

# CLIFFHOUSE JAMAICA

COUSINS COVE | HANOVER | JAMAICA



## WELCOME PACK

Welcome to Cliffhouse. We want your stay with us to be as relaxing and enjoyable as possible. To help you settle in we have put together this pack containing all the information that we think you will need during your stay.

Please take a minute to look through the document. If you have any further questions please ask our property manager, O'Neil.



## OUR STAFF

We have four members of staff who are here to look after the day to day running of Cliffhouse and to make sure your stay is as perfect as possible.

Let's start by introducing everyone:



### O'Neil – property manager

O'Neil is responsible for the smooth running of the property and will make sure everything is just as you want it. He will drive you around or accompany you on any trips you wish to take. But if you would rather go alone he will rent you his minibus for the day. O'Neil lives in the building at the front of the property with his partner and our housemaid, Anjelita and their two sons Christopher and Jamie.



### Anjelita – housekeeper

Anjelita is our housekeeper and will come in each day (except Sunday) to clean and tidy the house and make sure it is tip top condition for you, this is included in your rental price. She lives with O'Neil and two children in the property at the front of the house. Anjelita will also do washing for you too, just ask.



### Yogi – cook and pool maintenance

Yogi lives in New Town, 10 minutes away. He is our chef and produces the most delicious fresh food that you will find anywhere on the island. He is more than happy to cook for you as often as you like. He also looks after the swimming pool and front garden. He will usually be in each morning for 2/3 hours cleaning the pool and tending to the front garden. if you would like him to cook just ask.



### Vessel – house and garden maintenance

Vessel also lives in New Town but he will probably be around most days. He has the responsibility to maintain the back garden and he does much of the day to day maintenance on the property. He can take you for trips on fishing boats, will do a fantastic sunset crab hunt for the kids and will generally help out where needed.

Please note that although each of the staff members receives a salary from us, they do rely on tips to supplement their incomes. If you feel that you have received a good service during your stay please show them your gratitude by offering a tip.

## SERVICES AVAILABLE

\* Due to fluctuating exchange rates these prices are subject to change. Please check the current prices with O'Neil.

### All prices are in US Dollars:

#### Your personal chef

Yogi will purchase ingredients, prepare, cook, serve and wash up for the following prices.

Supper	Breakfast
10.00	5.00

Notes  
Price per head plus the cost of ingredients

#### Your personal driver

O'Neil is insured to drive guests. These are the prices he will charge you

Airport pick up	100.00	Each way
Return trip to Half moon	60.00	
Return trip to Negril	60.00	
Return trip to Mayfield falls	150.00	This is a full day trip

#### Boat trips

Take a trip in a fishing boat with an outboard engine. Trips need to be booked with Vessel, or ask O'Neil

Boat return to Half moon	90.00
Boat return to Negril	140.00

#### Babysitting

Can be organised, ask O'Neil or Anjelita	20.00	Per night
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#### Other services available

Car hire – from cliffhouse*	100.00	Per day
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\*O'Neil's Toyota minibus is now fully insured for guests to drive. It seats 8/10 people and is available for hire for anything from one day to the duration of your stay. Just ask O'Neill.

Scuba diving lessons at Cliffhouse	300.00	For a 2 day course. Day one in the pool and day two in the sea exploring the coral reef  This will enable official qualification for your PADI enabling you to dive anywhere in the world
Massages at Cliffhouse	60.00	For a one hour session

## THINGS TO DO AND SEE

During your stay with us you can do as much or as little as you want. There are lots of places that we can recommend, some very touristic and some more authentic. Have a read through the list below and just ask O'Neil if you have any questions or would like to organise something.

### **Scuba diving:**

Patrick, our great friend, is a sports instructor at one of the large all-inclusive hotels in Negril. He lives in Cousins Cove and will come to the house with all the scuba diving equipment needed to teach you to scuba dive. It is a 2-day course. The first day is spent learning how to use the equipment in our pool. Once you, and he, are confident of your abilities he will take you out on to the reef on day two. At the end of the sessions you will have to take a short test to make sure you have learnt all the basics. If you pass he will process your official PADI qualification. This means you can then dive anywhere else in the world. Patrick is a great teacher and very good with children. He is fully qualified to teach.

### **Snorkeling:**

From the clifftop you can go down some steps we have made into the sea. It is all coral reef so great for exploring. Swim out and the reef suddenly drops down to 30 metres and is bright blue. Lots of fish, sea slugs and sometimes squid. The seas around us are fairly safe but we have seen some jellyfish every now and again, usually after storms, so just be aware of what is around you.

### **Fishing:**

As Cousins Cove is essentially just a little fishing village there are lots of fishermen going in and out of the cove most of the time. Some still use old-fashioned paddleboats cut and fashioned by hand from trees but others have upgraded to more modern motorised boats. You can often see them night fishing with flaming torches. If you would like to take a fishing trip, just ask Vessel or O'Neil to organise something for you.

### **Boat trips up the coast:**

The BEST way to go to Negril or any of the other beaches up the coast is by boat. Vessel has an agreement with Byron, the main fisherman in Cove, to use his motorized fishing boat for trips with guests. The trip to Negril is about 45-minutes. There are some stunning views of the coastline and we have even been lucky enough to see dolphins on some days. We do have some lifejackets but check with Vessel for numbers. Please be aware that this is not a licensed tourist boat so you may want to ask him to show you the boat before you decide to go. It is, however, an authentic experience.

### **Half moon beach:**

This is a small private beach that we sometimes go to. You can go by boat, as above, or car. It is about 20 minutes away from Cliffhouse. It is a very quiet beach with a bar and restaurant but do not expect fast food. Order as soon as you arrive otherwise you could be waiting for ages when you're hungry. It is perfect for younger kids, as it is very shallow and extremely well sheltered so that there are only very gentle waves.

### **Rhodes Hall Plantation**

A little further up from Half Moon beach is Rhodes Hall Plantation Resort. Here you will find a small but beautiful beach with bar and restaurant. It also has horse riding facilities for anyone wishing to explore the plantation grounds on horseback.

## **Negril and its beaches**

Negril is a world famous resort with 7 miles of beautiful beaches. Although, you won't find it as tranquil as Cousins Cove, it is worth a visit as there are lots of things to do. You have a choice of places to go. The main beach is divided up into plots that belong to each of the bars and hotels along the coast. You can go to pretty much any that you like the look of. Some of them will charge an entrance fee, some are free. There are also sections of the beach that are for the public and tend to be used by the locals especially at the weekends. There are so many places that you can try different ones each day, just walk along the seafront and you will get a flavour for each one.

Big chunks of the beach are reserved for the large all-inclusive hotels. You used to be able to buy a day pass to have access to these beaches, to use of all the facilities as well as the bars and restaurants but we are not sure if they still allow this. You can ask at the hotel reception desks.

To get to Negril's famous West End you need to go through the town centre and out the other side. There are lots more bars, restaurants and hotels but they are on the clifftop so have little access to the beach or sea. There is the famous Rick's Café where the whole world goes to watch the sunset and see the crazy people diving from about 100 metres into the sea. You can even have a go if you really want to!

Go into the town for the shopping centre and supermarkets and general Jamaican city vibe. If you fancy a night out there are always concerts being held and a couple of nightclubs worth a visit.

It has a new water park, Kool Runnings, with about 10 different water slides. You can't miss it.

Some of our favourite places to go for either lunch or supper are:

- Kuyabi – quiet bar and good restaurant, a few swings and hot tub, more for grown ups
- Splash – quiet and relaxing with a small pool and jacuzzi and good food.
- Margaritaville - Very Americanised but has a good beach with swings, rock climbing station and bouncing things in the sea so great for the kids

## **Land crab hunting:**

Back to more gentle pastimes around the villa. Crab hunting is a great favourite for the kids. This is usually done by Vessel as the sun goes down and when crabs are in season (ask him when that is). Grab all the torches you can find and, like the pied piper, all the kids follow him as he goes around hunting the crabs in their hiding places under the rocks in the crevices around the grounds. If you catch enough you can ask Yogi to turn them into a crab curry afterwards, very delicious.

## **The bat cave:**

Across the main road and up the lane opposite Cliffhouse are Ron's Arawak Caves. He is sometimes there to take you on a tour of the caves and sometimes not. You may need to go a few times to catch him or let O'Neil know and he can contact him for you. You go with flaming torches down into the depth of the caves to see all sorts of strange animals, cave markings and geological structures. Alternatively, go just as the sun sets at dusk and watch the bats all fly out from deep within the caves.

**A day trip to Mayfield Waterfalls:**

You MUST do this. It is a full day trip; you will have an hour and 20 minute drive (with O'Neil driving) up the mountains behind the villa to get there. It is a fascinating journey, through all the old cane plantations and mining towns. It really gives you a glimpse into the real world of Jamaica. Mayfield falls is a gem of a place. Beautifully tended gardens surround the waterfalls. Start at the bottom of the falls and walk up slowly through the water stopping at various points for diving pools. Have a natural water massage or dive through underground water holes. It can take about an hour and half or less if you get tired and at the end you will find a lovely plate of chicken and rice waiting for you.

**Byron's bar:**

Around the cove from Cliffhouse and overlooking the water is Bryon' s bar. He is a very old friend so send our best wishes if you visit. It is a very traditional wooden roadside bar. He will supply crates of beer, lobsters and other fish if you wish. Sunday nights he sometimes has dance parties, worth a trip to see a Jamaican sound system and dominoes being played all night long.

**Golf courses:**

There are two golf courses that you can play. One is in Negril, just outside the town centre. This is ok but nothing to get excited about if you are a serious player. However, you can just turn up and get a game with no real need to book and you can wear pretty much anything. If you a serious player then you need to head for Tryall Golf Course. It is a world famous course sited either side of the road back towards Montego Bay. You pass it on the way from the airport. It is pricey and you will need to book and wear appropriate clothes but it is highly recommend by those who know. Call Tyrall for reservations (876) 956 5660

**Sir Alexander Bustamante's house**

The house is a 20 minutes drive, high into the hills above Cousins Cove. It is the birthplace of the first Prime Minister of Jamaica. It is a wonderful drive through a luscious green landscape and makes a wonderful afternoon trip.

**Horse-riding, tube rafting and other outdoor activities:**

A great place to go for a range of outdoor activities is Chukka Blue. It is located on the road to Montego Bay and you will have passed it on the way from the airport. It has grown over the past 5 years to become the biggest outdoor activity organiser on this side of the island so has a good reputation. You can go horse-riding along the beach and in the sea! or in the mountains. Take a 4x4 safari. Go tube rafting on the river or kayak.

You can find out more from [www.chukkacaribbean.com](http://www.chukkacaribbean.com) or call (876) 953-5619.

## OTHER USEFUL INFORMATION

### **Cliffhouse telephone and fax:**

The telephone is set up to accept telephone calls and faxes from anywhere. If you want to make calls or send faxes you will need to buy a calling card. These are available from all gas stations and most supermarkets.

### **Internet access:**

At present we do not have a permanent account but you can buy internet access cards from the gas station in Negril. You will get a code that you have to put into the settings of your computer to gain access. It is only at dial-up speed but fine for getting emails and basic surfing.

### **Nearest banks:**

Lucea has a branch of the Bank of Nova Scotia with a cash point outside. Negril has another branch that is bigger and used to dealing with tourist enquiries and a cashpoint. There is also a cashpoint outside HiLo supermarket.

### **Food shopping:**

The nearest food shopping is in either Lucea or Negril. Lucea being a small town has a selection of small supermarkets but not much fresh food. You can try the market which is by the waterside. It can be a bit hit and miss, you will usually find some fresh fruits, vegetables and meat in the covered market although we can't say it looks like the most hygienic place to buy your lunch!

The best place is Hi-Lo in Negril. It is open everyday and has a fairly good selection of everything you are likely to need. You will find a cashpoint right outside the supermarket and there is a small crafts market nearby and the usual tourist shops.

Don't forget about the locals. Yogi will always be able to get you some fresh fish from the local fisherman. Ask him first thing in the morning and he will go and see what is available that day. He can also get chicken and some basic provisions locally.

There is a lady that will call every now and again selling vegetables out of the back of her van. Once she knows you are there you can ask her to come back every couple of days. It is usually of good quality and price.

### **Power cuts:**

We do occasionally suffer from random power cuts, they don't usually last long so be patient. We have stocks of candles and some torches in the large cupboards in the kitchen.

### **Power consumption:**

In these days of carbon footprints and needless energy burning do try to be conscious of the power consumption. Please try to remember the following:

- Turn off the swimming pool interior and exterior lights each night. The switches are in the corner of the kitchen by the kettle and toaster.
- Also turn off all the garden and patio lights each night.
- Please do not leave the air conditioning units or ceiling fans on while you are not the rooms.

**Security:**

If you are going out for the day or for any length of time it is best to lock up the house. Ask O'Neil to show you where the keys are kept. You can lock all the doors from the interior and then use one of the large double doors from the kitchen to exit and enter using the key.

The house is in a very safe part of Jamaica and everyone in the village knows us so we are well looked after but we do recommend locking all the doors from the interior at night. Also, if you do feel you would like extra security we can organize a night security guard, just ask O'Neil.

In each of the wardrobes there are small lockable strong-boxes for your valuables.

## WHAT TO DO IN AN EMERGENCY

Whilst we make sure that we do everything to make you stay as safe and relaxing as possible there will come a time when something goes wrong or you need to get hold of someone quickly: If that is the case then this following information should help:

### **Contact a member of our staff:**

O'Neill and Anjelita live on the property at the front of the house and there is normally someone there all the time, so you can always call on them for help.

The mobile numbers for staff members are:

O'Neil: 001 (876) 378 5659  
Vessel: 001 (876) 458 7549  
Yogi: 001 (876) 366 0917

If you cannot get hold of anyone you can call the owners at anytime

Nick Austin: In France 00 33 (0)5 62 63 26 27  
Mobile 00 33 (0)6 09 40 17 08

John Ross In the UK 00 44 (0)207 7378 8080

### **Contact the emergency services:**

Police: 119  
Fire: 110  
Ambulance: 110  
Air/Sea rescue: 119  
Hurricane update: 116  
Lucea public hospital - nearest: (876) 986 9688

### **Need to see a doctor:**

There is a walk-in doctor service in Negril that we would recommend. It is run by a Canadian doctor and offers a full daily service. Situated on the road into Negril just before you get to the town centre. It is on the left hand side, look out for the red cross.  
Telephone: (876) 957 4888

### **Need to see a chiropractor:**

For any critical back problems we have found a good chiropractor called Dr Michael Harvey. Situated close to the doctors on the road to Negril town centre.  
Telephone: (876) 957 3794

### **Need a lawyer:**

Should you need legal help we have a good practice that we use in Montego Bay. Contact Sandra Graham-Bright of Gifford, Thompson and Bright, Embassy Centre, 3 Embassy Place, Montego Bay.  
Telephone: (876) 952 2946/940 4732

**What do you do if a hurricane is on the way:**

If you unfortunate enough to be here when a hurricane hits please note the following information:

- Try to find out what the official local advice is, listen to the radio and ask other people in the village. Call 116 for national advice.
- Try to get hold of candles, torches and bottled water.
- The local shelter is the junior school building on the ball ground at the far end of the Cove or the high school building in Green Island.
- The house is very strong and is certainly able to withstand all but the strongest of hurricanes (Category 5 and above). If you intend to stay in the property make sure all door and window shutters are closed and fixed tightly.
- If the situation is very serious someone will come and advise you to evacuate the area, it is always best to follow the advice you are given.