

# ROSEAU, DOMINICA

Arrive: 0800 Saturday, December 1  
Onboard: 1800 Sunday, December 2

**Brief Overview:** Dominica, long known for its eco-tourism, was “green” before it was a catch-phrase. Its majestic shoreline and dense mountain rainforests have been protected since the 1960’s; they are the first country to be noted by Green Globe, an internationally recognized program that certifies sustainable environmental and cultural tourism. This island nation is currently trying to bridge its reputation as the Caribbean’s green island with drawing more tourists to its beautiful landscapes.

Dominica gained its independence in 1978 after being held as a British colonial territory. It is the only natural World Heritage Site in the central Caribbean, and also has a seat in the United Nations. The official language of the country is English, but the majority of its residents speak a dialect of Creole.



Pronounced Dom-in-ee-ka, the island is world-renowned for its scuba-diving and snorkeling opportunities, and its rugged green landscapes and rural life in villages throughout the nation present opportunities that simply don’t exist in other areas of the Caribbean. It is one of the poorest and least developed islands in the Caribbean; this also presents an opportunity to stay outside the deeply entrenched tourist culture filled with chain hotels and expensive tourism packages that are more prevalent in other destinations. Instead, keep an eye out for the clear rivers, waterfalls, hot springs, and boiling lakes that fill this landscape.

The mountainous island has a total population of 79,000 residents. This includes a community of Caribs, the indigenous people of the Caribbean, who live in a community on the northeastern section of the island. They still practice the art of basketry, which you can experience as part of the Field Program offered during your time in this port. The island occupies 293 square miles and is roughly four times the size as Washington D.C.; of this, there are plenty of wild spaces that have not been extensively explored. Here’s your chance to make this island your newest exploration!

Information has been taken from <http://www.frommers.com/destinations/dominica/2371010001.html>.

## **Suggested short-cuts for simple planning:**

Register for the following “bundles” of trips based on your interests.

### ***The Taste and Culture of Dominica:***

Day 1: DOM16 Carib Indians: Touna Aute  
Day 2: DOM24 Community Garden &  
Creole Cooking Tour

### ***Marine Life:***

Day 1: DOM12 Whale and Dolphin Safari, Group A  
Day 2: DOM27 Snorkeling in Champaign Reef, Group B

### ***Natural Habitats:***

Day 1: DOM17 Island Style Hot Baths  
Day 2: DOM22 Syndicate Bird Watching and Nature Hike

### ***Action/Adventure:***

Day 1: DOM19 River to Ocean Kayaking  
Day 2: DOM25 Wonders of Waiti-Kabuli –  
Emerald Pool & River Tubing, Group C

## Day 1: Saturday, December 1

### DOM10 WONDERS OF WAITI-KUBULI: EMERALD POOL & RIVER TUBING GRP A Half-day (4 hours)



*Waiti-kubulim* the original Carib name for Dominica, literally means “tall is her body.” This speaks to Dominica’s rugged mountainous landscape with an abundance of rivers, waterfalls, lakes and valleys; the island is criss-crossed with no less than 365 rivers!

On this trip enjoy tubing on the Layou River, the largest river in Dominica. Travel about 40 minutes by bus to the launch site for the safety briefing, after which you will be provided with your life vest, modified inner tube, and paddle before getting into the river. Guides will give you a quick lesson on the river bank before positioning you into your tube. With everyone in the water, your guides will set you free to begin your journey, gently spinning and swirling in the current while taking in the changing scenery. You’ll also have a chance to experience a popular Dominican pastime: river bathing. Enjoy a quick swim in the crystal clean waters before floating down the scenic river to the exit point. Refreshments (punch and fresh fruit) will be served as the trip draws to a close.

Please note: This tour is unsuitable for those with physical challenges and those under six years of age. Bring a swimsuit and a towel and wear sturdy water and walking shoes. Tour may be modified or cancelled due to weather conditions.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 1	0830
Return	December 1	1230
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

### DOM11 TRAFALGAR FALLS & CULTURAL PERFORMANCE Half-day (4 hours)

Travel on a mountain road in your air-conditioned coach through the Roseau Valley and past the hillside village of Trafalgar. Your guide will take you on a 30-minute adventure walk on a well-maintained footpath into the rainforest to discover the Twin Trafalgar Waterfalls, with plenty opportunities to take pictures at the viewing platform. After taking a rest, head back to the Reception Center and shop for local crafts and wares.

Next we will see the Sulphur Springs of Wotton Wavon, which are located in the Valley of Desolation across Trafalgar Falls. Disembark in the Botanical Gardens to visit the aviary which houses the Island’s rare parrots, the Jacquot and Sisserou (Dominica’s national bird). Tropical plants are also in abundance.

Continue to Morne Bruce View Point where you can enjoy an aerial view of Roseau and the MV Explorer. Your final stop is at the Papilotte Wilderness Eco-Resort where you will be entertained by one of the Islands’ folkloric groups. Refreshments will be served before proceeding back to the ship.

Please note: Sturdy walking shoes required.

STANDARD PRICE		Early Booking
Adult	\$50.00	\$46.00
Child	\$25.00	\$23.00
TIME		
	Date	Time
Depart	December 1	0900
Return	December 1	1230
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		



**DOM12 WHALE AND DOLPHIN SAFARI – GROUP A****Half-day (4 hours)**

Known as the “Whale Watching Capital of the Caribbean,” take this opportunity to search for the more than 20 species of whales that have been seen in its waters; these include sperm whales, humpbacks, false killer whales, pilot whales, Fraser dolphins, spotted dolphins, Atlantic dolphins and spinner dolphins. Sperm whales, the world’s largest toothed mammals are present year-round; these waters are their breeding and calving ground. Adult males can measure up to 67 feet long! Few experiences can rival the sighting of a huge sperm whale or a family of sperm whales playing on the surface of the water, set against the backdrop of the mountains of Dominica.



On these trips visitors have a 90% chance of sighting a whale. Board a 60-foot Catamaran as you search for these magnificent creatures splashing in the calm, turquoise Caribbean Sea. The area’s deep waters close to shore make this one of the few places in the world to see sperm whale, especially between November and March. Each time the boat is stopped (about every three miles or every 15 minutes), hydrophones are placed in the water for passengers to listen for the rhythmic clicking of sperm whales, the pinging of pilot whales, the whistling of dolphin, or the singing of humpbacks. During this period, your guide will provide educational commentary. Following this adventure, enjoy juice or punch on the way back to the ship.

Please note: In-water activity is prohibited out of concern for the welfare of these animals.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 1	0900
Return	December 1	1230
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM13 EMERALD POOL & CARIB INDIAN CULTURE****Full-day (6 hours)**

Journey through Roseau and then up the Springfield Valley to the colorful Emerald Pool, located in the Trois Pitons National Park on this adventure. After a 15-minute trek through the rainforest, reach the crystal clear Emerald Pool, filled by a 50-foot cascading waterfall. Your trip continues to the 3,700-acre Carib Indian Territory, home of the remaining Carib Indians.

Your first stop is at *Kalinago Barana Aute* (Village by the Sea), a Carib cultural village, where there is a museum depicting many aspects of this Kalinago Tribe. Your Carib guide will introduce you to the Karifuna Cultural Group, who will present an entertaining show of song and dance. Afterward, watch villagers as they showcase their craft skills and observe how they manipulate *laouma* (natural grass) to bear the different colors seen in their hats and baskets. Lunch will be provided.

Please note: Wear sturdy, comfortable shoes. If you wish to take a quick dip in the Emerald Pool, be sure to wear a swimsuit under your clothes and bring a towel.

STANDARD PRICE		Early Booking
Adult	\$69.00	\$64.00
Child	\$34.50	\$32.00
TIME		
	Date	Time
Depart	December 1	0900
Return	December 1	1500
MEALS		
<ul style="list-style-type: none"> <li>1 Box Lunch</li> </ul>		

**DOM14 WALKING TOUR OF HISTORIC ROSEAU****Half-day (4 hours)**

Experience the island's unique Creole architecture on this walking tour of Roseau, the capital of Dominica. Heavily influenced by the French, with English and Spanish traces, Roseau's downtown area features the best-preserved group of urban buildings in the Caribbean. Because Dominica was the last island in the Caribbean to be colonized, the oldest non-indigenous buildings in Roseau date from the mid- to late-18<sup>th</sup> century. Observe colonial-era buildings, mostly religious, civic and military edifices, along with old plantation estates and mills. Visit the brightly colored wood-framed residences known as *Ti Kaz* as well as the larger buildings with their intimate courtyards. Also be sure to note the intricate patterns in railings and fretwork of traditional-style buildings. You'll be amazed at the architectural beauty of Roseau!



STANDARD PRICE		Early Booking
Adult	\$39.00	\$35.00
Child	\$19.50	\$17.50
TIME		
	Date	Time
Depart	December 1	0930
Return	December 1	1200
MEALS		
• None		

**DOM31 DOMINICA'S CANOPY CHALLENGE****Half-day (3 hours)**

Say 'I can – yes I can!' to this new and popular survivor-like challenge course set in the luxuriant rainforest at the Wacky Rollers Adventure Park in Dominica. At the reception center, you are first provided with your safety gear (harness, helmet and gloves). Our trained guides will then conduct the compulsory safety briefing and demonstration before moving to the starting point. Climb the ladder to your first platform,

then travel on the trail, advancing from tree to tree via suspended platforms that are connected by ropes and cables, all integrated into the landscape. You will cross over varied formations of footbridges such as the Indiana Bridge, Monkey Bridge and the Chicken's pass. A highlight of this adventure is a Tarzan jump for the daring. The course ends with a zip line that takes you across Dominica's longest and largest river - the Layou River. The scenery from this aerial point is stunning and the experience is unforgettable. Throughout the course, our trained guides are available to provide assistance and ensure the proper use of your safety equipment. At the end this dramatic adventure, a much-deserved complimentary drink along with a selection of fresh fruit is served at our riverside bar, before returning to your ship.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 1	0930
Return	December 1	1230
MEALS		
• Refreshments		

**SPECIAL NOTES**

Maximum weight limit is 250 pounds. This tour is only suited for those in very good physical condition. Not suited for pregnant women or passengers suffering from heart, back, neck, or shoulder problems, as well as passengers prone to asthma and seizures. Wear comfortable clothes – short or long pants, no sleeveless, closed toe shoes and sunscreen. A change of clothing is also recommended.

## DOM15

## WONDERS OF WAITI-KUBULI: EMERALD POOL &amp; RIVER TUBING GRP B

Half-day (4 hours)



*Waiti-kubulim* the original Carib name for Dominica, literally means “tall is her body.” This speaks to Dominica’s rugged mountainous landscape with an abundance of rivers, waterfalls, lakes and valleys; the island is criss-crossed with no less than 365 rivers!

On this trip enjoy tubing on the Layou River, the largest river in Dominica. Travel about 40 minutes by bus to the launch site for the safety briefing, after which you will be provided with your life vest, modified inner tube, and paddle before getting into the river. Guides will give you a quick lesson on the river bank before positioning you into your tube. With everyone in the water, your guides will set you free to begin your journey, gently spinning and swirling in the current while taking in the changing scenery. You’ll also have a chance to experience a popular Dominican pastime: river bathing. Enjoy a quick swim in the crystal clean waters before floating down the scenic river to the exit point. Refreshments (punch and fresh fruit) will be served as the trip draws to a close.

Please note: This tour is unsuitable for those with physical challenges and those under six years of age. Bring a swimsuit and a towel and wear sturdy water and walking shoes. Tour may be modified or cancelled due to weather conditions.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 1	1300
Return	December 1	1800
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

## DOM16 THE CARIB INDIANS: TOUNA AUTE

Full-day (7 hours)

This program will take you to the residential cultural Carib Indian Community of *Touna Aute* situated in the north-eastern part of Dominica. The name *Touna* means “water” in the Carib language. This is a great opportunity to see Carib Indian life first-hand, experience a thoroughly different way of living, and to learn about the connections between indigenous cultures and the environment, food, and life of families in Dominica.

This program begins with a scenic drive through the island rainforest, stopping en route to visit the Emerald Pool in the Morne Trois Pitons National Park. A 15-minute walk through rainforest brings you to the 50-foot cascading waterfall and impressive view.

STANDARD PRICE		Early Booking
Adult	\$69.00	\$64.00
Child	\$34.50	\$32.00
TIME		
	Date	Time
Depart	December 1	1230
Return	December 1	1900
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		



Upon arrival at Touna Aute, the community leader, a former Carib Chief, will welcome you at the traditional community *karbet* and provide a short historical overview of the village and its people. Afterwards, he will invite you to visit the homes of local residents; it is the only experience of its kind in Dominica. Here, you may be given opportunities to assist in various domestic activities including basket weaving, bamboo weaving of traditional fish traps, or the squeezing of sugar cane juice using traditional techniques. Observe the making of cassava bread, a centuries-old staple of the Carib diet, and learn the secrets of herbal healing from locals who still practice natural medicine. While walking through the village, you may also enjoy fruit picking in season. Local snacks and drinks will be served at the end of the trip.

Please note: OOPEX includes money for optional purchases in the village.

**DOM17 ISLAND STYLE HOT BATHS – GROUP A**

**Half-day (3 hours)**



At a slow and easy pace, this trip allows you to enjoy the sights of Roseau before visiting one of the most popular relaxation “hot spots” in Dominica. Drive through the city’s capital, Roseau, before heading to Morne Bruce for a panoramic view of the capital city. Next, stop at the Botanical Gardens to view some of Dominica’s flora and fauna, including the Sisserou Parrot. Travel to the “wellness” village of Wotten Waven where you will view stunning but serene landscape. Upon arrival to the baths, there will be a short introduction by the host. You will be escorted down a flight of natural steps to a series of open-air pools for your island-style hot mineral bath direct from an underground source. This is a little bit of luxury and a whole lot of NATURE! Enjoy the rustic outdoor setting and relax in one of the natural pools for a leisurely 45 minutes before capping off your experience with some local herb tea or fruit punch, and some tasty fresh local fruit.

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 1	1330
Return	December 1	1630
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

Please note: Wear a dark swimsuit and bring your own towel. Children under 16 years of age are not permitted.

**DOM18 SNORKELLING IN CHAMPAGNE REEF – GROUP A**

**3 hours**



As one of the top five diving destinations in the world, Dominica has numerous pristine coral reefs with diverse marine life, perfect for snorkelling. Depart the ship for a 15-minute drive south of Roseau through the picturesque village of Pointe Michel and arrive at the snorkelling facility. Upon arrival at the center, you will be outfitted with snorkelling gear and given an orientation of the facility and the adventure that awaits you on the reef. A professional PADI certified diver will instruct you on the correct use of your gear and brief you on what you are likely to see and experience once in the water.

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 1	1330
Return	December 1	1630
MEALS		
<ul style="list-style-type: none"> <li>None</li> </ul>		

Champagne Reef is aptly named for the tiny crystal bubbles that continuously rise from small volcanic geothermal fissures in the sea floor. Recognized as Dominica’s premier snorkelling site, Champagne ranks among the top five snorkelling sites in the Caribbean and sits on the edge of a submerged volcano. Encounter an extensive variety of tropical fish and corals, including sponges, lobster, parrot fish and a resident population of Hawksbill turtles and green turtles. You may also view sea horses and the remains of the 17th century Spanish ship wreck (cannons and chain links). Enjoy the ancient and beautiful underwater scenery, which features colorful corals atop submerged peaks and a multitude of tropical reef fishes.

Please note: The snorkelling facility has changing rooms, refreshments, gift shop and a sundeck overlooking the beautiful Caribbean Sea. Please wear your swimsuit, bring a towel and a change of clothing; sun protection is recommended.

**DOM19 RIVER TO OCEAN KAYAKING GROUP A****Half-day (3 hours)**

Adventure seekers, here's your newest adventure! This is your chance to kayak downstream on Dominica's largest and longest river, the Layou River. Experience the thrill of steering yourself while you plunge down the light rapids in your two-person, sit-on, state-of-the-art kayak. Our well-trained guides are on hand to lead you through the funfilled adventure, pausing at times to enjoy the natural scenery. Take a few minutes to paddle your own way before your breathtaking entrance to the fishing village of Layou and the warm Caribbean Sea. There, you will see the fishing boats pulled up after the early morning fishing expedition, have an opportunity to swim in the Caribbean Sea and the river, which is just a few feet away. A short paddle back up the river will take you to your exit point, where a complimentary punch and fresh fruit is well deserved. Then sample our local cuisine prepared for you by the community. Quality kayak seats, paddles and life vests provided. There will also be a short kayaking/paddling instruction before getting into the water. What a rush! What a ride!

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 1	1330
Return	December 1	1630
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM20 RAINFOREST & WATERFALL 4X4 ADVENTURE – GROUP A****Half-day (3 hours)**

Picture this: no windows, no aisles, no glass barriers, no enclosed seating as you drive through the rainforest, just a 360-degree panoramic view of the lush, scenic island. This tour is sure to awaken all your senses. There's a seat for you on an intricately painted four-wheel drive open-air ex-military jeeps.

Begin with a short drive through Dominica's capital, Roseau, where you will view several historic sites. Afterward, travel to Morne Bruce where a guide will provide some historical information on the site while you enjoy a picturesque view of the capital. Stop briefly at the Botanical Gardens for a close-up encounter with the national bird, the Sisserou parrot, as well as other flora and fauna of Dominica. Visit Wotten Waven Sulphur Springs, a geothermal area featuring hot springs, streaming waters and sulphurous gases. Next, travel further into the island's interior rainforest, which ends at the Ti Tou Gorge, a fresh water mountain crater lake where hot and cold streams intermingle into a pool, where you can enjoy an exhilarating swim. Relax with some local refreshments before returning to your ship.

Please note: Waterproof cameras, raingear and water shoes are strongly recommended. Wear a swimsuit under your clothes if you plan to swim.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 1	1415
Return	December 1	1715
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM32 FAREWELL FIESTA****3 hours**

Make the last night onshore a night to remember with a typical Dominican dinner and native music to celebrate the voyage before returning stateside.

STANDARD PRICE		Early Booking
Adult	\$80.00	\$75.00
Child	\$40.00	\$37.50
TIME		
	Date	Time
Depart	December 1	PM
Return	December 1	PM
MEALS		
<ul style="list-style-type: none"> <li>Dinner</li> </ul>		

**DAY 2: SUNDAY, DECEMBER 2**

**DOM21 WHALE AND DOLPHIN SAFARI – GROUP B**

**Half-day (4 hours)**

Known as the “Whale Watching Capital of the Caribbean,” take this opportunity to search for the more than 20 species of whales that have been seen in its waters; these include sperm whales, humpbacks, false killer whales, pilot whales, Fraser dolphins, spotted dolphins, Atlantic dolphins and spinner dolphins. Sperm whales, the world’s largest toothed mammals are present year-round; these waters are their breeding and calving ground. Adult males can measure up to 67 feet long! Few experiences can rival the sighting of a huge sperm whale or a family of sperm whales playing on the surface of the water, set against the backdrop of the mountains of Dominica.



On these trips visitors have a 90% chance of sighting a whale. Board a 60-foot Catamaran as you search for these magnificent creatures splashing in the calm, turquoise Caribbean Sea. The area’s deep waters close to shore make this one of the few places in the world to see sperm whale, especially between November and March. Each time the boat is stopped (about every three miles or every 15 minutes), hydrophones are placed in the water for passengers to listen for the rhythmic clicking of sperm whales, the pinging of pilot whales, the whistling of dolphin, or the singing of humpbacks. During this period, your guide will provide educational commentary. Following this adventure, enjoy juice or punch on the way back to the ship.

Please note: In-water activity is prohibited out of concern for the welfare of these animals.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 2	0830
Return	December 2	1200
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM22 SYNDICATE BIRD WATCHING AND NATURE HIKE**

**Half-day (5 hours)**



This beautiful tour of Dominica’s natural beauty begins with an air-conditioned drive up the picturesque West Coast, passing through the fishing villages of Massacre and Mahaut up to the Syndicate National Park in the Northern Forest Reserve (2,000 feet above sea level). Upon arrival, a trained forest guide will lead you on a hike on the Nature Trail, pointing out local flora and fauna, including exotic bird life found within the area. This reserve is the last remaining habitat where the endemic national birds, the Sisserou and Jaco parrots, can be found. Afterwards, return to the Syndicate Resource Center for a taste of local juices, coffee or herbal teas before returning to the ship. Please note: Sturdy walking shoes required.

STANDARD PRICE		Early Booking
Adult	\$47.00	\$44.00
Child	\$23.50	\$22.00
TIME		
	Date	Time
Depart	December 2	0730
Return	December 2	1230
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM23 MIDDLEHAM FALLS HIKE**

**Half-day (4 hours)**

This program begins in a fully air-conditioned bus for a guided tour of the Laudat Mountain Range. As you proceed into the mountains, prepare to be fascinated by the view as you rise 3,000 feet above sea level.



On arrival at the Middleham Trail, your guide will lead you on a hike into the Middleham Falls area. This trail crosses rivers and mountains in some of Dominica’s most rugged, beautiful jungles. View exotic birds and other flora and fauna during your hike. On arrival at the 400-foot cascading waterfall, sometimes called “The Jewel,” enjoy a refreshing swim in the clear crystal water. Continue your hike along the same route back to your waiting bus and then on to a local bar for a refreshing taste of local fruit punches before returning to the ship.

STANDARD PRICE		Early Booking
Adult	\$32.00	\$29.00
Child	\$16.00	\$14.50
TIME		
	Date	Time
Depart	December 2	0900
Return	December 2	1300
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

Please note: Wear sturdy, comfortable walking shoes. Wear your bathing suit and bring a towel should you choose to swim.

**DOM24 COMMUNITY GARDEN & CREOLE COOKING TOUR**

**Half-day (4 hours)**



Experience Dominica’s natural beauty and hospitality in this program. It begins with a visit to the beautiful communities of Eggleston and Giraudel, where a trained guide will give you a historical tour through the Old French Quarter of the city of Roseau and the Botanical Gardens; these gardens are home to some of the Island’s tallest and most exotic trees.

Drive through Newtown and proceed to the Fortune Community where you will begin the scenic mountain drive to Eggleston. On your arrival at Eggleston, learn about the history of gardening in this community. Visit Mrs. Robinsons’ flower garden and learn her gardening secrets first-hand. Continue to Giraudel where you will again have the opportunity to do a flower garden tour conducted by the gardeners themselves, the Alfreds. At this point, enjoy refreshments while viewing local crafts and flowers and listening to a local band, the Jing Ping Band. Take a break for refreshments at the Exotica Guesthouse. After a tour of the natural and organic gardens, enjoy a Caribbean Creole cooking demonstration by a professional chef, using fresh picked local vegetables and fruits. Most of your meal will already be prepared, but you will have the opportunity to help prepare your own Creole sauce. After your lesson, taste and enjoy your own cooking for lunch. En route to the ship, visit Green Mountain Flower Garden where the owner will conduct a tour of his flower production facilities. **\*\* SPACE IS LIMITED \*\***

STANDARD PRICE		Early Booking
Adult	\$74.00	\$69.00
Child	\$37.00	\$34.50
TIME		
	Date	Time
Depart	December 2	0930
Return	December 2	1330
MEALS		
<ul style="list-style-type: none"> <li>Lunch</li> </ul>		

**DOM25****WONDERS OF WAITI-KUBULI: EMERALD POOL & RIVER TUBING GRP C****Half-day (4 hours)**

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On this trip enjoy tubing on the Layou River, the largest river in Dominica. Travel about 40 minutes by bus to the launch site for the safety briefing, after which you will be provided with your life vest, modified inner tube, and paddle before getting into the river. Guides will give you a quick lesson on the river bank before positioning you into your tube. With everyone in the water, your guides will set you free to begin your journey, gently spinning and swirling in the current while taking in the changing scenery. You’ll also have a chance to experience a popular Dominican pastime: river bathing. Enjoy a quick swim in the crystal clean waters before floating down the scenic river to the exit point. Refreshments (punch and fresh fruit) will be served as the trip draws to a close.

Please note: This tour is unsuitable for those with physical challenges and those under six years of age. Bring a swimsuit and a towel and wear sturdy water and walking shoes. Tour may be modified or cancelled due to weather conditions.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 2	1330
Return	December 2	1730
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM26****RAINFOREST & WATERFALL 4X4 ADVENTURE – GROUP B****Half-day (3 hours)**

Picture this: no windows, no aisles, no glass barriers, no enclosed seating as you drive through the rainforest, just a 360-degree panoramic view of the lush, scenic island. This tour is sure to awaken all your senses. There’s a seat for you on an intricately painted four-wheel drive open-air ex-military jeeps.

Begin with a short drive through Dominica’s capital, Roseau, where you will view several historic sites. Afterward, travel to Morne Bruce where a guide will provide some historical information on the site while you enjoy a picturesque view of the capital. Stop briefly at the Botanical Gardens for a close-up encounter with the national bird, the Sisserou parrot, as well as other flora and fauna of Dominica. Visit Wotten Waven Sulphur Springs, a geothermal area featuring hot springs, streaming waters and sulphurous gases. Next, travel further into the island’s interior rainforest, which ends at the Ti Tou Gorge, a fresh water mountain crater lake where hot and cold streams intermingle into a pool, where you can enjoy an exhilarating swim. Relax with some local refreshments before returning to your ship.

Please note: Waterproof cameras, raingear and water shoes are strongly recommended. Wear a swimsuit under your clothes if you plan to swim.

STANDARD PRICE		Early Booking
Adult	\$59.00	\$55.00
Child	\$29.50	\$27.50
TIME		
	Date	Time
Depart	December 2	0945
Return	December 2	1345
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

**DOM27 SNORKELLING IN CHAMPAGNE REEF – GROUP B****3 hours**

As one of the top five diving destinations in the world, Dominica has numerous pristine coral reefs with diverse marine life, perfect for snorkelling. Depart the ship for a 15-minute drive south of Roseau through the picturesque village of Pointe Michel and arrive at the snorkelling facility. Upon arrival at the center, you will be outfitted with snorkelling gear and given an orientation of the facility and the adventure that awaits you on the reef. A professional PADI certified diver will instruct you on the correct use of your gear and brief you on what you are likely to see and experience once in the water.

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 2	1330
Return	December 2	1630
MEALS		
• None		

Champagne Reef is aptly named for the tiny crystal bubbles that continuously rise from small volcanic geothermal fissures in the sea floor. Recognized as Dominica's premier snorkelling site, Champagne ranks among the top five snorkelling sites in the Caribbean and sits on the edge of a submerged volcano. Encounter an extensive variety of tropical fish and corals, including sponges, lobster, parrot fish and a resident population of Hawksbill turtles and green turtles. You may also view sea horses and the remains of the 17th century Spanish ship wreck (cannons and chain links). Enjoy the ancient and beautiful underwater scenery, which features colorful corals atop submerged peaks and a multitude of tropical reef fishes.

Please note: The snorkelling facility has changing rooms, refreshments, gift shop and a sundeck overlooking the beautiful Caribbean Sea. Please wear your swimsuit, bring a towel and a change of clothing; sun protection is recommended.

**DOM28 RIVER TO OCEAN KAYAKING GROUP B****Half-day (3 hours)**

Adventure seekers, here's your newest adventure! This is your chance to kayak downstream on Dominica's largest and longest river, the Layou River. Experience the thrill of steering yourself while you plunge down the light rapids in your two-person, sit-on, state-of-the-art kayak. Our well-trained guides are on hand to lead you through the fun-filled adventure, pausing at times to enjoy the natural scenery. Take a few minutes to paddle your own way before your breathtaking entrance to the fishing village of Layou and the warm Caribbean Sea. There, you will see the fishing boats pulled up after the early morning fishing expedition, have an opportunity to swim in the Caribbean Sea and the river, which is just a few feet away. A short paddle back up the river will take you to your exit point, where a complimentary punch and fresh fruit is well deserved. Then sample our local cuisine prepared for you by the community. Quality kayak seats, paddles and life vests provided. There will also be a short kayaking/paddling instruction before getting into the water. What a rush! What a ride!

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 2	1000
Return	December 2	1300
MEALS		
• Refreshments		

**DOM29 RIVER TUBING****Half-day (3hours)**

On this trip enjoy tubing on the Layou River, the largest river in Dominica. Travel about 40 minutes by bus to the launch site for the safety briefing, after which you will be provided with your life vest, modified inner tube, and paddle before getting into the river. Guides will give

you a quick lesson on the river bank before positioning you into your tube. With everyone in the water, your guides will set you free to begin your journey, gently spinning and swirling in the current while taking in the changing scenery. Enjoy a quick swim in the crystal clean waters before floating down the scenic river to the exit point. Refreshments (punch and fresh fruit) will be served as the trip draws to a close.

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 2	0930
Return	December 2	1230
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

Please note: This tour is unsuitable for those with physical challenges and those under six years of age. Bring a swimsuit and a towel and wear sturdy water and walking shoes. Tour may be modified or cancelled due to weather conditions.

**DOM30 ISLAND STYLE HOT BATHS – GROUP B****Half-day (3 hours)**

At a slow and easy pace, this trip allows you to enjoy the sights of Roseau before visiting one of the most popular relaxation “hot spots” in Dominica. Drive through the city’s capital, Roseau, before heading to Morne Bruce for a panoramic view of the capital city. Next, stop at the Botanical Gardens to view some of Dominica’s flora and fauna, including the Sisserou Parrot. Travel to the “wellness” village of Wotten Waven where you will view stunning but serene landscape. Upon arrival to the baths, there will be a short introduction by the host. You will be escorted down a flight of natural steps to a series of open-air pools for your island-style hot mineral bath direct from an underground source. This is a little bit of luxury and a whole lot of NATURE! Enjoy the rustic outdoor setting and relax in one of the natural pools for a leisurely 45 minutes before capping

off your experience with some local herb tea or fruit punch, and some tasty fresh local fruit.

STANDARD PRICE		Early Booking
Adult	\$49.00	\$45.00
Child	\$24.50	\$22.50
TIME		
	Date	Time
Depart	December 2	1000
Return	December 2	1300
MEALS		
<ul style="list-style-type: none"> <li>Refreshments</li> </ul>		

Please note: Wear a dark swimsuit and bring your own towel. Children under 16 years of age are not permitted.