

## River Deep, Mountain High - A Jamaican Soft Adventure

{mosmodule phpinc=ttpopup.php,Jamaica's} No 1 eco boutique lodge, Hotel Mocking Bird Hill, has joined forces with Strawberry Fields Together to create a Caribbean adventure for those seeking an active yet laid-back holiday to uncover Jamaica's 7 shades of blue: hiking, biking, rafting and snorkelling along costal trails, freshwater rivers and the Blue Mountains themselves.

This 10-night all-inclusive package based on Jamaica's north east coast ensures a holiday off-the-beaten-track that mixes 'more than the beach' with a healthy dose of tranquil luxury and outstanding cuisine that has been acclaimed by the likes of the The Guardian and Fodors.

A diverse itinerary has been carefully crafted to appeal to the independent ecological traveller as well as culturally & socially oriented tourists curious about their holiday location. Rejuvenating coastal trails that lead to deserted beaches or picnic hikes to grand mountain ridge waterfalls for a rather different type of afternoon swim; a hike to the ruins of C18th coffee estate led by the leader of Jamaica's autonomous Maroon community, inventors of the now legendary jerk style of cooking, are just part of what this amazing Jamaican experience has to offer.

Rafting down the Rio Grande, a hike in the beautiful Blue Mountains to a Blue Mountain Coffee farm to discover where the world's most expensive coffee is grown, following in the footsteps of Errol Flynn and discovering Frenchman's Cove where the sea merges into river inlets of a spring and a river ramble to Reach Falls in the middle of the Jamaican tropical Rain Forest are a further taste of the opportunities this holiday will give you.

Guests will be picked up and driven to the 18 acres that is the Strawberry Fields estate in the little fishing village of Robin's Bay, Parish of St Mary. Staying in Moonlight Magic, an airy bay-fronted first floor room of a cottage overlooking the private cove & 500m sandy beach, guests will be able to take full advantage of its Jacuzzi bath after spending time discovering secret Jamaica.

From the North East Coast, guests will be driven to the organic Hotel Mocking Bird Hill, Jamaica's award-winning boutique eco-lodge, home to the Mille Fleurs Restaurant, voted Jamaica's Best Kept Secret and recommended green hotel by OK Magazine. This intimate 10 room-400m hotel sits in 6.5 acre gardens listed as one of the top birding sites within the island.

The parish of Portland offers visitors unparalleled natural beauty, rugged, exciting coastlines, a romantic beaches, hidden coves, rivers, and waterfalls with the Blue Mountain range providing a spectacular backdrop; Port Antonio, as the capital of Portland, has retained its charm as a quiet rural township and is home to one of the most beautiful harbours in the Caribbean.

<http://www.hotelmockingbirdhill.com>