

JM Falmouth, Jamaica Cruise Port Guide

Your Complete Guide to Waterfalls, River Adventures, Beaches & Jamaican Culture



Falmouth is one of Jamaica's premier cruise destinations and serves as the gateway to many of the island's most famous attractions. Located on Jamaica's north coast between Montego Bay and Ocho Rios, Falmouth offers visitors easy access to spectacular waterfalls, bamboo rafting, white-sand beaches, historic landmarks, and authentic Jamaican culture.

The beautifully restored cruise port blends colonial architecture with modern shopping and restaurants, making it a wonderful place to begin your Jamaican adventure.

Whether you're climbing Dunn's River Falls, floating down the Martha Brae River, ziplining through the rainforest, or simply enjoying some authentic jerk chicken, Falmouth delivers an unforgettable Caribbean experience.

Where Do Cruise Ships Dock?



Cruise ships dock at the modern **Historic Falmouth Cruise Port**, one of the largest and most impressive cruise terminals in the Caribbean.

The port features:

- Duty-free shopping
- Local craft markets
- Restaurants
- Coffee shops
- Rum tastings
- Visitor information
- Taxi stand
- Excursion meeting areas
- Historic architecture

The cruise village is clean, secure, and easy to explore before or after your excursion.



Explore Historic Falmouth



Founded in 1769, Falmouth was once one of the busiest ports in the Caribbean.

Today you can explore:

- Georgian architecture
- Historic churches
- Local markets
- Courthouse Square
- Waterfront
- Boutique shopping

History lovers will appreciate one of the Caribbean's best-preserved Georgian towns.

★ Top Shore Excursions

Dunn's River Falls



One of Jamaica's most famous attractions.

Located about **45–60 minutes** from Falmouth.

Visitors can:

- Climb the famous waterfall
- Swim in natural pools
- Relax on the beach
- Enjoy beautiful tropical scenery

This is one of the Caribbean's most iconic excursions.

Martha Brae River Rafting



A peaceful ride aboard a traditional **30-foot bamboo raft**.

Float gently down the river while your guide shares stories about Jamaican history and culture.

Perfect for couples and anyone looking for a relaxing experience.

Blue Hole



A favorite for adventurous travelers.

Enjoy:

- Cliff jumping
- Rope swings
- Waterfalls
- Natural swimming pools
- Crystal-clear water

Often considered a less crowded alternative to Dunn's River Falls.

Mystic Mountain



One of Jamaica's most exciting attractions.

Features include:

- Jamaican Bobsled ride
- Sky Explorer chairlift
- Zipline
- Infinity pool
- Rainforest views

Great for families and thrill seekers.

Jamaica Highlights Tour

Visit several attractions including:

- Local villages
- Scenic overlooks

- Historic landmarks
- Shopping
- Beaches

Ideal for first-time visitors.

Best Beaches

Doctor's Cave Beach (Montego Bay)



One of Jamaica's most famous beaches.

Features:

- Crystal-clear water
 - Soft white sand
 - Calm swimming
 - Beach facilities
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Burwood Beach

Located just outside Falmouth.

A quieter beach offering:

- Calm water
 - Relaxed atmosphere
 - Beautiful scenery
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Bamboo Blu Beach

Popular for:

- Swimming
 - Water sports
 - Family-friendly atmosphere
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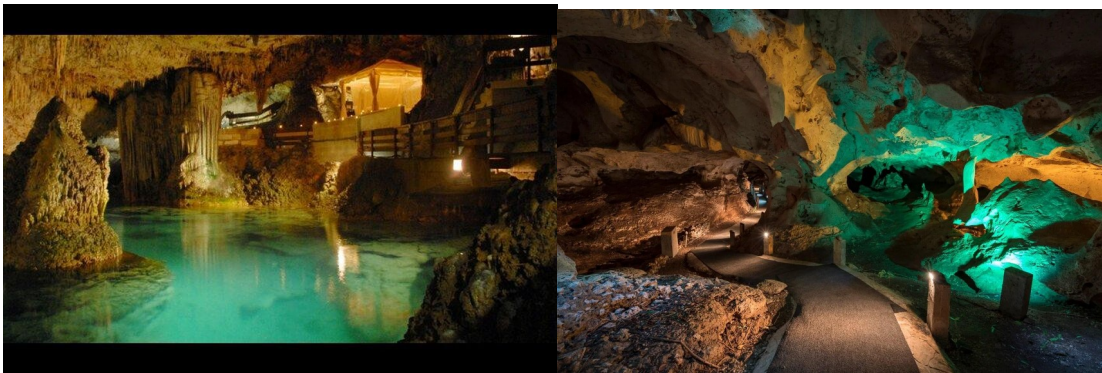
Puerto Seco Beach

Known for:

- Water park
 - Beautiful beach
 - Restaurants
 - Snorkeling
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Nature & Adventure

Green Grotto Caves



Explore fascinating limestone caves featuring:

- Underground lake
- Stalactites
- Stalagmites
- Rich history

The caves have served as shelters, hideouts, and military storage throughout history.

Ziplining Through the Rainforest

Several operators offer exciting zipline adventures high above Jamaica's lush tropical canopy.



Shopping

Popular souvenirs include:

- Blue Mountain Coffee
- Jamaican rum
- Handmade wood carvings
- Jerk seasoning
- Hot sauces
- Local artwork
- Jewelry
- Bob Marley memorabilia

The cruise port shopping village is one of the best places to browse before returning to the ship.



What to Eat

Don't leave Jamaica without trying:

- Jerk chicken
- Jerk pork
- Ackee & Saltfish (National Dish)
- Curry goat
- Patties
- Rice & peas
- Festival bread
- Fresh coconut water
- Rum cake

Popular restaurants include:

- Scotchies
 - Peppers Jerk Center
 - The Glistening Waters Restaurant
 - Pier One (Montego Bay)
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Hidden Gems

If you've visited Jamaica before, consider exploring:

- Hampden Estate Rum Distillery
- Good Hope Estate
- Luminous Lagoon
- Firewater Mineral Spring
- Rose Hall Great House
- Croydon Plantation

The **Luminous Lagoon**, located just minutes from Falmouth, is one of only a handful of naturally bioluminescent lagoons in the world. While most cruise itineraries depart too early to experience it, it's a must-see for visitors staying overnight in Jamaica.

Weather Throughout the Year

Jamaica enjoys warm tropical weather year-round.

Winter (December – February)

- Highs: **81–84°F (27–29°C)**
- Lower humidity
- Excellent sightseeing weather

Spring (March – May)

- Highs: **83–87°F (28–31°C)**
- Warm and sunny

Summer (June – August)

- Highs: **88–91°F (31–33°C)**
- Hot and humid
- Brief afternoon showers

Fall (September – November)

- Highs: **84–89°F (29–32°C)**
- Warm temperatures
- Lush green scenery

Trade winds help keep the island comfortable throughout the year.

Hurricane Season

The Atlantic hurricane season runs from:

June 1 – November 30

Peak activity generally occurs during:

- August
- September
- October

Cruise lines monitor tropical weather carefully and adjust itineraries when necessary.

Travel insurance is always recommended.

Getting Around

Transportation options include:

- Cruise excursions
- Licensed taxis
- Private tours

Many major attractions are located:

- Martha Brae River – **15 minutes**
- Montego Bay – **45 minutes**
- Dunn's River Falls – **45–60 minutes**
- Mystic Mountain – **60 minutes**

Because travel times can be significant, we recommend booking longer excursions through your cruise line or a reputable operator that guarantees your return to the ship.

What to Pack

Bring:

- ✓ Swimsuit
- ✓ Reef-safe sunscreen
- ✓ Sunglasses
- ✓ Hat
- ✓ Water shoes (essential for Dunn's River Falls)
- ✓ Comfortable walking shoes

- ✓ Waterproof phone pouch
 - ✓ Insect repellent
 - ✓ Reusable water bottle
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Premium Travel Group Tip

Falmouth is one of those ports where the **excursions are the destination**. While the cruise port is attractive and enjoyable to explore, Jamaica's true beauty lies beyond the gates.

If this is your first visit, **Martha Brae River Rafting** offers one of the most relaxing experiences in the Caribbean, while **Dunn's River Falls** is a bucket-list adventure that should be experienced at least once. If you're looking for something less crowded, consider **Blue Hole** or **Green Grotto Caves** for a more off-the-beaten-path experience.

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Why Visit Falmouth?

Falmouth is more than just a cruise port—it's your gateway to some of Jamaica's most iconic experiences. Whether you're climbing waterfalls, floating peacefully down a bamboo-lined river, exploring historic plantations, or savoring authentic jerk cuisine, Jamaica offers a vibrant blend of adventure, culture, music, and natural beauty that leaves a lasting impression on visitors from around the world.
