



PROFILE



Born in Toronto. Canada, Christopher Forrest moved back to Jamaica with his family and spent his childhood in the Kingston suburb of Orange Grove, He grew up enjoying its beautiful beaches. food and music. Recently locating here as management consultant for KPMG Singapore, he heads back home to Jamaica whenever he gets the chance.



LUMINOUS LAGOON FALMOUTH

Back in the 18th century when sugar was king, the lagoon was a busy wharf. Large vessels from England would unload and reload sugar, rum and other Jamaican exports. After the decline of the sugar trade, scientists began to discover something else. The lagoon was inundated with these microorganisms called dinoflagellates that would glow a bright blue when agitated by movement and the flowing of the river. This microbial phenomenon is found in only three places on earth and Jamaica's Luminous Lagoon (also called Glistening Waters) is the best place to experience it. You'll want to visit it at night. Take a short boat ride out to the middle of the lagoon and take a dip in the water.



DEVON HOUSE HERITAGE SITE HOPE ROAD, KINGSTON

Meet the architectural dream of Jamaica's first black millionaire, George Stiebel, who was the son of a Jamaican housekeeper and a German-Jewish merchant. Commissioned in 1881, the house is now a national monument and is worth taking a tour. Then try some of Jamaica's finest restaurants and confectionaries. My favourite is the Devon House I Scream Shop.



RICK'S CAFÉ WEST END ROAD, NEGRIL

Sunsets and cliff-jumping have become a tradition at Rick's Café, a fantastic public bar and restaurant perched on Negril's majestic seven-mile beach. But if you're afraid of heights, spend the day hanging out in Jamaica's only cliffside pool, order yourself a plate of buffalo wings and enjoy the stunning blue waters of the Caribbean. It's open all day, every day.

SAIL AWAY

Experience the Caribbean at its finest on a luxury catamaran via chukka.com. Drop anchor and explore the reefs or climb up Dunn's River Falls before returning to the boat for a rum dance party.