

ECO-LUXURY RESORT · DOMINICA, THE NATURE ISLE

WEEKLY ACTIVITIES & EXCURSIONS SCHEDULE

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

MONDAY

7:30am–5:00pm

Boiling Lake Hike

VERY CHALLENGING

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. A packed lunch is provided.

Often slippery • 50 min. driving each way / 6 hours hiking round trip

US\$ 129

PLEASE NOTE

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

9:00am–
11:00am

Snorkeling at Scotts Head

EASY

Short drive to Scotts Head. Take a walk up to the historic Scotts Head peak to enjoy the spectacular view of the pristine water, where the peninsula divides the Caribbean Sea and the Atlantic Ocean. Take a dip in the Caribbean Sea and snorkel off Tu-Sab Beach.

Includes hiking & snorkelling • short walks & drives of 5–10 minutes

US\$ 70

4:30pm–5:30pm

Herbal Experience

EASY

Learn about the ancient herbal remedies of the island's traditional peoples — it's no wonder Dominica has such a high number of centenarians. The fragrant herbs are grown right in Jungle Bay's garden. Make your own tea blends in this interactive wellness experience for the senses: see, touch, smell, and taste.

US\$ 40

6:00pm–7:00pm

Sunset Yoga

EASY

Unwind in our evening yoga class with stretching, relaxation and mindfulness. Suitable for all levels.

US\$ 25





TUESDAY

8:00am–4:00pm

Perdu Temps Hike

MODERATE

Retrace the footsteps of Dominica’s “maroons” along the historic Perdu Temps trail – about 90 minutes each way through secondary forest and river crossings. The trail opens onto an area often described as “Paradise,” where you’re invited to pick fresh tropical fruit. Explore Pump’s biodiverse farm and “Medical Garden” of healing plants, and meet Pump and his family, close friends of Jungle Bay’s owner Sam. A vegan lunch is provided.

US\$ 105

9:00am–
12:00pm

Kayak & Snorkeling

MODERATE

Start with a short kayaking lesson 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.

5 min. drive each way, then 2+ hours of kayaking

US\$ 75

6:00pm–7:00pm

Sunset Yoga

EASY

Unwind in our evening yoga class with stretching, relaxation and mindfulness. Suitable for all levels.

US\$ 25

“

The Soufriere / Scotts Head Marine Reserve protects one of the Caribbean’s richest reef systems – home to hawksbill turtles, spotted eagle rays, and well over a hundred species of fish.

DID YOU KNOW



WEDNESDAY

8:00am–2:00pm

3 Waterfalls Hike

EASY

Explore three of Dominica's 365 waterfalls in Morne Trois Pitons National Park: 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.

45 min. drive to Emerald Pool, falls ~15 min. apart • ~15 min. easy walking at each waterfall

US\$ 99

3:30pm–4:30pm

Caribbean Cooking

EASY

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.

US\$ 30

6:00pm–7:00pm

Sunset Yoga

EASY

Unwind in our evening yoga class with stretching, relaxation and mindfulness. Suitable for all levels.

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 Hike as a fantastic alternative — it will return to our itinerary as soon as the trail has been fully restored.

“

Dominica is home to over 365 rivers and waterfalls — locals like to say there's one for every day of the year.

DID YOU KNOW





THURSDAY

7:30am–5:00pm

Boiling Lake Hike

VERY CHALLENGING

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, stopping at the mysterious Valley of Desolation, hot water pools, and a sulphur mud facial. A packed lunch is provided.

Often slippery • 50 min. driving each way / 6 hours hiking round trip

US\$ 129

PLEASE NOTE

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

8:00am–
12:00pm

Explore Soufriere

EASY–MODERATE

Jungle Bay's neighboring village, home to many of our staff. Pass the ruins of the L. Rose Lime factory, once linked to Jungle Bay by zipline, then walk up through farmland to Soufriere's hot springs — "Glo Gayak," a cold, healing stream, and "Glo Cho," its warm-water twin (bring your swimsuit). Hike back to Jungle Bay.

3 hours walking/hiking round trip

US\$ 75

2:00pm–4:00pm

Jungle Bay's Garden Tour

EASY

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 and smell & taste the wide variety of herbs, fruits & spices.

Walking on the property

US\$ 35

6:00pm–7:00pm

Sunset Yoga

EASY

Unwind in our evening yoga class with stretching, relaxation and mindfulness. Suitable for all levels.

US\$ 25





FRIDAY

8:00am–1:30pm

Middleham Falls Hike

MODERATE

Trek along a misty mountain trail through lush rainforest to the tallest waterfall on the island. Jaco parrots are occasionally heard or spotted. The trail steepens near the end as you scramble down to the waterfall pool for a refreshing splash — and a dose of the negative ions waterfalls are known for, which help counteract stress. Packed lunch provided.

55 min. driving to start / 3 hours of hiking total

US\$ 99

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

1:15pm–3:15pm

World Famous Champagne Snorkel

EASY

Champagne Reef, part of the protected Soufriere Scotts Head Marine Reserve, gets its name from underground volcanic activity that rises through the ocean floor in a line of bubbles. Fan coral, turtles, and a variety of tropical fish are often sighted.

15 min. driving each way · joining only this tour? Order lunch at breakfast for 12:00pm to leave by 1:00pm

US\$ 70

5:30pm–
7:00pm*

Sunset “Liming” Experience

EASY

Enjoy a stunning sunset while “liming” on Scotts Head peninsula — Caribbean slang for hanging around with friends, enjoying the scene, and having a drink. Join us for a traditional game of Dominoes while tasting a variety of locally infused rums. Rum and juices included.

5 min. driving each way · *start time depends on sunset — confirm at reception

US\$ 49

6:00pm–7:00pm

Sunset Yoga

EASY

Unwind in our evening yoga class with stretching, relaxation and mindfulness. Suitable for all levels.

US\$ 25





SATURDAY

8:00am–1:30pm

Roseau Market & Trafalgar Falls

EASY

Experience one of the last remaining traditional markets in the Caribbean, its vibrant stalls of local fruit and vegetables set along the Roseau waterfront. Explore the Botanical Gardens and take in panoramic views from Morne Bruce, then continue to the famous twin waterfalls of Trafalgar — a short, easy walk from the visitor center to the viewpoint. Bring local currency or small US bills for the market.

20 min. driving to Roseau, another 20 min. to Trafalgar Falls • short walks

US\$ 99

5:30pm–
7:00pm*

Sunset Kayak

MODERATE

Enjoy the sunset while paddling the Caribbean Sea of the Soufriere / Scotts Head Marine Reserve.

5 min. drive each way, then about an hour of kayaking • *start time depends on sunset — confirm at reception

US\$ 60

“

Trafalgar's twin waterfalls are known locally as “Mother” and “Father” Falls — one fed by a freshwater river, the other warmed by a hot sulphur spring.

DID YOU KNOW





SUNDAY

8:00am–
11:00am

Gallion Loop Hike

MODERATE

Just outside Soufriere, steep switchbacks climb into the hills toward the village of Gallion — home to the talented stonemasons who helped build both Jungle Bay and the stone walls along the roadsides. The main road loops back around Gallion mountain to Soufriere, with one last uphill walk home to Jungle Bay.

3 hours hiking round trip · preorder lunch if joining both activities

US\$ 75

1:00pm–3:00pm

World Famous Champagne Snorkel

EASY

Champagne Reef, part of the protected Soufriere Scotts Head Marine Reserve, gets its name from underground volcanic activity that rises through the ocean floor in a line of bubbles. Fan coral, turtles, and a variety of tropical fish are often sighted.

15 min. driving each way

US\$ 70

4:00pm–5:30pm

The “Jungle Bay Story”

EASY

Hear the inspirational story of how Developer/Owner Sam Raphael built Jungle Bay with minimal disturbance to the local environment, training skills into the local community along the way. Listen to the dreams and ideas that became this “Edible Resort” and sustainable sanctuary.

6:00pm–7:00pm

Sunset Yoga

EASY

Unwind in our evening yoga class with stretching, relaxation and mindfulness. Suitable for all levels.

US\$ 25



GOOD TO KNOW

WHAT TO BRING

- ✓ Large, reusable water bottle or CamelBak
- ✓ Backpack
- ✓ Swimwear
- ✓ Sun protection — sweatproof/waterproof sunscreen, cap, sunglasses & long-sleeve UV shirt
- ✓ Waterproof phone/camera bag
- ✓ Light waterproof windbreaker / rain jacket
- ✓ Hiking poles for balance and stability

SHOES

We recommend light, breathable shoes for our tropical climate — trekking or running shoes, “amphibian” water shoes, or hiking sandals with straps (e.g. Keen, Teva). Your shoes may get wet, so bring at least two pairs you’re comfortable hiking in, with good grip for slippery paths and rocks.

PLEASE NOTE

- Sign up for the next day’s tours and activities until 5pm at the reception sign-up sheets.
- Meet at the Pavilion next to reception, unless otherwise noted — please be on time.
- Towels and snorkel equipment are provided before departure.
- Most activities include swimming; bring or wear your swimwear.
- Hike difficulty is based on ability to maneuver hilly to very steep, high-stepped, and sometimes slippery terrain — ask your guide or guest services if you have questions.
- All prices are per person, in US dollars, inclusive of 15% Government Tax (VAT).
- Private tours on days other than published are based on availability; supplements depend on the tour and number of participants.



YOGA AT JUNGLE BAY

Many of our guests try yoga at Jungle Bay for the first time, and are often surprised by the immediate changes within their bodies and minds. The practice helps you stretch, release tension, and restore body and mind alike — our classes blend gentle Yin, Restorative, and Hatha yoga, suitable for every level.

Restorative is slow and restful, opening and calming the body through passive stretches. **Yin** balances more intense exercise with slow, active stretching that deepens joint mobility and flexibility. **Hatha** is the umbrella term for many common forms of yoga, building strength, balance, and relaxation together.

Wear comfortable, form-fitting clothing with a bit of stretch.

Activities and times are subject to change due to weather and other factors.

