love the sea, fishing, snorkelling, diving or just relaxing on a tropical beach, a memorable destination for any visitor.



### Life changing experiences...

**Meet the dolphins** Take a short trip from the capital Nassau, on Paradise Island over to the Blue Lagoon Island, interact and swim with these beautiful creatures of the sea.

**Nassau retail therapy** Just the thing after a few days of beach life, wander around the boutiques on Bay Street for high end shopping or visit the Straw Market for items with a local flair, bargaining skills will be useful! Nassau Paradise Island is best known for duty free shopping, perfumes, jewellery, watches, electronics, china and linens can be found for good prices.

**Grand Bahama Island** Freeport is the entry point just off the Florida coast and has lots to offer. Visit "The Perfume Factory", create your own perfume, bottle it and name it. Or soak up the sun on the pristine beaches, your choice of quiet, secluded white sands or action packed with every water sport imaginable! Take a sunset dinner cruise and check out the nightlife in Port Lucaya, plenty to do, see and experience.

**Andros Island's natural experiences** Divers should check out specialized trips to dive the "Blue Holes" of Andros, many to see and choose from, these unique underwater caves are an



### Facts for the traveller...

#### Weather

Much the same throughout all the islands, 8 hours per day of sunshine and good weather nearly all year round. Average temperatures range from 21°C to 26°C. Rain and hurricane season is from June to November. High season from December to April.

#### Currency

Bahamian Dollar B\$, US\$ can be used anywhere.

#### Time zone

GMT -5 DST -4

#### Tipping

Most restaurants add 15% to the bill, check before tipping more. Taxis add 15%. Porters US\$1 per bag Housekeeping US\$2 per day.

#### Shopping hours

Mon to Sat:  
8.30am - 7.30pm.  
On Sundays some shops are open from 1pm to 6pm.



amazing experience, some are located deep in the forests, an excellent opportunity to see nature at its best.

#### Fishing

Try your hand at salt water fly fishing with some of the local fishing guides or take a boat for a lazy day of light tackle fishing. For those with adventure in mind, try a little deep sea fishing, it's all good and it's fun. Each island has its own charm, try a little island hopping while you fish.



### Did you know?

The name of the country comes from the Spanish word 'bajamar', meaning 'shallow water'.

The islands of The Bahamas are actually called "cays" (pronounced "keys"), which comes from the Spanish word "cayo," meaning "island."

The national bird of the Bahamas is the Flamingo.



### Accolades ... your ticket to a new world of rewards

Free reward program enrollment "ACCOLADES". Buy with the cards and accumulate points, which is designed exclusively to reward card members for their loyalty and for choosing Diners Club



### Shopping hours

Mon to Sat: 9am - 5pm, some stay open longer.

Closed on Sundays and public holidays.

Restaurants open at 11am on weekdays and at noon on Saturdays.

### Transportation

There is no car rental in Bermuda as law does not permit travellers to drive there, mopeds and bicycles, however, are available to hire as the distances are quite small. Many simply walk around the areas they wish to see. Taxis are fine, if a bit expensive but best for getting to and from the airport. Buses are clean with air conditioning, ferries clean and efficient and can sometimes be the best option. A 'Bermuda Travel Pass' can be purchased and you can hop on or off both buses and ferries any time for 7 days, a very convenient way to get around.

# Bermuda

**"You go to heaven if you want, I'd rather stay here in Bermuda"** Mark Twain

Bermuda... not just a pair of shorts! A special island with a unique and rich history. Bermuda is a melting pot of cultural origins steeped in a mixed heritage from Europe, America and Africa. The island became home to pirates, privateers, slaves, fisherman, whalers, traders and even the ship-wrecked. With such a diverse and colourful history it's hard not to appreciate and enjoy this vibrant island's people and culture, together with its crystal clear waters, white and pink sands it is no wonder Bermuda is such a spectacular Caribbean destination.



## Life changing experiences...

**Hamilton City** The capital and hub of Bermuda. The place to go for some serious shopping, a night on the town or relax on 'Front Street', the harbour-front road lined with quaint, colourful buildings. A wonderful mix of traditional and cosmopolitan scenes, a definite must see.

**Memorable snorkelling** Bermuda is surrounded by spectacular coral reefs, home to scores of colourful fish, the remarkable clarity of the waters make snorkelling here a priority. The pink beach at Horseshoe Bay and Port Royal Cove are great places to spend the days and explore the waters.

**Wreck diving** Simply some of the best in the world. Bermuda's habit of swallowing ships has made diving here not only an unforgettable experience, but a lesson in history. With crystal clear blue waters and so many fascinating wrecks to choose from it is truly a paradise for divers and a special travel memory without a doubt.

**Golfing** If golf is your game just try one of the award winning courses, it'll be hard to keep your eye on the ball with the breathtaking scenery around you.

**Need a break from the beach** Visit Crystal Cave in Hamilton Parish, one of the island's many subterranean



## Facts for the traveller...

### Weather

Famous for clear blue skies & warm sunshine. Summer 21°C to 30°C - high season, April to November. Winter can be a little cool for swimming but fine for other water sports, 15°C to 20°C, with the off season in December through March.

### Best time to go

Good all year round but the best time is April to November, the warmest months for all round activities.

### Currency

Bermuda Dollar, equal to the US\$ (also accepted)

### Language

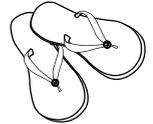
English, spoken here with a very different and interesting accent.

### Tipping

If not included in the bill, a 15% tip is generally expected at restaurants and hotels. Taxi drivers are usually tipped 10%. All Bermuda hotels add a hotel tax of 7.25% to the bill when you check out.

### Time zone

GMT-4 DST-3



## Did you know?

Bermuda is home to more golf courses per square mile than anywhere else in the world.

The pink sand on some of the beautiful beaches is caused by particles of shells mixed with pieces of coral and calcium carbonate.

The speed limit is 35km/hr everywhere, most people get around on scooters.



caverns. Mystic blue light from a pool in the wonderful lime formations is seen while descending the steps down into this magical cave, one of many sights to be seen and experienced.

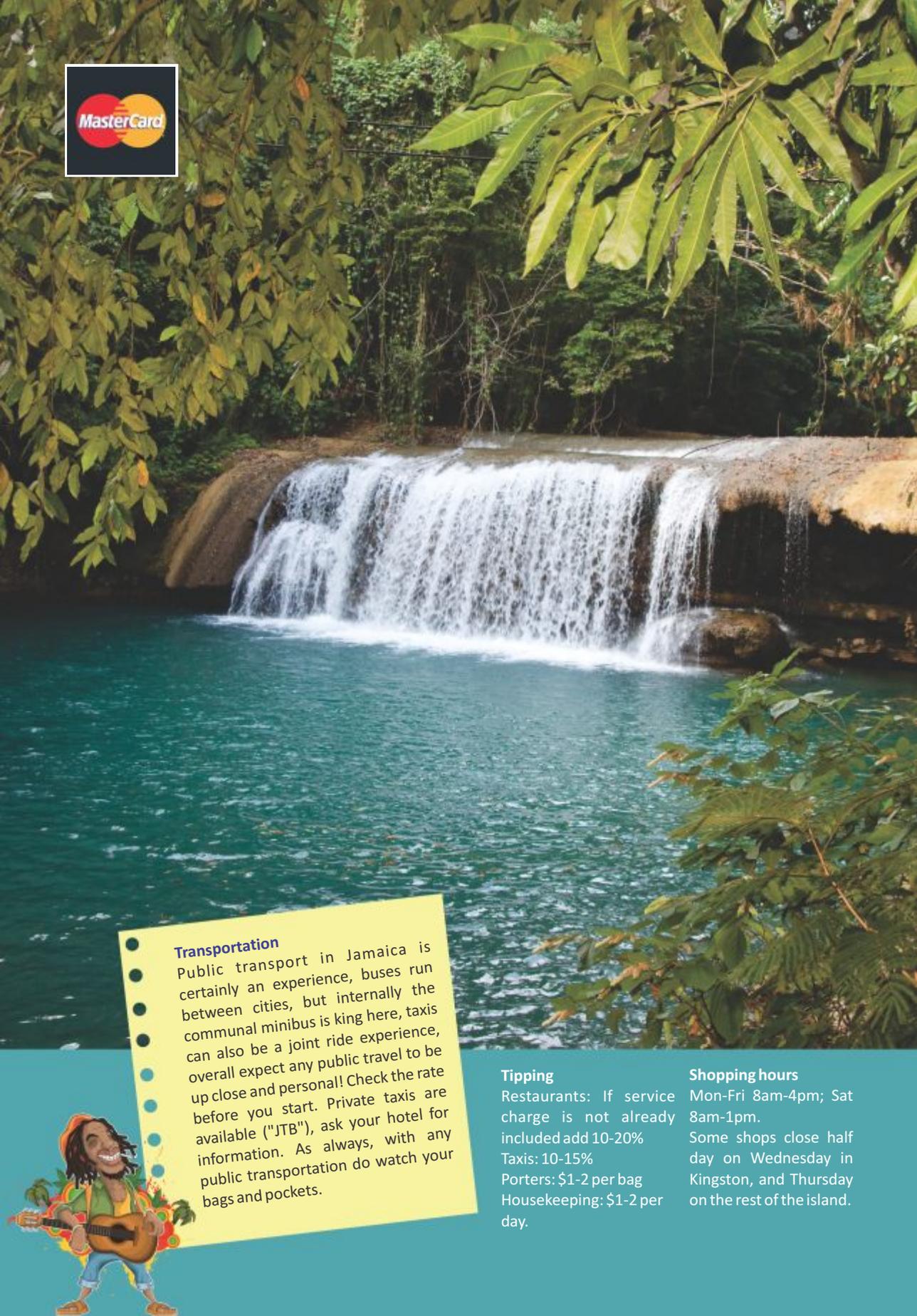
**Visit St. George** Bermuda's original settlement full of interesting historical architecture, explore picturesque streets, museums, art galleries and shops, and lunch at one of the breezy harbor side restaurants.



Time to get social.

[www.facebook.com/emecoholidays](http://www.facebook.com/emecoholidays)





### Transportation

Public transport in Jamaica is certainly an experience, buses run between cities, but internally the communal minibus is king here, taxis can also be a joint ride experience, overall expect any public travel to be up close and personal! Check the rate before you start. Private taxis are available ("JTB"), ask your hotel for information. As always, with any public transportation do watch your bags and pockets.

### Tipping

Restaurants: If service charge is not already included add 10-20%  
Taxis: 10-15%  
Porters: \$1-2 per bag  
Housekeeping: \$1-2 per day.

### Shopping hours

Mon-Fri 8am-4pm; Sat 8am-1pm.  
Some shops close half day on Wednesday in Kingston, and Thursday on the rest of the island.



# Jamaica

## No woman no cry...

The Caribbean's third largest island, Jamaica is also one of the most colourful. Famous as the birthplace of Bob Marley, reggae is the musical heart of the island, white sandy beaches, amazing tropical foliage and blue mountain peaks are just a few of Jamaica's other incredible treasures. From the bustling capital of Kingston, to the sizzling Montego Bay and quaint sleepy fishing villages, this island really does have something for everyone and will continue to fascinate and keep you entertained throughout your stay.



### Life changing experiences...

**Kingston** Unlike anywhere else in the Caribbean this city is fast, crowded and fascinating, it's full of life, noise and activity. The city that gave life to Bob Marley and countless other reggae stars is the cultural heart of Jamaica. "Uptown" has most of the hotels, restaurants and shopping areas, take the usual precautions when visiting any major city, use taxis at night and leave valuables in the hotel.

**Montego Bay** Jamaica's second largest city and the island's playground capital. Beaches, nightlife, water sports, golf, fine dining and duty free shopping! The bay is famous for clear waters and the coral reef just off the coast. Get out and enjoy this island paradise, and meet the friendly people, it's the perfect spot to make wonderful memories.

**Blue Mountain Coffee** Famous for being exceptionally smooth, slightly sweet and expensive, take a trip to the Mavis Bank Coffee Factory and do the "Coffee Walk", a short trip from Kingston. If you love the smell of coffee, this is an experience you will never forget.

**White Water Rafting** Time for a little adventure with white water or the more sedate rainforest rafting at Caliche Rainforest Park, Montego Bay, Ocho



### Facts for the traveller...

#### Weather

Average annual temperature between 25°C and 30°C, warm and sunny all year round. Hurricane season is between June & November.



Rios & Port Antonio. A unique experience for beginners and advanced adventurers alike.

**Bond...James Bond!** Stay at "GoldenEye Resort", home to Ian Flemming whilst he created his famous Bond novels in the 1950's and 60's. Now a luxurious resort that hosts the rich and famous, if you have the time (and the money!) you might just run into some regulars... Johnny Depp, Sting, Bono, Scalett Johanssen and more!

**Golf heaven** Beautiful courses are synonymous with Jamaica, the Tryall Club hosts major international events such as the Johnny Walker Classic. Many other courses offer fabulous resort accommodation with everything the golfer needs after a hard day on the course... restaurants, pools, private beaches, shopping and spas, what more could you ask for, total enjoyment!



#### Best times to go

High Season (winter) December to April

#### Language

Although English is the country's official language, Jamaicans mainly speak to each other in Patois, which is a language made up of English and African Creole.

#### Currency

US Dollar

#### Time zone

GMT -5



### Did you know?

Tia Maria the coffee liqueur was first made here from Jamaican coffee beans.

Jamaica is 3rd place on the list of countries to have won the most Miss World titles.

Although Jamaica is the land of sunshine the country is a competitor in the Winter Olympic Games.

The words 'barbecue', 'canoe', 'hurricane', 'potato' and 'tobacco' come from the language of the Jamaican Arawak Indians.





### **Transportation**

Very economical public bus system in San Juan, schedule can be a little unpredictable so allow for time, service stops at around 9pm. Buses do not run between cities, privately owned minibuses do, your hotel can advise you. Taxis are available and run a simplified fare system in tourist areas.

# Puerto Rico



**Throw holiday schedules away and let these islands do the rest!**

Tropical sunsets, Latin rhythms, 15th century Spanish forts, funky restaurants, glitzy casinos, rainforests, beautiful beaches, caves and coral reefs all combined with an easygoing Caribbean lifestyle is what makes Puerto Rico unique and special. From shopping in San Juan to the Jurassic-Park-like features of Isla Mona to biking around the beautiful Vieques, Puerto Rico offers a Caribbean experience with modern American efficiency, and a unique local charm.



## Life changing experiences...

**San Juan** Visit visit El Morro Fort or the World Heritage listed San Cristobal Fort, take a fascinating walking tour and finish off with a little retail therapy, shoppers from all over the Caribbean and beyond visit Plaza Las Americas here. Visit Old San Juan, hand rolled cigars can still be found and if you time your trip for January, join the annual street festival "Fiesta San Sebastian", definitely life changing.

**The Home of Salsa** The unofficial music of Puerto Rico, the locals have that salsa rhythm in their blood! Almost anywhere you go you will hear the distinct sounds of this seductive and wonderful music. Visit a salsa club and watch the locals dance, join in and try a few moves of your own, a great way to meet people and plenty of fun.

**Surf Capital of the Caribbean** Whether you are an experienced surfer or just starting out, a stand up paddle-boarder, long board rider or big wave enthusiast, the Porta Del Sol region has a beach for you, visit Rincon, know for all types of surf, a great place to try the board or just lie on the beach and watch!

**Glow in the Dark!** A unique experience awaits in any of the "bioluminescent bays" located around Puerto Rico. Visit Fajardo, Mosquito Bay, Vieques or Lajas, take a night time kayaking tour, dip your



## Facts for the traveller...

### Weather

Consistent weather, lows of 22°C and highs of 30°C. Hurricane season is from June to November.

### Best times to go

December to April is the high season, May and November can be cheaper and less crowded.

### Currency

US Dollar, referred to as "Peso"

### Time zone

GMT -4

### Tipping

Restaurants: 15%, or 20% if the service is really good.

Taxis: 15%-20%

Porters: \$1-2 per bag

Housekeeping: \$1-2 per day

### Language

The official language is Spanish, English is spoken everywhere.

### Shopping hours

Mon to Sat: 9am - 9pm.

Sunday 11am to 7pm.



hands in and watch the water glow around you, an experience not to be missed! (Electric boats are available for non-kayakers!)

**Thrillseekers enjoy!** If you like a little nature and a lot of adventure then a visit to Toro Verde Park is a must. Try a fabulous zipline tour, fly over the lush green tree tops with the "Canopy Tour" or for the brave at heart take on "The Beast" zipline, one of the longest and highest lines in the world.



## Did you know?

Puerto Rico means "Rich Port".

Christopher Columbus discovered Puerto Rico in 1493, he claimed the Island for Spain, spent two days there and never returned.



Time for more than a coffee break.

☎(02) 27736272 - 25774646

