

Caribbean Adventure Boot Camp Itinerary



Saturday

Airport transfer & settle into your Jungle Cottage
07:00pm ~ Welcome dinner & orientation

Sunday

07:30am ~ Yoga
08:15am ~ Breakfast
09:00am ~ Fitness-Seminar
12:00pm ~ Lunch
01:30pm ~ Glasse-Hike (approx. 3 hours) and free time to relax and enjoy Spa treatments etc.
07:00pm ~ Dinner
08:00pm ~ Listen to the Jungle Bay Story

Monday

06:00am ~ Power-Walking up Paix-Bouch hill
07:30am ~ Yoga
08:15am ~ Breakfast
09:00am ~ Snorkeling at famous Champagne Beach
01:00pm ~ Lunch
02:00pm ~ Dominica Heritage Tour
07:00pm ~ Dinner

Tuesday

07:30am ~ Yoga
08:15am ~ Breakfast
09:00am ~ Perdu-Temps-Hike
04:00pm ~ Caribbean Cooking Class
07:00pm ~ Dinner

Wednesday

07:30am ~ Yoga
08:15am ~ Breakfast
09:00am ~ Victoria Falls hike (approx. 2 hours)
12:00pm ~ Lunch
02:00pm ~ Zom Zom Trail Hike (approx. 1 ½ hours)
05:00pm ~ Power-Walking up Paix-Bouch hill
07:00pm ~ Dinner

Thursday

07:00am ~ Breakfast
07:30am ~ Boiling Lake Hike (5 to 6 hours)
05:30pm ~ Stretching
07:00pm ~ Dinner

Friday

07:30am ~ Yoga
08:15am ~ Breakfast
09:00am ~ Sari Sari Waterfall hike (approx. 2 hours)
01:00pm ~ Lunch
02:30pm ~ Boot Camp debrief and free time to relax and enjoy Spa treatments etc.
07:00pm ~ Farewell Dinner with Jing Ping Music & Dances

Saturday

07:00am ~ Last Power-Walk up Paix-Bouch hill!
08:15am ~ Breakfast
Check-Out and transfer to the airport

Program is subject to change

