



## OPTIONAL SHORE EXCURSIONS

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### ROSEAU, DOMINICA NAVIGATOR® MARCH 18, 2023

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# SHORE EXCURSIONS

## DOMINICA'S FAVORITES

### HIGHLIGHTS

- Enjoy a magnificent view of Roseau from a 400-foot-high lookout.
- See firsthand why Dominica is called the Nature Isle of the Caribbean.
- Stroll through a botanical garden that is home to parrots only found on Dominica.
- Behold waterfalls cascading over steep cliffs in the dense rainforest.
- Hike through Dominica's first national park, a rugged land of volcanoes and hot springs.

### DESCRIPTION

Travel to the most popular, must-see attractions in and around Roseau for a remarkably comprehensive look into island life. The journey begins with a scenic drive up Morne Bruce to take in the spectacular views from the lookout, which is named for an 18th-century engineer who designed forts on Dominica. At the botanical garden at the bottom of the hill, you will see exotic trees and imperial amazons, a parrot endemic to the island. More natural beauty awaits you at the twin waterfalls near the village of Trafalgar and later within Trois Pitons, the first national park on Dominica. The park has earned UNESCO World Heritage recognition for its smoking fumaroles, hot springs, volcanoes and extraordinary biodiversity. You will follow a naturalist guide on a short hike through the park's rainforest, which will end at the Emerald Pool. A narrow, 40-foot-high waterfall plunges into the pool, making the jungle scenery all the more spectacular.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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APPROX. DURATION:

**4.5**  
HOURS

TOUR CODE:

**DOM-001**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## RIVER TUBING AND EMERALD POOL

### HIGHLIGHTS

- Drive to Dominica’s first national park, a rugged land of volcanoes and hot springs.
- Hike a natural trail through the rainforest and on to the Emerald Pool.
- Swim in the waterfall-fed pool or just relax and enjoy the blissful setting.
- Tube down the Layou River, which snakes through the rainforest.
- Follow the guide’s direction and expertly ride the river rapids for the ultimate thrill.

### DESCRIPTION

Swim in a crystal-clear pool beneath a waterfall and then enjoy an exhilarating river tubing adventure. It won’t take long to reach Morne Trois Pitons National Park, a luxuriant tropical forest with precipitous slopes, hot springs, fumaroles that belch volcanic gases and several volcanoes. These geological features are rarely found together, which is why the park has been designated a UNESCO World Heritage site. A short hike through the park will bring you to the shimmering Emerald Pool and the waterfall that forms it. It’s an idyllic setting, where you may swim or simply relax along the shore. Afterwards, you will tube down the beautiful Layou River, which has carved a steep gorge through the jungle. You can expect an adrenaline-pumping ride as you maneuver through the rapids, down cascades and into swirling pools, all under the watchful eye and direction of an experienced river guide.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit and bring a towel and sunscreen.
- Wear sneakers or water shoes.

### DISCLAIMER:

*Participants must be able to swim. It is suggested you wear a swimsuit under clothing. The condition of the river will determine the tour operation.*

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APPROX. DURATION:

**4.5**  
HOURS

TOUR CODE:

**DOM-002**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL

**☆☆☆**

OPTIONS

**N/A**

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## WHALE AND DOLPHIN SAFARI

### HIGHLIGHTS

- Cruise into the crystalline waters off Dominica to observe whales and dolphins.
- Marvel at the massive size of the whales that breach the water's surface.
- Delight in the antics of the acrobatic dolphins that often swim right next to the boat.
- Hear whales and dolphins communicate through the boat's hydrophones.
- Listen to the naturalist guide explain remarkable aspects of cetacean behavior.


### DESCRIPTION

Gain a deeper understanding of the whales and dolphins that inhabit the surrounding seas by cruising on a boat equipped with hydrophones that allow you to hear them communicate. Dominica is one of the best places in the Caribbean for encounters with cetaceans, the family of marine creatures that includes whales, dolphins and porpoises. While cruising the waters off Dominica, you may spot humpback and sperm whales breaching the water's surface and pods of playful dolphins swimming alongside the boat. It will be thrilling to watch these magnificent marine creatures in their natural environment and just as exciting to listen in on their underwater communication through the onboard hydrophones. You may hear large-toothed sperm whales communicating through clicking sounds and hear dolphins "speak" through clicks and whistles. A guide will be on hand to explain this fascinating aspect of cetacean life and answer other questions you may have about whales and dolphins.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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APPROX. DURATION: <b>3.5</b> HOURS	TOUR CODE: <b>DOM-004</b> <b>FREE</b>	TOUR TYPE <b>N/A</b>	ACTIVITY LEVEL 	OPTIONS <b>N/A</b>
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## CHAMPAGNE SNORKEL

### HIGHLIGHTS

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.

### DESCRIPTION

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica's top spots to observe marine life. A leisurely boat ride will bring you to the unusual reef, which is named for the champagne-like bubbles that continuously rise around it. As the guide will explain, subterranean geothermal activity causes gas to be released through small vents in the ocean floor here, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see divers in the deeper water, which reaches depths of up to 70 feet.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

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APPROX. DURATION:  
**2.5**  
HOURS

TOUR CODE:  
**DOM-005**  
**FREE**

TOUR TYPE  
**N/A**

ACTIVITY LEVEL  


OPTIONS  
**N/A**

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## RIVER TUBING

### HIGHLIGHTS

- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.
- Marvel at the verdant jungle-like foliage that grows right to the water's edge.

### DESCRIPTION

Float down the Layou River in a comfortable, inflatable tube that will allow you to maximize the experience. The river is the longest in Dominica, the so-called "Land of 365 Rivers," and it eventually empties into the Caribbean Sea. You will tube down a portion that offers a mix of bubbly rapids, swirling eddies and calm pools, all surrounded by stunningly beautiful scenery. After a brief orientation, you will ease into the reliably stable tube and let the river current take you downstream without having to paddle or exert yourself in any way. Simply sit in the center of the circular tube and enjoy. The conditions will change through the adventure, as the river twists, narrows and widens as it meanders through the countryside. You can expect it to be an exhilarating experience that you will not soon forget.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

### DISCLAIMER:

*Participants must be able to swim. The condition of the river will determine if the tour operates.*

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APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
<b>3.0</b> HOURS	<b>DOM-006</b> <b>FREE</b>	<b>N/A</b>	<b>***</b>	<b>N/A</b>

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## RIVER TUBING AND TRAFALGAR FALLS

### HIGHLIGHTS

- See the twin Trafalgar Falls from two wonderfully scenic vantage points.
- Learn how tropical storms have altered the falls and exposed warm water pools.
- Tube down a scenic section of the longest river in Dominica.
- Enjoy the thrill of riding the rapids as you race downstream.
- Relish the serenity of the calm pools between the stretches of rapids.

### DESCRIPTION

Behold the beautiful twin waterfalls near the village of Trafalgar and then tube down the longest river in Dominica. It won't take long to reach Trafalgar Falls, twin waterfalls of varying heights; one is known as the Father Falls, the other is called the Mother Falls. Their source is the Morne Trois Piton River, which flows from the national park of the same name. Your first glimpse of the cascades will be from the top of the waterfalls, after which you will take a delightful walk through ginger plants and vanilla orchids to reach the second lookout. Both viewpoints are spectacular and well worth photographing. The tubing portion of this tour will begin at the Layou River, a waterway that meanders at times and then narrows into bubbling cascades at other points. You can expect the experience to be exhilarating, especially as you run the rapids.


### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear sneakers or water shoes.
- Bring a towel and sunscreen.

### DISCLAIMER:

*Participants must be able to swim. The condition of the river will determine if the tour operates.*

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APPROX. DURATION: <b>4.5</b> HOURS	TOUR CODE: <b>DOM-007</b> <b>FREE</b>	TOUR TYPE <b>N/A</b>	ACTIVITY LEVEL 	OPTIONS <b>N/A</b>
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## RAINFOREST JEEP SAFARI

### HIGHLIGHTS

- Drive through the rainforest that blankets Dominica in an open-air 4x4 Jeep.
- Delight in the unobstructed views of the island’s natural beauty.
- Stroll through an aromatic botanical garden.
- See steaming, mineral-rich springs heated by geothermal activity.
- Swim through a steep narrow gorge to the base of a picture-perfect waterfall.

### DESCRIPTION

Ride through the idyllic countryside in an open 4x4 Jeep that allows for unobstructed views of the island, often ones that few visitors see. It won’t take long to pass through historical Roseau and ascend to the lookout at Morne Bruce for a sweeping view of Dominica’s capital. You will also make a brief stop at the nearby botanical gardens, where you may see brightly colored Imperial parrots, an endemic species that has been designated the national bird. More natural beauty awaits you deeper in the island’s lush interior at Wotten Waven Sulphur Springs. Remnant volcanic activity well below the earth’s surfaces heats the mineral-rich hot springs, which are wonderfully soothing to soak in. A bit farther into the rainforest, you will find Titou Gorge, a deep narrow crease in the land that formed when molten lava cooled centuries ago. You will be free to take an exhilarating swim to the waterfall at the end of the gorge or simply relax with a refreshing beverage in hand.


### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing.
- Wear flat comfortable walking shoes.
- Bring a towel and sunscreen.

### DISCLAIMER:

*This tour includes about two hours of moderate walking, most of it over uneven or natural surfaces with a significant number of steps. The tour is not considered suitable for wheelchair guests or those with mobility concerns. Guests do not drive the jeep.*

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APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
<b>3.5</b> HOURS	<b>DOM-010</b> <b>FREE</b>	<b>N/A</b>		<b>N/A</b>

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## BOIS COTLETTE ESTATE HERITAGE TOUR - VIP

### HIGHLIGHTS

- Follow an anthropologist on VIP tour of Dominica’s oldest estate.
- Gain an understanding of early 18th-century plantation life in the tropics.
- Study excavated artifacts that reveal daily life for the plantation owners and the slaves.
- See how Bois Cotlette has become self-sustaining once again.
- Enjoy traditional Creole snacks and refreshments.

### DESCRIPTION

Tour the early 18th-century plantation Bois Cotlette with a noted anthropologist that will offer a historical and cultural explanation of estate, both past and present. Nestled in a valley within the active Morne Plat Pays volcanic complex, the estate is the best-preserved example of plantation architecture on the island and includes buildings for processing coffee, sugar and cocoa. It has been meticulously restored and has become self-sustaining with regard to food, power and water. Mark Hauser, the anthropologist that has led the excavation of the property for years, will accompany you on an in-depth tour of Bois Cotlette. Two stories will emerge. The first will detail the estate’s construction; the second will candidly elaborate on the plantation owners and the slaves that worked at the plantation. By the end of the tour, you will have gained a true glimpse of life in the tropics centuries ago.


### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes about two hours of easy to moderate walking and standing with some gravel and uneven natural surfaces to negotiate. The tour is not available to wheelchair guests and those with mobility concerns should evaluate their stamina and ability before joining the tour.*

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APPROX. DURATION: <b>3.0</b> HOURS	TOUR CODE: <b>DOM-014</b> <b>FREE</b>	TOUR TYPE <b>N/A</b>	ACTIVITY LEVEL 	OPTIONS <b>N/A</b>
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## BEST OF THE VOLCANIC SOUTH

### HIGHLIGHTS

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Browse Dominica’s oldest Roman Catholic church near a still-active volcanic complex.
- Visit the island’s oldest estate and see what archaeological excavations have unearthed.
- Pause at Morne Bruce lookout for photos and a view of your cruise ship in the distance.

### DESCRIPTION

Explore attractions along the island’s southern shore, which include a volcanic complex, several inspiring lookouts and a plantation from the French colonial period. One of the most spectacular views will be from Scotts Head, an elevated finger of land that divides the Caribbean Sea and the Atlantic Ocean. If it is a clear day, you may catch sight of Martinique. You will gain a different outlook at the seaside Morne Plat Pays volcanic complex. Although there hasn’t been an eruption since the 13th century, volcanic heat from the complex still radiates up from the sea floor, a phenomenon that the guide will explain in detail. Despite the volcanic threat, one of the island’s oldest Roman Catholic churches has stood nearby for centuries, and you will have the opportunity to look at its beautiful interior. For a revealing glimpse into Dominica’s past, you will visit Bois Cotlette, an estate built in the 1720s with the island’s only windmill.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes about one hour of easy to moderate walking, plus any additional walking at the guests’ discretion during photo stops. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. There aren’t handicap-accessible restrooms at Bois Cotlette.*

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APPROX. DURATION:

**3.5**  
HOURS

TOUR CODE:

**DOM-015**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## CHOCOLATE EXPERIENCE AT BOIS COTLETTE

### HIGHLIGHTS

- Enjoy a hands-on chocolate-making experience at the island’s oldest estate.
- See the unexpected archaeological treasures excavated on the grounds.
- Observe how cacao beans grown on the estate are processed for chocolate products.
- Create your own chocolate candies, infusing them with your favorite flavors.
- Sample the candies you have created and the estate’s dark chocolate candies.
- Stroll the estate’s manicured grounds and gardens.

### DESCRIPTION

Enjoy an enlightening and interactive immersion into the processing of cacao beans on Dominica’s oldest estate and then create your own chocolate candies in the kitchen. This culinary experience takes place at Bois Cotlette, a colonial estate constructed in the early 1720s with the island’s only windmill. After settling in, you will see firsthand how the beans are fermented, dried, roasted and ground for products such as cocoa powders, cocoa butter and chocolate. To enhance your appreciation of the versatile cacao bean, tastings will be offered during each step. Then you will create your own chocolate candies in the estate’s kitchen. You might infuse them with caramel, top them with sea salt or add flavors such as bacon and pepper. While sampling your concoctions, you can refer to a chocolate flavor wheel to help you express the characteristics of your signature candies. Afterwards, you may explore the grounds, including the Planter’s Herb Garden.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes about two hours of easy to moderate walking and standing with some uneven surfaces. Due to accessibility issues, the tour is not available to wheelchair guests. Those with mobility concerns should evaluate their stamina and ability before joining the tour.*

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APPROX. DURATION: <b>3.0</b> HOURS	TOUR CODE: <b>DOM-018</b> <b>FREE</b>	TOUR TYPE <b>N/A</b>	ACTIVITY LEVEL 	OPTIONS <b>N/A</b>
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## CHAMPAGNE SNORKEL BY LAND

### HIGHLIGHTS

- Snorkel Champagne Reef, an underwater wonderland teeming with marine life.
- Watch the continuous streams of champagne-like bubbles rise from the ocean floor.
- Feel the warmth of the ocean floor from the geothermal activity below.
- Observe a variety of marine creatures, including tropical fish and hawksbill turtles.

### DESCRIPTION

Snorkel the crystal-clear waters at Champagne Reef, one of Dominica’s top spots to observe marine life. A leisurely drive along the coast and through the village of Pointe Michel will bring you to the unusual reef, which lies just offshore. It is named for the champagne-like bubbles that continuously rise around it. Subterranean geothermal activity causes gas to be released through small vents in the ocean floor there, forming streams of rising bubbles. In those areas, the water temperature can reach 90° Fahrenheit and the ocean floor will be warm to the touch. The abundant marine life will be just as mesmerizing, as you can expect to spot sergeant majors, angelfish, white-spotted filefish and schools of soldierfish. In all likelihood, you will also see hawksbill and green turtles and perhaps divers in the deeper water. The remains of a 17th-century shipwreck, including cannons and chains, lie scattered about the ocean floor.

### HELPFUL HINTS

- Bring towel, swimwear, comfortable clothing.
- Wear water shoes.

### DISCLAIMER:

*This tour requires a strenuous amount of activity and participants should be in good physical condition and be able to swim. The tour is not available to wheelchair guests, guests with mobility concerns, recent back or neck injuries, heart conditions, epilepsy, diabetes, respiratory conditions or pregnant women. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested.*

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APPROX. DURATION:	TOUR CODE:	TOUR TYPE	ACTIVITY LEVEL	OPTIONS
<b>2.0</b> HOURS	<b>DOM-019</b> <b>FREE</b>	<b>N/A</b>	<b>☆☆☆</b>	<b>N/A</b>

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## BONGO BATHS THERAPEUTIC HOT POOLS

### HIGHLIGHTS

- Relax in the mineral-rich, geothermally heated hot springs at Bongo Baths.
- Reap the water's therapeutic benefits, which may include stress reduction and pain relief.
- Emerge from the hot springs refreshed and rejuvenated.

### DESCRIPTION

Ease into a geothermally heated natural pool and reap the benefits of its soothing waters. You will find the hot springs at Bongo Baths in Wotten Waven, an inland village in the heart of a mountain rainforest. Remnant volcanic activity well below the earth's surfaces heats the mineral-rich hot springs, which are wonderfully relaxing to soak in. The detoxifying waters are said to have abundant therapeutic effects, which may include reducing stress, promoting better sleep, boosting blood circulation and naturally relieving pain. The minerals in the water might also alleviate skin problems. Chances are, you will emerge refreshed, rejuvenated and ready to enjoy the remainder of the day in just the right state of mind. Afterwards, you might relax on a shaded bamboo bench, breathe in the fresh mountain air and do nothing more strenuous than listen to the mellifluous sounds of nature from the surrounding jungle.

### HELPFUL HINTS

- Dress in weather-appropriate clothing and bring towel.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*It is not advisable for guests to stay in the pools for more than one hour. It is available to guests who utilize a collapsible wheelchair, can make their way on and off the coach and have a companion to assist them. Flat, comfortable walking shoes or aqua socks; swim suits; towel; a change of clothing; sun caps; sunglasses and sunscreen are suggested.*

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APPROX. DURATION:

**2.0**  
HOURS

TOUR CODE:

**DOM-020**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## DOMINICA PANORAMIC DRIVE BY OPEN SAFARI

### HIGHLIGHTS

- Pause at a 19th-century Catholic church in Soufriere, an incredibly photogenic spot.
- Drive to a slender peninsula that divides the Caribbean Sea from the Atlantic Ocean.
- Enjoy a magnificent view of Roseau from the 400-foot-high Morne Bruce lookout.
- Marvel at the flora and fauna that flourish in Roseau's botanical garden.

### DESCRIPTION

Settle in for an immensely scenic drive around the southern part of Dominica in an open vehicle that will present the most unobstructed views. You will follow a winding coastal highway through the fishing village of Soufriere, named for the French word for "sulfur," a reference to the natural sulfur springs in the nearby valleys. St. Mark's Catholic Church there was built in the 19th century with volcanic stone and it is one of the most picturesque spots on the island. You will pause for photos and to feel the geothermally heated seawater in the small bath out front. Another panoramic view awaits you at Scott's Head, an elevated finger of land at the very tip of the island, which divides the Caribbean Sea and the Atlantic Ocean. Before returning to Roseau, you will gaze out over the capital from the lookout at Morne Bruce, from which the guide may point out the botanical garden that you will visit next.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*Guests can opt to stay on bus. Casual clothing and comfortable, flat walking shoes are suggested.*

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APPROX. DURATION:

**3.5**  
HOURS

TOUR CODE:

**DOM-021**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## EASY DOMINICA & RAINFOREST DRIVE

### HIGHLIGHTS

- Enjoy a sweeping view of Roseau and the sea beyond from atop the Morne Bruce lookout.
- Walk through the serene Dominica Botanic Gardens, an urban oasis full of native flora.
- Behold easy-to-reach Hibiscus Falls as it cascades over a precipice in the rainforest.

### DESCRIPTION

Behold some of the naturally beautiful attractions that reflect Dominica’s nickname, “The Nature Isle of the Caribbean.” For the ultimate view of the island’s capital city Roseau, you will ascend to the lookout at Morne Bruce, from which you can spot the Dominica Botanic Gardens, your next stop. As you wander through this idyllic natural setting, you will see an array of indigenous plants that may include orchids and bromeliads. You will also likely view the twisted remains of a school bus beneath a massive baobab tree that crushed it during Hurricane David in 1979. The gardens are home to Sisserou parrots, which was named Dominica’s national bird as it’s the only species of parrot found on the island. While the gardens are manmade, nature shaped Hibiscus Falls, which you can easily reach on a brief walk through the rainforest. There, you will snack on fresh fruits and a cool tropical drink.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes minimal walking and is available to wheelchair guests who have a collapsible wheelchair, are able to make their own way on and off the coach and tour vessel and have a companion to assist them. Those with mobility concerns are cautioned to evaluate their personal level of stamina and ability*

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APPROX. DURATION:

**3.0**  
HOURS

TOUR CODE:

**DOM-022**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## ROSEAU HIGHLIGHTS BY TROLLEY TRAIN

### HIGHLIGHTS

- Settle into a seat on a trolley train for a leisurely ride through Dominica’s capital city.
- Hear enlightening commentary that provides a historical perspective of Roseau.
- Pause for photos at the most noteworthy attractions, including the cathedral.
- Meander through the Dominica Botanical Gardens if you like.

### DESCRIPTION

Ride through Roseau on a trolley train with wheels and pause on occasion at attractions that lend insight into the history of Dominica’s capital, which was built on the site of an ancient Kalinago Indian village. Much of the compact downtown features beautifully restored historical architecture such as the landmark Roseau Cathedral. The train’s conductor will offer enlightening commentary on the most noteworthy attractions, including the Roseau River, which flows through town before emptying into the Caribbean Sea. French settlers in the 17th century named the town for the Roseaux reeds that once grew along the riverbank. Of all the natural highlights, the Dominica Botanic Gardens may be the most magnificent. Feel free to stretch your legs there by walking the trails that wind through this urban oasis. Chances are, you will observe a variety of indigenous plants as well as Dominica’s national bird, the purple-and-green Sisserou parrot.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour is primarily panoramic in nature with walking at the guest’s discretion during stops. Casual clothing and comfortable, flat walking shoes or aqua socks are suggested. Participants cannot exceed 350 lbs.*

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APPROX. DURATION:

**1.5**  
HOURS

TOUR CODE:

**DOM-023**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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## DOMINICA BY LAND & SEA

### HIGHLIGHTS

- Enjoy spectacular views of the Caribbean Sea and Atlantic Ocean from atop Scotts Head.
- Gain an understanding of how volcanic eruptions created Dominica.
- Snorkel the crystalline waters of a marine reserve or simply enjoy the vistas from land.
- Browse the oldest estate on the island and discover its intriguing history.

### DESCRIPTION

Behold the natural beauty of volcanically formed Dominica from a coastal lookout and by snorkeling just offshore before visiting the island's oldest estate. Upon reaching Scotts Head, an elevated peninsula that divides the Caribbean Sea and the Atlantic Ocean, you will be treated to outstanding views of the Morne Plat Pays volcanic complex across the bay. Views are just as spectacular below the water's surface, as you will discover while snorkeling at a marine reserve teeming with tropical fish. If you prefer to stay on land and take in the sweeping vistas, chairs will be available. You will next visit Bois Cotlette, an estate built in the 1720s. It boasts the only surviving windmill on the island and has been the subject of intense archaeological work since 2009. The estate is so well preserved, you can easily imagine living here centuries ago.

### HELPFUL HINTS

- Dress in weather-appropriate clothing.
- Wear a swimsuit under your clothing and bring a towel, if you snorkel.
- Wear flat comfortable walking shoes.

### DISCLAIMER:

*This tour includes about two hours of easy to moderate walking and standing, plus additional walking at the guests' discretion. There will be uneven surfaces. The tour is not available to wheelchair guests and not considered suitable for those with mobility concerns. Guests taking part in water activities do so at their own risk and responsibility. There aren't handicap-accessible restrooms at Bois Cotlette.*

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APPROX. DURATION:

**4.5**  
HOURS

TOUR CODE:

**DOM-017**  
**FREE**

TOUR TYPE

**N/A**

ACTIVITY LEVEL



OPTIONS

**N/A**

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# GENERAL INFORMATION

## WHAT IS INCLUDE?

### **Transportation:**

Licensed and insured late model, coaches, vehicles, watercraft, and other modes of transportation are utilized.

### **Meals and Refreshments:**

Included when indicated in the tour description.

### **Guides:**

Licensed, English-speaking, local guides accompany all tours, where available.

### **Entrance Fees:**

Tours include all required admission fees, where applicable.

### **What Should I Wear?**

When taking a shore excursion, comfortable walking shoes, sunglasses, a hat and sunscreen are suggested. You may consider bringing an umbrella, raincoat, sweater, or jacket. And don't forget your camera!

### **Cancellations and refunds**

- In order to ensure quality guides and sufficient transportation, Regent must provide the tour operator with passenger counts at least 36 hours in advance. Therefore no refunds will be given within 36 hours of the tour.
- Tours operate rain or shine.
- Tours require minimum participation levels to operate so please sign up as early as possible. Tours may be cancelled if minimum participation levels are not met.

### **Prices, Itineraries and General Information**

- Shore excursions prices are subject to change to meet unexpected cost increases or currency fluctuations.
- The information contained in this document was current at the time of printing, however changes may occur before your scheduled departure. Please consult the Destination Services Desk onboard for information and current pricing.
- During local or national holidays, access to certain facilities (such as museums or archaeological sites) may be limited or denied. In such instances, adjustments will be made to minimize inconvenience to guests.
- Some tours have limited availability. Please sign up early to avoid disappointment.
- Regent Seven Seas Cruises reserves the right to require Guests to complete a liability waiver for select shore excursions. For more information, please visit the Destination Service.

### **Please Note**

While the greatest care has been taken to offer the finest services available, Regent Seven Seas Cruises will not be held responsible for any act, event or omission during the time that passengers are not onboard the ship or its tenders. All arrangements for certain optional off-board activities, including air transportation, hotel accommodation, ground transfers and shore excursions are made by Regent Seven Seas Cruises for the convenience of their Guests with the suppliers of the services. Each Guest agrees not to hold Regent Seven Seas Cruises, its owners, employees, agents or representatives liable, the absence of its own negligence, for any loss, injury, expense, or damage which result directly or indirectly from any act or omission, whether negligent or otherwise, of any person or firm which provides any goods or services in connection with any optional travel component other than water transportation or any other option that is available for purchase.

Arrangements with independent contractors include, but are not limited, to services, products, and transportation provided elsewhere that onboard Regent Seven Seas Cruises vessels in connection with tours whether arranged or organized by tour operators, travel agents, or Regent Seven Seas Cruises. Tours including hotel accommodations and transportation by vessel(s) not owned or operated by Regent Seven Seas Cruises or by air, rail, or land are not under the supervision and control of Regent Seven Seas Cruises.

### **IMPORTANT INFORMATION**

Notwithstanding that Regent Seven Seas Cruises, at the Guest's option, arranges air transportation, hotel accommodations, groups transfers, shore excursions and other services with independent suppliers of the services, it should be understood that Regent Seven Seas Cruises, being a "for profit entity", earns a fee on the sale of the optional services.

Tour departure times are subject to change so please reference your actual tour ticket for the correct departure time.

### **NOTICE:**

All Regent Seven Seas Cruises shore excursions are per person, are subject to change and availability. Some tours are capacity controlled and may be withdrawn at any time without prior notice. While Regent Seven Seas Cruises makes every effort to adhere to the specifics mentioned in each shore excursion description, circumstances may require otherwise. All shore excursion information contained in this shore excursion book is subject to change without notice at Regent Seven Seas Cruises' discretion. All shore excursion descriptions and fares listed are subject to change without notice. Regent Seven Seas Cruises is not responsible or liable for typographical errors, omissions or misprints.