

## DOMINICA – Year of Adventure Content Guide

### **Forest Bathing**

Relaxation and healing come from within when we choose to allow nature to do its thing. Feel the calming serenity of the forest. Feel its vibration. Breathe in the essential oils of the trees while they drive out anxiety and stress. Become one with its essence.

### **Moonlight bonfire**

Enjoy the full moon around a beach bonfire exchanging stories of “soucouyant” or country tales or simple truth or dare stories with friends. Karaoke to some old days’ songs or simply enjoy the shimmering sea on a warm island night.

### **Canyoning**

Thrill seekers will love the climbing over rocks, dangling over valleys with ropes and diving into cascading waterfalls. Discover new caves hundreds of feet above sheer cliff and then enjoy a cooling bath in the pools of swirling clear waters. Visit Extreme Dominica at [www.extremedominica.com](http://www.extremedominica.com) for details.

### **Blackdevils – Burying Vaval**

The best places to be on Ash Wednesday are Dublanc or Kalinago Territory where the solemn funeral service is officiated for Vaval (Carnival). The coffin is carried by the blackdevils- all blackened from head to toe with coal. Official mourners, make up the procession! Visit [www.DominicaFestivals.com](http://www.DominicaFestivals.com) for details.

### **Historic Walking Tour of Roseau**

The Historic Walking Tour of Roseau was developed The Society of Heritage Preservation and Enhancement (SHAPE). This journey-on - foot of the quaint city of Roseau, boasting much original 19th century Creole architecture gives visitors and locals the opportunity to re-discover beauty and history. Don't forget your cameras. Contact the Dominica Hotel and Tourism Association, at 1 767 440 3430 or [info@dhta.org](mailto:info@dhta.org).

### **Whalewatching**

A short boat ride out to the ocean will bring you in contact with the world's largest tooth animal in the calm turquoise Caribbean Sea. Dominica is the only country in the world where sperm whales socialize, mate and calve, residing all year long. You may also experience huge pods of dolphins leaping and swimming alongside the boat. This makes a great family experience.

Contact any of the following operators: [www.anchoragehotel.dm](http://www.anchoragehotel.dm); [www.divedominica.com](http://www.divedominica.com); [www.islandstylefishing.com](http://www.islandstylefishing.com)

### **Birdwatching at Syndicate Nature Trail**

The Syndicate Nature Trail is a relatively simple route where the trail loops through the forest. There are great look out points and the best place to spot the Jaco and the Sisserou Parrot – the national Bird. There you will also have the opportunity to view a wide variety of hummingbirds. Contact Bertrand “Dr. Birdy” Jno Baptiste at +1 767 245 4768 or [drbirdy2@cwdom.dm](mailto:drbirdy2@cwdom.dm)

### **Turtle Watching**

Wander down to Rosalie Bay Resort and see the Rosalie Sea Turtles in action. Rosalie Bay is one of the most popular turtle nesting beaches in Dominica and there you will see three types of turtles; the Giant Leatherback the Hawksbill and the Green turtle. They all usually come out between the months of March and September. Contact Rosalie Bay Resort at + 1 767 446 1010 or [info@rosaliebay.com](mailto:info@rosaliebay.com). [www.rosaliebay.com](http://www.rosaliebay.com)

### **Kalinago Barana Aute**

Kalinago Barana Aute (Carib Model Village) shares with visitors the arts and crafts, dance, customs and heritage of the ancient kalinago Indians. Located in what is known as the Kalinago Territory, the Kalinago are believed to be the last surviving descendants of the Kalinago Indians who formerly populated many of the islands of the Antilles. Contact the KBA at + 1767 445 7979; [kbamanager@cwdom.dm](mailto:kbamanager@cwdom.dm); [www.kalinagobaranaaute.com](http://www.kalinagobaranaaute.com)

### **Creole Cuisine & Steel Pan**

Visit the community of Giraudel, famous for its Flower shows, where you will stop at Exotica Cottages for a taste of Caribbean Creole snacks. The local cook will share her recipes and give a quick demonstration of snacks prepared, while listening to some live steel pan music in the background. Contact Exotica Cottages at + 1 767 225 9988, [exotica@cwdom.dm](mailto:exotica@cwdom.dm), [www.exotica-cottages.com](http://www.exotica-cottages.com)

### **Visit to Historic Geneva Estate**

Geneva Estate is one of the most historical and environmental sites in Dominica which is over 1000 years old. The Kalinago people lived there into the early 18<sup>th</sup> century and during the British Colonial period, Geneva Estate was one of the Island's largest plantations. Contact Whitchurch Tours at + 1 767 255 1167 or [decideondominica@whitchurch.com](mailto:decideondominica@whitchurch.com)