

## Welcome to Culloden Cove

Thank you for choosing Culloden Cove for your holiday. We hope you have a wonderful, relaxing break on Jamaica's beautiful, unspoilt South Coast. Our staff, Dion, Lily and Winston will do all they can to ensure you have an unforgettable stay. Their contact numbers are:

- Dion (Head Housekeeper): 436 0986
- Lily: (Housekeeper): 362 6178
- Winston: (Caretaker/Gardener): 858 1367

### Activities

While it may be tempting to spend all your days relaxing at the villa, there are many lovely places to visit in the local area. Recommended activities and day trips are listed in this welcome pack. Local restaurants and bars are also listed in the *Suggested Activities* section.

### Babysitting

A babysitting service is available. The fee for babysitters is J\$250 per hour during the day and J\$350 per hour from 6.00 pm onwards. Please give Dion or Lily some notice to make the required arrangements.

### Birdwatching

There are plenty of birdwatching opportunities in the area. Jamaica's national bird, the doctor bird (a long tailed hummingbird) is a frequent visitor to the purple vine (thunbergia) on the villa terrace. You can also often see green parrots in the trees and pelicans diving into the sea. A book of Jamaican birds is available in the library. Excellent birdwatching tours can also be arranged with award-winning, qualified guides in the neighbouring community of Bluefields. Please call Wolde Kristos on 955 8834 or 421 7449.

### Bugs

Bugs are a fact of life in Jamaica, but fortunately they are not too troublesome in Culloden Cove. We would however advise you to wear insect repellent, particularly on your feet and legs in the evening after 5 pm. We also recommend that you keep the windows shut at night. If you

haven't brought any repellent with you, you can ask Dion or Lilly to buy some for you locally. Some all-natural insect repellent is available.

### **Cushions**

Cushions and mattresses are provided for outdoor lounging. We would be grateful if you could please bring them into the house overnight to prevent them from getting wet in the dew or rain.

### **Emergency**

- Local Whitehouse police station: 963 5220 (or call Sergeant Quest directly on 428 2004)
- Dr Lawrence, Whitehouse: 963 5221
- Hospital in Black River: 965 2212
- Police: 119
- Ambulance/fire: 110
- A **first aid kit** is available in the cupboard under the stairs.

### **Emergency light**

We have never encountered a power cut in Culloden. However, should one occur, there is an emergency light in the cupboard under the stairs, as well as a flashlight and candles in the kitchen drawer.

### **Environment**

In order to save energy and protect the environment, please turn off air conditioning and fans when you leave a room. Dion and Lilly have been asked to turn these off if they find them left on in empty rooms. Your sheets and towels will be changed twice a week unless otherwise requested.

### **Floating mattresses**

The two blue floating mattresses are for use in the sea. Please don't leave them on the beach as they will float away!

## **Food**

Basic supplies (sugar, oil, spices, cling film, kitchen foil etc) are provided. All food for your meals is bought locally. This has advantages (fresh fish and vegetables) and disadvantages (the range of international goods is limited). **A list of possible menus is provided in this welcome pack.** This is just for guidance purposes so please do not feel limited by it. Please discuss what you would like to eat with your housekeeper, and make her aware of any special dietary requirements. Both Dion and Lily have been trained in housekeeping in the United States and can cook a variety of local and international dishes. Once you agree on a meal plan, Dion or Lily will prepare a list of groceries and will ask you to provide the cash for the shopping trip (including the cost of the return taxi trip). Receipts will be provided for all items bought in the supermarket but it is not possible to provide receipts for produce purchased in the market. You are welcome to go with Dion or Lily if you would like to see the local fish and vegetable market in Whitehouse.

## **Games**

A selection of cards and board games is provided on the shelf under the television.

## **Garden**

Culloden Cove has a lovely mature garden. There are a lot of fruit trees in both the front and back garden including ackee, avocado pear, green banana, ripe banana, breadfruit, grapefruit, guava, guinep, lime, mango, otaheite apple, naseberry, passion fruit, pomegranate, sour oranges and sweetsop. Something should be bearing fruit during your visit, so please ask Winston to pick you any fruit which is in season. Books on Jamaica's trees and flowers can be found in the library.

## **Hairdryer**

A hairdryer is provided for your convenience in the walk-in closet of the master bedroom.

## **Housekeeper**

One of our housekeepers - Dion or Lily - will be available throughout the day to prepare your breakfast, lunch and dinner and clean the villa. Their hours are from 8.00 am to 8.00 pm. Please let them know in advance what time you would like your meals and if you plan to eat out for certain meals. Should you require a late dinner an overtime charge of J\$350 per hour will be charged, plus a taxi allowance of \$400. Please arrange with your housekeeper in advance so that she can plan accordingly.

Your housekeepers are responsible for all the items in the villa (linen, towels, crockery, glasses etc) and would greatly appreciate your assistance in ensuring that all items are left at the property in order to maintain her inventory.

## **Internet**

Wireless internet is available at the villa and throughout the gardens. No code is required.

## **Outdoor lights**

A little complicated! The top switch next to the picture of the woman carrying mangoes on her head in the lounge controls the lights on the path in the back garden. This switch also has to be on to enable the light at the beach terrace to be turned on. The bottom switch on the wall on the top terrace controls the light in the swimming pool (the top one controls the infinity pump - please see swimming pool section below). Upstairs, there is a vertical switch next to the balcony doors on the landing which turns on four spotlights on the house. **Please ensure that these switches are all turned off before you go to bed to conserve energy.**

## **Radio/CD player**

A radio/CD player is provided in the lounge and a range of CDs can be found in the library. Irie FM is the nation's favourite source of reggae and can be found at 107.9 FM. Nationwide is a good news and talk station and can be found at 90 FM. The BBC World Service is available at 104.1 FM.

## Sandals Resort

*Sandals Whitehouse* is a two minute drive down the road. See [www.sandals.co.uk/Whitehouse](http://www.sandals.co.uk/Whitehouse). *Sandals* has a two mile beach, seven international restaurants, four swimming pools (including the largest pool in Jamaica), extensive watersports, including diving and sailing, a diverse programme of evening entertainment and a spa. All inclusive day and evening passes are available. We have agreed the following discounts with the General Manager for Culloden Cove guests:

- **Pay for a day pass and stay for the evening.** All food, drink, watersports, diving, entertainment etc. included. A day pass is normally USD 85.00 and an evening pass is an additional USD 85.00. Culloden Cove residents will pay only USD 85.00 for the whole day and evening.
- **20% off day passes.** If you just want to stay for the day (up to 6pm), then you will pay the discounted rate of USD 68.00. Neptune's (Mediterranean seafood) is recommended for lunchtime dining.
- **20% off evening passes.** Of the seven restaurants, Eleanor's (fine Caribbean dining) is recommended for evening meals. Ask at the time of booking for the weekly entertainment programme which includes bands, opera singers and beach dining. Monday is normally beach party night with a buffet and entertainment on the sand.
- **Discounts on the spa.** 20% for non residents and 50% for residents. Spa brochures are available in the magazine basket next to the television.
- **Discounts on the fitness programme:** 20% for non residents and 50% for residents.

To arrange your passes call the hotel on 640 3002-9 and ask to speak to the sales department, stating that you are a guest at Culloden Cove. If you are calling after 5pm please ask to speak to the Duty Manager. For spa bookings, please ask to speak to the spa manager. If you plan to scuba dive then please ensure that you inform the hotel to organise this in advance as a medical certificate may be required.

## Security

Winston, our caretaker and gardener, lives in the top cottage and will be on-site throughout your stay to provide security. If you have any

concerns please call him on **858 1367** at any time of day or night. We have never had a problem with security at Culloden Cove, but you are advised to store all valuables in the safety deposit box provided in the closet of the master bedroom and to lock up the house (doors and grilles) and close all windows when you are going out or when going to bed.

### **Shells**

All the shells and corals in the villa have been found on the beach over the past couple of years.

### **Swimming in the pool**

You are welcome to swim in the pool at all times but please be advised that there is no lifeguard on hand. Swimming is therefore entirely at your own risk. Children under the age of 12 must be supervised. The infinity pump that circulates water over the edge of the pool (and back into the tank underneath) must be turned on whenever you swim in the pool. Please use the switch on the wall on the terrace for this and ensure that it is turned off before you go to bed to conserve energy.

### **Swimming in the sea**

The sea around the villa is excellent for swimming, it is shallow and mainly sandy underfoot. There are a few heads of coral in the immediate vicinity and a snorkel and flippers are provided. There is a coral reef offshore and you can ask Dion or Lily to arrange a snorkelling trip there with a local fisherman.

### **Telephone**

A mobile telephone is provided for your convenience during your stay. The telephone number is (+1 876) 432 3839. You can receive international phone calls on this number. Please ask Dion or Lily to purchase a Digicel pay-as-you-go card of telephone credit, or you can get them yourself in any local shop.

### **Television**

Cable TV is yet to reach sleepy Culloden. However, Jamaican TV is available as well as a selection of DVDs in the library.

## **Tipping**

We ask that you consider leaving 10% of the cost of the villa rental (in Jamaican Dollars) as a gratuity for the staff to share, if you have found their service helpful.

## **Things to buy**

The blue **hammocks** in the garden are made from local fisherman's nets. Very durable, very comfortable! They can be bought on the roadside from Jah Wayne, five minutes drive on the way to Belmont. Expect to pay J\$3,500. **Cotta Crafts** in Belmont Square (near Leroy's) is a local co-operative selling exceptionally beautiful cushions, napkins etc using natural materials. They specialise in using sun-dyed leaf prints (highly recommended). On the left on the way to Whitehouse (just before the gas station), there is a small Rastafarian shop selling calabashes and natural products. For the more adventurous, most of the **furniture** in the villa and cottage was made by Mr Brown and Junior who have a roadside workshop on the right just before the centre of Whitehouse (call Mr Brown on 457 7449). They can make anything at very reasonable prices and are expert at copying designs from magazines and catalogues!

## **Toiletries**

Everyone forgets something when they come on holiday. A small stock of shampoos, conditioners, moisturisers is available should you need it. Alternatively, ask Dion or Lilly to look out for items when they go shopping.

## **Tours and taxis**

Wolde Kristos at *Reliable Adventures* (955 8834 or 421 7449) in Bluefields is an excellent local tour guide. Alternatively there is a good local tour guide called George in Black River, who can also arrange tours to local attractions. Call *Rasta Tours*, +1 876 355 1947.

### **Water pressure**

If you experience low pressure in the taps this is normally because Winston is watering the garden. Please let one of the staff know and they will turn the hose off.

*Thank you again for choosing Culloden Cove. We hope you enjoy your stay and look forward to seeing you again soon.*

## Suggested Activities

Culloden Cove is off the beaten track but there are many excellent local attractions within easy reach. These are outlined below. At the end of the list are some recommended day-trip itineraries.

### Trips within one hour of the villa

*Accompong and Cockpit Country* - The beautiful hills of Cockpit Country (described as "upturned egg boxes") are home to the descendants of the once-mighty Maroons, escaped slaves who waged guerrilla war against the British. Visit the village of Accompong, a semi-autonomous state governed by a Maroon council, meet the 'Colonel', tour the museum and learn about a fascinating slice of history. (60 minutes drive away).

*Appleton rum estate* - Rum has been produced on this 11,000 acre estate since 1749. Take a tour of the estate, learn about the distillation process and taste a wide selection of fine local rums. (40 minutes away)

*Bars* - Culloden is a very peaceful, friendly village. There are three very colourful bars within five minutes walk of the villa where you will be made very welcome. **Di-light** opposite the top of the drive is a great place for a quiet rum and a game of dominoes whilst watching the world go by. The **Carwash bar** on your right at the top of the drive sometimes has local sound systems playing on weekends or public holidays. **Marga's bar** is great fun - a local rasta hangout where people gather for a smoke and a Red Stripe. Turn right out of the villa drive, cross the road, take the first left up the hill past Woodie's Grocers (known locally as Miss Ivy's shop). Further afield, **Leroy's** bar on the waterfront at Belmont (15 minutes drive west) is highly recommended for a drink at sunset, or steamed fish at their regular parties on Sunday afternoon. Call Greg the barman on 408 4964 to check if there's something going on during your stay.

*Beaches* - The beautiful beach which the Sandals Whitehouse hotel is situated on is just five minutes walk away and open to the public - ask Dion, Lily or Winston to show you the cut through from the road. There are also a number of lovely small beaches within a 15 minute drive that they can direct you to, ranging from secluded spots with nobody on them to beach parks that are popular with locals on weekends and public

holidays. The famous seven mile beach of Negril is just an hour's drive away (see below).

***Belmont and Bluefields*** - These two beautiful neighbouring fishing villages have white sand beaches, good seafood restaurants and a laid-back vibe. The large Bluefields Bay was the departure point for pirate Henry Morgan when he set sail to sack Panama. **Leroy's bar** on the waterfront just before Belmont Square is a lovely place to watch the sun go down and does delicious steamed fish (highly recommended). The **Breadfruit Pub** just opposite also does great fish to order as well as other meat and seafood dishes. **Dorette's bar** in Belmont and the restaurant at **Bluefields Beach Park** both do excellent curried lobster.

***Birdwatching*** - The nearby Bluefield Mountains are listed by Birdlife International as one of Jamaica's globally-important bird areas. Twenty of Jamaica's 28 endemic bird species can be found here. Take a tour with an award-winning, experienced local guide, enjoy stunning views of the sea and see what you can see! (15 minutes drive). Call Wolde Kristos on 955 8834 or 421 8834. **Wolde can also arrange nature tours, marine tours and mountain hiking tours.**

***Black River boat safari*** - The Black River is home to one of the largest populations of crocodiles in Jamaica. Take an unforgettable trip up the river into a beautiful country wilderness. Enjoy the magnificent views and spot the crocodiles and many species of rare birds. The best time to take the tour is around 12.00 noon, when the crocodile are basking in the midday sun. Charles Swaby tours (tel: 962 0220) are recommended and their office is just after the bridge heading out of town towards Parrottee. River fishing trips are also available. Black River is also a friendly local town with a bustling market and a great seafood restaurant on the beach - ask for **Cloggy's on the Beach** (15 minutes drive).

***Boat tours*** - Captain Ted is a highly recommended boatman operating out of Treasure Beach. Ted specialises in a tour which takes you to see dolphins near Treasure Beach, onto the Pelican Bar (see below) and then deep into the tributaries of the Black River. Call +1 876 854 5442.

***Butterfly farm, Bamboo Avenue, and Middle Quarters*** - Bamboo Avenue is one of the famous sights of Jamaica - a two mile 'tunnel' of overhanging bamboo. Nearby is a butterfly farm (Butterfly Dreams Farm on 881 8855) which raises 14 types of butterfly and, oddly, a few

ostriches. On the way home stop at Middle Quarters to buy some freshly caught hot pepper shrimp at the roadside. (40 minutes drive).

**Golf** - If you are a golf fan, Montego Bay and Negril are home to a number of world class championship golf courses. Clubs are available for hire at all courses. Take your pick from sea-side links to hill-top park-land courses:

- ✓ Negril Hills Golf Club (tel: 957-4638 / 3614)
- ✓ Cinnamon Hill Golf Club Montego Bay (tel: 953 2650)
- ✓ Half Moon Golf Club (tel: 953 2211)
- ✓ White Witch Golf Club (tel: 518 0174)

**Horse riding** - Take a trip to the appropriately named Paradise estate (tel: 848 9826) and enjoy horse riding across an old plantation, along a deserted white sand beach and even through the sea. (30 minutes drive).

**Lovers Leap** - According to legend, two young lovers - slaves at a nearby plantation - threw themselves off the 2,000 foot cliffs into the sea rather than be separated by their owners. There is a lovely restaurant and bar on the spot with a large balcony to enjoy the stunning panoramic view. (60 minutes drive)

**Montego Bay** - Jamaica's second-largest city is an hour's drive away. A major tourist centre, the city has a beautiful white sand beach and a wide range of bars, restaurants and shops. Montego Bay is also home to two of Jamaica's best music festivals - the Jazz and Blues Festival in January and Reggae Sumfest in July. (60 minutes drive)

**Negril** - The world-famous seven mile beach in Negril is just an hour's drive away along the beautiful coastline. This is where sun, sea and reggae really come together. Relax on the pristine beach in the day-time, enjoy the waterpark and other local attractions, and in the evening enjoy the delicious restaurants and great local music. **The Rockhouse** restaurant on the cliffs (serving a mixture of Jamaican and international food) is recommended. **Ristorante de Gino at Hotel Mariposa** on the beach serves good Italian food. (60 minutes drive)

**Pelican Bar** - Local fisherman Floyd had the vision to build a wooden bar on stilts, a mile off shore on a sand bar in the middle of the sea! You can be picked up by boat from Parottee on the mainland and enjoy a blissful few hours eating the freshest fish, lounging on their deck and snorkelling.

Call Floyd on 354 4218 to arrange the boat ride and to order your fresh fish (25 minutes drive).

***Peter Tosh Mausoleum*** - The neighbouring village of Belmont is the birthplace of reggae legend Peter Tosh (Bob Marley's partner in the Wailers). You can visit his home and mausoleum and meet his Mum. (10 minutes drive)

***Restaurants*** - The south coast is not the place for Michelin star restaurants but there are a number of good, unpretentious local restaurants near to the villa that serve delicious fresh seafood and good Jamaican food, made with local ingredients. If you are looking for something a little more international, there is a **Sandals** resort two minutes from the villa, which boasts eight international restaurants. A wide range of excellent restaurants can be found in Montego Bay and Negril. A number of recommended local restaurants just west of Culloden Cove (10 minutes drive) are listed in the **Belmont and Bluefields** section above. Fresh fried and steamed fish to takeaway can also be bought at **Scott's Cove**, just east of Whitehouse on the St Elizabeth/Westmoreland border (10 minutes drive). There is a great fish restaurant, Cloggy's On The Beach, just beyond **Black River** (20 minutes). If you want to eat in Whitehouse, Duke's 99 Mile Post (five minutes) serves Jamaican favourites such as jerk chicken and fried fish.

***Royal Palm Nature Reserve*** near Negril has been created to safeguard a vast wetland area home to many species of rare plants and birds. Dawn or dusk bird-watching and fishing trips are available. (50 minutes)

***Sandals Whitehouse Resort*** - The luxury all-inclusive Sandals resort is a two minute drive away and boasts over a mile of white sandy beach. The resort also has eight international restaurants, a luxury spa, gym, tennis courts and the largest swimming pool in Jamaica. A wide range of water sports are on offer. Discounted day and evening passes are available to Culloden Cove guests - see above. (2 minutes drive)

***Treasure Beach*** - This laid-back community has become a hub for eco-tourism on the South Coast. Treasure Beach is a string of fishing villages with black-sand beaches and some excellent restaurants. **Jack Sprats** (excellent pizza and seafood) and the restaurant at **Jake's** (Jamaican and international) are both highly recommended. (45 minutes drive).

***Watersports*** - Sandals offer an extensive range of watersports including diving, kayaking and sailing (2 minutes drive).

***YS Falls*** - This 120 foot, eight tiered waterfall is one the most famous sights of Jamaica. The refreshing rock pools are perfect for swimming while a zip-line rope slide tempts the more adventurous. There is a restaurant and café on site. (30 minutes drive).

### **A little further afield**

***Little Ochi, Alligator Pond*** - The best restaurant in Jamaica! Not the flashiest by any stretch, but if eating an amazing range of delicious fresh fish and seafood on the beach sounds appealing you will love it. (90 minutes drive)

***Manatees*** - A small population of endangered 'sea cows' live in a wetland area, east of Culloden. These rare animals are thought to be the origin of the myth of mermaids. A trip to see the manatees up the lonely road connecting Alligator Pond and Alligator Hole is a truly unforgettable experience. It is almost two hours from Culloden but the journey takes you past some of the highlights of the south coast - Treasure Beach, Lovers Leap, Little Ochi, the beautiful Gut River and the Milk River Spa, making for a fabulous day trip. (120 minutes drive)

***Milk River Spa*** - Just 15 minutes beyond the Manatees are the hot mineral springs of Milk River. A charming old hotel houses a spa where you can bathe in the waters and benefit from their curative powers. (135 minutes drive.)

### **Recommended day trips**

1. Lovers leap → Little Ochi (for an early lunch) → Gut River (for a dip and some driftwood hunting) → manatees at Alligator Hole → Milk River Spa. This would be a long but unforgettable day trip.
2. Midday Safari at Black River → Parottee → Lunch, snorkel and sunbathe at the Pelican Bar.
3. The morning at YS falls (walking, swimming in ice cold freshwater pools) → Bamboo Avenue → Middle Quarters (visit to Bubbling

Spring hot springs) → late lunch at Cloggy's on the Beach, Black River.

4. Royal Palm Reserve → Negril beach → lunch at Risorante de Gino → sunset drinks and dinner at the Rockhouse on the cliffs.
5. Accompong → Appleton Estate.
6. Early morning birdwatching tour at Bluefields → tour of the Peter Tosh Mausoleum → lunch and afternoon at Bluefields beach park or on Belmont beach → sunset drinks at Leroy's bar overlooking Bluefields Bay.

## Suggested Menus

This list of suggested menus is for guidance purposes so do not feel limited by it. Please discuss what you would like to eat with your housekeeper, and make her aware of any special dietary requirements.

### Breakfast options

- ✓ A wide variety of fresh juices are available
- ✓ Black or herbal tea
- ✓ Fresh Jamaican Blue Mountain Coffee
- ✓ A wide variety of cereals are available including a range of excellent organic muesli from the UK (ask for 'Dorset cereals')
- ✓ Porridge - a Jamaican speciality - cornmeal, peanut, banana or oatmeal
- ✓ Fresh fruit plates - banana, orange, watermelon, pineapple, grapefruit are generally available
- ✓ Toast with butter and jam
- ✓ Pancakes with Syrup
- ✓ Scrambled, fried or boiled eggs (bacon and sausage rarely available)
- ✓ Omelettes
- ✓ Jamaican breakfasts including ackee and saltfish (Dion makes the best on the island), callaloo, fried plantain, green banana, bammy and/or festival (**highly recommended!**)

### Soups, starters, salads and snacks

- ✓ Pumpkin soup
- ✓ Red Pea soup
- ✓ Mixed salad
- ✓ Conch fritters
- ✓ Coronation chicken salad
- ✓ Chicken breast salad
- ✓ Tomato and onion salad
- ✓ Green bean salad with French dressing
- ✓ Coleslaw
- ✓ Spicy peanut noodle
- ✓ A variety of sandwiches (tuna, chicken, cheese)

## **Entrees**

- ✓ Coconut "rundown" steamed fish (a Jamaican speciality)
- ✓ Blackened fish
- ✓ Escoveitch fish (a spicy Jamaican speciality)
- ✓ Curried shrimp, lobster, chicken or goat
- ✓ Grilled shrimp, fish or lobsters with garlic and butter
- ✓ Steamed fish with vegetables
- ✓ Roast fish with lemon and herbs
- ✓ Roast chicken
- ✓ Brown stew chicken
- ✓ Jerk chicken or pork (a Jamaican speciality)
- ✓ Stir fry chicken and papaya

## **Side orders**

- ✓ Irish potatoes (baked, mashed, roasted, sautéed, herbed potato wedges, fries)
- ✓ Sweet potatoes (boiled or oven roasted)
- ✓ Rice and peas (a Jamaican staple)
- ✓ White/brown or pumpkin rice
- ✓ Steamed vegetables
- ✓ Vegetable rundown
- ✓ Festival (a savoury doughnut)
- ✓ Bammy (similar to a polenta cake but made from cassava)

## **Desserts**

- ✓ Fruit salad
- ✓ Watermelon or papaya sorbet
- ✓ Cornbread
- ✓ Banana bread
- ✓ Lime pie
- ✓ Rum cake