



## 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 ♦ **The hike is VERY CHALLENGING and often times slippery** ♦ 50 min. driving each way / 6 hours hiking round trip ♦ US\$ 129

**NOTE: A gratuity of minimum \$15 US per person would be appreciated by guides since this is an extra-ordinary, once-in-a-lifetime hike that takes a lot of efforts to lead.**

**9:00am-11:00am ~ Snorkeling at Scotts Head** ~ Short drive to 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 (Cashacrou) 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\$ 70

**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\$ 40

**6:00pm-7:00pm ~ Sunset Yoga** ~ Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels ♦ **EASY** ♦ US\$ 25

## Tuesday

**8:00am-4:00pm ~ Perdu Temps Hike ~** Retrace the footsteps of Dominica's "maroons" (run-away enslaved people). 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 welcome you to their home, due to the close relationship they have with "Sam", owner of Jungle Bay. A vegan lunch is provided ♦ **MODERATE** ♦ US\$ 105

**9:00am-12:00pm ~ 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 sea life ♦ **MODERATE** ♦ **5 min. drive each way then 2+ hours of kayaking** ♦ US\$ 75

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels ♦ **EASY** ♦ US\$ 25

## Wednesday

**\*\*\*8:00am-2:00pm ~ 3 Waterfalls Hike ~** Explore three of Dominica's 365 waterfalls in Morne Trois Pitons National Park. Enjoy the iconic Emerald Pool with its easy rainforest walk and refreshing swim, the secluded beauty of Jacko Falls, and the cascading pools of Spanny Falls, perfect for relaxing and cooling off ♦ **EASY** ♦ **45 min. drive to Emerald Pool and the other Falls are about 15 min. apart from each other. 45 min. drive back to Jungle Bay. Approx. 15 min. easy walking at each waterfall** ♦ Price US\$ 99

**3:30pm-4:30pm ~ Caribbean Cooking ~** 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** ♦ US\$ 30

**6:00pm-7:00pm ~ Sunset Yoga ~** Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels ♦ **EASY** ♦ US\$ 25

*\*\*Our regular tour to the Fresh Water Lake is currently on pause while the trail undergoes improvements. In the meantime, we're excited to offer the 3 Waterfalls a fantastic alternative in its place. The Fresh Water Lake Hike will return to our itinerary as soon as the trail has been fully restored.*

## 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 ♦ **The hike is VERY CHALLENGING and often times slippery** ♦ **50 min. driving each way / 6 hours hiking round trip** ♦ US\$ 129

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## ...Thursday

**8:00am-12:00pm ~ Explore Soufriere** ~ The neighboring village to Jungle Bay is called Soufriere and means Sulfur. The small village of about 850 inhabitants is home of many Jungle Bay's staff and fun to explore. The first inhabitants of Dominica resided in Soufriere where now the Catholic church is located. The church was built in the 18th century of volcanic stones and molasses. Pass by the ruins of the L. Rose Lime factory where the limes from Jungle Bay's property were transported to via a Zipline. Walk higher up in the village and through farmland to arrive at Soufriere's hot springs. Two smaller streams with the same source (from the sulfur deposit – or a mini-Valley of Desolation) run down the Soufriere Valley. One stream carries cold water called "Glo Gayak" (considered as healing water), the other one carries warm water and is known as "Glo Cho" (wear/bring your swimsuit). Hike back to Jungle Bay ♦ **EASY-MODERATE** ♦ **3 hours walking/hiking round trip** ♦ US\$ 75

**2:00pm-4:00pm ~ Jungle Bay's Garden Tour** ~ Jungle Bay is known as "the Edible Resort" with over 100 varieties of tropical local plants and trees. Take an exploration walk with our garden experts, smell & taste the wide variety of herbs, fruits & spices ♦ **EASY** ♦ **walking on the property** ♦ 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\$ 25

## Friday

**8:00am-1:30pm ~ 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\$ 99

*From Middleham Falls hike you can join the next activity:*

**1:15pm-3:15pm ~ 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 *(If you only join Champagne Beach Snorkeling tour, order your lunch during breakfast for 12:00pm to leave at 1:00pm for the tour)*

**\*5:30pm-7:00pm ~ Sunset "Liming" Experience** ~ Enjoying a stunning sunset while "liming" on Scotts Head peninsula. "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 while tasting a variety of locally infused rums. Local infused rum and juices are included ♦ **EASY** ♦ **5 min. driving each way** ♦ US\$ 49

*Note: \*The start time of this activity depends on the sunset time, which varies by season. Please confirm the exact departure time at the reception.*

**6:00pm-7:00pm ~ Sunset Yoga** ~ Unwind in our evening Yoga class with stretching, relaxation and mindfulness. Suitable for all levels ♦ **EASY** ♦ US\$ 25

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## Saturday

**8:00am-1:30pm ~ Roseau Market & Trafalgar Falls ~** 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. Explore the Botanical Gardens and enjoy panoramic views of the capital and the surrounding coastline at Morne Bruce. Continue to the famous twin waterfalls Trafalgar, located in the Trois Piton National Park. It is a short and easy 10- to 15-minute walk along a well-maintained foot path from the visitor center to the viewpoint of the falls. It is advised to bring local currency (East Caribbean Dollars) or US dollars in small bills for the market and souvenirs ♦ **EASY** ♦ **20 min. driving to Roseau and another 20 min. to Trafalgar Falls / short walks** ♦ US\$ 99

**\*5:30pm-7:00pm ~ Sunset Kayak ~** Enjoy the sunset while paddling in the Caribbean Sea of the Soufriere / Scotts Head Marine Reserve ♦ **MODERATE** ♦ **5 min. drive each way, then about an hour of kayaking** ♦ US\$ 60

**Note: \*The start time of this activity depends on the sunset time, which varies by season. Please confirm the exact departure time at the reception.**

## Sunday

**8:00am-11:00am ~ Gallion 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 Gallion. 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. From Gallion the main road is taking us around the Gallion mountain and back down to Soufriere from where we have our last uphill walk back to Jungle Bay ♦ **MODERATE** ♦ **3 hours hiking round trip** ♦ US\$ 75

**Preorder lunch if you do both activities:**

**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 Story" ~** Listen to the inspirational story by the Developer/ Owner Sam Raphael how Jungle Bay was built with minimal disturbance of local environment and by training skills to the local people. Listen to Sam's dreams and ideas, which have manifested into this "Edible Resort" and 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\$ 25



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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**

- ✓ Large, reusable water bottle or CamelBak
- ✓ 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 very steep with high steps, and 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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