

To Jamaica with love...

Tracey Davies celebrates the Caribbean hot spot and its links to James Bond ahead of 007's latest film release

It's all eyes on Jamaica as James Bond returns to his tropical birthplace for the 25th Bond film, *No Time To Die*. Set for release in April, the story kicks off with Bond retiring from the secret service for a more relaxed life in Jamaica. But is there enough there to thrill the world's most prolific spy? Absolutely!

Stay in Bond's fair lair

Of course, there's only one place for the retired secret agent to stay and that's Goldeneye in Oracabessa Bay, a 20-minute drive from Ocho Rios on the north coast. Built on a cliff-top by author Ian Fleming in 1946, the Goldeneye estate is where he created the world's favourite spy and wrote all 12 Bond novels.

Mere civilians can also stay in the estate's clutch of swim-up villas, cottages and beach huts, each tucked away in the tropical gardens, or even just come to kick back with a dry Martini in the Bamboo Bar on Button Beach. Shaken not stirred, obviously.

Rooms from £244, B&B, goldeneye.com.

Perhaps Bond might reinvent himself as the next Jay-Z and stay

at the Geejam Resort – a swish boutique resort on the edge of the Blue Mountains, which has its own recording studio where Rihanna and Drake have recorded albums.

It's launching 12 new Rhumba Studio rooms early this year, which offer slightly more affordable alter-

natives to its uber-luxe suites and villas. Opening rates from £270 a night, B&B (five-night minimum stay), geejamhotel.com.

Alternatively, JB could mix with the masses and bag a suite in Moon Palace, a flashy all-inclusive resort in Ocho Rios with its own private beach.

Rates vary, jamaica.moonpalace.com.

Aside from espionage, what can spies do for kicks?

SkyFalls

If it's good enough for Kendall Jenner (who was spotted hanging

out here with her girl gang in the summer), it's good enough for our secret agent.

Tucked away in the hills above Ocho Rios, Island Gully Falls is a series of natural waterfalls and deep pools linked by meandering streams in which to explore. Entry £12 (cash only) – bring water shoes, islandgullyfallsjamaica.com

Live and Let Die

Once a hiding place for pirates, a sanctuary for runaway slaves and even an underground nightclub back in the 1980s, the Green Grotto is a series of

subterranean limestone caves on the island's craggy north

coast. The caves – named for the green algae which covers the walls – feature an underground lake and nine different species of bat.

They're most famous as Dr Kananga's underground lair from the 1973 movie *Live and Let Die*.

Tours from £12, greengrotto-cavesja.com.

The Spy Who Loved Me

Dr No was the first Bond movie and many scenes were shot in Jamaica. Most famous is the one where James wakes up under a palm tree and watches as Honey Ryder, played by Ursula Andress, emerges slowly from the water singing *Underneath the Mango Tree*.

It was filmed at Laughing Waters Beach in Ocho Rios, where you can see the picturesque waterfall which feeds into the sea.

The Man with the Golden Voice

Bond can't come to Jamaica and not pay homage to the island's other greatest son, Bob Marley. The King of Reggae's influence stretches far and wide across Jamaica, but just outside Kingston is the legendary Tuff Gong recording studio where he recorded *Stir It Up*, *Buffalo Soldier* and *No Woman, No Cry*.

Still owned by Bob's wife Rita, it now offers the *Making of the Music*

Publication: The Daily Mirror (2)
Published date: 25th January 2020
Journalist: Tracey Davies
Circ: 519,224

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tour which kicks off in his rehearsal room, where fans can have a tinkle

on Bob's very own grand piano, see where his records were hand-pressed and then venture into his actual recording studio where all the magic happened.

Tours from £15, bobmarleymuseum.com.

Licence to Thrill

You can take the man out of the secret service, but can you take the secret service out of the man?

Set on an 18th-century plantation, the Yaaman Adventure Park offers a whole host of adrenalin-fuelled jungle adventures – from dune buggy and quad bike excursions to Segway tours and camel trekking. Driving packages from £92, yaamanadventure.com.

Dine Another Day

Nothing quite says Jamaica like spicy jerk chicken, ice cold Red Stripe and the soft heartbeat of reggae. Miss T's Kitchen in Ocho Rios is a lively, colourful restaurant which serves up some of Jamaica's finest country island cooking.

Alongside her legendary jerk dishes, self-taught chef Anna-Kay Tomlinson knocks out Miss T's famous oxtail, curried goat and brown stew – not to mention a pretty fierce rum selection. Mains from £9, misstskitchen.com.

Sundowners with a

View to Kill

Often touted as the Caribbean's coolest, the Pelican Bar is the perfect spot for a secret rendezvous for our hero. Located a mile off Jamaica's southwest coast, this ramshackle thatched bar sits on stilts on a sandbar in the sea where the seabirds of its name flock.

You can only get there by boat – they leave daily from Black River, Treasure Beach and Parottee Point.

GET THERE



■ Virgin Holidays offers seven nights at the Moon Palace Resort in May from £1,575, all-inclusive. Price includes return flights from Gatwick to Montego Bay, and transfers. virginholidays.co.uk, 0344 739 2397 Alternatively, British Airways offers return flights from Gatwick to Kingston from £483. ba.com, 0344 493 0787

■ Tourist info: visitjamaica.com



WELCOMING Miss T's Kitchen offers island cooking and great cocktails



SPECTACULAR Island Gully Falls at Ocho Rios



RELAX
Beach hammock at sunset



WRITE STUFF Goldeneye was where Ian Fleming penned the Bond novels