COOL BREEZE TOURS ARLINGTON MOISE P.O. BOX 1387 ROSEAU **COMMONWEALTH OF DOMINICA** WEST INDIES CELL +1 (767) 245 1776 OR +1 (767) 317 4295 coolbreezetours9@yahoo.com

WITH THE COLABORATION OF THE SUNSET BAY CLUB THIS IS OUR PROPOSAL OF AN AUTHENTIC AND NATURAL PARADISE

FIRST PART > P6 TOURS & VISITS SECOND PART > P21 HIKES THIRD PART > P44 PRIVATES TOURS

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ACTIVITIES ON REQUEST AERIAL TRAM ADVENTUR PARK WHALE WATCHING QUAD RIVER TUBING KAYAKING BOATING RIVER TUBING BIRD WATCHING SEA TURTLE WATCHING (RoSTI) PARROTS FUNDATION COL POAT SOAP FACTORY HORSE RIDING

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ON YOUR ARRIVAL WE SUGGEST YOU **CONTACT OUR TOUR SPECIALISTS, TO ORGANIZE THE TOURS YOU WOULD** LIKE TO TAKE TO **DISCOVER DOMINICA.**

HOWEVER, BEFOREHAND YOU MAY MAKE YOUR CHOICE OR SIMPLY GET AN IDEA ON WHAT WE OFFER THROUGH THIS PROGRAMME. ALL THE TOURS CAN BE CUSTOMIZED. THE TOURS SHOULD BE BOOKED 24 HOURS BEFORE THE DAY OF THE EXCURSION. THE TOURS ORGANIZED IN DOMINICA SHOULD BE PAID IN CASH.

THE ONES PRE-ORGANIZED CAN BE PAID BY CREDIT CARD VISA OR MASTER CARD.

FOR OTHER TOURS, WHICH ARE NOT INCLUDED IN THIS LIST, AS WELL AS TO BE INFORMED ABOUT THE PRICES, OR ANY TOURS YOU WOULD BE INTERESTED AT PLEASE CONTACT US.

WE WISH YOU A NICE READING

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OUR SERVICES INCLUDE

- > Airport and Sea port transfers to hotel
- > Car rental
- > Hotel reservation
- > Bird watching
- > Hiking > nature walk
- > River bathing
- > Diving and snorkeling
- Open air picnic were your specific needs are met once available.
- > Local restaurant.

WE ARE STAFFED BY EXPERIENCED, PROFESSIONAL TAXI, TOUR GUIDE & TOUR OPERATORS WHO SPEAK ENGLISH, FRENCH AND SPANISH AND ARE DEDICATED TO MAKING YOUR STAY IN DOMINICA SPECIAL AND MEMORABLE.

DOMINICA

AREA > 754 KM SQUARED (47 KMS / 29 KMS) **CAPITAL > ROSEAU GOVERNMENT > INDEPENDENT, MEMBER OF** THE BRITISH COMMONWEALTH OF NATIONS. LANGUAGES > ENGLISH AND CREOLE **POPULATION > 71 000 HABITANTS**

the DorDM Corporation www.domains.dm



Layou Valley Portsmouth Roseau

you are here

Springfield

Castle Bruce

FIRST PART TOURS & VISITS TO DISCOVER DOMINICA

TOUR #1

CABRITS NATIONAL PARK, FORT SHIRLEY INDIAN RIVER, COLD SULPHUR SPRINGS. FOR THIS TOUR YOU HAVE THE CHOICE BETWEEN THESE TWO OPTIONS BELOW OPTION 1 SYNDICATE FALLS OPTION 2 CHAUDIÈRE POOL GUIDE INCLUDED

08 COOL BREEZE TOURS / TOUR #1

From the Sunset Bay Club we begin our tour with a drive along the north-western coast towards *Portsmouth*, the second town of the island. Once we arrive we visit *Fort Shirley*, which is situated in the *Cabrits National Park* on the scenic peninsula just north of *Portsmouth*.

Fort Shirley is surrounded by the lush vegetation which covers the Cabrits, and are the picturesque ruins of a large 18th-century British garrison. It is one of the most impressive military sites in the West Indies and once housed 600 soldiers. Construction began under the direction of Sir Thomas Shirley, Governor of Dominica, (1774-1776) after whom it was named. The fortified garrison contains over fifty major structures. This military complex was the headquarters and main defence post of the British army garrison, defended the north during the period of colonial conflict and protected naval vessels anchored at Prince Rupert's Bay. The Cabrits was abandoned as a military post in 1884. The Fort Shirley is currently undergoing extensive restoration. This Park is part of the Dominica National Parks Service which operates the Cabrits Welcome Center.

There are fine views of *Prince Rupert Bay* from the ruins of the Officer's Quarters, where there is a small museum. The park encompasses the peninsula, the surrounding coast and coral reefs, and the island's largest swamp. Then we will take a boat trip up the *Indian River*. What attracts attention is the luxuriant vegetation hanging overhead, and along the bank of the placid waters of this meandering stream. Its twisting course is contorted even further by the serpentine roots of the grand Mang trees which cling to the bank. Ferns, lianas and reeds cluster between the trees and the narrower sections of the river forming a green foliage tunnel. We will also see certain kinds of very interesting wildlife.

Then we will go up north towards the <u>Morne aux Diable</u> to visit the <u>Cold Sulphur</u> <u>Springs</u>. This site is an unusual sulfur spring situated in the mouth of an ancient volcano more than 1000 feet above the sea. This place is uncommon and we are delighted by the lush and wild vegetation. The road from *Douglas Bay* to *Morne aux Diables* offers the most spectacular views.

FOR THIS TOUR YOU HAVE THE CHOICE BETWEEN THESE TWO OPTIONS BELOW Option 1 Syndicate Falls_

We will end our tour with a beautiful walk to <u>Syndicate Falls</u>, a waterfall located at the foothills of *Morne Diablotin* (the highest mountain on the island).

This is an area where you are most likely to spot the island's two endangered parrots, the *Sisserou* and the *Jacquot*. The *Syndicate* rainforest has well maintained trails, which pass through some of Dominica's most accessible oceanic rainforest.

The forest is abundant with trees like the giant Gommier (Dacryodes Excelsa) the incredibly buttressed chataignier (Sloanea Carabea) and numerous epiphytes and stranglers. *Syndicate Falls* is a magnificent waterfall where swimming is not allowed, but it is worthwhile to visit anyway!

Option 2 Chaudiere Pool

We will end our tour with a beautiful walk to <u>Chaudiere Pool</u> (Chaudron), this delightful spot is a natural deep pool surrounded by high rocks. It is located on the upper reaches of the *Hampstead River*, next to the village of Bense. To get to the pool will involve a short but steep climb down the track. The trail is well marked and goes down to the confluence of two rivers. There will be an opportunity to swim in the crystal clear pool. TOUR #2 ROSEAU, MORNE BRUCE, BOTANICAL GARDEN, CHAMPAGNE, SOUFRIERE SULPHUR SPRINGS, SCOTTSHEAD, TRAFALGAR FALLS AND SCREW SPA GUIDE INCLUDED

10 COOL BREEZE TOURS / TOUR #2

From the Sunset Bay Club we begin our day tour with the visit to Roseau which is the capital of Dominica. The first French settlers that arrived there named it after the Roseau river reeds that grew along the banks of the river and over the area. The Carib name for the area was Sairi. The city is built on a fan-shaped river delta which is made up of alluvial deposits brought down by the river and the debris of pyroclastic flows from the volcano at Morne Micotrin (Macacque). Morne Micotrin stands at the head of the Roseau Valley. This town is full of history and is a blend of old and new architecture which reflects the French and British possessions of the island. On Saturday morning the Roseau New Market is the place to be, it's a riot of colourful fruits. vegetables and flavours...

Then we will drive through the picturesque Botanical Gardens, which form the eastern boundary of the town Roseau and is tucked beneath the verdant slope of Morne Bruce. The first steps towards the establishement of these gardens were taken in 1889 at a time when the Crown Governement wished to encourage the diversification of crops and provide farmers with correctly propagated seedlings. The site, covering some forty acres, was once planted in sugar cane. The function of the garden was strictly of an economic and experimental character, ornamental plants were grown to make the ground attractive and interesting. The Gardens was closely linked to the Royal Botanic Gardens at Kew, and it was Kew which provided the exotic plants collected from every part of the tropical world.

Up to 1930 the *Botanical Gardens of Dominica* ranked among the finest in the West Indies but many of the most impressive old trees were lost during *Hurricane David* in 1979. Yet, the grounds still provide one of the last open spaces for the citizens of Roseau and beautiful surroundings for cricket matches. The aviary that is located there, is used as a breeding station for the two endangered Dominican birds, the *Sisserou* and *Jacko* parrots.

Then we will drive up to *Morne Bruce* which was named after British Royal Engineer, James Bruce, who designed all the fortifications for the island. Morne Bruce was once the main British garrison for troops defending Dominica. The garrison was stationed on the summit with steep slopes on three sides that provided a natural post for the protection of Roseau. Most of the buildings are now in ruins, but the 18th century barracks are still used as the police-training centre and government offices. Morne Bruce is an ideal vantage point from which to get a birds-eye view of the town of Roseau and the Botanical Gardens. (Kodak moment).

We will then follow the coast southwards through Pointe Michel and Soufriere to Scotts Head. On our way to the south of the island, about a mile south of the fishing village of Pointe Michel the road leaves the coast and goes up into the hills. At this point there is a track down to a pebbly beach. A t the end of this beach and starting a few feet into the water, is Champagne, (named also Pointe Guignard, Anse Bateaux) a large area where volcanic activity causes thousands of bubbles to come from the rocks beneath the water. Then we will go towards the villages of <u>Soufriere</u> and <u>Scott's Head</u>, which are both on the same beautiful bay. As the name implies, <u>Soufriere</u> is home to more sulphur springs. Also of note is a fine vantage point over-looking the bay at the village of <u>Gallion</u> which is above <u>Soufriere</u>. We will visit the <u>Soufriere Sulphur Springs</u>, they are warm and cold sulphur springs located in the village of <u>Soufriere</u>.

We will first go to the scenic village of *Soufriere*, where you have the opportunity to take a bath in the hot sea bed in front of the beautiful Catholic church. Next, we will go into the valley behind the village to the *Sulphur Springs*, where there are warm mineral springs coming out of the volcano. Some nice man-made pools were built in this beautiful protected site. These sulphuric waters are high in mineral content and are noted for their therapeutic uses both in folklore and scientifically-proven medical practice.

Then we are going to <u>Scott's Head</u>, a fishing village located at the end of a short isthmus. It offers a brilliant view of the bay, north along the coast and south to Martinique if the weather is good. On the Head are the ruins of <u>Fort Cachacou</u> which was an important defence post and involved in action between the British and French in 1778 and 1805. We suggest a swim in the clear water of the Caribbean Sea.

CONTINUATION OF THE TOUR > NEXT PAGE

11 COOL BREEZE TOUR #2

We carry on with our tour by visiting the Trafalgar Falls which is situated just east of the picturesque village of *Trafalgar* in the Roseau Valley. The Falls are one of Dominica's most popular natural attractions. Two major falls cascade side by side, the taller fall is named the *Father* and is on vour left, it is about125 ft tall. The shorter fall. named the Mother, is on your right and is about 75ft tall. Both waterfalls are located on tributaries of the Roseau River. The Breakfast or Trois Pitons River that hikers cross en route to the Boiling Lake in Morne Trois Pitons National Park, is one of the tributaries and forms the shorter of the two waterfalls. The Father comes from the Freshwater Lake, A 10 to 15 minute walk along a well-maintained path in the lush rainforest brings you to a viewing platform where you can see both falls. As we move along the trail we can stop at the warm spring that flows across it the orange colour is caused by iron compounds in the clay. If you want to get closer a path leads to the base of the falls, but it requires some balancing and climbing skills to get to. Then you will be able to bathe in the refreshing water at the base of the Mother Fall.

To end this day we suggest you enjoy the relaxing benefits of a natural spa treatment at Screw of a natural spa treatment. The regenerating effects of a warm bath for the tired body cannot be overrated. The Spa is located in Wotten Waven or Water Heaven, as it is locally known. Wotten Waven is a scenic village at the edge of the Roseau Valley, famous for its bubbling mud ponds and hot springs. Screw has enhanced the landscape with indigenous flora and fauna. A constant stream of volcanic mineral water feeds his series of stonewalled sulphur pools. each has a different temperature which is regulated by water piped from an ice-cold freshwater stream. The hot pools are high in mineral content and are noted for their therapeutic uses both in folklore and scientifically proven medical practice.

TOUR #3 EMERALD POOL, THE CARIB TERRITORY AND JACKO FALLS. FOR THIS TOUR YOU HAVE THE CHOICE BETWEEN THESE TWO OPTIONS BELOW OPTION 1 KALINAGO BARANA AUTE VILLAGE (PERFORMANCE OF THE KARIFUNA GROUP) OPTION 2 TOUNA AUTE VILLAGE AND PERFORMANCE GUIDE INCLUDED

13 COOL BREEZE TOURS / TOUR #3

From the Sunset Bay Club we begin we begin our day tour with <u>Emerald Pool</u> which is situated in the lush rainforest of the Morne Trois Pitons National Park. Minimum effort is required to get to this beautiful site. Emerald Pool is a breathtaking waterfall cascading into a pool which reflects the greenery of the surrounding vegetation. The pool has crystal clear water and it is well worth peeling off your clothes for a dip! On your way back, there are two view points where you can see the Atlantic Coast and Morne Trois Pitons (Dominica's second tallest peak) to your left, rising to an elevation of 4672 ft.

Then we will drive along the north eastern coast to reach the <u>Carib Territory</u>, the last of the indigenous Caribs (Kalinago) people reside on 3,782. 03 of land (made up of 8 villages). It is situated between two villages, Atkinson to the north and Castle Bruce to the south. It is the home of approximatively 3000 mixed descendants of the Kalinago, the remaining survivors of the first inhabitants of the island.

The Kalinago called the island Waitukubuli (tall is her body), and they called themselves Kalinagos, (the Europeans called them Caribs). The land is in fact owned by the Carib Council, thus ensuring an element of independence for Dominica's native people. This was the rugged, unoccupied part of the island to which the majority of Caribs retreated after the colonization of the rest of Dominica by the French and British. For years during the 19th century the district was known as the Carib Quarter. In 1902 the British Administrator Henry Hesketh Bell, persuaded the British Government to give him permission to declare the area as reserved for the Caribs. This was done onJuly 4th 1903. The Caribs continue to farm and fish and practice traditional skills such as basket making and canoe building.

The Territory produces high-quality straw hats, baskets and other handicrafts. However, the production of bananas is still the main source of income. Coconuts, copra, soya beans, ginger, tropical fruit, and various root vegetables are also produce in high numbers. The re-introduction of farine and cassava, which comes from manioc and was once the staple diet of the *Caribs*, is also making a welcome return. Some *Caribs* still make their living from the sea.

FOR THIS TOUR YOU HAVE THE CHOICE BETWEEN THESE TWO OPTIONS BELOW

Option 1 Kalinago Barana Aute Village We will have a guided visit in the <u>Kalinago</u> <u>Barana Aute Village</u>, which offers a unique experience in sharing the history and traditions of the Kalinago people from hundred of years ago. It is located along the banks of the Crayfish river near the Isukulati Falls. The site consists of a short walk leading to a series of small huts (ajoupa) throughout the village. In the center of this arrangement of the small huts is the main Karbet which is used for cultural and theatrical (dance and music) performances (performed by the Karifuna Cultural Group for a minimum of 12 persons). The huts feature traditional activities such as canoe building (built with gommier trees), cassava processing, basket weaving (valuable and functional craft from Larouma), calabash carving and herb collection and preparation. During the tour, one can learn about the local flora and fauna and its usefulness to the Kalinagos. The remainder of the trail throughout this gorgeous village offers fantastic viewpoints of the rough *Atlantic* coastline along with the opportunity to witness the *Isulukati waterfall* cascading down into the *Atlantic Ocean*.

There is also a multimedia room where we can get alot of informations on the history of the *Kalinago* through the centuries.

Demonstration by artisans and story telling via cultural performances and interaction with the people of the *Carib Territory* will contribute to the unique experience visitors have in the *Kalinago Barana Aute*. It is possible to purchase beautiful hand crafted souvenir items made by the *Kalinago* people.

CONTINUATION OF THE TOUR > NEXT PAGE

14 COOL BREEZE TOUR #3

Option 2 Le Touna Aute Village

We have a guided visit of the <u>Touna Aute</u> <u>Village</u>, located in *Concorde*, next to *Pagua River. Touna Aute Village* (living village of the Carib indian community) offers a unique experience to attend, to learn and to participate in the every day life of the *Kalinagos* who work and live in this village. We walk along diverse houses and attend at direct creation and activities such as traditional fabrications by artisans.

We will walk past unique houses and attend activities such as traditional fabrications by artisans. We will witness the traditional making of sugar cane juice, the fish traps, basket weaving and other items done with larouma, reed, wood and ferns. We visit a traditional kitchen which still uses wood as an element of combustion, a specialist in herb preparation, will the usefulness of them. It is a unique experience to interact and share with the Kalinago people their ideas, history and knowledge. Under the large Karbet situated next to Pagua River we have a traditional buffet, followed by a performance of traditional dance. (Performance for minimum of 12 persons).

Before leaving we have the possibility to bathe in the *Pagua River*. On our way back to the hotel we drive through the village of *Concorde* and *Belles* where we have a refreshing bath in the beautiful <u>Jacko Falls</u>, in the rainforest. TOUR #4 ISLAND TOUR GUIDE INCLUDED

16 COOL BREEZE TOURS / TOUR #4

From the Sunset Bay Club we begin our day tour with <u>Emerald Pool</u> which is situated in the lush rainforest of the *Morne Trois Pitons National Park*. Minimum effort is required to get to this beautiful site.

Emerald Pool is a breathtaking waterfall cascading into a pool which reflects the greenery of the surrounding vegetation. The pool has crystal clear water and it is well worth peeling off your clothes for a dip! On your way back, there are two view points where you can see the *Atlantic Coast* and *Morne Trois Pitons* (Dominica's second tallest peak) to your left, rising to an elevation of 4672 ft.

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to a series of small huts (ajoupa) throughout the village. In the center of this arrangement of the small huts is the main Karbet which is used for cultural and theatrical (dance and music) performances (performed by the *Karifuna Cultural Group, for minimum 12 persons*). The huts feature traditional activities such as canoe building (built with gommier trees), cassava processing, basket weaving (valuable and functional craft from Larouma), calabash carving and herb collection and preparation. During the tour, one can learn about the local flora and fauna and its usefulness to the Kalinagos. The remainder of the trail throughout this gorgeous village offers fantastic viewpoints of the rough *Atlantic* coastline along with the opportunity to witness the *Isulukati waterfall* cascading down into the *Atlantic Ocean*.

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CONTINUATION OF THE TOUR > NEXT PAGE

17 COOL BREEZE TOURS / TOUR #4

We carry on our tour with a drive along the north-eastern coast towards *Portsmouth*, the second town of the island. Once we arrive we visit *Fort Shirley*, which is situated in the *Cabrits National Park* on the scenic peninsula just north of *Portsmouth*.

Fort Shirley is surrounded by the lush vegetation which covers the Cabrits, and are the picturesque ruins of a large 18th-century British garrison. It is one of the most impressive military sites in the West Indies and once housed 600 soldiers. Construction began under the direction of Sir Thomas Shirley, Governor of Dominica, (1774-1776) after whom it was named. The fortified garrison contains over fifty major structures. This military complex was the headquarters and main defence post of the British army garrison, defended the north during the period of colonial conflict and protected naval vessels anchored at Prince Rupert's Bay. The Cabrits was abandoned as a military post in 1884. The Fort Shirley is currently undergoing extensive restoration. This Park is part of the Dominica National Parks Service which operates the Cabrits Welcome Center.

There are fine views of *Prince Rupert Bay* from the ruins of the Officer's Quarters, where there is a small museum. The park encompasses the peninsula, the surrounding coast and coral reefs, and the island's largest swamp. Then we will take a boat trip up the *Indian River*. What attracts attention is the luxuriant vegetation hanging overhead, and along the bank of the placid waters of this meandering stream. Its twisting course is contorted even further by the serpentine roots of the grand Mang trees which cling to the bank. Ferns, lianas and reeds cluster between the trees and the narrower sections of the river forming a green foliage tunnel. We will also see certain kinds of very interesting wildlife.

Before our way back to the hotel we suggest a refreshing swim in the *Prince Rupert Bay*.

TOUR #5 EMERALD POOL, CHAMPAGNE, SOUFRIERE SULPHUR SPRINGS, SCOTTSHEAD, TRAFALGAR FALLS AND SCREW SPA GUIDE INCLUDED

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19 COOL BREEZE TOURS / TOUR #5

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Then we will go towards the villages of <u>Soufriere</u> and <u>Scott's Head</u>, which are both on the same beautiful bay. As the name implies, *Soufriere* is home to more sulphur springs. Also of note is a fine vantage point over-looking the bay at the village of *Gallion* which is above *Soufriere*. We will visit the <u>Soufriere Sulphur Springs</u>, they are warm and cold sulphur springs located in the village of <u>Soufriere</u>.

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We carry on with our tour by visiting the Trafalgar Falls which is situated just east of the picturesque village of Trafalgar in the Roseau Valley. The Falls are one of Dominica's most popular natural attractions. Two major falls cascade side by side, the taller fall is named the Father and is on vour left, it is about125 ft tall. The shorter fall. named the Mother, is on your right and is about 75ft tall. Both waterfalls are located on tributaries of the Roseau River. The Breakfast or Trois Pitons River that hikers cross en route to the Boiling Lake in Morne Trois Pitons National Park, is one of the tributaries and forms the shorter of the two waterfalls.

The *Father* comes from the *Freshwater Lake*. A 10 to 15 minute walk along a well-maintained path

in the lush rainforest brings you to a viewing platform where you can see both falls. As we move along the trail we can stop at the warm spring that flows across it the orange colour is caused by iron compounds in the clay. If you want to get closer a path leads to the base of the falls, but it requires some balancing and climbing skills to get to. Then you will be able to bathe in the refreshing water at the base of the Mother Fall.

To end this day we suggest you enjoy the relaxing benefits of a natural spa treatment at <u>Screw</u> of a natural spa treatment.

The regenerating effects of a warm bath for the tired body cannot be overrated. The *Spa* is located in *Wotten Waven or Water Heaven*, as it is locally known. *Wotten Waven* is a scenic village at the edge of the *Roseau Valley*, famous for its bubbling mud ponds and hot springs.

Screw has enhanced the landscape with indigenous flora and fauna. A constant stream of volcanic mineral water feeds his series of stonewalled sulphur pools, each has a different temperature which is regulated by water piped from an ice-cold freshwater stream. The hot pools are high in mineral content and are noted for their therapeutic uses both in folklore and scientifically proven medical practice. TOUR #6 TITOU GORGE, FRESHWATER LAKE, BOERI LAKE AND SCREW SPA GUIDE INCLUDED

TI TOU GORGE

21 COOL BREEZE TOURS / TOUR #6

From the Sunset Bay Club we begin our day tour with the visit of Titou Gorge. The trip to Titou Gorge, Little Throat Gorge in Carib, is actually a swim to the base of a waterfall through a series of natural rooms and ponds formed by high cliff walls canopied by interlaced trees. The undulating sides of this deep, narrow gorge indicate that it was not cut by a river. As the molten lava was cooling, it split and pulled apart, similar to the way a drying mud puddle splits and cracks. The swim is short, only about five minutes, the depth varies depending on rainfall. The canopied light filtering down the mountainside within the gorge is spectacular.

A hot spring tumbles down a short wall just outside the entrance of the gorge, which you want to soak up after the cool waters of the falls.

Then we are first going to *Freshwater Lake* and after to *Boeri Lake*.

These are two lakes located within the *Morne Trois Pitons National Park*. The *Freshwater Lake* is located under the shadows of Morne Micotrin (Morne Macaque) which is the fourth tallest mountain on the island.

The walk around the lake is very pleasant and lasts around two hours. This lake is approximately 10 acres in size and over 55 feet(16.5 m) deep, it is the main source of water for the island's four hydroelectric plants. The Lake was originally of volcanic origin but construction of a dam some years ago as part of the hydo-electric scheme increased the size of the lake. It is the source of the *Roseau River*. A subject of myths and legends a singleeyed monster was said to reside there, the Lake was also said to be bottomless although it is actually only 55ft (16.5m) deep. If you visit on a grey, misty day when wind-swept vapours swirl across its dragon -green surface, you will forgive the story -tellers for creating their far-fetched legends. It is possible to swim in the lake. It is also possible to do some kayaking and boating. (Price not included in the tour).

Then we continue toward the <u>Boeri Lake</u> which is Northeast from the shores of the *Freshwater lake*. The *Boeri Lake* is the highest lake in Dominica at an altitude of 2,850 ft. (869 m).) It is located on the slopes of *Morne Micotrin in Morne Trois Pitons National Park*.

The trail last approximately an hour. This time the hike is on a mountain trail, which passes through lush vegetation and crosses mountains and streams. This hike is more difficult and extreme caution must be exercised on some parts of the trail, which are very rocky and most times slippery. According to the *National Parks Service*, the *Boeri Lake* may be at least 117 feet (35 m) deep and its almost circular surface covers an area of about four acres. The level can vary dramatically according to the severity of the wet/dry season. It is possible to swim in the lake.

The lake is known locally as *Letan Bwewi*, and the trail to the lake offers some spectacular views as far as the Atlantic coast and back towards the *Freshwater Lake*. The walk takes you through montane forest, dominated by tree ferns and cabbage palm. To end this day we suggest you enjoy the relaxing benefits of a natural spa treatment at <u>Screw</u> of a natural spa treatment.

The regenerating effects of a warm bath for the tired body cannot be overrated. The *Spa* is located in *Wotten Waven or Water Heaven*, as it is locally known. *Wotten Waven* is a scenic village at the edge of the *Roseau Valley*, famous for its bubbling mud ponds and hot springs.

Screw has enhanced the landscape with indigenous flora and fauna. A constant stream of volcanic mineral water feeds his series of stonewalled sulphur pools, each has a different temperature which is regulated by water piped from an ice-cold freshwater stream. The hot pools are high in mineral content and are noted for their therapeutic uses both in folklore and scientifically proven medical practice.

SECOND PART HIKES IN DOMINICA

HIKE 1 MORNE TROIS PITONS

LENGTH 1.7 KM DURATION 4 TO 6H RETURN DEGREE OF DIFFICULTY N°4 GUIDE INCLUDED

<u>Morne Trois Pitons</u> is Dominica's second tallest mountain, which the *Morne Trois Pitons National Park* is named after. This is a strenuous hike, which requires stamina and good coordination as the trail is steep and sometimes passes on ridges.

We go into the *Morne Trois Pitons National Park*, located in the south of the central part of Dominica. This park is about 17,000 acres (7000 hectares) and contain the most important and spectacular hikes. The site of the *Morne Trois Pitons National Park* was declared by the *Unesco Natural World Heritage Site* in 1997. According to *Unesco* this park contains the greatest biodiversity in the Lesser Antilles and presents a rare combination of natural features.

We discover a lush rainforest, which has distinguishing volcanic features, like 50 fumaroles, hot springs, three freshwater lakes, a *Boiling Lake*, and five volcanos, with *Morne Trois Pitons* rising 4,672 feet. *Morne Trois-Pitons* is situated north of *Boeri Lake* and *Morne Macaque*.

The name *Morne Trois-Pitons* comes from the dominant volcanic massif, which, when views from the west, does indeed appear to have three peaks, hence *Trois Pitons*. Recent volcanic assessment has suggested that *Morne Micotrin (Macaque)*, to the south, may also be part of the *Trois Pitons* volcanic system. It is one of the seven live volcanic centers on Dominica. The massif is made up mainly of pyroclastic deposits and fragments of collapsed domes. It is an area of extremely high rainfall and is largely covered by elfin woodland and montane forest, with some rainforest at lower elevations.

Morne Trois Pitons is Dominica's second highest mountain and perhaps one of the hardest hikes but offers stunning views.

Although this is a strenuous trail, the trip is among the best ways to experience the Caribbean's Nature Island. HIKE 2 BOILING LAKE

LENGTH 4 KMS DURATION 6 TO 7H RETURN DEGREE OF DIFFICULTY N°4 GUIDE INCLUDED



The <u>Boiling Lake</u> is situated in the Morne Trois Pitons National Park Dominica's World Heritage site.

It is a flooded fumarole 6.5 miles (10.5 km) east of Roseau, and it is filled with bubbling greyish-blue water that is usually enveloped in a cloud of vapour.

The lake is approximately 200 ft (60 m) across.

The first recorded sighting of the lake was in 1870 by Mr. Watt and Dr. Nicholls, two englishmen working in Dominica at that time. In 1875, Mr. H. Prestoe, a government botanist, and Dr. Nicholls were commissioned to investigate this natural phenomenon. They measured the water temperature and found it to range from 180 to 197 degrees Fahrenheit (82 to 91.5 degrees Celsius) along the edges, but could not measure the temperature at the centre where the lake is actively boiling. They recorded the depth to be greater than 195 ft (59 m). Periodically, there have been fluctuations in the level and activity of the lake, most recently from December 2004 to March 2005. It was all but empty in June 2006. There is no road leading to the lake thus in order to get there, people have to hike about 13 km, total of three hours one way.

The Boiling Lake hike is one of Dominica's most demanding. The well-maintained trail begins next to the *Titou Gorge* where a level stretch of rocky pathway blends alternately with wooden steps. Then it grows steeper! You will cross the *Breakfast River*, where you might want to take a quick soak on your way back down, and make your way to the *Valley of Desolation.*

There, a thick deep purple moss and rare orchids are all that can grow due to the sulphuric gasses being released from deep within the earth of volcanic vents and hot springs that inhibit significant plant growth in stark contrast to the surrounding rain forest.

From the ridge, the trail descends steeply into the *Valley of Desolation*, and the climb down is hard enough, until one does it on the way back! The Valley is not covered by an ice-thin crust that can crack open and devour the unsuspecting (although one should certainly explore it with caution). It is perhaps better than the Lake, because you can scamper around and see all the different colours you never imagined water could be.

A kind of interactive vulcanism lesson. Look also for the Fumarole Vegetation, the only kind of vegetation that can survive in this environment!

The *Boiling Lake*, the second world's largest is within a crater and is fed by the *Trois Pitons River.*

The *Boiling Lake* is believed to be caused by the heat of a magma chamber beneath the lake.

Although this is a strenuous trail, the trip is among the best ways to experience the rainforest of the Caribbean's Nature Island. HIKE 3 MORNE DIABLOTIN TROUGH SYNDICATE

LENGTH 3 KMS DURATION 6 TO 8H RETURN DEGREE OF DIFFICULTY N°4 GUIDE INCLUDED

This hike begins in <u>Syndicate</u>, it is a tough rugged hike through lush rain, montane and elfin forests to the summit of the island's tallest mountain.

Morne Diablotin is the highest peak on Dominca, at 4747 feet or 1447 meters. It was named by the French after the Diablotin birds, the Black Capped Petrel (Pterodroma hasitata) meaning little devils, because of its colour and eerie call. The birds inhabited the higher peaks of the northern mountains in great numbers at the time of colonisation. They were thought to be extinct but were seen again during the 1980s off the south east of Dominica.

Morne Diablotin is the largest of Dominica's eight live volcanoes. Located in the Northern Forest Reserve, it is the second highest peak in the Lesser Antilles. The lava flows from this mountain, created the north central section of Dominca thousands of years ago. According to Lennox Honeychurch, some of the most delightful rivers spring from the wet mist-laden flanks of this Mountain including Macoucherie, Batali, Colihaut, Dublanc, Pointe Ronde, and Picard. Along the north slopes are the rivers of Blenheim, Hampstead, Hodeges, Londonderry, and Melville Hall.

The first recorded ascent of the mountain was made by Dr. John Imray in 1868. The *Morne Diablotin* is now the centre of the *Morne Diablotin National Park,* established in January 2000. The Morne Diablotin stands in the center of the Northern Forest Reserve, the latter established in 1952. This is Dominica's third protected area. It includes the rainforest areas favored by the Sisserou and Jacko parrots. Most recently, the government has established a fine trail through Syndicate Forest. This trail provides the ecotourist with several overlooks to the Picard River valley, which is frequented by these parrots.

From the *Syndicate Forest*, begins the trail heading to the top of *Morne Diablotin*. The hike to the top of the mountain is about 3 and 1/2 hours, and transcends the five vegetation zones. This will take you through the montane forest into the elfin woodland.

The *Syndicate Forest* trail is a trail of recent construction which has been largely funded in part by revenues raised from the donations of Dominican citizens for the protection of their national bird, the *Sisserou* Parrot. On this trek, we see many of the plant species such as Tree Fern, Cecropia Tree, and Banana in the formerly disturbed sections of the reserve.

In the main rainforest, we see a great variety of species including some large specimen trees with huge buttresses known as chataignier. Other trees include bois cote, mahot cochon, and mangle blanc. One of the more interesting trees is the Gommier, (Dacryodes excelsa) it has a smooth trunk covered with a whitish, gummy deposit with an odor of lighter fluid. This material is flammable. One of the more colorful shrubs found along the edges of the forest is the Blue Wax plant. The track goes straight up, and also involves some clambering under and over closely-knit vegetation, which makes it one of the hardest hikes.

And the views from the top? Spectacular.

HIKE 4 VICTORIA FALL

LENGTH 3 KMS DURATION 3 TO 4H RETURN DEGREE OF DIFFICULTY N°4 GUIDE INCLUDED

From the Sunset Bay Club we begin our day with a scenic drive throughout the southeast along the remotes villages of the *Pt. Carib, Fond St. Jean, Bagatelle, Petite Savane... until <u>Delice</u>.* The road is a dramatic route of precipices, and panoramas (steep, winding and very narrow) with lush great ravines on one hand and hanging foliage on the other. We get stunning views! <u>Victoria Fall</u> is considered as one of the most beautiful and impressive waterfalls in Dominica. This hike is magic and full of s urprises until we discover *Victoria Fall* in its entire splendor.

Around Petite Savane, Delices and Fond St Jean, bay oil is distilled for use in natural medicines, cosmetics and for exporting. Dominica is one of the world's largest exporters of bay oil. It is usually harvested and put into stills twice a year, so there is a good chance that on our way to <u>Delices</u> we will observe the stills and smell its harvesting and production processes.

Once we arrive in Delices, we begin our hike towards *Victoria Fall.*

On this hike we criss cross the river all the way up the river gorge, sometimes scrambling over large boulders, until we get to the base of the waterfall where there is a beautiful pool for swimming.

The White River, which begins in the Valley of Desolation is also fed by the Boiling Lake, creates the magnificent and breathtaking Victoria Fall. The milky look of the water is the result of the many sulphurous minerals mixing in the water. This water is said to be extremely beneficial for the skin. HIKE 5 SARI-SARI FALL

LENGTH 2 KMS DURATION 3 TO 4H RETURN DEGREE OF DIFFICULTY N°4 GUIDE INCLUDED

From the Sunset Bay Club we begin our day with a scenic drive throughout the southeast along the remotes villages of the south east of the *Carib Pt, Fond St. Jean, Bagatelle, Petite Savane, Delices...* until <u>La Plaine</u>, where we begin our hike towards <u>Sari Sari Fall.</u>

The road is a dramatic route of precipices, and panoramas (steep, winding and very narrow) with lush great ravines on one hand and hanging foliage on the other. We get stunning views! Around Petite Savane, Delices and Fond St Jean, bay oil is distilled for use in natural medicines, cosmetics and for exporting.

Dominica is one of the world's largest exporters of bay oil. It is usually harvested and put into stills twice a year, so there is a good chance that on our way to *La Plaine* we will observe the stills and smell its harvesting and production processes. Sari Sari Fall is another of the island's truly beautiful waterfalls, created by the Sari Sari River. The hike begins in the village of La Plaine. The hike is only about a mile each way and can be slippery when wet. Hiking to this waterfall is similar to going to Victoria Fall, criss crossing the river and scrambling over boulders with lush rainforest flanking the ridges, until we get to the base of the waterfall where there is a beautiful pool for swimming.

The pool at the base of the *Sari Sari Falls* is crystal clear and invites you for a rejuvenating swim!

Sari Sari Fall situated in the middle of the lush rainforest in an amazing landscape, as its location on the remote Atlantic side of the island offers an unforgettable experience! HIKE 6 SARI-SARI FALL AND VICTORIA FALL

LENGTH 5.5 KMS DURATION 5 TO 6H RETURN DEGREE OF DIFFICULTY N°4 GUIDE INCLUDED

From the Sunset Bay Club we begin our day with a scenic drive throughout the southeast along the remotes villages of the south east of the *Carib Pt, Fond St. Jean, Bagatelle, Petite Savane, Delices...* until <u>La Plaine</u>, where we begin our hike towards <u>Sari Sari Fall</u>.

The road is a dramatic route of precipices, and panoramas (steep, winding and very narrow) with lush great ravines on one hand and hanging foliage on the other. We get stunning views! Around *Petite Savane, Delices and Fond St Jean*, bay oil is distilled for use in natural medicines, cosmetics and for exporting. Dominica is one of the world's largest exporters of bay oil. It is usually harvested and put into stills twice a year, so there is a good chance that on our way to *La Plaine* we will observe the stills and smell its harvesting and production processes.

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Then we carry on our day towards <u>Victoria</u> <u>Fall</u> which is another of the island's truly beautiful waterfalls. Hiking to this waterfall is similar to going to Sari Sari Falls, criss crossing the river and scrambling over boulders with lush rainforest flanking the ridges.

The White River, which begins in the Valley of Desolation is also fed by the Boiling Lake, creates the magnificent and breathtaking Victoria Fall. The milky look of the water is a result of the many sulphurous minerals mixing in the water. This water is said to be extremely beneficial for the skin. Victoria Fall is considered as one of the most beautiful and impressive waterfalls in Dominica. This hike is magic and full of surprises until we discover Victoria Falls in its entire splendor.

Enjoy the nature island of the Caribbean, Dominica!

HIKE 7 MIDDLEHAM FALL AND SCREW SPA

LENGTH 2 KMS DURATION 2 TO 3H RETURN DEGREE OF DIFFICULTY N°2 GUIDE INCLUDED

From the Sunset Bay Club we begin the trek to the spectacular <u>Middleham Fall</u> passes through a 950 acre oceanic lush rainforest in the Morne Trois Pitons National Park. The falls are a striking narrow stream droping about 200 feet (60 metres) from a keyhole notch in the lip of the cliff.

We will take time to strip down and brace ourself for a chilly swim in the crystal clear pool at the base of the falls!

A shallow cave to the left of the falls makes a great place to sit and watch the action before diving into the water. Though there are two trails to *Middleham Falls*, the more popular trail begins off the *Roseau-Laudat* road. From the *National Park Reception Centre*, the trailhead is less than two miles from the falls. You start at 1,600 ft (490 m) and climb to a ridge at 2,200 ft (670 m) and then descend back down to the fall itself. The round trip normally takes 2-3 hours, is relatively long and hilly, but the trail is not especially difficult. To end this day we suggest you enjoy the relaxing benefits of a natural spa treatment at <u>Screw</u> of a natural spa treatment.

The regenerating effects of a warm bath for the tired body cannot be overrated.

The *Spa* is located in *Wotten Waven or Water Heaven*, as it is locally known. *Wotten Waven* is a scenic village at the edge of the *Roseau Valley*, famous for its bubbling mud ponds and hot springs.

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SOUFRIERE SCOTT'S HEAD GALLION VILLAGE COUNCIL NOTICE BOARD

HIKE 8 SOUFRIERE SULPHUR SPRINGS, BOIS COLETTE, MORNE VERT AND TETE MORNE

LENGTH 5.5 KMS DURATION 5 TO 7H RETURN DEGREE OF DIFFICULTY N°3 GUIDE INCLUDED

From the Sunset Bay Club we begin the hike on the south coast, this route covers one of the most recently active volcanic areas of Dominica.

The Soufriere Sulphur Springs are heated by water that percolates down into the earth's crust and makes contact with hot rocks. These rocks are in turn being heated by the magma chamber that lies below the Morne Plat Pays volcanic complex. This complex is made up of all the mountains south of Loubiere. They all share the same volcanic centre and this is live and can still erupt onto the surface. The heated water is forced to rise back up and brings with it a number of chemicals and gases such as sulphur oxide, ferrous oxide and hydrogen oxide. Soufriere is French for a place where sulphur exists. When the French were in control of Dominica, King Louis XVI ordered that sulphur baths be built here for the troops to bathe in.

The *Soufriere valley* runs in a semi circle from the sea on the west coast, to the sea on the south coast near to *Petite Coulibri*. The valley wall to the east is sheer cliff in most places. This was caused by a massive collapse of the side of the *Plat Pays* volcano that sent the whole side of southwest Dominica plunging into the depths of the sea. In this space emerged the mountains of *Morne Patate* and *Crabier*.

Continuing up the valley from the <u>Sulphur</u> <u>Springs</u> we pass through <u>Soufriere Estate</u> that was producing sugar up to the late 19th century and then changed crops to cocoa and limes. In the 20th century it was bought over by <u>L.Rose and Co.</u> and became an important producer of lime juice for export. After passing through the valley we come to Bois Cotlette Estate, one of the oldest surviving estates on the island, dating from the early years of French settlement in the 1720s. It is situated at the head of the Soufriere Vallev in the parish of St. Mark. standing in a valley created by the slopes of Morne Vert on one side and Morne Patate volcanic crater on the other. It was named after the Bois Cotlette tree which is common in the area. It is one of the only estates that is still in the hands of the descendants of its original owners: a combination of the Dupigny and the Bellot families who both came from France via Martinique. It is the best preserved example of plantation architecture in Dominica, combining buildings for the processing of coffee, sugar and limes as well as its French colonial Maison de Maitre. It has the only existing windmill tower on the island. This was turned by wind blowing along the valley from the south east coast. Bois Cotlette produced both sugar and coffee at the same time.

The hike up the side of <u>Morne Vert</u> to <u>Palmiste Estate</u> climbs along an ancient track first followed by the Kalinago people and then cut under direction of the French.

As we reach *Palmiste Estate* we pass a small spring in the cliff around which a stone tank was built.

This provided water for the *Estate* as well as for *Bois Cotlette* at times. *Palmiste* was a coffee estate and we can still see the low stone walls and coffee drying terrace as well as the ruined walls of the old plantation house. As we walk up the ridge from the ruins we have a fine view of the south coast of Dominica, looking down on *Grand Bay*, *Geneva Estate, Stowe Estate and Pointe Carib with Bagatelle* and *Perdu Temp* of *Foundland Mountain* behind. From *Palmiste* we walk down a zigzag path to the community of <u>Tete Morne</u>. This community is one of the postemancipation villages of Dominica where people moved off the estates after 1838 and established villages on the boundaries of large estates. HIKE 9 EMERALD POOL AND NEG MAROON TRAIL

LENGTH 12.80 KMS DURATION 5 TO 7H RETURN DEGREE OF DIFFICULTY N°3 GUIDE INCLUDED

From the Sunset Bay Club we begin our day tour with <u>Emerald Pool</u> which is situated in the lush rainforest of the Morne Trois Pitons National Park. Minimum effort is required to get to this beautiful site. Emerald Pool is a breathtaking waterfall cascading into a pool which reflects the greenery of the surrounding vegetation. The pool has crystal clear water and it is well worth peeling off your clothes for a dip!

On your way back, there are two view points where you can see the *Atlantic Coast* and *Morne Trois Pitons* (Dominica's second tallest peak) to your left, rising to an elevation of 4672 ft.

Then we take the <u>Neg Mawon</u> trail (Neg MawonTrail ou Maroon Trail). The <u>Neg Mawon</u>, or <u>Maroons</u> were runaway slaves from the French islands and established in Dominica around 1760. The trail they used during their escape from the British and the French in the mountains is named the <u>Neg Mawon Trail</u> today.

We cross the *Emerald Pool* rainforest and walk towards the village of <u>Castle Bruce</u>. On our way we may meet some of our wildlife such as the Agouti, the marsupial Manicou, insects, lizards, and differents kind of birds...

The trail ends at Castle Bruce.

RANDONNÉE 10 BOERI LAKE, FRESH WATER LAKES, MIDDLEHAM FALL AND SCREW SPA

LENGTH 10.50 KMS DURATION 7 TO 8H RETURN DEGREE OF DIFFICULTY N°3.5 GUIDE INCLUDED

42 COOL BREEZE TOURS / RANDONNÉE 10

From the Sunset Bay Club we will drive to *Laudat*, a village in *Roseau Valley* where we will begin the hike to <u>*Middleham Fall.*</u>

The trek to the spectacular <u>Middleham Fall</u> passes through a 950 acre oceanic lush rainforest in the <u>Morne Trois Pitons National</u> *Park*. The falls are striking a narrow stream drops about 200 ft (60 metres) from a keyhole notch in the lip of the cliff. We will take time to strip down and brace ourselves for a chilly swim in the crystal clear pool at the base of the falls!

A shallow cave to the left of the falls makes a great place to sit and watch the action before diving into the water. Though there are two trails to *Middleham Fall*, the more popular trail begins off the *Roseau-Laudat* road. From the *National Park Reception Centre*, the trailhead is less than two miles from the falls. You start at 1,600 feet (490 metres) and climb to a ridge at 2,200 feet (670 metres) and then descend to the fall itself. The round trip normally takes 2 to 3 hours, is relatively long and hilly, but the trail is not especially difficult.

Next we go to the *Freshwater Lake* first and then to the *Boeri Lake*. These two lakes are volacano craters located within the *Morne Trois Pitons National Park.*

The *Freshwater Lake* is located under the shadows of *Morne Micotrin (Morne Macaque)* which is the fourth tallest mountain on the island. The walk around the lake is very pleasant and lasts around two hours. This lake is approximately 10 acres in size and over 55 feet deep, it is the main source of water for the island's four hydroelectric

plants. The Lake was originally of volcanic origin but construction of a dam some years ago as part of the hydo-electric scheme increased the size of the lake. It is the source of the *Roseau River*.

A subject of myths and legends, a single-eyed monster was said to reside there, the lake was also said to be bottomless although it is actually only 55feet (16.5m) deep. If you visit on a grey, misty day when windswept vapours swirl across its dragon-green surface, you will forgive the story-tellers for creating their far-fetched legends. It is possible to swim in the lake. It is also possible to do some kayaking and boating. (Price not included in the tour).

Then we continue toward the <u>Boeri Lake</u>, which is Northeast from the shores of the *Freshwater lake*.

The Boeri Lake is the highest lake in Dominica at an altitude of 2,850 feet (869 meters). It is located on the slopes of Morne Micotrin in Morne Trois Pitons National Park. The trail last approximately an hour. This time the hike is on a mountain trail, which passes through lush vegetation and crosses mountains and streams. This hike is more difficult and extreme caution must be exercised on some parts of the trail, which are very rocky and most times slippery. According to the National Parks Service, the Boeri Lake may be at least 117 feet (35 meters) deep and its almost circular surface covers an area of about four acres.

The level can vary dramatically according to the severity of the wet/dry season. It is possible to swim in the lake. The lake is known locally as *Letan Bwewi*, and the trail to the lake offers some spectacular views as far as the Atlantic coast and back towards the *Freshwater Lake*. The walk takes you through montane forest, dominated by tree ferns and cabbage palm.

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DURATION 7 TO 8H LENGTH 6,5 KMS DEGREE OF DIFFICULTY N°3 GUIDE INCLUDED

Boeri Lake



ham Falls

A 4,006' Morne Micotrin

Clarkes

Freshwater Lake

Laudat

Titou Gorge rafalgar Falls MORNE TROIS PITONS NATIONAL PARK

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