

7-Day Jamaica Itinerary

Montego Bay • Ocho Rios • Negril

DURATION

7 Days

BEST TIME TO GO

December – April

dry season

FROM

\$1,750 USD / person

for 2 people

Jamaica's north coast covers three distinct moods in one loop — Montego Bay's plantation-era history and reef sails, Ocho Rios' waterfalls and dolphin coves, and Negril's cliff-diving sunsets on Seven Mile Beach. This is the classic first-time route, with real hotels, tour operators, and prices for each stop.

Day 1

Arrive in Montego Bay

Land at Sangster International Airport and settle into Jamaica's north coast — Half Moon's private cove is a short 15-minute drive from the terminal, giving you the rest of the afternoon to ease into island time.

Private Transfer — Sangster International Airport (MBJ) to Half Moon Resort, Rose Hall

~15–20 minutes • \$30 USD one-way per vehicle (1–4 people)

Prearranged JUTA transfers meet you at arrivals with a driver holding your name — Jamaica's official taxi association covers every route on the island and skips the negotiation that comes with hailing a cab at the curb.

JUTA Tours • +1 876-952-0813 • jutatoursja.com

Overnight — Half Moon, Rose Hall (Montego Bay)

From \$315–420 USD / night, for 2 people

A sprawling beachfront resort with its own private cove, golf course, and equestrian centre a few minutes down the coast road from Montego Bay's airport — one of the north coast's longest-running luxury addresses.

Half Moon • +1 876-953-2211 • halfmoon.com

Dinner on Your Own — Rose Hall / Montego Bay

Est. \$30–50 USD / person

On your own for your first night — Half Moon's own restaurants cover everything from casual grill fare to fine dining, or head into Montego Bay's Hip Strip for jerk chicken and local rum bars.

Day 2

Montego Bay: Plantation History & a Sunset Sail

Split the day between Montego Bay's plantation-era history and the open water — Rose Hall's Great House sits a few minutes from most north coast resorts, and Dreamer Catamarans runs its signature sunset cruise straight off the beach.

Rose Hall Great House Tour

~45–60 minutes · \$30 USD / person (day tour), children 4–12 \$12

A restored 18th-century plantation great house perched above the coast, best known for the legend of Annie Palmer, the “White Witch of Rose Hall” — guided tours run continuously through the day and cover the house's antique-filled rooms and gardens.

Rose Hall Great House · +1 876-953-2341 · rosehall.com

Sunset Catamaran Cruise — Montego Bay

~2 hours, Thursdays · \$115 USD / person

An open-bar catamaran run along the Hip Strip coastline with a live musician, rum punch, and Red Stripe on tap, timed to end with the sunset — hotel pickup is included for most Montego Bay resorts.

Dreamer Catamaran Cruises · +1 876-979-0102 · dreamercatamarans.com

Dinner on Your Own — Montego Bay

Est. \$25–45 USD / person

On your own — the Hip Strip and Gloucester Avenue have Montego Bay's densest run of restaurants, from jerk shacks to waterfront seafood.

Day 3

Transfer to Ocho Rios

Trade Montego Bay's resort strip for Ocho Rios' waterfalls and reef — the coast road east runs about two hours, with the option to break up the drive at a roadside jerk stand along the way.

Private Transfer — Montego Bay to Ocho Rios

~1 hour 45 minutes · \$111–158 USD one-way per vehicle (up to 4 people)

A private door-to-door transfer along the north coast highway, arranged in advance through the resort or a local operator — the standard way to move between Jamaica's coastal towns without renting a car.

JUTA Tours · +1 876-952-0813 · jutatoursja.com

Overnight — Jamaica Inn, Ocho Rios

From \$374–500 USD / night, for 2 people

A five-star, no-television classic that's hosted Winston Churchill and Ian Fleming — a private cove, a white-sand beach, and a deliberately old-school pace on the edge of Ocho Rios town.

Jamaica Inn · +1 855-441-2044 · jamaicainn.com

Dinner on Your Own — Ocho Rios

Est. \$25–45 USD / person

On your own — Ocho Rios' Island Village and the main strip along DaCosta Drive cover everything from jerk pans to Italian.

Day 4

Ocho Rios Adventure Day

Ocho Rios packs two of Jamaica's best-known attractions within a few minutes of each other — the waterfall climb at Dunn's River Falls and the dolphin encounters at Dolphin Cove, both easiest to combine into one day.

Dunn's River Falls Climb, Catamaran Sail & Snorkel

Half-day · From \$139 USD / person (roundtrip transfer included)

A guided hand-in-hand climb up the 600-foot terraced waterfall, paired with a catamaran sail, reef snorkeling, and rum punch on the way back — Chukka's version bundles the falls with the boat trip and lunch in one booking.

Chukka Caribbean Adventures · +1 877-424-8552 · chukka.com

Dolphin Cove Ocho Rios — Admission Plus

~2–3 hours · \$71.25 USD / person (Admission Plus package)

A lagoon-side park next door to Dunn's River with kayaks, a jungle nature trail, a water slide, and beach access, plus the option to add a dolphin encounter on-site — Admission Plus covers the trail, pool, and a Jamaican lunch.

Dolphin Cove · +1 876-974-5335 · dolphincoveja.com

Dinner on Your Own — Ocho Rios

Est. \$20–40 USD / person

On your own — Scotchies and the jerk stands along the A3 highway are the local standard for a post-waterfall dinner.

Day 5

Transfer to Negril via YS Falls

The road to Negril runs west through St. Elizabeth parish, and it's worth timing the drive to stop at YS Falls — a quieter, less crowded set of waterfalls than Dunn's River, with rope swings and river pools.

YS Falls

~1.5–2 hours · \$25 USD / person adults, \$16 children (3–15)

A series of seven cascading pools reached by a short tractor-drawn cart ride through cattle pasture, with rope swings and calm pools for swimming — open Tuesday to Sunday, 9:30am to 3pm for admission.

YS Falls · +1 876-997-6360 · ysfalls.com

Private Transfer — Ocho Rios to Negril

~3 hours total (with YS Falls stop) · From \$280 USD one-way per vehicle (1–4 people)

A private door-to-door transfer across the island's south side, with a stop at YS Falls built into the route — the direct drive alone runs about three hours without stops.

Jamaica Getaway Travels · jamaicagetawaytravels.com

Overnight — Tensing Pen, Negril

From \$227–320 USD / night, for 2 people

A cliffside boutique hotel on Negril's West End, built into the limestone cliffs with a private stairway down to the water and unobstructed sunset views — a quieter, more design-forward alternative to Seven Mile Beach's big resorts.

Tensing Pen · +1 876-957-0387 · tensingpen.com

Day 6

Negril Beach Day & Rick's Cafe

Negril runs on two speeds — a full day on Seven Mile Beach's calm, shallow water, and a sunset stop at Rick's Cafe, the cliffside bar that put Negril's cliff-diving scene on the map.

Seven Mile Beach — Free Day

Full day · Free (beach chair/umbrella rental typically \$10–20)

One of the Caribbean's longest stretches of white sand, with calm, reef-protected water that's easy for swimming and paddleboarding — most beachfront bars rent chairs and water sports gear by the hour if your hotel doesn't include beach access.

Rick's Cafe — Sunset & Cliff Diving

Daily, noon–10pm · Free admission

The West End institution that's been drawing crowds to watch (and attempt) cliff jumps off 10-, 25-, and 35-foot platforms since 1974, with professional divers performing for tips through the afternoon and one of Negril's best unobstructed sunset views.

Rick's Cafe · +1 876-822-1764 · rickscafejamaica.com

Dinner on Your Own — Negril

Est. \$20–40 USD / person

On your own — the West End's cliffside restaurants and Seven Mile Beach's beach bars both make for a good last-night dinner, most within walking distance of a West End hotel.

Day 7

Departure

Last morning on the island — build in extra time for the drive back to Montego Bay, since Negril to the airport is the longest of the week's transfers.

Check-Out & Free Morning — Tensing Pen

Before ~11am checkout

A last swim off the cliffside stairs or breakfast on the deck before checkout — Tensing Pen's cove below the resort is a good spot for a final look at the water.

Private Transfer — Negril to Sangster International Airport (MBJ)

~1 hour 30 minutes · \$99–111 USD one-way per vehicle (1–4 people)

A private transfer back along the coast road to the airport — build in at least three hours before an international flight to allow for check-in and security.

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