



activity schedule

Yoga

7:30 am - 8:15 am daily (except Saturdays)



Spa

01:00 pm - 8:00 pm daily



Monday

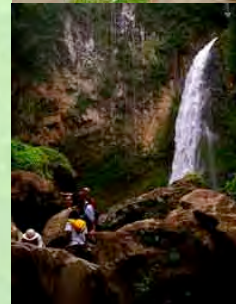
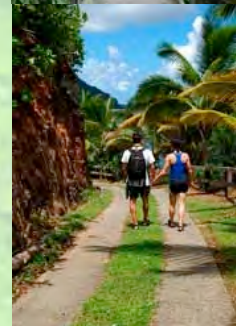
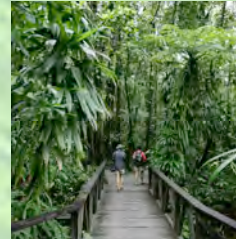
9:00 am to 1:00 pm ~ Snorkel at Famous Champagne Beach – Put on your mask and fins (provided) and get into the water for a chance to see underwater volcanic vents and numerous sea creatures. Keep an eye out for the resident green turtle! EASY ✨ \$50 US ✨ *45 min.

2:30 pm to 4:30 pm ~ Dominica Heritage Tour – Explore the nearby villages of Delices and Petit Savanne. Learn about the Bay oil industry, which is one of the primary economic activities of Dominica's southeast. Visit a primitive bay oil distillery that still uses the traditional fire wood technique. Learn about the harvesting and production of Arrowroots and Cassava. Also, visit one of Petit Savanne's backyard rum stills where the famous local "Zayed" (Moonshine) rum is produced. End this tour with a visit to a local bar and sample some local rum (bring some small currency for local bar visit) . EASY ✨ \$35 US ✨ *10 min. to start

Tuesday

9:00 am to 2:30 pm ~ Perdu Temps Hike – Retrace the footsteps of Dominica's "maroons" (run-away slaves) on this historic hike. The hike takes about one and a half hour through secondary forest to "Pomp's paradise", an isolated organic farm high up in the mountains. Spend some time sharing Pomp and his family's serene life before hiking back to Grand Bay and return to Jungle Bay. MODERATE ✨ \$50 US ✨ *30 min

4:00 pm to 5:30 pm ~ Caribbean Cooking Class – Walking tour of "Peter's Farm" (our typical Dominican Garden), then learn how to prepare local Caribbean cuisine and take "a taste of Jungle Bay" home with you! Dinner follows.



Wednesday

9:00 am to 12:00 pm ~ Victoria Falls Hike – Walk along and through the scenic White River, climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof camera case highly recommended. MODERATE-DIFFICULT ✨ \$50 US ✨ *10 min.

2:00 pm to 5:00 pm ~ Glasse Trail – Hike along a traditional fisherman’s pass to volcanic craters on the shores of the Atlantic Ocean. Enjoy breathtaking coastal scenery along the trail and get the chance to wade in ocean pools. Plenty of great photos! MODERATE ✨ \$40 US ✨ *15 min.

Thursday

7:30 am to 5:30 pm ~ Boiling Lake Hike & Valley of Desolation – Explore Dominica’s famous wonder & UNESCO World Heritage Site. Stops along the way include the eerie Valley of Desolation, hot water pools & the famous Titou Gorge. Hike is 3 hours each way (packed lunch is provided). EXTREME ✨ \$75 US ✨ *90 min.

09:00 am to 12:00 pm ~ Ocean Kayaking and Snorkeling – Enjoy paddling and snorkeling in the turquoise waters of Grande Bay surrounded by a scenic coastline of mountains and coconut trees. EASY-MODERATE ✨ \$50 US ✨ *30 min.

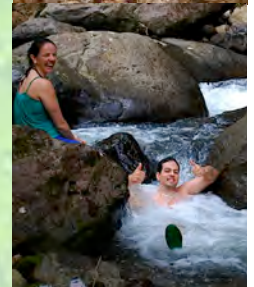
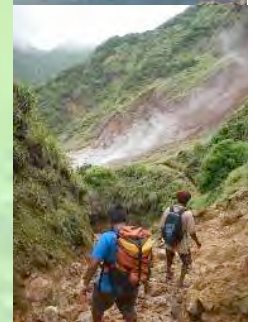
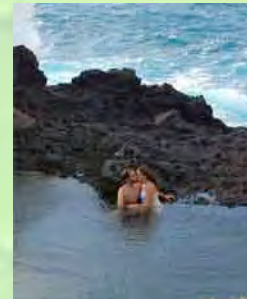
2:00 pm to 4:00 pm ~ Nature Walk to the White River and Atlantic Ocean – Take a walk to the nearby White River and enjoy an energizing and therapeutic swim in the natural pools of the river. Next, continue on to a nearby coastal rock beach along the Atlantic Ocean. EASY

Friday

9:00 am to 12:00 pm ~ Sari Sari Waterfall – Hike along the banks of Sari Sari River under the rainforest canopy while scrambling over the rocks and boulders making three river crossings. At the end, enjoy the opportunity to swim at the waterfall pool. MODERATE ✨ \$50 US ✨ *20 min

1:30 pm to 5:00 pm ~ Emerald Pool – A 15 minutes walk to the famous Emerald Pool, which is along the tranquil foothills of the Morne Trois Pitons National Park (UNESCO designated World Heritage Site). Take a plunge into the pool under the cascading waterfall. EASY ✨ \$50 US ✨ *45 min.

8:00 pm to 10:00 pm ~ Dominican heritage music “Jing Ping” – Enjoy cultural entertainment and learn traditional Dominican dances (at the Pavilion Restaurant).



Saturday

8:00 am to 2:30 pm ~ Roseau Market Tour & Trafalgar Falls – Visit the capital city and explore the last authentic community market in the Eastern Caribbean. An opportunity for souvenir shopping (local currency advised). Next, a scenic drive to Trafalgar Falls leads you to a beautiful twin waterfall with great swimming in both hot and cool pools. Heritage lunch provided at “Pearl’s Cuisine” local restaurant. EASY ✨ \$65 US ✨ *45 min. to Roseau and 20 min. from Roseau to Trafalgar Falls

4:00 pm to 6:00 pm ~ Jungle Bay Story – Told by developer Sam Raphael. Hear about the inspiration, history and challenges of developing Jungle Bay. This is an opportunity to get first hand answers and explanations, including an interpretive walk through a part of the resort.

Sunday

7:30 am to 5:30 pm ~ Boiling Lake Hike & Valley of Desolation – Explore Dominica’s famous wonder & UNESCO World Heritage Site. Stops along the way include the eerie Valley of Desolation, hot water pools & the famous Titou Gorge. Hike is 3 hours each way (packed lunch is provided). EXTREME ✨ \$75 US ✨ *90 min.

10:00 am to 1:00 pm ~ Victoria Falls Hike – Walk along and through the scenic White River, climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof camera case highly recommended. MODERATE-DIFFICULT ✨ \$50 US ✨ *10 min.

4:00 pm to 5:00 pm ~ Dominican Drumming Class – Learn about the history of drumming on the island while also learning to play traditional music and Jing Ping songs on authentic Dominican drums! \$20 US

*One way driving distance from Jungle Bay to the site / activity / hike.

Always check the activity board located in the Pavilion restaurant for the most up-to-date activities and times. Activities and times are subject to change at any time.

All rates are subject to 15% Government Tax, if you book the Jungle Spa Adventure Package, all the activities mentioned are included in your package.

Wear comfortable shoes with good, flexible grips. Note: your shoes will get wet on some of the hikes (river crossing). It is good to bring 2 pair of walking shoes and sandals. Always bring swim wear, hut, sunscreen and waterproof camera case (if available). Towels are provided.

