



## Blue Mountains - Jamaica



Over the southeast of Jamaica extends a 28 miles long mountain range known as the Blue and John Crow Mountains. The Blue Mountains were named a UNESCO World Heritage site in 2015 as one of the 78 most irreplaceable protected areas for the conservation of its biodiversity and to preserve the cultural heritage of slaves that found refuge in the mountains.

The mountains are also home to the fragrant and famed Blue Mountain Coffee and stunning hiking trails. The region's namesake comes from the mellow haze that settles around its peaks. Covering about 20% of the Caribbean island, the difficulty to navigate the area around the Blue Mountains leaves its natural, forested mountains to be explored by the adventurous. Test your stamina on the Blue Mountain Peak Trail, the route to Jamaica's highest point (7,400 ft). It takes about 4 hours for 5.8 miles on steep terrain to reach the top. Get more insight with these short videos:

- Visiting the Blue Mountains | Jamaica Travel (2 minutes) [bit.ly/JamaicaBlueMountains1](https://bit.ly/JamaicaBlueMountains1) (\*)
- Hiking the Blue Mountains with Rasta Buru, part 1 (12 min.) [bit.ly/JamaicaBlueMountains2](https://bit.ly/JamaicaBlueMountains2) (\*) and part 2 (15 min.) [bit.ly/JamaicaBlueMountains3](https://bit.ly/JamaicaBlueMountains3) (\*)
- Why is Jamaica Blue Mountain Coffee so special? (8 min.) [bit.ly/JamaicaBlueMountains4](https://bit.ly/JamaicaBlueMountains4) (\*)

Do you have any questions? Please email us: [hello@SpiceBreeze.com](mailto:hello@SpiceBreeze.com)

***Happy cooking!***

*Your SpiceBreeze team*

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