



## Weekly Activities / Excursions Schedule

On the Jungle Spa Adventure Package all these excursions & activities are included



### Monday

**7:15am-8:00am** **Yoga** ~ Beginner's level Yoga Class ✨ **EASY** ✨ **\$20 US**

**9:00am-3:30pm** **Snorkel at Famous Champagne Beach** ~ At Champagne Beach, swim through unique underwater volcanic bubbles while you explore the diverse sea-life at Dominica's premier marine reserve. Sea horses, turtles and a variety of tropical fish are often sighted. Another 10 minute drive will take you to Soufriere for a picnic on the beach and to enjoy a relaxing bath in pool of warm bubbles. Underground volcanic gas seeps through the ocean floor, is cooled by sea waves flowing over the stone wall, creating a perfect soaking temperature. **EASY** ✨ **\$65 US** ✨ **60 min. driving each way**

**4:00pm-5:30pm** **Caribbean Cooking Class** ~ Learn how to prepare local Caribbean cuisine and take "a taste of Jungle Bay" home with you! **Meet at the restaurant.**

### Tuesday

**7:15am-8:00am** **Yoga** ~ Beginner's level Yoga Class ✨ **EASY** ✨ **\$20 US**

**9:00am-3:30pm** **Perdu Temps Hike** ~ Retrace the footsteps of Dominica's "maroons" (run-away slaves). This hike is part of the historic Perdu Temps trail and takes about one and a half hours through secondary forest, mainly flat terrain and some river crossings. It gets steep and narrow as you approach the end and opens up to an area often described as "Paradise" or "The Garden of Eden"! Fresh fruits are picked from trees. Explore Pump's bio diversified farm with a huge variety of exotic fruits and vegetables. Tour the "Medical Garden" with a wide assortment of healing plants/natural herbs (medicine). Pump and his family warmly welcome you to their home, due to the close relationship they have with "Sam", owner of Jungle Bay. This tour is one of our guests' "favorites" and should not be missed! **MODERATE** ✨ **\$65 US** ✨ **30 min. driving each way / 3 hours hiking round trip**

**4:30pm-5:30pm** **Jungle Bay Story** ~ Learn about the inspiration, history and challenges of developing Jungle Bay. This is an opportunity to get first hand answers and explanations. **Meet at the Reception.**



### Wednesday

- 7:15am-8:00am** **Yoga** ~ Beginner's level Yoga Class ✨ **EASY** ✨ **\$20 US**
- 9:00am-12:00pm** **Victoria Falls Hike** ~ Walk along and through the scenic White River (river can be hip deep in places), climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof case for camera, phones, etc. is highly recommended. **MODERATE-DIFFICULT** ✨ **\$50 US** ✨ **5 min. driving each way / 1½ hours walking/ climbing round trip**
- 2:00pm-5:00pm** **Glasse Trail** ~ Hike through gardens and along a traditional fisherman's pass to volcanic craters on the shores of the Atlantic Ocean. Enjoy breathtaking coastal scenery and get the chance to soak in ocean pools. Plenty of great photos! **MODERATE (may not be advisable for people with an extreme fear of heights)** ✨ **\$40 US** ✨ **15 min. driving each way / 1½ hours hiking round trip**
- 5:00pm-6:00pm** **Dominican Drumming Class** ~ Learn about the history of Dominican drumming while learning to play traditional music and Jing Ping songs (on authentic djembe drums). **Meet in the upstairs Yoga-Studio (3<sup>d</sup> floor main building)** ✨ **\$20 US**

### Thursday

- 7:15am-8:00am** **Yoga** ~ Beginner's level Yoga Class ✨ **EASY** ✨ **\$20 US**
- 7:30am-5:30pm** **Boiling Lake Hike & Valley of Desolation** ~ Explore Dominica's famous "World Wonder" and UNESCO World Heritage Site. Stops along the way include the mysterious Valley of Desolation, a soak in hot water pools, and a sulphur facial. As a grand finale, plunge into the famous Titou Gorge. Hike is 3 hours each way, up & down fairly steep hills. A packed lunch is provided. **EXTREME** ✨ **\$75 US** ✨ **90 min. driving each way / 6 hours hiking round trip**
- 9:00am-12:00pm** **Ocean Kayaking and Snorkeling** ~ Enjoy paddling and snorkeling (directly from the open tandem kayaks) in the turquoise waters of Grande Bay surrounded by the scenic coastline of mountains and coconut trees. **EASY-MODERATE** ✨ **\$50 US** ✨ **25 min. driving each way**
- 2:00pm-4:00pm** **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** ✨ **30 to 45 minutes walking round trip**

### Friday

- 7:15am-8:00am** **Yoga** ~ Beginner's level Yoga Class ✨ **EASY** ✨ **\$20 US**
- 9:00am-12:00pm** **Sari Sari Waterfall** ~ Hike along the banks of Sari Sari River under the rainforest canopy. Scramble over rocks and boulders and making three river crossings. At the majestic falls, enjoy the opportunity to swim at the waterfall pool. **MODERATE** ✨ **\$50 US** ✨ **20 min. driving each way / 1½ hours walking round trip**



**2:00pm-4:30pm** **Heritage Tour of the Southeast** ~ Explore the nearby villages of Petit Savanne and Delices. The first stop visits one of Petite Savanne's backyard rum stills where local "Zayed" (Moonshine) is produced. Next, travel to Delices and learn about the Bay Oil industry, one of the primary economic activities of Dominica's southeast. The primitive distillery visited still uses the traditional wood fire technique. Lastly learn about the harvesting and production of toleman (arrowroot) and cassava. **EASY ✨ \$35 US ✨ 10 min. driving to start / 15 min. walking (in total)**

**5:00pm-6:00pm** **Dominican plant and herb demonstration** ~ This is an ideal opportunity to get to know more about the Dominican plants and herbs which you will discover during your hikes. Learn their traditional uses and health benefits. **Meet in the upstairs Yoga-Studio (3<sup>rd</sup> floor main building)**

### Saturday

**8:00am-3:00pm** **Roseau Market Tour & Trafalgar Falls** ~ Visit the capital city and explore the last authentic community market in the Eastern Caribbean. This is an opportunity for souvenir shopping (local currency or US dollars in small bills advised) and viewing historic architecture. Next, a short scenic drive to Trafalgar (via Botanical Gardens) leads you to the beautiful twin waterfalls. Relax in hot and cool refreshing pools (with great swimming). From here you will return to Roseau for your "Saturday Broth" at "Pearl's Cuisine". Join other Dominicans as they enjoy this favorite traditional meal. **EASY ✨ \$65 US ✨ 45 minute drive to Roseau; 20 minute drive from Roseau to Trafalgar Falls and 15 minute walk to falls.**

### Sunday

**7:30am-5:30pm** **Boiling Lake Hike & Valley of Desolation** ~ Explore Dominica's famous "World Wonder" and UNESCO World Heritage Site. Stops along the way include the mysterious Valley of Desolation, a soak in hot water pools, and a sulphur facial. As a grand finale, plunge into the famous Titou Gorge. Hike is 3 hours each way, up & down fairly steep hills. A packed lunch is provided. **EXTREME ✨ \$75 US ✨ 90 min. driving each way / 6 hours hiking round trip**

**8:00am-8:45am** **Yoga** ~ Beginner's level Yoga Class ✨ **EASY ✨ \$20 US**

**10:00am-1:00pm** **Victoria Falls Hike** ~ Walk along and through the scenic White River (river can be hip deep in places), climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof case for camera, phones, etc. is highly recommended. **MODERATE-DIFFICULT ✨ \$50 US ✨ 5 min. driving each way / 1½ hours walking/ climbing round trip**

**3:00pm-4:00pm** **Body Massage Class** ~ Our Spa staff will teach you simple, easy-to-learn massage techniques which are designed to help you share the nurturing, relaxing and therapeutic benefits of massage with others. **Meet at the Spa ✨ \$20 US**

### Weekend

An evening of live entertainment by local musician(s).



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

- ✓ Water bottle      ✓ Backpack      ✓ Swimwear      ✓ Sunscreen      ✓ Hat      ✓ Sunglasses

**Shoes** (always wear comfortable walking shoes)

- Boiling Lake hike wear trekking or running shoes or comfortable amphibian water shoes
- On Victoria-, Trafalgar-, Sari-Sari-Falls and on the Perdu Temps hike you have to cross rivers several times, therefore we recommend shoes which can get wet

**Please note:**

- Sign-up for next day's tours and activities in the evening at the activity board located in the restaurant
- Activities and times are subject to change due to weather etc.
- Meet at the reception if not otherwise noted (please be on time)
- Towels, snorkel equipment are provided before departure
- All rates mentioned above are subject to 15% Government Taxes
- **On the Jungle Spa Adventure Package, ALL these activities are included!**

**Other hiking/walking options on the property and nearby**

**Nature Walk to the White River and Atlantic Ocean** ~ Take a walk to the nearby White River (10 minute walk from Jungle Bay reception) 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.

**Directions:** Walk from the reception out to the main road and turn right. Continue for about 10 minutes, cross the bridge and turn to the left onto the dirt drive; follow to the end, which brings you to the White River. After swimming, return to the main road and walk left for a few yards. A secondary dirt road intersects at the stone wall and leads to a grassy knoll overlooking the Atlantic Ocean. Feel free to explore the rocky coastal beach and take stunning photographs. Do not venture into the ocean. There are very strong currents. **EASY**

**Zom Zom** ~ This trail is just past the restaurant and leads to a fishing point on coastal rocks. Local fishermen continue to fish with lines from these rocks. It offers a spectacular view of the coastline! It takes about 30 to 40 minutes each way and arrives at a slightly challenging cliff. If you wish to access the lava rocks below, use the rope provided for assistance. Please note that this part of the trail is difficult. We advise that you stop here if you are not comfortable climbing down. **MODERATE-DIFFICULT. Be careful when the path/rope is wet (it can be very slippery).**

**Directions:** The trail is located on our property, just past the restaurant, on the left, opposite the cottage 21 sign. It's well marked with green signs and dots.