

## WEEKLY ACTIVITIES / EXCURSIONS SCHEDULE

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



### Monday

**7:00am-7:45am Yoga** ~ Beginner's level Yoga Class ◇ **EASY** ◇ US\$ 15

**9:00am-12:00pm Snorkel at Famous Champagne Beach** ~ Champagne Beach 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 snorkeling experience. Fan coral, turtles and a variety of tropical fish are often sighted. ◇ **EASY** ◇ **15 min. driving each way** ◇ US\$ 50

**2:00pm-4:30pm Exploring Soufriere Village & Hot Springs** ~ Take a walk with us down to the Village of Soufriere and up to the Soufriere Sulphur Springs. The natural springs are located about 1 mile east of the center of the fishing village of Soufriere. In pre-Columbian times, "sulphuric springs" were a place of mythic geography for the Amerindians, as Soufriere was an important meeting place for Kalinagos from the Caribbean islands ◇ **EASY** ◇ **45 walking each way** ◇ US\$ 30

### Tuesday

**7:00am-7:45am Yoga** ~ Beginner's level Yoga Class ◇ **EASY** ◇ US\$ 15

**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 each way 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"! You are invited to pick fresh tropical fruits from the 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 herbal remedies. 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! A vegetarian lunch is provided. ◇ **MODERATE** ◇ **40 min. driving each way / 3 hours hiking round trip** ◇ US\$ 75

**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 stories and ask questions. ◇ **EASY** ◇ **Meet at the Reception**



### Wednesday

- 9:00am-12:30pm Galion Loop Hike** ~ The hike starts at Jungle Bay, goes down to the village of Soufriere and then connects to part of the Waitukubuli Trail (Segment 1). From Soufriere there is a scenic small track through the bush and local farmlands to a paved road. This road connects the Village of Soufriere and Galion; the mountain village which is home to the talented stone masons who helped to develop both Jungle Bay as well as the stone walls you will see along the roadside. Keep your eyes open for star fruit, wild cashews, mango and more. From this scenic village Galion a steeper downhill hike meanders back towards the bay of Soufriere. **◇ MODERATE ◇ 3½ hours hiking round trip ◇ US\$ 40**
- 2:00pm-3:00pm Lime Heritage & Garden Walking Tour** ~ Join us on this heritage walking tour around the Jungle Bay property. In the late 1800's Morne Acouma was a famous lime plantation. The limes would be harvested from where the villas now stand, they were placed in buckets, then traveled down pulley systems (in essence a zipline) to the waterfront below in Soufriere Bay, where merchant ships would take the citrus fruits to London, England. Visit the Jungle Bay Garden to discover a wide variety of local ground provisions and tropical fruits (papaya, mango, guava etc.) and finish at the Jungle Bay Banana Planation. **◇ EASY ◇**
- 4:00pm-5:30pm 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 ◇ Meet at the restaurant**
- 6:00pm-6:45pm Evening Yoga** ~ Beginner's level restorative / relaxing Yoga Class **◇ EASY ◇ US\$ 15**

### Thursday

- 7:00am-7:45am Yoga** ~ Beginner's level Yoga Class **◇ EASY ◇ US\$ 15**
- 7:30am-5:00pm 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 have a sulphur mud facial. The hike is approximately 3 hours each way, up & down fairly steep hills (proceed with caution if afraid of heights). A packed lunch is provided **◇ EXTREME ◇ 50 min. driving each way / 6 hours hiking round trip ◇ US\$ 90**
- 9:00am-1:00pm Kayak & Snorkeling Tour** ~ Start with a short lesson in kayaking, before heading into the Caribbean Sea and enjoy paddling & snorkeling in the warm waters of the Soufriere / Scotts Head Marine Reserve **◇ MODERATE ◇ 10 min. drive each way then 2+ hours of kayaking ◇ US\$ 55**
- 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 and on the Jungle Bay property. Learn their traditional uses and some health benefits. **◇ EASY ◇ Meet in the Yoga Studio**



## Friday

**7:00am-7:45am** **Yoga** ~ Beginner's level Yoga Class ◇ **EASY** ◇ US\$ 15

**9:00am-3:00pm** **Middleham Falls Hike & Trafalgar Falls** ~ Explore the misty mountain trail to Middleham Falls taking in the lush rainforest vegetation along the way. Jaco parrots are occasionally heard or spotted along this trail. 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 swimming in waterfalls exposes you to negative ions which are a purification to help counteract stress and strengthen your immune system? After hiking back, we will venture to Trafalgar twin waterfalls for a short walk (approx. 15 minutes) and another therapeutic swim. Packed lunch is provided. ◇ **EASY to MODERATE** ◇ **55 min. driving to start / 2.5 hours of hiking total** ◇ US\$ 70

**2:00pm-4:00pm** **Snorkel at Scotts Head** ~ Soufriere Bay is a former volcanic crater chute offering a very unique underwater spectacle. Snorkel off the stone beach at Scotts Head to see an abundance of colorful corals, parrotfish, and more. Dolphins and turtles are sighted on occasion. Ask your guide about the Kalinago myths and legends of this area as well. ◇ **EASY** ◇ **15 min. driving each way** ◇ US\$ 45

## Saturday

**8:00am-4:30pm** **Roseau Market Tour & Mero for Lunch & Beach Time** ~ Visit the capital city to explore the last remaining traditional market in the Eastern Caribbean. There is also an opportunity for souvenir shopping (it is advised to bring local currency or US dollars in small bills) and viewing historic architecture. Next is a scenic drive along the west coast of Dominica to Mero Beach. Lunch will be provided in a local restaurant at Mero Beach. Enjoy relaxing on the black volcanic sand beach and swimming in the Caribbean Sea. ◇ **EASY** ◇ **20 min. drive to Roseau; 30 min. drive from Roseau to Mero Beach** ◇ US\$ 75

## Sunday

**9:00am-3:30pm** **Freshwater & Boeri Lakes Hike with a dip in Titou Gorge** ~ Get ready for stunning scenery as you hike along Dominica's two largest freshwater lakes formed by volcanic craters within the Morne Trois Pitons National Park (UNESCO World Heritage Site). Start at Freshwater Lake which is said to be home to a mythical lake creature living in harmony with the tilapia and other freshwater fish. The hike then travels about 60 minutes along the often-misty setting, taking you through variety of habitats where your guide will point out moss, ferns, mountain palms, ground orchids, and other tropical flowers. Listen for the distinct Mountain Whistlers along the way while taking in the views of volcanic peaks all around. Before driving back to Jungle Bay, stop in Laudat (also starting point of the Boiling Lake hike) to take a refreshing dip in the famous Titou Gorge (known from the famous movie "Pirates of the Caribbean - Part 2") ◇ **MODERATE** ◇ **55 min. driving each way / 2 hours hiking round trip** ◇ US\$ 70

**6:00pm-6:45pm** **Evening Yoga** ~ Beginner's level restorative / relaxing Yoga Class ◇ **EASY** ◇ US\$ 15

**Weekends** **An evening of live entertainment by local musician(s)** ~ Seasonal



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

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

- ✓ Water bottle
- ✓ Back pack
- ✓ Swimwear
- ✓ Sun protection; sweatproof/waterproof sunscreen, cap, sunglasses & long sleeve UV protection shirt
- ✓ Waterproof phone/camera bag
- ✓ Light waterproof windbreaker / rain jacket may be useful if you tend to get cold easily

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

- Boiling Lake hike wear trekking or running shoes or comfortable amphibian water shoes
- 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 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
- Trails and rocks (river crossings) are often slippery, please proceed with extra care
- All rates are in US dollars and subject to 15% Government Taxes (VAT)
- **On the Jungle Wellness Adventure Package, ALL these activities are included!**