



## Weekly activities / excursions Schedule

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

### Monday

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

**9:00 am to 5:00 pm ~ Snorkel at Famous Champagne Beach and Explore the South West of Dominica.** 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 minutes drive will take you to lunch at Rodney's Wellness Retreat in Soufriere. Tour the beautiful garden of Rodney's Wellness Retreat and explore the fishing villages of Soufriere and Scott's Head. **EASY ✨ \$65 US ✨ 50 to 60 min. driving each way**

### Tuesday

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

**9:00 am to 3:00 pm ~ Perdu Temps Hike** – Retrace the footsteps of Dominica's "maroons" (run-away slaves). The hike is part of the historic Perdu Temps trail and takes about one and a half hour through secondary forest, mainly flat terrain and some river crossings. It gets steep and narrow at the end until it opens up to an area often described as "paradise" or "the Garden of Eden"! Pick fresh fruits off the trees, explore Pomme's isolated organic farm with a huge variety of exotic fruits and vegetables and tour Pomme's "healing garden" with an assortment of healing plants/natural medicine. Pomme and his family warmly welcome you to their home, which they kindly open up to Jungle Bay guests because of their close relationship with Sam – the Owner of Jungle Bay. This tour is one of our guests' "favorites" and should not be missed! **MODERATE ✨ \$50 US ✨ 30 min. driving each way / 3 hours hiking round trip**

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

### Wednesday

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

**9:00 am to 12:00 pm ~ Victoria Falls Hike** – Walk along and through the scenic White River, climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof camera case highly recommended. **MODERATE-DIFFICULT ✨ \$50 US ✨ 7 min. driving each way / 1½ hours walking/climbing round trip**

**2:00 pm to 5:00 pm ~ Glasse Trail** – Hike along a traditional fisherman's pass to volcanic craters on the shores of the Atlantic Ocean. Enjoy breathtaking coastal scenery along the trail and get the chance to wade in ocean pools. Plenty of great photos! **MODERATE ✨ \$40 US ✨ 15 min. driving each way / 1½ hours hiking round trip**

**5:00 pm to 6:00 pm ~ Dominican Drumming Class** – Learn about the history of drumming on the island while also learning to play traditional music and Jing Ping songs on authentic Dominican drums! **\$20 US**



## Thursday

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

**7:30 am to 5:30 pm ~ Boiling Lake Hike & Valley of Desolation** – Explore Dominica's famous wonder & UNESCO World Heritage Site. Stops along the way include the mysterious Valley of Desolation, hot water pools and the famous Titou Gorge. Hike is 3 hours each way and a packed lunch is provided. **EXTREME** ✨ **\$75 US** ✨ **90 min. driving each way / 6 hours hiking round trip**

**9:00 am to 12:00 pm ~ Ocean Kayaking and Snorkeling** – Enjoy paddling and snorkeling in the turquoise waters of Grande Bay surrounded by a scenic coastline of mountains and coconut trees. **EASY-MODERATE** ✨ **\$50 US** ✨ **20 min. driving each way**

**2:00 pm to 4:00 pm ~ 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

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

**9:00 am to 12:00 pm ~ Sari Sari Waterfall** – Hike along the banks of Sari Sari River under the rainforest canopy while scrambling over rocks and boulders and making three river crossings. At the end, enjoy the opportunity to swim at the waterfall pool. **MODERATE** ✨ **\$50 US** ✨ **20 min. driving each way / 1½ hours walking round trip**

**2:00 pm to 4:30 pm ~ Heritage Tour of the Southeast** – Explore the nearby villages of Delices and Petit Savanne. Learn about the Bay oil industry, which is one of the primary economic activities of Dominica's southeast. Visit a primitive bay oil distillery that still uses the traditional fire wood technique. Learn about the harvesting and production of Arrowroots and Cassava. Also, visit one of Petit Savanne's backyard rum stills where the local "Zayed" (Moonshine) rum is produced. **EASY** ✨ **\$35 US** ✨ **10 min. driving to start/ 15 min. walking (in total)**

**8:00 pm to 9:30 pm ~ Dominican heritage music "Jing Ping"** – Enjoy cultural entertainment and learn traditional Dominican dances (at the Pavilion Restaurant).

## Saturday

**8:00 am to 3:00 pm ~ Roseau Market Tour & Trafalgar Falls** – Visit the capital city and explore the last authentic community market in the Eastern Caribbean. An opportunity for souvenir shopping (local currency or US dollars in small bills advised). Next, a scenic drive to Trafalgar Falls leads you to the beautiful twin waterfalls with great swimming in both hot and cool pools. Heritage lunch provided at "Pearl's Cuisine" local restaurant. **EASY** ✨ **\$65 US** ✨ **45 min. driving to Roseau and 20 min. from Roseau to Trafalgar Falls / 15 minutes walking to reach the falls.**

**\*4:00 pm to 6:00 pm ~ Jungle Bay Story** – Told by developer Sam Raphael. Hear about the inspiration, history and challenges of developing Jungle Bay. This is an opportunity to get first hand answers and explanations, including an interpretive walk through a part of the resort.  
\*Available when the developer/Sam Raphael is on island.



## Sunday

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

**7:30 am to 5:30 pm ~ Boiling Lake Hike & Valley of Desolation** – Explore Dominica's famous wonder & UNESCO World Heritage Site. Stops along the way include the mysterious Valley of Desolation, hot water pools and the famous Titou Gorge. Hike is 3 hours each way and a packed lunch is provided. **EXTREME** ✨ **\$75 US** ✨ **90 min. driving each way / 6 hours hiking round trip**

**10:00 am to 1:00 pm ~ Victoria Falls Hike** – Walk along and through the scenic White River, climb boulders up to the falls and swim in the therapeutic pool under the thunderous waterfall. Waterproof camera case highly recommended. **MODERATE-DIFFICULT** ✨ **\$50 US** ✨ **7 min. driving each way / 1½ hours walking/climbing round trip**

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

### 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
- Victoria Falls, Trafalgar Falls and Sari Sari (amphibian water shoes or sandals)

### 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 walking minutes away from the 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. Walk down along the main road for about 10 minutes, cross the bridge and turn to the left; follow the path, which brings you to the White River. Return to the track, which leads you back on to the main road; you will notice a secondary dirt road intersects at the deep bend of the main road. Cross the main road and follow this secondary dirt road which leads to the clearing of the Ocean. You may feel free to explore the rocky coastal beach and take stunning photographs. Do not bathe in the Ocean as there are strong ocean currents. **EASY**

**Zom Zom** ~ This trail leads you to a fishermen's point which was (and still is) used by fishermen for line fishing from the rocks. You will have a spectacular view of the coast line! It takes about 30 to 40 minutes each way and at the end of the trail you will come to a cliff. If you wish to climb down to the lava rocks below, a rope is provided. Please note that this part is very difficult and we advise that you stop here if you don't feel comfortable enough to climb down. **MODERATE-DIFFICULT. Be careful when the path/rope is wet (it can be very slippery).**

**Directions:** The trail is located on our property and begins on the opposite side of the cottage 21 sign. (walk up past the restaurant, housekeeping department, you will see the trail sign on the left).