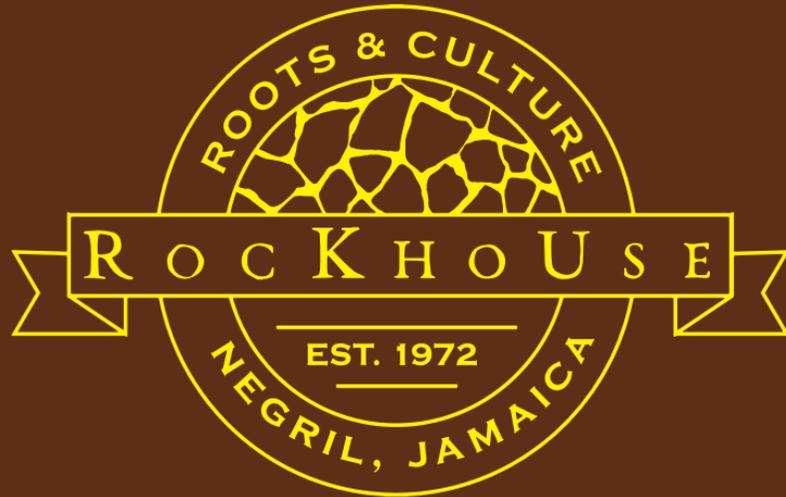


R O C K H O U S E



PASSPORT



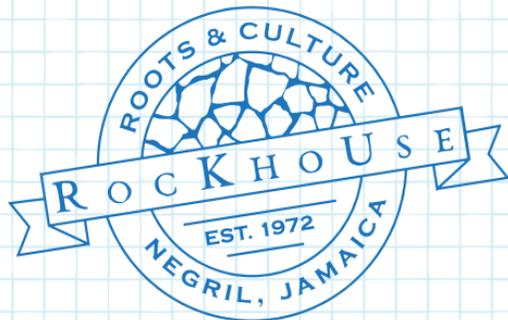
Welcome to Negril

We love Jamaica and we encourage our guests to take advantage of the island's amazing beauty and culture during their stay at Rockhouse. We believe that travel should not only refresh, renew, and restore you, but also holistically enrich and enlighten you - and connect you to the community to which you travel.

The suggestions in this booklet are meant to promote wellness of the mind, body, and soul while ensuring that you enjoy a well-rounded travel adventure, discovering and connecting with as many of the amazing local sights and experiences as possible.

GET STAMPED

As you experience the items listed in your Rockhouse Passport, make sure to ask the nearest staff member for a stamp for each activity accomplished. A collection of 15 stamps or more makes you an "Honorary Yardie" and earns you a Rockhouse Gift! Bring your stamped Passport to the Front Desk to claim your prize.



* Remember to share your experiences on social media #rockhousehotel



DRINK A RIDICULOUS DRINK

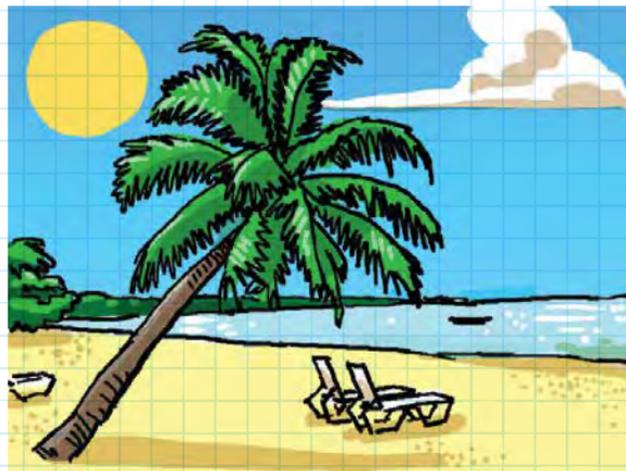
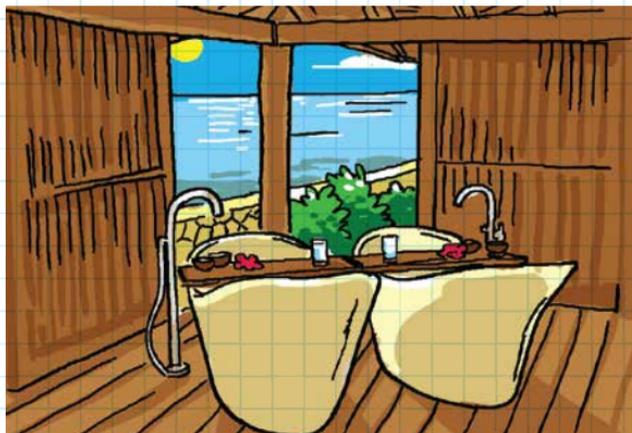
Go ahead, lose yourself and your inhibitions. Indulge in a big, obnoxious drink that is vibrant, festooned with umbrellas an' tings, embarrassing to order, and high in alcohol content. We recommend the Big Bamboo, the Dirty Banana, or the Frozen Bob Marley.

Available all day long at the Pool Bar & Grill, Rockhouse Restaurant, and Pushcart Jerk Center and Rum Bar.

PAMPER YUH SELF!

Treat yourself to a treatment (or two... or three...) at our World Travel Award-winning Rockhouse Spa. Indulge in a relaxing deep tissue massage, a Jamaican Blue Mountain Coffee body scrub, a rejuvenating ginger and lemongrass mud wrap, or a meditative couples soak session overlooking the Caribbean Sea in our new Holistic Bath House. See spa menu for more info and full list of services.

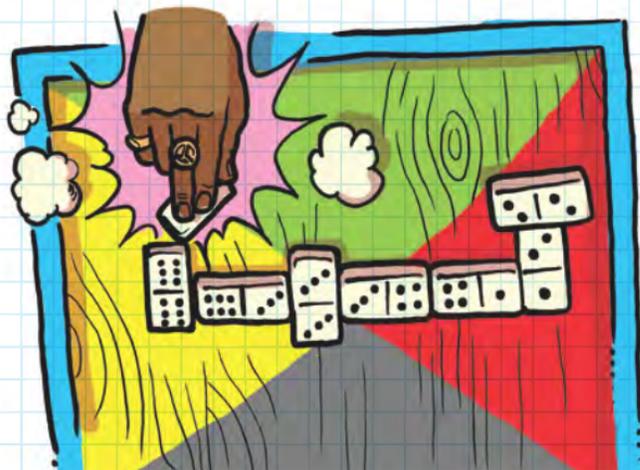
Dial Spa for appointment.



GO TO THE BEACH!

A visit to Negril would not be complete without visiting the famed Seven Mile Beach. Take the short taxi ride to this amazing white-sanded, crystal-watered beachfront while sipping a delicious tropical concoction.

Arrange Kenny Tours driver with Front Desk and ask for recommendations.



PLAY SOME DOMINOES

Take part in this beloved Jamaican pastime and slap some dominoes. We have domino sets available in the Boutique, but we will award you extra respect-points if you manage to get in on a game with a group of local enthusiasts. Also, there are frequent games at the Pool Bar & Grill and our staff is usually happy to join you in a game (or six).

Dominoes available at the Boutique and in your Mini-Bar.



BREATHE & STRETCH

Our in-house yogi, Fanette, offers a daily morning yoga class overlooking the Caribbean Sea.

Yoga Deck, 8am daily. Please sign up at front desk.

WORK IT OUT!

Join one of our evening work out classes (interval training, caribbean dance, etc.) at our newly opened aerobics tent. Also a great way to meet some of our staff, who we encourage to participate in the classes. Alternatively, organize an hour with our personal trainer.

See activities schedule for more details



JUMP!

Since you came all this way and are staying high on the cliffs of Negril dangling over the azure Caribbean sea, you might as well treat it as your playground. Launch from one of our many jumping-off points throughout the property. Be sure to follow our warning signs!

See the in-room guide for further info and safety instructions.



GET JUICED

Stay hydrated and energized all day long with our fresh, natural, organic juices featuring produce from our Rockhouse Organic Garden. Promote good health and clean living with the delicious flavors created by Mother Nature herself. Make sure to ask your server for our daily fresh juice menu.

Available at Rockhouse Restaurant.

EAT LOCAL

Venture out and enjoy a Brown Stew Chicken lunch at Corner Bar, a mind-blowing, healthy daytime sojourn to the gardens of Jus Natural, and the rustic ambiance of a jerk chicken and lobster dinner at DeBar or Three Dives. Or, enjoy traditional Jamaican comfort fare with a modern twist at our award-winning Pushcart Jerk Center and Rum Bar located at the far end of the Rockhouse property, just past room 1.

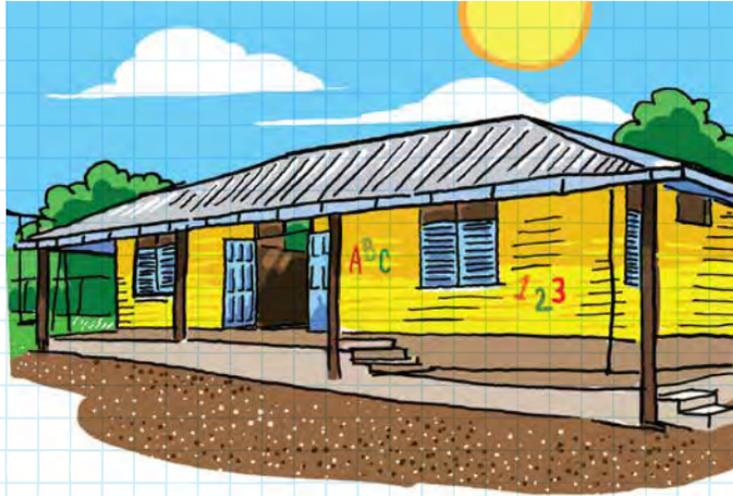
Open daily from 3pm - 10pm

See front desk for directions and to Corner Bar, Jus Natural, DeBar, or Three Dives

SEE "NUTSY"

Each afternoon, you will hear a (not-at-all) soothing sound in the form of a high-pitched whistle coming from the main road. That is the sound of "Nutsy," our affectionate Jamaican term for the local peanut man. The whistle is the sound from the heat vent of his mobile roasting device. Do yourself a favor and support this common Jamaican phenomenon by buying a bag of freshly roasted peanuts.

Every afternoon, main road, guy with loud whistling pushcart.



VISIT A ROCKHOUSE FOUNDATION SCHOOL

The Rockhouse Foundation is a US-registered non-profit which transforms the places where Jamaica's children learn. We have renovated and expanded five local area schools and the Negril Library with over US\$3 million invested. Visit one of our schools to see how Rockhouse makes a difference in the communities of Westmoreland. You can also volunteer or donate to support this great cause.

See our daily activities schedule.



TAKE OUR ORGANIC GARDEN TOUR

Visit the Rockhouse Organic Garden just across the road and see where many of our ingredients are grown by Farmer Clinton. Soon enough, you'll find them in your juice or on your plate.

Dial Front Desk to schedule a tour.

SAMPLE SEASONAL FRUITS

Jamaica is home to many varieties of delicious and healthy fruits including many that you may never have heard of. Starfruit, soursop, sweetsop, naseberry, and a seemingly infinite number of types of mangoes. We recommend you take the very short walk to Tony The Fruitsman's One-Stop Fruit Shop to sample his seasonal, local fruits.

From main gate, turn right and walk up the road approximately 75 yards. Fruit stand is on the left-hand side of road.

LEARN TO PAINT THE LEGEND

Partake in our Bob Marley portrait painting lesson with local artist Ricardo Cope, and paint your very own portrait of the King of Reggae Music (and previous Rockhouse guest), Robert Nesta Marley.

See our daily activities schedule.



MAKE A PAINTING OF YOUR JAMAICAN HOME

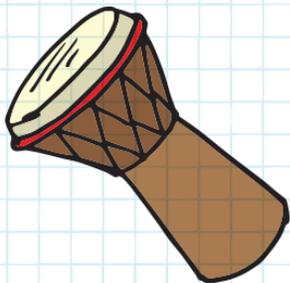
Learn the basic principles of landscape painting and take home your very own piece of paradise using the Rockhouse itself as your muse.

See our daily activities schedule.

BANG A DRUM

"Get your groove back" in this workshop which explores traditional African and Caribbean "riddims" through an energetic session of expressive drumming.

See our daily activities schedule.



GET SOCIAL

Mix and mingle with our staff and guests while sampling our award winning food and drink menus at our weekly Manager's Social.

See our daily activities schedule.



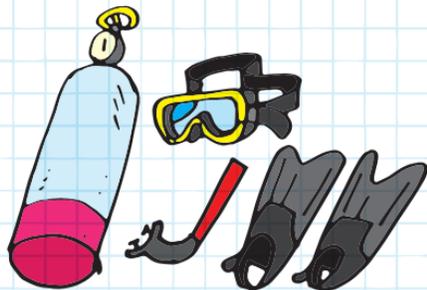
COOK LIKE A JAMAICAN

Join the Rockhouse Chef at the Pool Bar & Grill and learn the fundamentals of Caribbean cooking with this complimentary Jamaican cooking class.

See our daily activities schedule.

EXPLORE PRISTINE COVE

Rent a set of snorkeling gear from our Pool Bar & Grill and take an underwater journey through the crystal clear cerulean waters of Rockhouse's ocean home, Pristine Cove. With frequent dolphin sightings, an array of exotic fish, and our resident 6-foot spotted eagle ray, the waters surrounding Rockhouse are a great window into the wonders of the Caribbean Sea.



LEARN TO SCUBA DIVE

Try a complimentary scuba lesson in the Rockhouse Pool and get comfortable with the basics of scuba diving before heading out to sea. This is a great way to give scuba diving a try in a very safe and controlled environment.

See our daily activities schedule and register at Front Desk.



TOUR THE REEF

Join Famous Vincent, or one of the other glass bottom boats, and cruise out to the reef about a 30 minute ride from Rockhouse, offshore from the beach. There you can swim and snorkel and Vincent will join you in the water pointing out items of particular interest and feeding the fish.

Vincent stops by most days around 9.30 am. The front desk can make a booking for you

VISIT THE LIGHTHOUSE'S SECRET CAVE

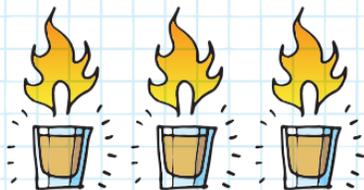
Visit the landmark Negril Lighthouse, explore the site's dramatic volcanic cliffs, and descend the ladder to the secret caves to take a dip in the tidal wading pool.

See front desk to arrange ride. At the lighthouse, ask the rasta guy about the ladder to the caves.



PLAY SOME VINYL IN THE LOUNGE

When is the last time you held a record in your hand and dropped a needle in the groove? Visit our Lounge (located in Rockhouse Restaurant) and enjoy some tunes from our reggae vinyl library.



DO A GINGER SHOT

*NOTE: This drink has no alcohol nor is it served on fire. The symbolic meaning will become clear after you imbibe...

LISTEN TO SOME REGGAE "JUGGLING"

Check out our frequent international DJ talent spinning the very best musical selections at our Pushcart Jerk Center and Rum Bar.

See our daily activities schedule.

CHECK OUT A SHOW

Explore the best that Negril's Seven Mile Beach has to offer and check out a live reggae band at one of the town's many famed venues including Bourbon Beach, Alfred's, and Roots Bamboo. We even host our own concerts at Pushcart Jerk Center featuring a who's who of Jamaica's musical talent.

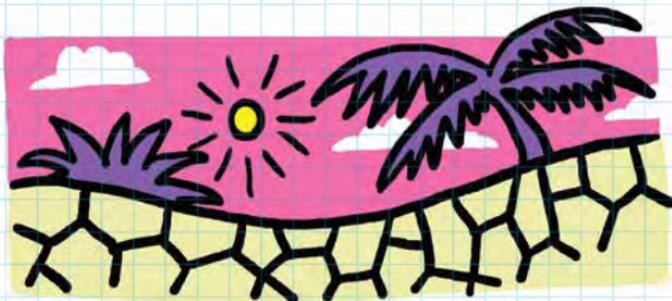
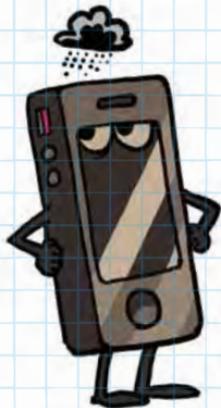
See front desk for info.



TAKE THE CELL PHONE CHALLENGE

Go on, we dare you. Turn off your cell phone, check it at the front desk, and let them lock it in the safe for a period of 24 hours. (We know this one is difficult so it counts for three stamps) For one full day, enjoy the Twitter of birds, the Instagram of your own eyes (#nofilter), and the Facebook of, well, people's actual faces.

Surrender your phone at the Front Desk.



DO NOTHING.

Seriously. Nothing. Nothing at all. Not a thing. Really... Just stay there. Sit at our infinity pool and soak in the tropical rays for a day while enjoying our delicious cocktail list and expertly grilled lunch fare. No stamps awarded for this one but try it anyway. Isn't that why you went on vacation?

All day, every day. Pool Bar.

Drink

Spa

Beach

Dominoes

Yoga

Jump

Work
It Out

Eat
Local

Nutsy

School
Visit

Garden
Tour

Get
Juiced

Local Fruits	Bob Marley Painting
Rockhouse Painting	Drumming
Manager's Social	Jamaican Cooking

Jamaican Drinking	Herbs
Snorkel	Scuba
Reef Tour	Lighthouse Tour

R O C K H O U S E

West End, Negril, Jamaica

ph 876.957.4373

rockhouse.com

 @rockhousehotel

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