



# Caribbean Adventure Boot Camp

## 7 Day Sample Itinerary

*Subject to change*



### Saturday

Airport transfer  
Settle into jungle cottages  
7:00 pm - Welcome dinner & Orientation

### Sunday

6:15 am – Wake up with fresh juice then hike up Paix-Bouch Hill  
7:30 am - Breakfast

9:00 am - Fitness Seminar & Boot Camp Training  
12:00 pm - Lunch  
1:00 pm - Hike to Glasee Ocean Pools  
5:15 pm - Yoga  
7:00 pm - Dinner  
8:00 pm - Jungle Bay Story

### Monday

7:00 am – Breakfast  
8:00 am - Hike to Victoria Waterfalls  
12:00 pm - Lunch  
1:00 pm - Boot Camp Pilates Training  
3:30 pm – Garden tour, nutrition seminar & cooking class  
7:00 pm – Dinner

### Tuesday

7:00 am - Breakfast  
7:30 am - 'Cross Island Challenge', hiking coast to coast across  
Dominica's historic rainforest trail (w/ pack lunch)  
5:00 pm – Stretching  
6:00 pm - Free time: spa treatment, swim in the volcanic stone  
pool or walk to the White River  
7:00 pm - Dinner

### Wednesday

7:00 am - Wake up with fresh juice then hike up ZomZom Trail  
7:30 am - Breakfast  
10:00 am – Kayak and Snorkel at Stowe near Grand Bay  
(w/ pack lunch)  
4:00 pm - Strength Training in the Yoga Verandah  
5:30 pm - Herbal Presentation  
7:00 pm – Dinner

### Thursday

7:00 am - Breakfast  
7:30 am - Boiling Lake Trail, Dominica's Signature Hike  
5:30 pm - Free time: spa treatment, swim in the volcanic stone  
pool, or lay in your hammock  
7:00 pm - Dinner  
8:30 pm - Moonlight Meditation at the Bayside Cabana

### Friday

7:30 am - Yoga  
8:15 am - Breakfast  
9:00 am - Hike to Sari Sari Waterfalls  
1:00 pm-Lunch  
2:30 pm - Boot Camp debrief with take-home workout regime  
5:30 pm - Free time: spa treatment, swim in the volcanic stone  
pool, or lay in your hammock  
7:00 pm - Farewell Dinner with Jing Ping Music & Cultural Dances

### Saturday

7:00 am – Walk up Paix-Bouche Hill  
8:15 am - Breakfast  
Check-out and depart to airport



*Join coach Michele Fulkerson for this fitness experience of a lifetime!*

[www.JungleBayDominica.com/bootcamp.cfm](http://www.JungleBayDominica.com/bootcamp.cfm)

