



## WEEKLY ACTIVITIES & EXCURSIONS SCHEDULE

On the Adventure Wellness Package, all these excursions & activities are included

### Monday

**7:30am-5:00pm ~ Boiling Lake Hike ~** Explore Dominica's famous "World Wonder" and UNESCO World Heritage Site. Trek this world-class trail as it traverses several climatic zones with giant fern trees and a cloud forest. Stops along the route include the mysterious Valley of Desolation, a soak in hot water pools, and a sulphur mud facial. The hike is approximately 3 hours each way, up and down fairly steep hills (proceed with caution if afraid of heights). A packed lunch is provided ♦ **VERY CHALLENGING** ♦ **50 min. driving each way / 6 hours hiking round trip** ♦ US\$ 125

**9:00am-12:00pm ~ Explore & Snorkel ~** Short drive through Jungle Bay's neighboring Villages Soufriere and Scotts Head. Take a walk up to the historic Scotts Head peak to enjoy the spectacular view of the pristine water. The peninsula and peak of Scotts Head are dividing the Caribbean Sea and the Atlantic Ocean. Take a dip in the Caribbean Sea and snorkel off Tu-Sab Beach ♦ **EASY (includes hiking and snorkelling); short walks & drives of 5 to 10 minutes** ♦ US\$ 75

**4:30pm-5:30pm ~ Herbal Experience ~** Learn about the ancient herbal remedies of the island's traditional peoples. It is no wonder Dominica has such a high number of centenarians when you realize they live off the organic plants grown in the island's nutrient-rich soil. The fragrant herbs you will encounter during this presentation are grown right here in Jungle Bay's garden. Make your own tea blends during this interactive 'wellness experience for the senses' where you get to see, touch, smell, and taste ♦ **EASY** ♦ US\$ 35

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels. ♦ **EASY** ♦ US\$ 23

## Tuesday

**8:00am-12:30pm ~ Waitukubuli National Trail Segment 1 Hike ~** Dominica's Waitukubuli National Trail is the Caribbean's first long-distance walking trail with 14 segments in total covering 115 miles from the south to the north of Dominica. This hike leads through farmland and up a steeper track to the Morne Kwabier Plateau at 1,200 ft above sea level: providing a spectacular view of Martinique and Scotts Head's Bay. ♦ **MODERATE (the steeper part at the end to reach & come down from Morne Kwabier can be challenging)** ♦ **4½ hours hiking round trip** ♦ US\$ 85

**2:00pm-5:00pm ~ Kayak & Snorkeling ~** Start with a short lesson in kayaking, before heading into the Caribbean Sea. Enjoy paddling and snorkelling in the warm waters of the Soufriere / Scotts Head Marine Reserve to see interesting underwater fish and sealife. ♦ **MODERATE** ♦ **5 min. drive each way then 2+ hours of kayaking** ♦ US\$ 70

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels. ♦ **EASY** ♦ US\$ 23

## Wednesday

**8:00am-12:00pm ~ Pointe Michel to Bellevue Chopin Hike ~** Start off with a short drive to the village of Pointe Michel, which is known for being the birthplace of Dominica's first female Prime Minister, Dame Eugenia Charles. The first part of the hike meanders through the village on a recently restored road. The journey continues on a narrow track taking you through a beautiful dense, tropical forest interspersed with giant bamboo and ferns. Experience a mix of some steeper uphill climbs until you reach the heights of Bellevue Chopin; a pictures mountain village located 1,575 feet above sea level. Bellevue Chopin is known for its organic produce and is the birthplace of Jungle Bay's Developer Sam Raphael as well as many Jungle Bay employees. From Bellevue Chopin, it's a 20-minute drive back to Jungle Bay. ♦ **MODERATE – DIFFICULT (slippery in some areas)** ♦ **40 min. driving total / 2 ½ to 3 hours of hiking** ♦ US\$ 90

**2:00pm-6:00pm ~ Titou Gorge & Hot Springs ~** The spectacular Titou Gorge is located in Laudat, a mountain village in the Roseau Valley. It's a 10-minute walk to the Titou Gorge and a short swim through a series of natural "rooms and ponds" formed by high cliff walls canopied by interlaced trees leading to a hidden waterfall. Part of the second "Pirates of the Caribbean" movie was filmed here, when captain Jack and his crew were trying to escape from the tribe and fell into this gorge. Visit Ti Kwen Glo Cho hot springs for a warm soak after the gorge. ♦ **EASY** ♦ **50 min. driving each way / 20 minutes walking in total** ♦ US\$ 95

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels. ♦ **EASY** ♦ US\$ 23

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## Thursday

**7:30am-5:00pm ~ Boiling Lake Hike ~** Explore Dominica's famous "World Wonder" and UNESCO World Heritage Site. Trek this world-class trail as it traverses several climatic zones with giant fern trees and a cloud forest. Stops along the route include the mysterious Valley of Desolation, a soak in hot water pools, and a sulphur mud facial. The hike is approximately 3 hours each way, up and down fairly steep hills (proceed with caution if afraid of heights). A packed lunch is provided ♦ **VERY CHALLENGING** ♦ **50 min. driving each way / 6 hours hiking round trip** ♦ US\$ 125

**9:00am-2:00pm ~ Roseau & Trafalgar Falls ~** A short visit of the capital of Dominica, Roseau. Continue to the famous twin waterfalls Trafalgar, located in the Trois Piton National Park. It is a short 10- to 15-minute walk along a well-maintained foot path from the visitor center to the viewpoint of the falls. Lunch is provided at a local restaurant. It is advised to bring local currency (East Caribbean Dollars) or US dollars in small bills for souvenirs. ♦ **EASY** ♦ **55 min. driving each way / 20 minutes walking in total** ♦ US\$ 85

**3:30pm-4:30pm ~ Caribbean Cooking Class ~** Learn how to prepare local Caribbean cuisine and take "a taste of Jungle Bay" home with you! Items from the Garden Tour will likely be included in the recipes. ♦ **EASY**

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels. ♦ **EASY** ♦ US\$ 23

## Friday

**9:00am-2:30pm ~ Middleham Falls Hike ~** Trek along the misty mountain trail with lush rainforest vegetation to the tallest waterfall on the island, Middleham Falls. Jaco parrots are occasionally heard or spotted. The end of the hike becomes a little steeper as you scramble your way down to the waterfall pool for a refreshing splash. Did you know that being around waterfalls exposes you to negative ions which are a purification to help counteract stress and strengthen your immune system? Packed lunch is provided. ♦ **MODERATE** ♦ **55 min. driving to start / 3 hours of hiking total** ♦ US\$ 95

**2:00pm-4:00pm ~ World Famous Champagne Snorkel ~** Champagne reef is part of the protected Soufriere Scotts Head Marine Reserve. Underground volcanic activity seeps through the ocean floor, then is cooled by sea waves and rises in a line of bubbles creating a memorable snorkelling experience. Fan coral, turtles and a variety of tropical fish are often sighted. ♦ **EASY** ♦ **15 min. driving each way** ♦ US\$ 70

**5:30pm-7:00pm ~ Sunset "Bush Rum" Experience ~** Enjoying a stunning sunset while "liming" at Weefee's 'container' bar on Soufriere Beach. "Liming" is Caribbean slang meaning "hanging around with friends, enjoying the scene, playing a game, having a drink". Join us as we introduce you to our traditional Dominoes game which is typically a loud, fun, and playful activity, accompanied by plenty of laughs and local music. Bring along cash if you plan to purchase local beers or snacks; local bush rum & juices are included. ♦ **EASY** ♦ **5 min. driving each way** ♦ US\$ 40

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels. ♦ **EASY** ♦ US\$ 23

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## Saturday

**8:00am-11:30am ~ Roseau Market, Morne Bruce & Botanical Gardens ~** Experience one of the last remaining traditional markets in all of the Caribbean with its vibrant array of local fruits, vegetables and more. The lively Roseau Market is found along the waterfront where the Roseau River meets the Caribbean Sea. Next, take the 20-minute Jacks Walk from the Botanical Gardens in Roseau up to Morne Bruce, which affords panoramic views of the capital and the surrounding coastline. It is advised to bring local currency (East Caribbean Dollars) or US dollars in small bills for the market and souvenirs. ♦ **MODERATE** ♦ *approx. 20 min. drive to Roseau / 40 minutes hiking in total* ♦ US\$ 60

**11:00am-3:00pm ~ Fresh Water Lake ~** Nestled in the World Heritage Site is the Freshwater Lake, the source of the Roseau River and the largest of Dominica's three lakes. The 2.5-mile loop offers the most spectacular views of the mountain scenery, the Freshwater Lake, as well as the Caribbean Sea on one side and the Atlantic Ocean on the other side. The lake is located 2,500 ft above sea level where it is quite a bit cooler than on the coast. We recommend some layers and a hiking stick for the steep areas on this trail. A packed lunch is provided. ♦ **DIFFICULT - proceed with caution if afraid of heights & note steep steps (stairs)** ♦ *55 min. driving each way / 1 ½ hour of hiking total* ♦ US\$ 95

## Sunday

**8:00am-11:00am ~ Galion Loop Hike ~** Outside of Jungle Bay's neighboring village Soufriere, a track turns with steep switchbacks up into the hills and leads to the village of Galion. This small mountain community is home to the talented stonemasons who helped to develop both Jungle Bay as well as the stone walls you will see along the roadsides. A scenic small trail through the bush and local farmlands leads to the back end of the village of Soufriere, where the natural hot springs are located. Enjoy a soak in the therapeutic hot springs, before heading back up to Jungle Bay. **MODERATE** ♦ *3½ hours hiking round trip* ♦ US\$ 75

**1:00pm-3:00pm ~ World Famous Champagne Snorkel ~** Champagne reef is part of the protected Soufriere Scotts Head Marine Reserve. Underground volcanic activity seeps through the ocean floor, then is cooled by sea waves and rises in a line of bubbles creating a memorable snorkelling experience. Fan coral, turtles and a variety of tropical fish are often sighted. ♦ **EASY** ♦ *15 min. driving each way* ♦ US\$ 70

**4:00pm-5:30pm ~ The "Jungle Bay Garden of Eden Story" ~** Jungle Bay is known as "the Edible Resort" with over 100 varieties of tropical local plants and trees. The Developer/Owner Sam Raphael Jungle Bay takes you on an exploration walk. Smell and taste the wide variety of herbs and fruits as Sam shares his vision which manifested into this sustainable sanctuary. ♦ **EASY**

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels. ♦ **EASY** ♦ US\$ 23



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**Note that activities and times on the schedule are subject to change due to weather & other factors**

### **What to bring on the excursions/hikes**

- ✓ Water bottle
- ✓ Backpack
- ✓ Swimwear
- ✓ Sun protection; sweatproof/waterproof sunscreen, cap, sunglasses & long sleeve UV protection shirt
- ✓ Waterproof phone/camera bag
- ✓ Light waterproof windbreaker / rain jacket
- ✓ Hiking poles for balance and stability

### **Shoes**

We recommend wearing light, breathable shoes for our tropical climate such as trekking, running shoes, comfortable “amphibian” water shoes or hiking sandals with straps (e.g. Keen, Teva). Your shoes may get wet on some of the hikes; we therefore, suggest bringing at least 2 pairs of shoes you are comfortable hiking in. Also, note that shoes need to have good grips as paths and rocks can be slippery.

### **Please note**

- Sign-up for the next day’s tours and activities until 5pm. Sign-up sheets are located at the reception.
- Meet in the Pavilion next to the reception area - if not otherwise noted (please be on time).
- Towels and snorkel equipment are provided before departure.
- Most activities include swimming; bring or wear your swimwear.
- Please note: Hike difficulty rating is based on someone’s ability to maneuver hilly to steep, sometimes slippery terrain. Please ask your guide or guest service staff for guidance if you have any questions.
- All prices are in US dollars, per person and are inclusive of 15% Government Taxes (VAT).
- Private tours/activities scheduled on days other than published on our activity schedule are based on availability. The supplement depends on the tour and the number of participants.

### **Yoga at Jungle Bay**

Many of our guests try yoga at Jungle Bay for the first time and are surprised of often the immediate changes within their bodies and minds.

The practice will help you to stretch your body, to release tension, to restore your body as well as your mind.

The yoga classes are suitable for all levels and are a mix of gentle yin, restorative, and Hatha yoga.

Restorative yoga is a slow and restful practice that is all about opening and calming your body through passive stretches and relaxation.

Yin yoga is the perfect balance to intense exercises with slow and active stretching components. The subtle release takes you deeper into the poses and improves joint mobility as well as flexibility.

Hatha yoga can be considered an umbrella term to describe many of the most common forms of yoga helping to strengthen your body, find balance, and relaxation at the same time.

Wear comfortable form-fitting clothing with a bit of stretch.

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