



## 7 Nights Adventure Package

### Active Relaxation

*7 Nights including transfer, all breakfast, double room in a Nature Bungalow, lunch and dinner during tour days, 5-day tours with a certified guide and transport*

#### Day 1 Arrival, Welcome...

...to the "Nature island of the Caribbean"! The short drive allows you to appreciate the fact that Dominica truly is a Nature paradise, with lush vegetation, untouched rainforests, 365 rivers, magnificent views, countless colourful flowers and an amazing sunset. It is a "*dream of another reality*" as Ms Norun Person, Hibiscus Valley Inn's founder once said.

After the journey we will let you settle in for the night and dinner is served at 7.30. No tours or activity on the first day.

#### Day 2

##### Kalinago territory & Waterfalls roundtrip

The adventures begin with a relatively easy combination of hikes and nature experiences. Our first stop will be at the Twin Falls, Hibiscus Valley Inn's discovered and developed waterfalls. In order to get there we first have to make an easy fifteen minutes' walk through the rainforest. The first waterfall is approximately 25 meters high with a mysterious cave in direct connection to it. Those who wish can take a swim in the waterfall pool while the more adventurous climbs a small mountain ridge in order to get to the second, 20-meter high white sulphur waterfall, coloured by the volcanic activities of the island.

We will drive and make stop and walk down thru the rainforest to the well-known Emerald pool, the crown jewel of the Dominican tourist map.

Now we headin to the Kalinago territory where we will visit the Kalinago Barana Aute, meaning Kalinago village by the sea. Here an experienced Kalinago Indian guide will take you through the history of the his people. You will learn how they made the famous Casava bread, the dug-out canoes, their award-winning crafts and their traditional way of building houses.

## **Day 3**

### **River tubing & Rainforest hike**

After breakfast we will enjoy one of Dominica's "must-do" adventures River tubing. Experience the natural wonders of Dominica while floating down a river in a tube. You'll launch your tubing adventure right from the river runs along Hibiscus Valley Inn. The river is the boundary line of the Kalinago territory. It is a great combination of slow and relaxing river pools and fun filled mini-rapids.

We go back to Hibiscus Valley and change for our next hike with go our guides right into the untouched rainforest where they will tell you about the many different medical and practical uses of the plants and trees in the rainforest. A traditional "Cook up" lunch will be prepared on open fire in a beautiful rainforest river location.

## **Day 4**

### **River boat ride, Portsmouth & Fort Shirley**

Today we head to Portsmouth for a scenic ride up the Indian River. You will travel on small wooden boats up the river, through a Mangrove swamp that in many ways resembles a ride along the Amazon River. The most striking difference is probably that there are no dangerous animals or insects to look out for on Dominica. After the 20 minutes long boat ride we make a stop at a local bar next to the river.

When we return from the boat ride, we will take a picnic on one of the volcano sand beaches in Portsmouth.

Before we head back to the guesthouse, we will make a historical visit at Fort Shirley. This was the headquarters and main defense post of the British army garrison. It is a fortress known for its importance in historical battles between the French and the British. Make stop at a local bar and a really black beach, where the turtles laying their eggs in their season, middle of March to end of June.

## **Day 5**

### **Option on a free activity day**

There are numerous different sights to visit on Dominica and even the most active visitor will not have time to see them all.

Examples of things to do is the popular Whale & Dolphin safari, snorkelling at the Champagne reef, Snorkeling at Le Champagne reef. Popular Whale watching you spend half the day and into the evening at sea.

Dominica is named as "The Whale Watching Capital of the Caribbean" and has a very good whale watching with a 85-95% chance to see the choices. Here you can see sperm whales with their calves. They hold to the right but to the coast not far from land.

Whales and Dolphins in Dominica: blackfish - Long Finned Pilot Whale Spinnardelfin - Spinner Dolphin  
Spotted Dolphin - Pantropical Spotted Dolphin Pygmeekaskelott - Pygmy Sperm Whale False Killer Whale  
- False Killer Whale (175 US/person)

or

- \*A visit to a secluded beach
- \*Secret Pool,
- \*Middleham Falls the tallest waterfall with a short hike
- \* go diving or visit the capital Roseau.
- \*There is also a possibility to rent a car to explore the island on your own.
- \* Watikubuli national trail hike:
  - segm. 4 incl hot spa
  - segm 5, rainforest with rivers to cross, and part of slaves built
  - segm 7 close to hibiscus farming and fantastic views
  - segm. 13 including indian river tour

## Day 6

### **Boiling lake Hike – Hot springs – Tito Gorge min 2 persons**

We get up early this morning for a difficult hike to the second largest boiling lake in the world!

The strenuous hike takes approximately 3.5 hours one way and offers a true “once in a lifetime experience”. We will walk through lush rainforest, up and along a mountain ridge, up a mountain peak and down through the Valley of Desolation towards the lake where you can boil an egg! A must on this hike is to take a dip in the warm, sulphur waterfall pools that are situated along the way.

One of the highlights of the day is the swim at the Tito Gorge. This is an amazing nature experience where a short swim inside of a gorge will take you to a hidden waterfall inside of the mountain. **\*Boiling Lake**

drive time: 1h 20 min

Hike distance: 9.7 km

3-4 hours one way

Start point 1690 feet=515 meter

Highest point 3168 feet= 966 meter

### Easy Option

If you are not up for the tuff hike to Boiling lake, there is an easier option which includes a visit to a local chocolate factory. Here you will learn about the whole process from “Bean to Bar”. You will also get to see the Red Rock formation. Also visit the nice big riverpool C.....

## Day 7

## Sand bay beach relaxation

After all, we are in the Caribbean so we will spend the last day at a small golden sand beach not far from the guesthouse. Work on the suntan and relax after a week of Nature adventures.

## Day 8 Departure

You have time for a last swim in the River and a chance to say goodbye before we leave back home.

*Please note that the order of activities may change depending on weather and to avoid crowded sites.*

