

Negril

Westmoreland · Jamaica

TRAVEL GUIDE

Tripomatic





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Overview

Negril sits at the far western tip of Jamaica, about 80 km by road from Montego Bay. It has two very different sides. North of the small town centre, a long, straight beach of soft white sand faces calm, shallow water. South of the centre, the West End is a rocky coast of low limestone cliffs, small hotels and bars, all facing the sunset.

Negril is a place to slow down. It suits beach days, snorkelling, sunset drinks and easy day trips to waterfalls and rivers. Large all-inclusive resorts stand next to small family guesthouses, and the mood is more relaxed than in Jamaica's bigger resort towns.

When to visit

December to April is the dry and sunny peak season, with the best weather and the highest prices. March also brings spring-break crowds from North America. From May to October it is hotter and more humid, with frequent short showers, but the sea stays warm all year.

The **hurricane season** runs from June to November, with the highest risk from August to October. Buy travel insurance that covers storms if you visit during the hurricane season. In October 2025 Hurricane Melissa caused serious damage in western Jamaica.

MONTH	CONDITIONS	DAY °C avg / max	NIGHT °C avg / min	
January	● Great Great for watersports	28° / 30°	24° / 22°	Muggy, humid air
February	● Great Great for watersports	28° / 30°	24° / 22°	☀ 20 sunny days · Muggy, humid air · UV 9 (Very high)
March	● Great Great for watersports	29° / 31°	24° / 23°	☀ 24 sunny days · Muggy, humid air · UV 11 (Extreme)
April	● Great Great for watersports	30° / 31°	25° / 24°	☀ 22 sunny days · Oppressive humidity · Calm winds · UV 11 (Extreme)
May	● Fair Fair for watersports	30° / 32° Feels like 33°	26° / 24°	☂ 18 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
June	● Fair Fair for watersports	30° / 32° Feels like 34°	26° / 25°	☂ 19 rainy days · Oppressive humidity · Calm winds · UV 10 (Very high)
July	● Fair Fair for watersports	31° / 32° Feels like 35°	27° / 26°	☂ 20 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
August	● Fair Fair for watersports	31° / 32° Feels like 35°	27° / 26°	☂ 21 rainy days · Oppressive humidity · Calm winds · UV 11 (Extreme)
September	● Fair Fair for watersports	30° / 32° Feels like 34°	27° / 25°	☂ 22 rainy days · Oppressive humidity · Calm winds · UV 10 (Very high)
October	● Fair Fair for watersports	29° / 31° Feels like 33°	26° / 25°	☂ 21 rainy days · Oppressive humidity · Calm winds · UV 9 (Very high)
November	● Great Great for watersports	29° / 30°	25° / 24°	Oppressive humidity
December	● Great Great for watersports	29° / 30°	25° / 23°	Oppressive humidity

Best months: January, February, December

Climate data: NASA POWER + Copernicus ERA5-Land and ERA5 · 1996–2025

Top sights



A Seven Mile Beach is why most people come. The sand runs north from the town centre, the water is clear and gentle, and the beach is lined with hotels, bars and restaurants. Its quieter northern end, Bloody Bay, has calmer, emptier stretches of sand.

B Negril Cliffs line the West End south of town. Here you swim from ladders and rock platforms instead of sand, and snorkel in clear water close to the shore.

C Rick's Cafe is a cliff-top bar and restaurant, open since 1974. Crowds gather in the late afternoon to watch people jump into the sea from the rocks and to see the sunset.

D Negril Lighthouse stands on the West End, near the western tip of Jamaica. The white tower dates from 1894 and is one of the earliest lighthouses built of concrete.

Two more short trips are popular. **Booby Cay** is a small island off the northern end of the beach, reached by boat, with good snorkelling. **Blue Hole Mineral Spring**, a short drive inland, is a deep natural pool where you can climb down a ladder or jump in from above.

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What to experience

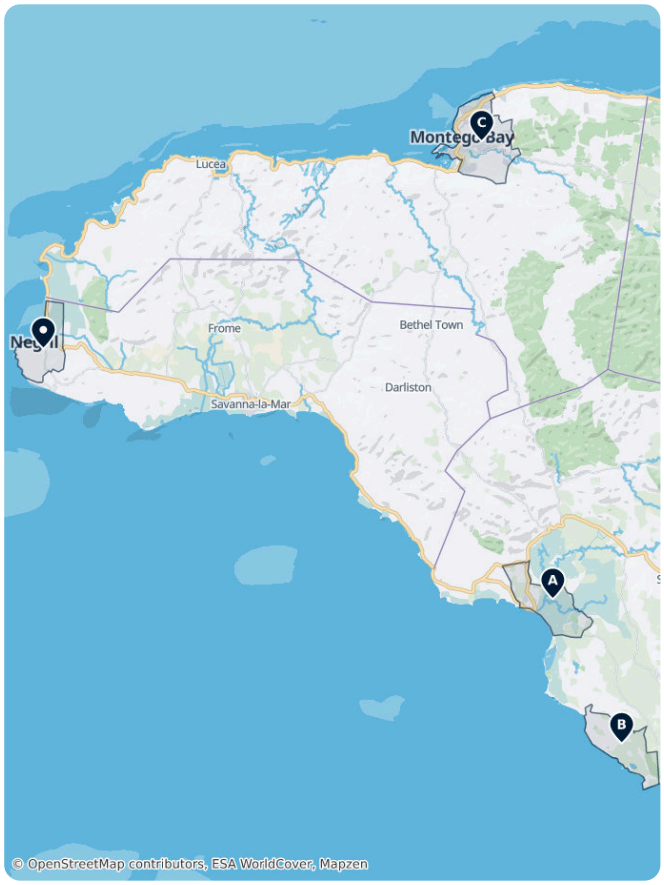
- **Watch the sunset from the cliffs**: every evening, people gather at the West End bars to watch the sun drop into the sea. Arrive early for a seat by the edge.
- **Jump from the cliffs**: at Rick's Cafe and other cliff-top bars you can jump into deep, clear water. Start from the lower platforms and follow the advice of local staff.
- **Snorkel or dive the reefs**: the Negril Marine Park protects the reefs offshore. Dive shops along the beach and the cliffs run trips for beginners and certified divers.
- **Take a boat to Booby Cay**: glass-bottom boats and snorkel trips leave from the beach for the small island off its northern end.
- **Sail at sunset**: catamaran cruises along the beach often stop for snorkelling and end at the cliffs at sundown.
- **Dance to live reggae**: beach bars host live reggae and sound-system nights through the week.

More ideas are on the official Visit Jamaica Negril page.

Day trips

Negril makes a good base for waterfalls, rivers and the quiet south coast. Most visitors go by taxi or on an organised tour.

- Mayfield Falls — about 1 hour by car. You walk up a shallow river with a guide, past many small cascades and natural pools. Bring water shoes, and check that it is open before you go.
- A Black River — about 1.5 hours by car. Boat trips go up the Black River through mangroves and wetlands, where you can often see crocodiles and birds.
- **YS Falls** — about 1.5 to 2 hours by car. A series of waterfalls in a green valley, with natural pools for swimming. It is often combined with Black River in one day.
- B Treasure Beach — about 2 hours by car. A quiet strip of fishing villages on the south coast. Boats from the area go out to Floyd's Pelican Bar, a wooden bar on stilts on a sandbar at sea. Check that it is open before you go.
- C Montego Bay — about 1.5 hours by car or bus. Jamaica's main tourist city, with shopping, more beaches and the main international airport.



Where to explore

Negril lies in the parish of Westmoreland, on the western end of the island.

- Savanna-la-Mar is the parish capital, a busy market town on the south coast, east of Negril along the coast road.
- Montego Bay is the main gateway city of western Jamaica and a natural first or last stop.

Getting there

- **By air**: Sangster International Airport (MBJ) in Montego Bay is the gateway for almost all visitors. The road trip to Negril is about 80 km and takes around 1.5 hours by hotel shuttle, private transfer or licensed taxi. The small Negril Aerodrome serves only light aircraft. See the Sangster International Airport website for ground transport options.
- **By bus**: Knutsford Express runs comfortable intercity coaches to Negril from Montego Bay and other cities. Book seats in advance.
- **By route taxi**: shared route taxis and minibuses link Negril with Montego Bay, Lucea and Savanna-la-Mar. They are cheap but crowded, and you may need to change vehicles.
- **Entry**: check passport and entry rules for your nationality before travel.

Getting around

- **Route taxis**: shared taxis run up and down the beach road and the West End road all day. Wave one down, tell the driver where you are going and pay a small fare in Jamaican dollars when you get out.
- **Private taxis**: use licensed taxis with a blue Jamaica Tourist Board sticker on the windscreen. They have no meters, so agree the fare before you get in.
- **On foot**: the beach is easy and pleasant to walk along by day. The West End stretches for several kilometres along a road with little or no pavement, so take a taxi between distant spots.
- **Scooters and bikes**: both can be rented from shops and some hotels. The roads are flat, but traffic drives fast and on the left, so they suit confident riders only.

Getting around on foot & by bike

WALKABILITY

Moderate

The beach is easy to walk along by day, but the West End road is long and has little pavement, so taxis link the two areas.

CYCLING INFRASTRUCTURE

Moderate

The roads are flat and bikes are easy to rent, but traffic is fast, drives on the left and there are no bike lanes.

Driving

- **Is a car worth it?**: not for a beach stay. Taxis and route taxis cover the beach and the West End. A car only helps for independent trips to the south coast and the hills.
- **Driving on the left**: traffic in Jamaica drives on the left. Roads are narrow and winding, overtaking is aggressive, and potholes are common.
- **At night**: avoid long drives after dark. Roads are poorly lit, and people and animals walk on them.
- **Parking**: do not leave valuables in a parked car.

Food & drink

Seafood is the local favourite: grilled or steamed fish, lobster in season, and shrimp from the south coast. Jerk chicken and pork from roadside smoke pits are everywhere, served with festival or hard-dough bread.

For a casual meal, follow the smoke to the jerk stands along the beach road and in the town centre. The beach bars and restaurants on the sand are easy for lunch with your feet in the sand. For dinner, the West End has cliff-top restaurants with sunset views, and many are best booked ahead.

What to eat & drink

BREAKFAST

Ackee and Saltfish
Jamaica's national dish: sauteed ackee fruit with salted cod, onions, and peppers.

LUNCH

Rice and Peas
Rice cooked with kidney beans or gungo peas in coconut milk, a staple side across the island.

SNACKS & STREET FOOD

Beef Patty · Jamaican patty
Flaky, turmeric-colored pastry filled with spiced ground beef or other fillings.

Festival
Sweet, fried cornmeal dumplings often served alongside fried fish.

Bammy
Flatbread made from grated cassava, traditionally served with fried fish.

DRINKS

Sorrel
A spiced red drink made from sorrel (hibiscus) flowers, traditional at Christmas.

Blue Mountain Coffee
Coffee grown in the cool hills above Kingston, among the most sought-after in the world.

Red Stripe
Jamaica's best-known lager beer.

SIGNATURE DISHES

Jerk Chicken
Chicken marinated in scotch bonnet pepper and allspice, slow-cooked over pimento wood.

Curry Goat
Goat meat stewed in a spiced curry sauce, usually served with rice and peas.

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Safety & health

Negril is relaxed and most visits are trouble-free. The main nuisance is persistent offers on the beach: tours, taxis, souvenirs and ganja. A firm, polite "no thanks" is usually enough. Buying ganja from street sellers is illegal, and smoking it in public can bring a fine.

- **Theft and robbery**: do not leave bags on the beach, and avoid empty stretches of sand and dark roads at night. Take a taxi after dark instead of walking.
- **Taxis**: use licensed taxis with the blue Jamaica Tourist Board sticker, especially at night.
- **Cliff jumping**: injuries happen. Jump only where the water is known to be deep, never after drinking, and check for boats below.
- **Sun and insects**: the sun is strong all year. Use high-factor sunscreen and mosquito repellent, as dengue is present in Jamaica.
- **After the hurricane**: some smaller businesses and nearby communities are still rebuilding after Hurricane Melissa. Check that tours and venues are open before you go.

History

Spanish sailors reached this coast in 1494 and named it Negrillo, later shortened to Negril. For centuries the bays were a quiet anchorage, used by fishermen, smugglers and pirates. In 1720 the pirate *Calico Jack* and his crew, including *Anne Bonny* and *Mary Read*, were caught off western Jamaica after sailing toward Negril. In 1894 the authorities built Negril Lighthouse to guide ships around the western tip of the island.

Negril stayed a remote fishing village until the late 1950s, when the first guesthouses opened for young travellers drawn by the empty beach. The road from Montego Bay was improved in the early 1970s, Rick's Cafe opened in 1974, and the large hotels followed. In 1998 the reefs offshore became part of the new Negril Marine Park. In October 2025 Hurricane Melissa struck western Jamaica. Negril escaped the worst damage, and its large hotels reopened between December 2025 and August 2026.

Country facts

Quick practical facts for Jamaica at a glance:

CURRENCY

JMD

ELECTRICITY



Type A / Type B
116 V · 50 Hz

LANGUAGES

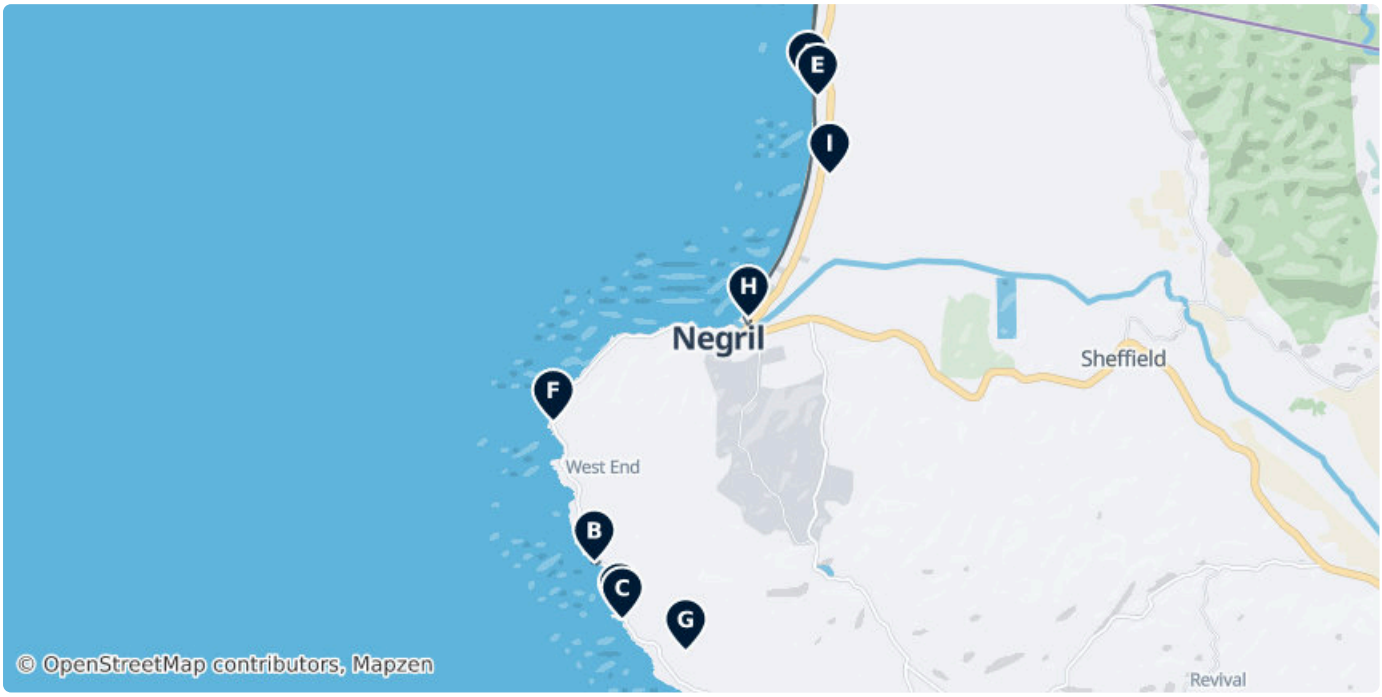
English

TAP WATER

Use caution

Negril Essentials

Negril's landscape is divided between the white sands of Seven Mile Beach and the rugged limestone formations of the West End. This selection features the historic 1894 lighthouse and the Negril Cliffs, a filming location for the James Bond movie Thunderball. Culinary highlights include jerk chicken at 3 Dives and the sunset views at Rick's Cafe. For nature and culture, the list includes Barney's hummingbird garden and the local craft market, alongside nightlife staples like The Jungle and Margaritaville.





A Seven Mile Beach

Pleasure-seekers and sun lovers flock here to enjoy the clear water and great atmosphere.

Jamaica (18.30538, -78.33931)



B Rick's Cafe

The bar has become legendary due to its spectacular location and breath-taking sunsets. The food is average but the atmosphere well worth it.

West End Road, JMAAA99, Negril, Jamaica (18.25413, -78.36343)

rickscafejamaica.com, +1 876 957 0380



C Negril Cliffs

These cliffs were featured in the James Bond movie Thunderball. No wonder - the views are really stunning!

Jamaica (18.24798, -78.36028)



D Negril Lighthouse

Constructed in 1894, this 66-foot concrete tower stands at the westernmost point of Jamaica. The structure has been solar-powered since 1985 and overlooks the West End's limestone cliffs.

West End Road, Negril, Jamaica (18.24851, -78.36062)



E Margaritaville Negril

Jimmy Buffett's Margaritaville is a United States–based hospitality company that manages and franchises a casual dining American restaurant...

Negril, Norman Manley Blvd, Negril 33155, Jamaica (18.30401, -78.33822)

margaritavillecaribbean.com/locations/... , +1 876 979 8041

F 3 Dives Restaurant

This waterside restaurant/bistro is famous for its jerk chicken - a local specialty. Come here in the evening to watch the sunset.

Jamaica (18.26917, -78.36805)

+1 876 344 6850

G Barney's Flower & Hummingbird Garden

A private tropical garden where visitors can observe and hand-feed several species of hummingbirds, including the Doctor Bird, Jamaica's national bird. The site features a variety of native flora and exotic fruit trees.

West End Road (18.24461, -78.35312)

H Craft Market

An open-air market featuring a collection of stalls where local artisans sell hand-carved wooden sculptures, straw hats, baskets, and traditional Jamaican jewelry.

(18.28030, -78.34602)

The Jungle

This establishment doesn't aim solely at the tourists; locals come here in crowds, too. Disco and casino open Thu to Sat all night long.

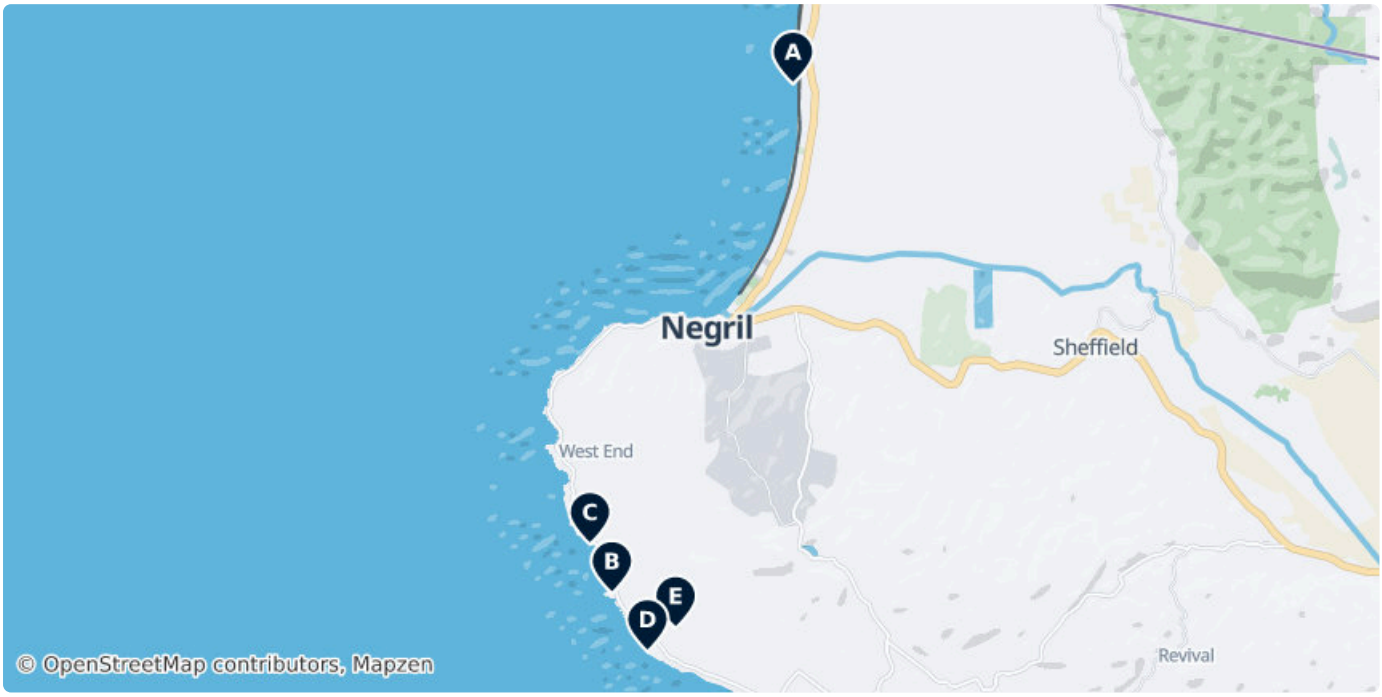
Jamaica (18.29563, -78.33688)

junglenegril.com, +1 876 957 4005



Negril Essentials

Negril's landscape is defined by the contrast between the expansive white sands of Seven Mile Beach and the rugged limestone formations of the West End. This selection includes the 1894 solar-powered lighthouse at South Negril Point and the iconic diving platforms of Rick's Cafe. Away from the shore, Barney's Flower & Hummingbird Garden offers a sanctuary for the endemic Doctor Bird, while the elevated cliffs provide deep-water access for snorkeling and unobstructed views of the Caribbean sunset.





A Seven Mile Beach

Pleasure-seekers and sun lovers flock here to enjoy the clear water and great atmosphere.

Jamaica (18.30538, -78.33931)



B Negril Lighthouse

Constructed in 1894, this 66-foot concrete tower at South Negril Point has been solar-powered since 1985. It marks the westernmost tip of Jamaica and features an internal staircase leading to a gallery with panoramic coastal views.

West End Road, Negril, Jamaica (18.24851, -78.36062)

C Rick's Cafe 1974

Established in 1974 on the West End cliffs, this venue features tiered limestone platforms for cliff jumping into the sea. It is a primary location for sunset viewing and provides direct water access from the rugged shoreline.

(18.25398, -78.36320)

D The Cliffs

Rugged limestone formations on the West End that drop directly into deep turquoise waters. These natural outcrops are used for snorkeling and diving, offering a distinct geological alternative to the area's sandy beaches.

(18.24201, -78.35644)

E Barney's Flower & Hummingbird Garden

A private tropical garden focused on native flora and birdlife. It provides a habitat for the endemic Doctor Bird and other hummingbird species, with guided tours available through the landscaped grounds.

West End Road (18.24461, -78.35312)

DATA SOURCES

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