

# JUNGLE SPA ADVENTURE

## SAMPLE OF WEEKLY ACTIVITIES AND EXCURSIONS

**DAILY** 7:30 am - 8:15am Beginner Yoga Class (except Wednesday) - Main Studio  
10:00 am to 8:00 pm Spa treatments (click here for the Spa Menu)



Bring swimwear & sunscreen  
(towels are provided)



Recommend footwear with good  
grip like running shoes or breathable  
hikers

Easy Moderate Difficult Extreme

### MONDAY

9:00 am to 12:00 pm ~ Sari Sari Waterfall trail – Hike along banks of Sari Sari river under rainforest canopy; three river crossings; swim at the waterfall pool.



1:30 pm to 4:30 pm ~ Dominica “Rum Shop” Heritage Tour Explore primitive bay oil distillery which uses traditional fire wood technique- Learn about the harvesting and production of Bay Oil. Next - Visit small backyard “Speak-Easy” village rum distillery.

2:00 pm to 4:00 pm ~ Fun walk by the White River – frolic in therapeutic pools and try the natural waterslide. There is an option to continue on and walk to visit a beautiful coastal beach.



5:00 pm to 6:00 pm ~ Caribbean Cooking Class – Learn how to prepare local Caribbean cuisine – take “a taste of Jungle Bay” home with you! - Dinner follows.

### TUESDAY

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 scenic Victoria Waterfall pool. Waterproof camera case highly recommended.



1:30 pm 5:00 pm ~ Snorkel at Famous Champagne Beach. A chance to see underwater volcanic vents and numerous sea creatures. Keep an eye out for the resident green turtle!



## WEDNESDAY

7:30am to 8:15 am ~ Drumming Meditation ~ Experience wellness through relaxing meditation with an array of gentle sound & vibrations.

8:45 am-3:00 pm ~ Perdu Temps Hike ~ Retrace the footsteps of Dominica's "Maroons" (run-away enslaved Africans) through dense mountain jungle on this historic hike. 🌿🌿🌿

10:00 am to 12:30 pm ~ Glassé Trail – Hike along traditional fisherman's pass to volcanic craters; breathtaking coastal scenery along trail; wade in ocean pools; great photos. 🌿🌿

1:30pm – 3:30 Organic Village Farm – Tour hosted by gentleman farmer Mr. Heskeith Alexander, former Minister of Agriculture of Dominica - Jungle Bay's primary supplier of organic pineapples some seasonal vegetables and other tropical fruits. Pick something!

5:00 pm to 6:15 pm ~ Presentation on Dominican healing herbs, barks and teas

## THURSDAY

7:30 am to 5:30 pm ~ Boiling Lake hike & Valley of Desolation – explore Dominica's famous wonder & UNESCO World Heritage Site. Packed lunch provided. Hike is 3 hours each way. 🌿🌿🌿🌿

10:00 am to 1:00 pm ~ Ocean kayaking– Paddle the turquoise waters of Grande Bay surrounded by a scenic coastline of mountains and coconut trees. 🌿🌿

2:00 pm to 3:30 pm ~ Zom Zom Trail – Hike through our 55 acre property to an old fishing point with panoramic view of Jungle Bay Resort and the South East coastline. 🌿🌿

## FRIDAY

9:00 am to 1:00 pm ~ Ravine Cyrique Beach – descend through scenic coastal forest using a rope for support along rock-face to a fantastic reward; emerge from



the jungle onto a deserted black sand beach. A cascading waterfall plummets over the cliffs onto the pounding surf, 130 feet below. 🌞🌞🌞🌞

2:00 pm- 6:00 pm ~ Scotts Head & Soufriere Hot Spring Tour - view the ruins from an ancient lookout point at the southernmost tip of Dominica followed by a visit to hot mineral spring at Soufriere. Soak in warm waterfall and pools of therapeutic mineral water. 🌞

8:00 pm to 10:00 pm ~ Dominican heritage music "Jing Ping" - Enjoy cultural entertainment: learn traditional Dominican dances; after dinner at the Pavilion Restaurant.

## SATURDAY

8:00 am to 2:30 pm ~ Roseau Market Tour & Trafalgar Falls- Heritage tour of the last authentic community market in the Eastern Caribbean, scenic drive to Trafalgar Falls. Lunch is provided at a local restaurant. 🌞

2:00 pm to 4:30 noon ~ Point Mulatre Bike Ride to the Beach - See some local farms and walk along a beautiful coastal beach. 🌞🌞

4:00 pm to 6:00pm ~ 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.

## SUNDAY

7:30 am to 5:30 pm ~ Boiling Lake Hike & Valley of Desolation – explore Dominica's famous wonder & UNESCO World Heritage Site. Packed lunch provided. Hike is 3 hours each way. 🌞🌞🌞🌞

10:00 am - 1:00 pm ~ Victoria Falls Hike – Swim in the scenic Victoria Waterfall pool. Walk along the scenic White River through therapeutic waters each way. 🌞🌞🌞



Schedule is subject to change at any time