

## Weekly Activities / Excursions Schedule

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



### Monday

- 9:00am-3:30pm Boeri Lake Hike** ~ Boeri Lake is one of two fresh water lakes formed by volcanic craters within the Morne Trois Pitons National Park (UNESCO World Heritage Site). The hike 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. Proceed with extra care; the trail can be very slippery. **MODERATE** ◇ **55 min. driving each way / 2 hours hiking round trip** ◇ US\$ 80.50
- 6:00pm-7:00pm Relaxing Evening Yoga** ~ Beginner's level Yoga Class ◇ **EASY** ◇ US\$ 23

### Tuesday

- 7:00am-8:00am Yoga** ~ Beginner's level Morning Yoga Class ◇ **EASY** ◇ US\$ 23
- 9:00am-11:30am Exploring Jungle Bay's neighboring villages; Scotts Head & Soufriere** ~ Across the Bay from Jungle Bay you can see the tiny village, the peninsula and peak of Scotts Head; dividing the Caribbean Sea and the Atlantic. Take a short drive to Scotts Head and walk up to the Scotts Head peak. Enjoy a spectacular view of the pristine waters, Scotts Head Village, Soufriere and Jungle Bay. Short drive to the fishing village of Soufriere and up to the natural hot springs (about 1 mile east of the Soufriere village center). In pre-Columbian times, "sulphuric springs" were a place of mythic geography for the Amerindians, as Soufriere was an important meeting place for the Kalinagos from the Caribbean islands ◇ **EASY** ◇ **short walks & drives of 5 to 10 minutes** ◇ US\$ 40.25
- 2:00pm-4:00pm Agricultural Heritage Tour with Dominican plants, herbs & teas** ~ Join us on this heritage walk 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, tropical fruits (papaya, mango, guava, etc.). Ending the tour with a taste of Dominica's traditional bush teas and herbs ◇ **EASY** ◇ US\$ 34.50

### Wednesday

- 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 and down fairly steep hills (proceed with caution if afraid of heights). A packed lunch is provided **◇ VERY EXTREME ◇ 50 min. driving each way / 6 hours hiking round trip ◇ US\$ 103.50**
- 9:00am-1:00pm Trafalgar Falls** ~ These famous twin waterfalls are easily accessible. It is a short 10- to 15-minute walk along a well-maintained foot path from the visitor center to the view point of Trafalgar Falls **◇ EASY ◇ 45 min. driving each way / 20 min. walking round trip ◇ US\$ 63.25**
- 6:00pm-7:00pm Relaxing Evening Yoga** ~ Beginner's level Yoga Class **◇ EASY ◇ US\$ 23**

### Thursday

- 7:00am-8:00am Yoga** ~ Beginner's level Morning Yoga Class **◇ EASY ◇ US\$ 23**
- 9:00am-1:30pm Waitukubuli National Trail Segment 1** ~ Dominica's Waitukubuli National Trail is the Caribbean's first long distance walking trail with 14 Segment in total; covering 115 miles from the south to the north of Dominica. Our hike on Segment 1 starts from Soufriere along the Brooklyn / Bois Cotlette Road towards Galion. Before reaching the village of Galion, a trail leads towards the east, through farm land and up a steeper track to the Morne Kwabier Plateau at 1,200 ft above sea level; providing a spectacular view of Martinique and Scotts Head's Bay. Enjoy the sceneries and a snack before heading back to Jungle Bay. **MODERATE (the steeper part at the end to reach & come down from Morne Kwabier can be challenging) ◇ 4½ hours hiking round trip ◇ US\$ 74.75**

### Friday

- 7:00am-8:00am Yoga** ~ Beginner's level Morning Yoga Class **◇ EASY ◇ US\$ 23**
- 9:00am-2:30pm Middleham Falls Hike** ~ 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? Packed lunch is provided. **◇ MODERATE ◇ 55 min. driving to start / 3 hours of hiking total ◇ US\$ 80.50**
- 3:30pm-4:30pm 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**

### Saturday

- 9:00am-12:30pm Galion Loop Hike** ~ From Jungle Bay's neighboring village Soufriere there are scenic small tracks through the bush and local farmlands to 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\$ 63.25
- 6:00pm-7:00pm Relaxing Evening Yoga** ~ Beginner's level Yoga Class ◇ **EASY** ◇ US\$ 23

### Sunday

- 7:00am-8:00am Yoga** ~ Beginner's level Morning Yoga Class ◇ **EASY** ◇ US\$ 23
- 9:00am-12:00pm Kayak & Snorkeling Tour** ~ Start with a short lesson in kayaking, before heading into the Caribbean Sea and enjoy paddling and snorkeling in the warm waters of the Soufriere / Scotts Head Marine Reserve ◇ **MODERATE** ◇ **5 min. drive each way then 2+ hours of kayaking** ◇ US\$ 57.50
- 4:00-5:30pm Jungle Bay Story** ~ The "Jungle Bay Story" is told by Developer/Owner Sam Raphael, when on island. The discussion includes the history and philosophy of Jungle Bay along with the many challenges and triumphs from inception in 1997 to the present ◇ **EASY**

**Note that activities & times on the schedule are subject to change due to weather & 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
- ✓ Hiking poles for balance and stability

## Shoes (wear comfortable walking shoes)

- Boiling Lake hike wear trekking or running shoes or comfortable amphibian water shoes

## Please note

- Sign-up for 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 steep, 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)
- **On the Adventure Wellness Package, ALL these activities are included!**

## The "Managed Experience"

The above schedule has been approved by the Government of Dominica under the "Managed Experience". The "Managed Experience" has been implemented by the Government of Dominica and the Tourism Sector in order to allow specific activities to all visitors, while the safety of guests, staff and the local communities likewise can be guaranteed. The Jungle Bay's concept remains to offer visitors a nature-based experience and to visit authentic and secluded places, which is reflected in our current Activity Schedule.

We ask everyone for their assistance in following the guidelines and the instructions issued by the Government and implemented by our staff to make your vacation a safe, yet fun and special experience on the Nature Island of Dominica.

## Covid Protocol Guidelines for transportation & activities:

- Guests & Jungle Bay Staff must wear Masks during transfers and where social distancing (2 feet apart) is not possible (e.g. when crossing other hikers on a narrow trails).
- At public places social distancing between locals and other visitors must be at least 100 feet. If this is not possible, the tour guide may need to suspend the tour and will offer an alternative where possible.
- It is not allowed for guests under the "Managed Experience" to visit public places like markets, supermarkets, restaurants, bars etc. Our activity schedule has therefore been amended slightly.