

ROSEAU, DOMINICA

Roseau: 4X4 Waterfall & Rainforest

ACTIVITY LEVEL: MODERATE

Your adventure in an **open-air 4X4 vehicle** begins with a drive through the capital to **Morne Bruce** for amazing views and photo opportunities. You will wind through the mountains to the **Wotten Waven Sulphur Springs** to see the remnants of volcanic activity. Travel further into the rainforest to the **Ti Tou Gorge**, one of the filming sites for Disney's "Pirates of the Caribbean 2 – Dead Man's Chest" movie. Ti Tou Gorge is an outlet of one of the few crater lakes in the Caribbean. Here you will discover a crevice in the mountain where both hot and cold streams intermingle into a natural plunging rock pool and you can take a swim if you choose. Swim between the mountains to discover a crystal-clear waterfall. **Complimentary rum punch and fresh fruit** will be served before you return to your yacht.

Please note: Wear your bathing suit under your clothes and bring a towel.

PRICE\$75

Roseau: Champagne Reef Snorkel Adventure

ACTIVITY LEVEL: MODERATE

This 2-hour fun adventure will introduce you to **Dominica's premier snorkel site**, Champagne Reef, a local marine eco-system dotted with **champagne bubbles, colorful fish, and an assortment of coral and sponge life**. Your experience will begin with a short coach ride to the marine center. After the orientation, you will board your boat and head off for a 15-minute ride to the Champagne Reef where you will begin your snorkeling tour – much like swimming in a glass of champagne and through a stream of bubbles that rises from a submerged volcanic vent in the sea floor. From there you will return to the marine center where you will be provided with a fresh-water rinsing facility and bottled water before heading back to your yacht.

Please note: Bring your swimsuit, towel, and sunscreen.

PRICE\$69

Roseau: Cooking Caribbean Flavors and Lifestyles

ACTIVITY LEVEL: EASY

This is an open-air culinary adventure, where you will spend a day with a **local family and learn about Dominican flavors**, traditions, and family lifestyles, and prepare and **create traditional Caribbean dishes** and fruit cocktail blends from local produce. Your day will begin with a bus ride from the wharf to a home nestled in the tropical rainforest. En route, take in the panoramic view of the lush landscape punctuated by the colors of flowering trees, bougainvillea, lilies, and enormous bamboo. You will be greeted by your hostess, and introduced to the herbs and fresh organic products that will be used. Today, your choices will be endless – you can **prepare a local delicacy**, enjoy views of the mountains or the Caribbean Sea, or stroll on the property learning about the fruits and spices. Regardless, you will be guaranteed full servings of fun, rum, and laughter. **Feast on mouth-watering dishes** that you have created, served with Caribbean desserts, and fruit and rum punches. On completion of your meal, you will return to the wharf.

Please note: Due to the limited number of participants allowed and the popularity of this tour, it fills up quickly.

PRICE\$109

Roseau: Island Traditions & Herbal Remedies

ACTIVITY LEVEL: MODERATE

This excursion highlights **traditional farming practices and herbal remedies** passed on from generation to generation. Enjoy a 30-minute drive to the community of Bellevue (beautiful view) Chopin (the surname of early French settlers), located at the base of Morne Canotte and Morne Anglais, two of Dominica's nine geologically active volcanoes. You will first meet an **organic herbal farmer** whose wealth of knowledge and wide variety of herbs will amaze you, as he takes you into his world and fascinates you with many tried and true age-old herbal remedies. Enjoy a walk through the garden, mesmerized by the multitude of various medicinal herbs. Let your senses be tantalized by the **aroma of the freshly cut herbs**, then **taste the teas** prepared from them. Your next stop will be the **Geneva Heritage Park** where you will have a few minutes to peruse a community-based local arts and crafts shop before proceeding to your last stop on this journey back to nature. At this small typical vegetable garden which boasts of being 100% organic, you will be greeted by a member of the family for a guided tour of their subsistence farm. Learn more about traditional composting and farming practices that make for healthy living and healthy eating. Pick a fruit or vegetable, plant a tree or gain information to inspire your next backyard project. Later you will be served a **tasty local snack** prepared with the fresh produce from this very garden.

Please note: Wear comfortable walking shoes and sunscreen.

PRICE\$79

Roseau: River Tubing Adventure

ACTIVITY LEVEL: MODERATE

Get set to get wet! This adventure in the “land of 365 rivers” is wet and wonderful from beginning to end. A moderate drive will bring you to the launch site for the safety briefing, after which you will be provided with your life vest, modified inner tube, and a paddle before getting into the river. Once everyone is in the water, your guides will set you loose to begin your journey, **gently spinning and swirling in the current**, taking in the ever changing exotic scenery at the same time – if you can! You will stop briefly to enjoy a popular Dominican pastime – river bathing – before continuing down the scenic river to your exit point. The professional guides are only a shout away to ensure your comfort and safety all the way to the end. Back on land again at the Reception Center, refreshments, including their **famous rum punch and fresh fruit** will be served before you return to your yacht.

Please note: Wear your swimsuit under your clothing and bring a towel.

PRICE\$65

Roseau: Trafalgar Falls and Hot Springs

ACTIVITY LEVEL: EASY

This 3-hour fun adventure will lead you through Dominica’s unspoiled nature with opportunities for viewing stunning landforms – forests, rivers, hot water pools, and bubbling sulphur mud ponds. Your experience will start with a coach ride from the pier to the **Roseau Valley** and through the lush, verdant greenery of this nature island, to see the world renowned **Trafalgar Waterfalls** – nature at its best. You will see the picturesque landscapes, exotic flora and fauna, and the greenest rainforest in the Caribbean region. Then you will depart for a **nature spa experience**, a short drive away and you will have the opportunity to explore a nature sanctuary filled with fruit trees, tweeting birds, tropical blooms, flowing streams, a waterfall, and natural sulphur deposits – (hot) therapeutic sulphur water tubs, cool water streams for rejuvenating, and opportunities for learning about the natural product sold here – you will lose yourself in this paradise on earth. Then you will then be served your choice of **fruit punch or rum punch** before heading back to the ship.

Please note: Bring water shoes, swimsuit, towel, and sun screen.

PRICE\$69

Roseau: Two Tank Certified Dive

ACTIVITY LEVEL: STRENUOUS

Dominica has earned the reputation of being **one of the top five dive destinations in the world**. In addition to unique dive sites like “Champagne,” which features a bubbling, underwater hot spring, Dominica’s reefs are full of gorgeous **multi-colored hard and soft coral, an abundance of reef fish**, and fascinating marine critters such as seahorses and frogfish. Your dives will take you to a depth that will range from 90 to 110 feet, where you will explore the waters of **L’Abyme**, the very definition of an abyss – it is a plunging wall that drops 1,500 feet into the deep blue. Your second dive will bring you to a wreck lost deep in the waters, where you will be sure to encounter a vast array of spectacular marine life. The underwater terrain is unique and diverse, providing dive sites suitable for all skill levels. Divers will be accompanied by qualified dive masters and instructors. **Complimentary refreshments** will be served at the end of the tour.

Please note: Wear your swimsuit under your clothing; bring a towel. Waiver release forms must be signed and medical conditions must be disclosed. Bring your C-card. All gear will be provided or you can bring your own. All staff is trained in CPR and first aid.

PRICE\$199
