

## ***Excursions***

### ***Martha Brae River Rafting***

About 30 minutes from Three Little Birds, in Trelawny (home to Usain Bolt), is the [Martha Brae Rafting Village](#). Think calm rides down the river on a bamboo raft, not white water rapids. A great relaxing excursion and lots of opportunities for great pictures.



### ***Glistening Waters Bay***



The lagoon owes its name to the very impressive incandescent illuminations of microorganisms (one of only four similar locations worldwide), which can be viewed on small tours. After dark, the water shines bright turquoise when touched, and you can see trails of fish.

Tours include a boat trip in the early evening and the opportunity to plunge into the water surrounded by glowing water, so wear your swimsuit and bring a towel. Guests have recommended Fisherman's Inn as their tour operator of choice (Tel.: 876-954-4078 or 876-954-3427).

## ***Cockpit Country Hike***



For the more adventurous among you who are seeking exposure to an honest take on Jamaican history and landscapes off of the beaten path, consider a tour of Cockpit Country. Community-based hikes are offered by the South Trelawny Environmental Agency, a nonprofit that is committed to sustainable community tourism and range from 5 to 20 miles. They offer nature walks, birding, and trips to wet caves. (Visit [stea.net](http://stea.net) or call (876) 393-6584 for more information).

## ***Johnny Cash Home Tour***

Whether you're a die hard fan of the Man in Black, or just want to see more than a couple of great houses, you may give this tour a try. Cinnamon Hill, his vacation home which is mentioned in his autobiography is mere minutes from Three Little Birds. The house



and grounds are beautiful and were just as it had been when he occupied it, so his piano is still there, shoes, etc.



## ***Appleton Rum Tour***

A perennial favorite where you can see where the cane is grown and how the rum is made. [According to its website](#), kids are allowed because it “is an educational tour about the history of rum,” but education goes only so far and they are, sadly, not allowed to sample the product

## ***Rose Hall Great House***

Only ten minutes from Three Little Birds is the [Rose Hall Great House](#). Though it fell into disrepair in the mid 20<sup>th</sup> century, the house has been meticulously restored to its former colonial-era glory. There you can learn about the European influence on the island of Xamayca (spoiler alert: it wasn't good) and the legend of wicked Annie Palmer.



The tour guides are incredibly knowledgeable and charming.

## ***Dunn's River Falls***



About 90 minutes from Three Little Birds is Dunn's River Falls, a very fun and very climbable waterfall in Ocho Rios that should not be missed! A true adventure. You can repeat the climb multiple times if desired. Bring water-appropriate shoes to get better

traction on the slippery rocks. Hiking sandals or other water shoes are best; running shoes without socks also suffice if you're prepared to get them fully soaked.

## ***Rocklands Bird Sanctuary***

Thirty minutes from Three Little Birds is the Rocklands Bird Sanctuary. Here, you will find countless species of native birds in the lush wooded landscape. The sanctuary is the labor of love for a family that has been caring



for the birds for decades. The highlight of your visit will be feeding the hummingbirds who will come right up to you and land on your fingers. Bring a camera and a smile.