

ROSEAU, DOMINICA

ARRIVE: SATURDAY 03 JANUARY 0800
DEPART: SATURDAY 03 JANUARY 2000
ON-SHIPTIME: SATURDAY 03 JANUARY 1900

DOM01 CANOPY CHALLENGE – GROUP A (0830-1200) Minimum 10/Maximum 20 (PRICE: \$60.00)



Say “I can – yes I can!” to this new and popular survivor-like challenge course set in the forest at the Wacky Rollers Adventure Park in Dominica. You are first provided with your safety gear (harness, helmet and gloves), then our trained guides will 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 Alcatraz. A highlight of this adventure is a Tarzan jump for the daring. The course ends with a 200- foot zip line that takes you across Dominica’s longest and largest river, the Layou River, and back! 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 is served before returning to your ship.

Kids can enjoy a similar adrenaline rush at their very own Ti-Ti-Oui Park, adjacent to the Reception Center, making this an excellent family experience. Kids have to be at least 4 feet 8 inches tall and are assisted by a guide along their separate course. A parent or relative must accompany children (3 children maximum per relative).

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 and closed toe shoes and bring along a swimsuit if you wish to take a quick dip in the Layou River.

DOM02 WONDERS OF WAITI-KUBULI: EMERALD POOL & RIVER TUBING COMBO – GROUP A (0830-1230) Minimum 10/Maximum 40 (PRICE: \$55.00)

It’s all about water ... river tubing and swimming in the vivid green waters of the Emerald Pool. Waiti-kubuli meaning “tall is her body,” is the original Carib name for Dominica. Our rugged mountainous landscape has produced an abundance of natural wonders such as rivers, waterfalls, lakes and valleys. On this trip you will begin with a drive to the interior of the island on the old Imperial Road, with the Emerald Pool as your first stop. A 10-15 minute hike will lead you to the look-out-point for a picturesque view of this 40 foot-waterfall; then you’re just moments away from a quick plunge in this natural wonder! Continue your journey down the stunning Layou Valley Gorge to the point where your river tubing experience begins. Feel the force of nature as you spin and swirl downstream, encountering a series of mild rapids while taking in the changing exotic scenery at the same time - if you can. Our experienced and 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 Hillsborough Reception Center, refuel with complimentary refreshments and fresh local fruit. Please note: Due to unforeseen circumstances such as rainfall and river conditions, we reserve the right to alter or cancel the tour for the safety and convenience of our passengers.

DOM03 WHALE WATCH & SNORKEL ADVENTURE (0830-1230) Minimum 10/Maximum 50 (PRICE: \$72.00)



Dominica is one of the best areas in the Caribbean for encountering whales and dolphins (Cetaceans). Twenty-two of the twenty-three species known in the Caribbean have been sighted in Dominican 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 in the general area all year round, and these waters are their breeding and calving ground. 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.

Walk about two minutes from the ship to the pier where you will board your whale-watching boat. Proceed along the west coast of Dominica in search of whales and dolphins. Your crew will provide information on the whales and dolphins as well as on the island of Dominica. Your boat will be equipped with a hydrophone, which will allow you to hear the sounds of the whales, too! Approximately three-fourths of your trip will be spent whale watching. You will also be taken to a top snorkel site for about one-hour of snorkeling.

DOM04 CARIB INDIANS (0830-1430) Minimum 40/Maximum 160 (PRICE: \$63.00)

Depart aboard an air-conditioned coach heading up the mountain, past numerous plantations and residential areas, to arrive at Penrise. Disembark to enjoy an aerial view of Jacko Waterfall and continue across the Central Reserve Forest to Pagua Point to view the Antrisle Cave Rock and the French island of Marie Galante. Your tour continues to the 3,700-acre Carib Indian Territory, home of the remaining Carib Indians. Your first stop is at Kalinago Barana Aute Carib Cultural Village, where there is a museum depicting many aspects of this Kalinago Tribe. Craft shops offer beautiful hand-made items. Coconut water, natural juices and a snack is served. An entertaining show of song and dance is presented by one of the performing groups. Your next stop is at Castle Bruce Beach on the Atlantic Coast where you are afforded the rare opportunity to enjoy a short discovery walk on the black-sand beach. On the way back to the ship, you will travel through the Layou Valley where there are several scenic coastal villages.



DOM05 RAINFOREST & WATERFALL 4X4 ADVENTURE (0900-1200) Minimum 16/Maximum 40 (PRICE: \$50.00)

A fun-filled "wacky" adventure awaits you on one of our intricately painted, open-air, four wheel drive vehicles. No windows, no aisles, no glass barriers, no enclosed limited seating - just all-round 360 degree panoramic viewing - the only way to discover the beauty of this nature isle. Your adventure begins with a short tour through the capital and Morne Bruce for a little sightseeing and photography, followed by a drive-through visit of the Botanical Gardens. Feel the force of nature as you wind through the mountains to the renowned Wotten Wavon Sulphur Springs to view remnants of the island's volcanic activity. Hop back on and enjoy an exciting ride further into the island's rainforest, to the Ti Tou Gorge, situated in the village of Laudat. Here you will discover a crevice in the mountain where hot and cold streams intermingle in a natural plunging rock pool. The highlight of this rainforest adventure is a swimming opportunity at the Ti Tou Gorge - one of the favorite filming sites for Disney's *Pirates of the Caribbean 2*

- *Dead Man's Chest*. If you are really adventurous, swim between the mountains of the gorge to discover a spectacular view of a crystal clear waterfall - a fitting climax to your rainforest adventure! Complimentary rum punch and fresh fruit will be served before you return refreshed to your ship. Please Note: It is suggested that you bring a swimsuit, sun screen, water shoes, towel and camera. This tour is unsuitable for the physically challenged.

Ti Tou Gorge is an outlet of the Fresh Water Lake, one of the few mountain crater lakes in the Caribbean. It is situated in the village of Laudat engulfed in the secondary rain forest of the Central Rainforest Region. No hiking...our Wacky Rollers Jeeps take you off-road for a few minutes into this tranquil area with less than a 1 minute stroll to the most unusual natural site.

DOM06 DOUBLE-SITE SNORKEL (0900-1200) Minimum 8/Maximum 50 (PRICE: \$33.00)

This tour will take you to two of the top snorkel sites in Dominica's marine reserve, traveling aboard a 30' – 39' single-engine custom boat, or a 60' catamaran. Your captain and tour guide will be available to provide information about the area. Equipment (mask, snorkel, fins, snorkel vest) will be provided. The snorkel vest must be worn by anyone entering the water, and a liability release form must be signed by all participants or their guardians. There is a changing facility/toilet on board, but it is suggested that you wear your swimsuit under your clothing. It is also suggested that you bring sun block, towel, and camera. Complimentary fresh local juice, rum punch and water will be provided. Beers, sodas and mixed drinks are available for purchase.

DOM07 RAINFOREST WALK & EMERALD POOL (0900-1300) Minimum 20/Maximum 200 (PRICE: \$38.00)

Depart aboard an air-conditioned coach heading up the mountain, past numerous plantations and residential areas. Arrive at the Trois Pitons Tourist Reception Facility and disembark to enjoy a tranquil guided rainforest walk. This area of the rainforest reserve is located at the base of the World Heritage Site. On this walk, you will stop at a breathtaking lookout point over the river gorge. Continue down the path as it winds its way into a grotto. You will be greeted by a 40-foot waterfall at the edge of the Emerald Pool. There will be time to enjoy the beautiful scenery and swim in the refreshing mountain water. Return to the Reception Facility where there will be time to explore the local craft shops. Next, continue down the Layou Valley and stop at Morne Bruce View Point to sample different varieties of fresh fruits for a moderate tip. On the way back to the ship, you will travel through the Layou Valley where there are several scenic coastal villages.



DOM08 HOT SPRINGS ESCAPE (0930-1230) Minimum 10/Maximum 30 (PRICE: \$48.00)

Escape on this exotic excursion for a few moments of fun and relaxation. Travel to Laudat village, the eco-tourism center of Dominica that boasts 6 natural sites. The Titou Gorge, one of the sites featured in the Disney blockbuster *Pirates of the Caribbean 2: Dead Man's Chest*, is the first stop. Here you have the option of swimming between the mountains to discover a crystal clear waterfall or sit and be massaged by the hot water stream fed into the cool refreshing waters of the Gorge. Continue with a drive to the "wellness" village of Wotten Wavon. On your way you will view stunning but serene landscapes. Upon arrival to the baths, you will take a short walk down a flight of natural steps to the open air pools. Enjoy a 30-minute hot mineral bath coming directly from an underground source. This is the most natural and rustic of outdoor settings for the nature lover in all of us! Enjoy the beauty of your surroundings while you soak in therapeutic sulphur water to relax your muscles and joints while detoxifying and cleansing the body. You can lounge in the shade for a few minutes on the handmade bamboo benches, inhaling the fresh cool mountain breeze. There will be complimentary refreshments. Please note: Wear dark swimsuits and bring your own towels. Children under 16 years of age are not permitted.

DOM09 TRAFALGAR FALLS, SULPHUR SPRINGS & BOTANICAL GARDEN (0930-1300)
Minimum 20/Maximum 200 (PRICE: \$35.00)

Depart aboard an air-conditioned coach heading up to the Roseau Valley to arrive at Trafalgar Community. On arrival at the Tourism Reception Facility, disembark to enjoy a rainforest walk. You will arrive at a viewing platform where you can enjoy the spectacular scenery of the Twin Trafalgar Waterfalls. On return to the Facility, there will be time to explore the local craft shops. Your next stop is at the Sulphur Springs of Wotton Wavon, located in the Valley of Desolation across Trafalgar Falls. Afterwards, disembark in the Botanical Gardens to visit the aviary and breeding facility housing the Island's rare parrots, the Jacquot and Sisserou (national bird). Tropical plants are also in abundance. End the tour with a stop at Morne Bruce to get a panoramic view of the capital. Good walking shoes are recommended.

DOM10 TRAFALGAR FALLS & CULTURAL PERFORMANCE (1230-1630) Minimum 25/Maximum 80 (PRICE: \$59.00)

Depart aboard an air-conditioned coach traveling approximately five miles up the mountain, via the Roseau Valley, past the hillside village of Trafalgar. On arrival at the Visitor Reception Center, your guide will take you on a 30-minute adventure walk into the rainforest to discover the twin Trafalgar Waterfalls. The viewing platform is a great vantage point for photographs. Your next stop is at the Sulphur Springs of Wotton Wavon, located in the Valley of Desolation across Trafalgar Falls. Disembark in the Botanical Gardens to visit the aviary and breeding facility housing the Island's rare parrots, the Jacquot and Sisserou (national bird). Tropical plants are also in abundance. Arrive at the Anchorage Hotel where you will be entertained with an exciting cultural presentation during which drinks are served. You are free to shop around or transfer back to the ship.

DOM11 CANOPY CHALLENGE – GROUP B (1300-1630) Minimum 10/Maximum 20 (PRICE: \$60.00)

For a description of this trip, please refer to DOM01 Canopy Challenge – Group A.

DOM12 ISLAND STYLE HOT BATHS (1330-1630) Minimum 10 /Maximum 30 (PRICE: \$ 44.00)

This excursion offers a slow and easy pace, allowing you to enjoy some sightseeing of Roseau and some souvenir shopping, 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 Wavon where you will view stunning but serene landscape. Upon arrival at 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 coming 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 local rum punch, and some tasty fresh local fruit. Please note: Wear dark swimsuits and bring your own towels. Children under 16 years of age are not permitted.



DOM13 RIVER TO OCEAN KAYAKING ADVENTURE (1330-1630) Minimum 10/Maximum 30 (PRICE: \$37.00)

Adventure seekers, if you've done it even once before, try it again on Dominica's largest and longest river, the Layou River, going downstream. There will be a short kayaking/paddling instruction before getting into the water. Experience the thrill of steering yourself while you plunge down the light rapids in your 2-person, sit-on-top, state-of-the-art kayak. Our well-trained guides are on hand to lead you all



through the fun-filled adventure. You must pause at times to enjoy the natural scenery. You have a few minutes to paddle your own way before your breathtaking entrance to the fishing village of Layou and the warm Caribbean Sea. You will see the fishing boats pulled up after the early morning fishing expedition and have an opportunity to swim in the Caribbean Sea and the river just a few feet. A short paddle back up will take you to your exit point where complimentary local rum punch and fresh fruit are well deserved. Then sample our local cuisine prepared for you by the community. Quality kayak seats, paddles and life vests provided. What a rush, what a ride!

DOM14 WHALE & DOLPHIN SAFARI (1330-1700) Minimum 10/Maximum 50 (PRICE: \$58.00)

Dominica is one of the best areas in the Caribbean for encountering whales and dolphins (Cetaceans). Twenty-two of the twenty-three species known in the Caribbean have been sighted in Dominican 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 in the general area all year round, and these waters are their breeding and calving ground. 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.

You will be met on the dock by a representative from the Anchorage Whale Watch and Dive Center who will lead you from the ship to the pier where you will board your whale-watching boat, a walk of about two minutes. After a short boat and safety briefing, you will depart to the Anchorage Center for a Sperm Whale talk, utilizing their full-size skeleton and display panels. Then re-board your boat and proceed along the west coast of Dominica in search of whales and dolphins. Your crew will provide information on the whales and dolphins as well as on the island of Dominica. Your boat will be equipped with a hydrophone, which will allow you to hear the sounds of the whales, too!

DOM15 WONDERS OF WAITI-KUBULI: EMERALD POOL & RIVER TUBING COMBO – GROUP B (1330-1730) Minimum 10/Maximum 40 (PRICE: \$55.00)

For a description of this excursion, please refer to DOM02 Wonders of Waiti-Kubuli: Emerald Pool & River-Tubing Combo – Group A.

