

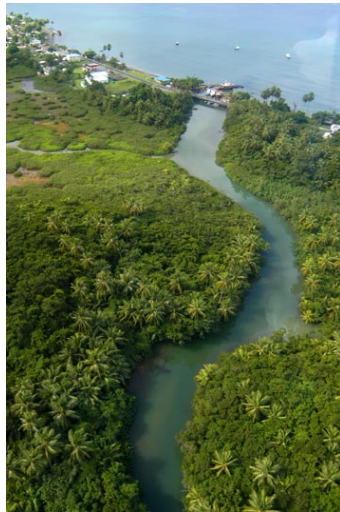
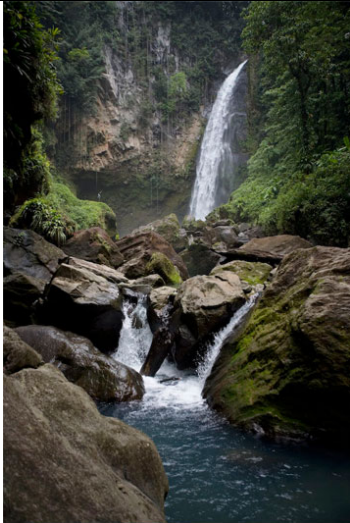
Best Buds!



Cruise Clues!

Dominica

This information is taken from many different sources and may not be accurate and is even contradictory at times.
Be sure to double check any information vital to your trip before you make your final plans.



Helpful Websites

<http://www.dominica.dm/site/index.cfm>
<http://www.avirtualdominica.com/home.cfm>
<http://www.discoverdominica.com/site/photos.cfm?gclid=CNyh7LiCpPECFRqSkgodOw3xXQ>
www.destinationdominica.com
www.dominicacruisesite.com
www.livingdominica.com
<http://www.frommers.com/destinations/dominica/>
[http://www.virtualtourist.com/travel/Caribbean and Central America/TravelGuide-Caribbean and Central America.html](http://www.virtualtourist.com/travel/Caribbean_and_Central_America/TravelGuide-Caribbean_and_Central_America.html)
<http://www.dominicamarinereserves.com/> (Soufriere/Scott's Head, Salisbury and Cabrits Marine Reserves)
<http://www.dominica.dm/site/pirates.cfm>
<http://www.piratesdominica.com/>
<http://www.natureisland.com/index.html>
<http://www.calibishiecoast.com/>
<http://www.lonelyplanet.com/maps/caribbean/dominica/>
<http://www.discoverdominica.com/site/documents/Cruise%20Ship%20Schedule%202007-2008.xls> (cruise ship berths)
<http://www.cobratours.dm/> (island, river, yacht, watersports, Tropical Trails (horseback) and land tours- Portsmouth 767-245-6332 email info@cobratours.dm)
http://www.convertit.com/Go/Maps/Currency/Converter_Input.ASP (island currency converter)
<http://www.wavedancerdominica.com/> (Dominica watersports)
<http://www.dominicatrailguide.com/> (hiking, scuba, canyoning adventures; Dominica guidebook for sale)
<http://hiddendominica.blogspot.com/> (lots of photos and commentary)
<http://www.newsdominica.com/> (community news source)
<http://www.lennoxhonychurch.com/> (Dominica art, culture and history)
<http://www.piratesdominica.com/>
<http://www.airwreck.com/life/articles/dominica/ssmr2.htm>
<http://livingdominica.blogspot.com/> (moving to Dominica)
<http://www.junglebaydominica.com/>
<http://livingdominica.com/default.htm> (ebook about Dominica)
<http://www.proseandphotos.com/dominica.htm> (photos and poetry)
<http://www.buydominica.com/caribbean/links.php>
http://www.getjealous.com/getjealous.php?action=showdiaryentry&diary_id=346359&go=liward

Dominica (pronounced Dom-in-**ee**-a) sits midway along the Eastern Caribbean archipelago, just a few miles from Martinique to the south and Guadeloupe to the north. Its location is 15 degrees North latitude and 61 degrees West longitude. The island's official name is the Commonwealth of Dominica, which is mostly referenced in official communiqué and to distinguish the island from its northerly Caribbean sister, the Dominican Republic. Dominica is located in the eastern Caribbean, between the French Islands of Guadeloupe (which lies to the north) and Martinique (which lies to the south).

The island is sparsely populated with around 70,000 people inhabiting its 289.5 square miles. A significant portion of the population lives in and around the capital city, Roseau. Dominica is an arcadia of unspoiled nature. Tropical forest coats two thirds of the island, which nourishes 1,200 plant species and over 172 types of birds, including two endangered parrots. Climb from the ocean to 5,000 feet while exploring six variations of forest in one day. Rivers, lakes, streams, and waterfalls abound, fed by the islands high annual rainfall. Its volcanic physique points to extensive geothermal activity above and below sea level. Annual rainfall in Dominica varies considerably, from 50 inches along the coast, to over 300 inches in the interior. There is *generally* a dry season between January and June, with the

wettest months being August to October. The peak of hurricane season is late August/early September.
The indigenous Carib Indians named the island Waitukubuli which means "tall is her body" in the Carib language. The island is one of only a couple in the Caribbean still with populations of the pre-Columbian Carib Indians. The Caribs, indigenous people of the Caribbean, whose numbers have dwindled to 3,000, live as a community on the northeast of the island and still practice the art of traditional basketry. About 80% of the population is Roman Catholic. English is the official language, spoken with a melodic French lilt, but a large portion of the population speaks Kwèyòl (Creole), with a few northern villages speaking Kokoy.
Dominica's natural wonders and rich cultural heritage make it an exceptional ecotourism destination. Dominica surges from the sea with soaring peaks that seem to be courting the heavens. Virgin flora covers these dramatic mountains, creating swaths of verdant landscapes. The residue of the fiery forces that created the island thousands of years ago, as part of the Caribbean Ring of Fire, bellows in several hot springs, valleys of steaming earth, and a boiling lake which is the second largest in the world. Along with geothermal wonders come natural coolants: hundreds of pristine rivers and streams web the island's lush terrain. Pure rainwater sets brooks and cascades into motion by rushing down picturesque cliffs. Dominica's ocean depths plunge to 6,000 feet where you can see seven species of whales and eleven types of dolphins—the Caribbean's leading whale watching site.
<i>"Beautiful country. Still largely forested, amazing biodiversity, great bird watching and scuba diving. Because Dominica doesn't possess the traditional beaches of the Caribbean, it is often overlooked. The "Nature Isle" is aptly named—awesome power and incredible beauty of nature unspoiled. Its lush mountains, indigenous population, art, craft, agro-based products, and small-scale accommodation facilities all add to the opportunity for sustainable tourism development. The island has not changed much since Columbus first spied it. While cruise ship tourism has remained low, it threatens to overrun specific sites. A serious dichotomy exists between lip service to preserving and protecting its wilderness, which is the major product, and the soliciting of more cruise ships, the proposed oil refinery, and support for Japan on the whaling issue."</i> –comments on National Geographic website
Attractions Overview: Those who love to bask in fresh water can bathe in one of the island's 365 rivers, wallow in the Emerald Pool, or frolic at the Trafalgar, Victoria, Sari Sari, or Middleham Falls. The island has numerous waterfalls and these can cause strong currents in nearby pools. If swimming near a waterfall, wear a Personal Flotation Device. Sea lovers can snorkel or scuba dive along several reefs of the one of the world's top marine destination, or take a whale watching excursion just off the island's coast. Visitors with a geological interest can hike to the Boiling Lake, the Cold Soufriere, or the Soufriere and Watten Waven Sulphur Springs. Those who prefer jungle adventures can hover above the rainforest on the 4,600 foot-long Aerial Tram, ride horses or ATVs in the forest, discover the Boeri and Freshwater Lakes, bird-watch at Syndicate, or trek across the island's interior. For visitors interested in cultural anthropology, a tour of Fort Shirley at the Cabrits National Park or the Kalinago Barana Autê at the Carib Territory is a fascinating experience. The historic architecture surrounding the Old Market in Roseau, including the Dominica Museum also reveals poignant information of the island's history.
Beaches Overview: The beaches aren't worth the effort to get here, but the landscape and rivers, as well as increasingly renowned scuba diving, are. Nature lovers who visit Dominica experience a wild, rugged Caribbean setting, as well as the rural life that has largely disappeared on the more developed islands. Dominica is, after all, one of the poorest and least developed islands in the Caribbean. There are no casinos and no mega resorts – and hardly any road signs. It's also one of the less expensive islands in the Caribbean, and probably the only one that Columbus would still recognize.
Hiking and mountain climbing are good reasons to visit Dominica; its flora is made unbelievably lush by frequent rainfall. Covered by a dense tropical rainforest that blankets its mountain slopes, including cloud-wreathed Morne Diablotin at 1,424m (4,671 ft.), it has vegetation unique in the West Indies. The mountainous island is 47km (29 miles) long and 26km (16 miles) wide, with a total land area of 751 sq. km (293 sq. miles), much of which has never been seen by explorers. Should you visit, you'll find clear rivers, waterfalls, hot springs, and boiling lakes. If hiking is your thing, be sure and send for

www.discoverdominica.com 's booklet "Hike Dominica" which comes with an additional island brochure and a road map and guide for Dominica. 888-645-5637 or write to Discover Dominica, 1549 Glenlake Avenue, Itasca, IL 60143

Wild Life: The Sisserou Parrot is found *only* in Dominica and adorns the national flag (they can grow to age 70 with an estimated 60 remaining in the wild); The Agouti is a tailless forest rodent with dark fur and pink ears, not unlike a tallish guinea pig. The Manicou is a species of opossum – it has a tail, lives mostly in the trees and is largely nocturnal. These are believed to have been introduced by the early Amerindian settlers from the Orinoco delta region of South America, as a source of food. Wild boar were also introduced into the forests for hunting, but are seldom seen. The only indigenous mammal to Dominica is the bat, of which there are several varieties, commonly seen in numbers at dusk – favorite food, mosquitoes. "Mountain Chicken" or Crapaud is a very large smooth skinned frog native to Dominica and Monserrat – color varies from brown to grey, depending on local habitat. The male is identified by a short black thumb claw, which aids holding on whilst mating. It used to be abundant also in the neighboring French islands of Martinique and Guadeloupe but, regarded as a delicacy, it has in recent years been hunted to extinction. There are also three varieties of tiny tree frog. Vivid green Iguanas are prevalent in coastal areas, spending most of their time in trees, where they often go unnoticed due to their excellent camouflage. The predominant old males turn grey and black and grow a frill under their chin. Most commonly seen throughout the island are tree lizards, local name zandoli. They have the ability to lighten or darken their color (though not rapidly) to suit their surroundings. The males are territorial and swing out a bright orange neck fan to intimidate rivals. The nocturnal gecko is also commonly seen, often around patio lights, which attract a good meal of insects. Ground lizards, local name abalo, can grow almost as large as iguanas. They are carnivores and scavengers, common but shy, and can run exceedingly fast. Males are tinged with blue, whilst females are brown with two yellow stripes down their back. As well as the tiny legged skink, there are several varieties of grass snake and the larger boa, which usually keeps well hidden in the forest and scrubland – none are poisonous.

<http://www.exploringdominica.com/bird-watching-vacation.html>

Do not pick wildflowers. They contribute to Dominica's unspoiled beauty. Don't take photos of people without their permission. You're going to Dominica to experience island living. The pace of life likely moves more slowly than you're used to. Relax and enjoy it!

Festivals:

"The Real Mas" carnival is regarded as the most original in the Caribbean; pre-Lenten carnival runs from December until Ash Wednesday with various cultural activities including several pageants, calypso competitions, costume bands and street jump-ups.

"Domfesta" festival of arts takes place in May and focuses on local artistic expression and culture.

"Dive Fest" underwater, on-the-water and on-land activities including snorkeling, diving, underwater treasure hunts, kayaking, canoe racing, whale watching etc. are highlighted in this annual July event.

"Emancipation Festival" is a festival of music, dance, arts, culture, drama and cuisine annually between July and August.

"World Creole Music Festival" brings together musical groups from all around the world with music ranging from Soca, Reggae, Calypso, Bouyan, to Compa and Zouk.

"Independence Celebration" celebrated every year on November 3rd with food, music, dance and costumes.

The East Caribbean dollar is the currency used locally. It is linked to the US dollar. At the banks you will get EC\$2.67 for 1 US\$. US\$ is widely accepted in all places at rate EC\$2.50 for 1 US\$. Many shops close midday – from 1 pm to 2 pm. Shops are closed on Sundays

Clothing is casual, including light summer wear for most of the year. However, take along walking shoes for those trips into the mountains and a sweater for cooler evenings. Locals, who are rather conservative, do not allow bikinis and swimwear to be worn on the streets of the capital city, Roseau, or

in the villages. Dressing is casual, including light summer wear for most of the year and a sweater for cooler evenings. Locals do not appreciate swimwear being worn on the streets of the capital city, Roseau, or in the villages. Dress respectfully.

Transportation

Cruise Piers: Dominica has three cruise ship ports that can each handle one ship at a time. The most frequented is the Roseau cruise ship berth in the heart of Roseau, the country's capital and largest town. The Woodbridge Bay Port is about a mile north of Roseau, and the other is the Cabrits cruise berth, near the northwestern town of Portsmouth, with a tourist welcome center with films shown inside an open-air 18th century West Indian-style pavilion; paths from pavilion lead to quick access to Fort Shirley and Cabrits National Park. Additional cruise ships must anchor offshore and tender passengers to the terminal (about 5 minutes).

Several Cruise Lines call in to Dominica. The busiest time of year is from mid-November to mid-April. There are three Cruise Ship Berths in Dominica: the **Bayfront** in Roseau, the capital; **Deep Water Harbour**, Woodbridge Bay (just 5 minutes north of Roseau); and **The Cabrits** in Portsmouth (the only cruise ship terminal in the Caribbean within a national park and about an hour's drive north of Roseau). There are three main seaports. **Woodbridge Bay** is one mile north of Roseau; both the **Roseau Ferry Terminal** and the **Cruise Ship Berth** are located on the Bayfront of Roseau itself, within close proximity to the business and shopping areas of the capital. Cruise ships sometimes stop at the Cabrits near Portsmouth.

Cabrits is a very easy pier....quite short in comparison with many other piers. There was a fellow playing steel drums right on the pier which was fun. There were a few shops and several street vendors right at the end of the pier across the street.....lots of souvenir-type stuff, especially baskets and locally made soaps. We didn't have very much time to wander around after our tour, but we did find a few things. The people seemed nice and not too pushy.




L'Express Des Iles is a ferry service--there are a number of inter-island high-speed catamaran ferry services connecting Dominica to both the neighboring French islands Martinique, Guadeloupe and also St. Lucia. the ferry bypasses Dominica altogether on Tuesdays and Thursdays but offers twice a week connections to St Lucia; water can be rough in the channel; fare is approx \$100pp; L'Express Des Iles <http://www.express-des-iles.com/> (in French) 767-448-2181

Public Transport is readily available in the form of the ubiquitous mini-bus (look for number plates that begin with 'H'); In Roseau, buses depart from designated areas at the Old Market Plaza and between the West and East Bridge. The Old Market in Roseau is the 'terminus' for busses traveling south; the West Bridge for those traveling north. Buses are identified by the letter **H** that precedes their license numbers. Fares are set by the government:

- Calibishie \$9.50
- Canefield \$2.00
- Carib Territory \$9.50
- Grand Bay \$4.50
- Laudat \$3.50
- Loubiere \$2.00
- Marigot \$9.50
- Pointe Michel \$2.00
- Portsmouth \$8.00
- Scott's Head \$4.00
- Trafalgar \$2.75


By Minibus: The public transportation system consists of private minibus service between Roseau and the rest of Dominica. Local buses are cheap and run regularly along the coastal routes between Roseau and both Scott's Head (in the south) and Portsmouth (in the north). These flamboyantly painted minibuses are filled mainly with schoolchildren, workers, and country people

	<p>who need to come into Roseau. On most Caribbean islands we don't recommend buses, but on Dominica they afford terrific insights into local life. There are few buses in the evening and none on Sunday on most routes. It is a good idea to rent a car or jeep as buses take a lot of planning. Dominicans drive fast so you may want to take a taxi to enjoy the views. Taxis may be a more reliable means of transport for visitors, but there are hotels at which buses call during the course of the day. You can also just hail a bus when you see it, and tell the driver where you want to go. Fares range from EC\$1.50 to EC\$10 (55¢-\$3.80)/30p-£3). Fares range from EC\$1.50 to EC\$10.25 which became effective from February 2003.</p>
	<p>Car Rentals: Renting a car is the best way to get around Dominica. Most car rental companies are in Roseau but there are some at the airport as well. The island has 500km (310 miles) of paved roads, and only in a few areas is a four-wheel-drive vehicle necessary. There are a handful of small, usually family-owned car-rental companies, the condition and price of whose vehicles vary widely.</p> <p>Valley Rent-a-Car, Goodwill Road, Roseau 767-448-3233;</p> <p>Best Deal Rent-A-Car, 15 Hanover St., Roseau 767-449-9204</p> <p>Bonus Rentals: 4x4 air conditioned Jeeps 787-448-2650 email cphillip@cwdom.dm</p> <p>Courtesy Car Rental: from \$45 to \$85 per day; http://www.avirtualdominica.com/courtesycarrental/rates.htm</p>
	<p>Dominica drives on the left, although there are many left-hand drive vehicles on the road and your rental may be either right-hand or left hand drive. Visiting drivers must be between the ages of 25 and 65 and have a valid driver's license and at least two year's driving experience. Visitors to Dominica require a local driving permit (valid for one month) to rent a car. This can be obtained from your chosen car hire company, or from the Vehicle Licensing Office on High Street. It costs EC\$30 (US\$12) and is valid for one month. Roads are good but our famous heavy rains can make pot-holes appear overnight. There are speed limits but are rarely enforced. Many in Dominica drive fast and prefer to sound their horn than slow down! Be extra cautious on days (usually Thursday and Friday evenings) when farmers are driving their banana-loaded trucks to the port!</p>
	<p>By Taxi -- You can hire a taxi at either the Melville Hall or Canefield airports. Prices are regulated by the government. If you want to see the island by taxi, the driver will charge from EC\$194 to EC\$250 (US\$72-US\$93/£37-£48) for a tour that lasts between 4 and 5 hours. Rates are usually valid for between one and four passengers. After 6pm, taxis may be hard to find, so call ahead.</p>
	<p>Taxis: Arthur Thomas 1-767-225-0019 or 449-1907</p>
	<p>Books on Dominica: http://www.exploringdominica.com/dominica-books.html</p> <p>Google Books: http://books.google.com/books?id=ca9vnUibIDMC&pg=PA168&lpg=PA168&dq=morne+bruce&source=web&ots=vvQxg7z-Yy&sig=QfWmOptegIJ8vwCyKV6HFN8LZLY (<u>Architectural Heritage of the Caribbean: An A-Z of Historic Buildings</u> by Andrew Gerald Gravette)</p> <p>http://books.google.com/books?id=G74-rZzX64cC&pg=PA611&lpg=PA611&dq=soufriere+bay+beach&source=web&ots=nDNStb_zKN&sig=UH9-IPXPj7CIHfD5ZsCOKJxd4r8 (lots of detail and some good maps: <u>Caribbean Islands</u> by Sarah Cameron)</p> <p>http://books.google.com/books?id=h7SriH4YWRoC&pg=RA2-PA475&lpg=RA2-</p>



	PA475&dq=scotts+head+bay+restaurants&source=web&ots=TZMMa4FuLd&sig=ZJZUx7L9TqdM9vtkQMzZ4Aovkfo#PRA2-PA502,M1 (where to stay and where to eat <u>Martinique, Guadeloupe, Dominica and St. Lucia Alive!</u> by Lynne Sullivan)
Attractions/Excursions	
Visitors to tourism sites around the island are required to purchase entry tickets to support the site: Site pass \$2, Day Pass \$5, Week Pass \$10 https://secure.shoretrips.com/default.asp	
	Aerial Tram: Experience a wild, mountainous nature reserve in the center of Dominica's isolated wilderness. Verdant greens and brilliant canopy colors are the result of three hundred inches of annual rainfall on the island. Countless waterfalls, brooks and rivers course through these tropical lands and tumble into a deep river gorge that can only be viewed from the tram gondolas and suspension bridge. Discover plants and life forms that are usually hidden from the human eye in the rainforest treetops. Learn about a little-seen world of intense beauty and an extraordinary biological diversity. Walk across our suspension bridge that spans the Breakfast River Gorge. The 350ft drop makes for a breathtaking view and an awesome experience
	Dominica's extensive rainforest habitats cover over 60% of the island's surface. Many have said that Dominica may be the only island that Columbus would still recognize today. A lack of human development, rich volcanic soils and an unlimited water supply create forests with giant trees, enormous root systems and thick, complex hanging canopy gardens. There are no poisonous snakes or harmful animals on Dominica, making this rainforest safe and accessible for all to enjoy. Our suspension bridge spans the most beautiful feature in the tram park, the Breakfast River Gorge. Here cloud-shrouded mountains create a mystical backdrop for palms, tree ferns, giant bromeliads and cascading waterfalls. The "Siffleur Moutany" (the mountain whistler) echoes in the hills, a soulful melody that will forever remain in your heart. \$55pp phone 866-sky-tram
	<i>We did the aerial tram in Dominica and were not too impressed - possibly because of two reasons. In order to see wildlife, you need to do the early excursion (morning) versus the later one. We took the after lunch tram and saw no birds, monkeys, or anything. I think they were all sleeping. Secondly, part of the tram ride can let you off at a waiting station so you can hike through part of the rainforest. One of our group was not up to this, so we stayed on the tram but I think that cuts out a lot of the true feeling of the rain forest. Staying on the tram, you see lots of vegetation, natural rivers and such; but, not much else. It was also quite expensive when booked through the ship. Just our opinion, you might love it - but go out on the early trip</i>
	<i>We enjoyed the excursion, but it is not fast-paced excitement...it is a quiet, slow, narrated ride through the rainforest, with beautiful views and some wildlife (birds). There was also a short hike through the forest and over a suspension bridge. We are bird watchers/nature lovers, so we were very pleased with the excursion; others might enjoy something more fast paced and active. The tram ride itself lasted more than an hour...about 40 minutes each up and back. We saw some interesting rainforest birds, and lots of lush vegetation and scenic views.</i>
	<i>It moves slowly and does not bounce around. The trams are designed for two people to sit next to each other. There are 4 rows per tram. There is a canopy roof over the top of them but of course are wide open on the sides. There is one area which goes across about a 300 foot canyon and you can either stay on the tram or get off and do a short down hill walk that takes you across a suspension bridge which looks down at the same 300 foot canyon. You do have a guide standing in the back that explains what you are looking at to you and stays with you all the way, unless you stay on the tram and don't do the walking tour. Very mild tour</i>
	Bayfront: in Roseau, a seaside promenade from which town and sea activities can be observed.
	Boeri Lake: high up in Morne Trois Pitons National Park; this mist-shrouded crater lake is fringed with greenery and has purple hyacinths floating on its surface.

	<p>Boiling Lake (see also Morne Trio Piton) is located 5 miles east of Roseau and is the world's second-largest solfatara lake, measuring 207 feet (63m) across. It is a bubbling cauldron with vapor clouds rising above blue-gray water. The depth of the lake is not known. The water temperature in the lake averages around 190°F (88°C) around the edges and is boiling in the middle. The lake is not the crater of a former volcano but a flooded fumarole (a crack in the earth allowing hot gases to vent from the molten lava below). The lake is reached by a 2-4 hour walk from the village of Laudat. Getting here is extremely difficult and even hazardous. Some visitors have even stumbled and fallen to their deaths into the boiling waters. The trail is most often very slippery because of rainfall. You'll encounter few visitors along this trail and, if you do, will likely be glad for the company, especially if a hiker is returning from the area where you're heading. He or she can give you advance reports of the conditions ahead of you. Titou Gorge (meaning "little throat" in Creole) is at the start of the hike to Boiling Lake. This is a small waterfall deep in a water-filled gorge with hot water close by making it a refreshing stop at the end of the difficult Boiling Lake hike. http://www.avirtualdominica.com/thelake.cfm</p>
	<p><i>Hike to the (world's second largest) Boiling Lake, situated in our World Heritage Site, the Morne Trois Pitons National Park. An all day guided hike through forested highlands, via Titou Gorge, Breakfast River, Panorama viewpoint and the Valley of Desolation, where steam is emitted and boiling water trickles from fumaroles and small wells into a grey water stream. The outflow of water from the lake itself flows eastward down the White River, which meets the Atlantic near the village of Delices. This is the only hike in Dominica on which you MUST be accompanied by a qualified guide.</i></p>
	<p>Botanical Gardens: founded in 1891 as an annex to London's famous Kew Gardens, there are 150 species of plants on view on 40 acres; includes a cricket pitch. A 'crushed bus' in the Botanical Gardens is a silent testimony to the force of the winds of Hurricane David (1979), and also the regenerative power of nature (the tree is still growing, on top of the bus). A small aviary in the Gardens has some of Dominica's rare parrots. Leaving the Gardens via the west gate, go straight and you'll soon pass Tropicrafts (look in to see the mats being made) and see the Roman Catholic Cathedral on your left.</p>
	<p>Cabrits National Park (no phone), Just north of Portsmouth is a twin peaked peninsular with well tended nature trails through 'dry forest' to both summits, where old cannons remain and from where panoramic views can be enjoyed. Near to the park entrance and visitor centre are the well preserved remains of Fort Shirley. On Dominica's northwestern coast, immediately adjacent to Douglas Bay, is a 525-hectare (1,300-acre) protected site, only about 25% of which is devoted to dry land. Here are low-rising hills, tropical forests, swampland, volcanic-sand beaches, coral reefs, and the sprawling ruins of a fortified, 18th-century garrison of British, then French, construction. This is one of the area's great natural attractions, and if your time is limited, you may want to head here even if you skip everything else in Dominica. The park's land extends over a panoramic promontory formed by the low-rising twin peaks of extinct volcanoes (known as East Cabrit and West Cabrit) overlooking beaches, with Douglas Bay on one side and Prince Rupert Bay across the headland. The marine section of the park extends over the teeming marine life of the shallow waters of Douglas Bay. http://www.dominicamarinereserves.com/north.html</p> <p>If you want to explore the park underwater, we strongly encourage you to take one of the scuba or snorkeling trips organized by the officially designated dive operator for the park, Cabrit's Dive Center, Picard Estate, Portsmouth (767/445-3010). http://www.cabritsdive.com/</p> <p>If you're interested in hiking, you'll find about 3km (2 miles) of trails, each clearly marked with brown-and-yellow signs, pointing out the geological and architectural highlights of the park. Foremost among these is Fort Shirley, a forbidding-looking hulk that was last used as a military post in 1854. The park's Welcome Center (no phone) contains a small on-site museum (open</p>

	daily 9am-5pm; free admission) that highlights the natural and historic aspects of the park. The staff will make suggestions about the trails you might want to follow, but since the surface of the park is relatively limited in scope, it's hard to get lost. Signs point from the welcome center to the ruins of Fort Shirley, and to the low summits of the East and West Cabrit hills, neither of which rises more than about 150m (490 ft.) above sea level. Morne Aux Diablo.
★	Carib Indian Reservation: Those making day trips to Dominica from other Caribbean islands will want to see the Carib Indian Reservation, in the northeast. In 1903, Britain got the surviving Caribs to agree to live on 1,480 hectares (3,656 acres) of land. Salibia is the main settlement. Today, this reservation is the last remaining turf of the once-hostile tribe for whom the Caribbean was named. Around 3,000 people live in traditional wooden buildings and tin and tar paper shanties; they survive today by fishing, growing food, and weaving baskets and vetiver-grass mats, which they sell to the outside world. The baskets sold at roadside stands make especially good buys..
	The Carib Territory in the east is home to the only surviving population of Carib Indians in the whole of the Caribbean chain of islands, originally descended from South America. They inhabited most islands of the region for a long period of time but most were wiped out by disease during the time of European colonization. Handicrafts such as basket weaving and carving can be purchased from roadside kiosks and a traditional Carib Village is open to visitors. A series of small waterfalls leading to the ocean at the mouth of the Crayfish River is very picturesque. Carib Territory borders Atlantic Ocean just south of Marigot and Melville Hill Airport. Tete Chien named after the dog's head snake it resembles is a stairway-like formation of volcanic rock that appears to crawl into the ocean and features prominently in Carib myths.
	<i>Went to the Caribe Territory with another couple in a self arranged tour. It's a ways (an hour and 20 minutes) from the pier to the territories so give yourself plenty of time. You can visit the Emerald Pool on the way up or the way back making for a nice 4-5 hour day. We paid \$60 (tipped \$10) per couple - \$120 total for the car. This is typical. Don't know what you'll be paying for the ship-arranged tour but you might find this option more appealing as you can spend more time in the territories if that is what you are interested in doing. Once you get here there isn't a lot to do, although watching the Caribs making traditional dugout canoes is interesting</i>
	Central Forest Preserve: mid-island nature reserve; Layou River runs from here to Caribbean Sea near St Joseph.
★	Emerald Falls: This wonderful grotto is a short 5 minute walk into the rainforest in the centre of the island (heading NE from Roseau and on the road to Castle Bruce and the Carib Territory). Very popular on cruise ship days; take your swimming gear but be warned - it's a little cold in the pool. It's been featured in several movies and has also been used as a place to get married! Best time to visit: morning.
	<i>Our favorite place for a dip is the Emerald Pool Trail, which lies in the Morne Trois Pitons National Park. You reach it northeast of Pont Casse, going for 6km (3 3/4 miles) along an unmarked road taking you north to Castle Bruce. Eventually you reach a sign pointing to the Emerald Pool Trail, the most accessible trail in this lush national park. A 30-minute hike takes you to a stunning cascade of water dropping 6m (20 ft.). This is Emerald Falls, where you can go for a cooling swim. Chances are, you'll have it all to yourself</i>
	Emerald Pool and Trafalgar Falls: This 4-1/2 hour tour includes two attractions that are "must-sees" on Dominica. It is similar to the next "Best of Dominica" tour, except this one includes a visit to the village of Trafalgar and Trafalgar Falls and the other one includes the Springfield Guest House folklore show. Hike to Emerald Pool is an easy 20-minute walk from the reception center.
	<i>The popular Emerald Pool and also the little known Twin Falls are in the forested highland in the centre of the island. Not far from the junction leading to Castle Bruce in the east is a visitor centre by the road, from where a fairly short, gentle and well tended trail leads through the forest to the Emerald Pool below a small waterfall in the shade of the forest canopy - a beautiful spot if you are alone, but to be avoided on cruise ship days! Along the Imperial Road leading north-east from</i>



	<i>Pond Casse in the direction of Marigot is a small local bar, painted light blue and named Spanny's Disco. After first requesting permission at the bar, follow the path which leads from the main road across agricultural land to the edge of the forest, from where a trail leads down the valley side to a pool at the base of the first falls. After crossing the river, the trail rises sharply over a small ridge to a second falls of similar proportions. A idyllic spot - both pools are suitable for a refreshing bathe.</i>
	Fort Shirley: (see also Cabrits National Park) large 18 th century garrison fort originally housing 600 soldiers; closed in 1854, it was briefly used in the 1870's and the 1920' as a hospital and quarantine station and agricultural center; fort ruins on tiny northwest peninsula near Cabrits National Park and Prince Rupert Bay; across from Cabrits pier; short hike; wonderful bay views from ruins of Officer's Quarters where there is a small museum..
	Fresh Water Lake: the largest lake in Dominica; site of hydro-electric works in a forest populated with hummingbirds; local legend says its haunted by a vindictive mermaid and monstrous serpent.
	Gallion- southwest village located high above Soufriere and Scott's Head; provides a breathtaking view of the entire bay area and is considered the best place for viewing sunsets on the island.
	<p>Highride Nature Adventures: (ATV and horseback riding):</p> <p>ATV Jungle Safari includes return transportation from Roseau Cruise Ship Berth to Highride ATV base including sites of interest along the way. Full instruction on ATV operation and practice session. Fully guided 1 or 2 hour rainforest ride. Use of ATV unit and safety gear. Refreshment. Tour duration 2.5 - 3.5 hours. Our ATV adventure combines the enjoyment of ATV riding with an unforgettable experience of nature and Dominica! ATV units are safe and easily operated by anyone. No experience is necessary-beginners are welcome! Our fleet of 4-wheel All-Terrain Vehicles are 4WD and automatic transmission. They travel through all types of terrain and off-road conditions enabling visitors to explore undisturbed, natural environments. This type of tour is enjoyed in ALL weather conditions. In fact, the wetter the better, making it ideal for Dominica's rainforest conditions. Each ATV takes 1 driver and 1 passenger up to 350 lbs.</p> <p>Horseback Riding Tour includes return transportation from Roseau Cruise Ship Berth to Highride Stables including sites of interest along the way. One hour fully guided horseback ride along mountain rain forest trails; all riding equipment including safety helmets; tour duration 2.5 hours. Leisurely cruise through the rainforest on a fully guided nature adventure! Our docile, well-trained, riding horses will take you deep into the rainforest along mountain trails. Relax in your western style saddle and enjoy all that nature has to offer!</p> <p>Highride Nature Adventures 767-448-6296 448-6298 or 440-2117 or email highriders@cwdom.dm</p>
	<p>Hiking and Mountain Biking: Nearly 300 miles of footpaths open up to some of Dominica's most spectacular sceneries and make this island a haven for hikers and nature-lovers. In almost every part of the country, trails weave their way into gorges and across valleys, climbing up to 4,000 foot mountains. <i>Novice hikers</i> will discover that a relaxing fifteen minute stroll to the Trafalgar Falls reveals photographic vistas of a dense rainforest, twin cascades, warm pools, and rushing streams. For the <i>average hiker</i>, journeys to the Penrice, Middleham, Sari Sari, and Victoria Falls would be simply enchanting, and for the hardcore backpacker, the hours of trekking to attractions like the Perdu Temp, Boiling Lake, Morne Diablotin, or through the Waitukubuli trail would be a fitting challenge.</p> <p>http://www.hikedominica.com/ and http://www.exploringdominica.com/mountain-biking.html</p>
	Wild and untamed Dominica offers hikers some of the most bizarre geological oddities in the Caribbean. Sights include scalding lava covered with a hot, thin, and not-very-stable crust; a boiling lake where mountain streams turn to vapor as they come into contact with superheated



	volcanic fissures; and a barren wasteland known as the "Valley of Desolation"
	http://www.mrnaturetours.dm/html/tours.htm http://www.visit-dominica.com/hikinggry.cfm?AltCategory=91 http://www.avirtualdominica.com/hiking.cfm
	<p style="text-align: center;"><u>Getting a Trail Guide</u></p> <p>Locals warn that to proceed along the island's badly marked trails into dangerous areas is not a good idea; climbing alone or even in pairs is not advised. Guides should be used for all unmarked trails.</p> <p>You can arrange for a guide at the office of the Dominica National Park, in the Botanical Gardens in Roseau (767/448-2401), or the Dominica Tourist Board. Forestry officials recommend Ken's Hinterland Adventure Tours & Taxi Service, Fort Young Hotel on Victoria Street, Roseau (767/448-4850). You can also call NBC 767-448-2045 or 4272 to arrange a tour. Depending on the destination and the attractions, treks cost US\$140 to US\$240 (£73-£125) per person for up to four participants and require 4 to 8 hours round-trip. Minivan transportation from Roseau to the starting point of your hill climb is usually included in the price.</p>
	<p><u>Indian River:</u> In the northwest, the Indian River meanders slowly through mangrove trees and marsh plains to its mouth on the south side of Portsmouth from where, for a small charge, a guide will row you up the river as far as navigable to a bush bar in the forest, where you may disembark for refreshments before returning. Indian River native canoes can be taken through the mangroves into prime bird watching territory of Glanville Swamp. Your guide will describe the unique vegetation to be seen along this tranquil stretch of river and you will be unlucky not to spot the giant Ringed Kingfisher.</p>
	<p><u>Kayaking:</u> Dominica is probably the best place in all the Caribbean for kayaking. Depending on the size, you can rent a kayak for US\$26 to US\$50 (£14-£26) for a half-day, then go on a unique adventure around the rivers and coastline of the lushest island in the West Indies. Nature Island Dive, in Roseau 767-449-8181, offers rentals and gives the best advice. You can combine bird-watching, swimming, and snorkeling as you glide along. Consider Soufrière Bay, a marine reserve in southwest Dominica. Off the west coast, you will discover tranquil Caribbean waters with rainbow-hued fish along the mid-island west coast beaches in Mero, Salisbury, and in the region of the Layou and Macoucherie rivers.</p>
	<p><u>La Plaine:</u> main village on Dominica's southeast coast; sits on a wide slope of hardened lava once emitted from the volcanoes in the Grand Soufriere Hills.</p>
	<p><u>Layou River:</u> Tubing on the Layou River, the longest and largest of the 365 rivers of Dominica, is an exciting and memorable shore excursion. Each person rides in their own tube, and you feel much like a pinball as you drift down the river, hitting rocks and spinning away. It is great fun, and the beautiful Layou River valley, with its tall cliffs and lush vegetation, make the excursion one of the best in the Caribbean. Two-person kayaks can also be used in this fun excursion. A short lesson from the guides helps even beginner kayakers to enjoy this ride down the Layou River. The kayaking adventure ends at the point where the river runs into the sea. The Layou River is the island's longest, originating on the south-east slopes of Morne Diablotin in the Central Forest Reserve; flowing first in a south easterly direction then, from the village of Belles, westwards to flow ultimately into the Caribbean Sea at St Joseph (near Mero Beach and the town of Salisbury). A suspension bridge can be seen at Cassade Gardens. On its northern bank, approx. two miles from its estuary on the mid-west coast, is the attractive and secluded Layou River Hotel, with swimming pool, spacious gardens and well tended lawns. A mile or so further east, by the first road bridge, a short trail leads to a shaded river beach on its south bank, where a long stretch of river is slow and deep enough to enjoy a swim and where, on the far bank, a small pool has been built around a hot spring. Another great picnic spot.</p>
	<p><u>Marigot:</u> Dominica's third largest town; a fishing village; museum of French and Creole furniture,</p>





	artifacts, weapons and maps is housed in a resotred 19 th century lime and sugar factory: Habitation Chabert.
	Middleham Falls: Hikes in the Morne Trois Pitons National Park can include the impressive 300ft Middleham Falls, which takes approximately 1 hour to reach from either Providence (near to Laudat), beyond Cochrane via Tou Santi (stinking hole), or from Sylvania.
	<i>Middleham Falls is my favorite. About a 45 minute hike each way, but the reward is a magnificent 200 foot waterfall in the middle of the rain forest. My girlfriend and I went there with Levi of Bumping Tours. Awesome tour guide, by the way. It felt like we were the first people to ever see it. We even swam in the freshwater pool at the bottom. Unbelievable experience. We were the only ones there for a while.</i>
	Mr. Nice Fruit Stand: quite out of the way from everywhere; He's just a great guy, who shares everything he grows and catches and loves to talk about it all. You get to sample pure cane juice, all sorts of fruits, breadfish, and sometimes cooked fishes, etc. Please don't forget his tip bucket hanging above your heads when you leave. He doesn't charge any money for everything you get to sample.
	Mountains: Morne Anglais: on the southern tip near Loubiere; at 3,683 feet, it is the easiest of Dominica's high mountains to climb; affords panoramic views of Dominica.
	Morne Aux Diabolo at the northern tip of Dominica, it rises behind the dark sand beach of Douglas Bay; rigorous hike to the top of this scenic mountain of 2,826 ft.
	Morne Bruce: huge white crucifix high above the Botanical Garden's aviary is a fine vantage point, hike up to Morne Bruce from the Botanical Gardens, which can be reached from a track near the east gate of parrot aviary; takes about 15 minutes hiking and provides a splendid view of Roseau; the crucifix and shrine was erected in 1924.
	Morne Diablotin; in the Northern Forest Reserve, it is Dominica's tallest peak with an elevation of 4,747 feet; peak can be reached after a day's hiking.
	Morne Trois Pitons National Park was the first UNESCO World Heritage Site in the eastern Caribbean. All these attractions are in the heavily forested 6,800 hectares (16,800 acres) of the Morne Trois Pitons National Park, in the island's south-central region. You should go with a guide -- there are plenty of them waiting for your business in the village of Laudat. Few markers appear en route, but the trek, which includes a real assortment of geological oddities, stretches 10km (6 1/4 miles) in both directions from Laudat to the Boiling Lake. Ferns, orchids, trees, and epiphytes create a tangle of underbrush; insect, bird, and reptilian life is profuse. The hill treks of Dominica have been described as "sometimes easy, sometimes hellish," and if it should happen to rain during your climb (and it rains very frequently on Dominica), the paths are likely to become very slippery. But botanists, geologists, and experienced hikers all agree that climbs through the jungles of Dominica are the most rewarding in the Caribbean. Hikers should walk cautiously, particularly in areas peppered with bubbling hot springs. Regardless of where you turn, you'll run into streams and waterfalls, the inevitable result of an island that receives up to 400 inches of rainfall a year. Winds on the summits are strong enough to have pushed one recreational climber to her death several years ago, so be careful. An adventure only for the most serious and experienced hiker is to Boiling Lake and the Ti Tou Gorge , a deep and very narrow ravine whose depths were created as lava flows cooled and contracted. En route, you might spot rare Sisserou and Jacquot parrots, monkeys, and vines whose growth seems to increase visibly on an hourly basis. The lake itself lies 10km (6 1/4 miles) east of Roseau, but reaching it requires about 4 hours of hiking, some of it strenuous. Go only with a guide, which can be arranged through the tourist office.

	<p>Taking the Wotton Waven Road, you branch off in the direction of Sulphur Springs, volcanic hot springs that are evidence of Dominica's turbulent past. Jeeps and Land Rovers can get quite close. This bubbling pool of gray mud sometimes belches smelly sulfurous fumes. The trail begins at the Titou Gorge, where you can go for a cooling swim in a pool or enjoy the hot spring waters alongside the pool. A 5-minute swim will take you up the gorge to a small cave with a beautiful waterfall. After the gorge the marked trail goes through the appropriately named "Valley of Desolation" and comes out at Boiling Lake on the far side, a trek of 2 to 3 hours one-way. Sulfuric fumes in the area have destroyed much of the once-flourishing vegetation in the region.</p>
	<p>Morne Trois Pitons: Dominica is of relatively recent (Miocene) volcanic origin, and the topography is characterized by precipitous slopes and deeply incised valleys. In fact the island is the most rugged and mountainous in the Caribbean. Morne Trois Pitons refers to the "mountain of three peaks". This is a relatively young volcanic pile, the three peaks being the basaltic spike-like remains of a former volcano. Rising to an elevation of 4,672 ft. within 5 miles of the sea, it is the dominant landform and the namesake of the park. Morne Trois Pitons National Park, established in July 1975 by an act of Parliament, was the first of Dominica's National Parks to be legally established. In 1998, UNESCO recognized the unique beauty and value of our Morne Trois Pitons National Park, and designated it a World Heritage Site. <i>Luxuriant natural tropical forest blends with volcanic features of high scenic appeal and scientific interest... With its precipitous slopes and deeply-incised valleys, fifty fumaroles and hot springs, freshwater lakes, a "boiling lake" and five volcanoes...together with the richest biodiversity in the Lesser Antilles, Morne Trois Pitons National Park presents a rare combination of natural features of World Heritage value.</i> "Morne Trois Pitons National Park is located in the south-central interior of the island above the 500 meter contour. It is 16,980 acres in area, and though not large by international standards, the park is in keeping with the scale of the island. Dramatic examples of active volcanism occur within the park. In the Valley of Desolation there are more than fifty fumaroles and hot springs, indicating that rocks of high temperature exist near the surface. A major explosion occurred here which, combined with constant emission of steam and sulphurous gases, has produced a barren landscape that contrasts sharply with the lush vegetation of the rest of the island. It's like going back in time when you explore Morne Trois Pitons National Park, a primordial rainforest. Mists rise gently over lush, dark-green growth, drifting up to blue-green peaks that have earned Dominica the nickname "Switzerland of the Caribbean." Framed by banks of giant ferns, rivers rush, and tumble, trees sprout orchids, green sunlight filters down through trees, and roaring waterfalls create a blue mist. One of the best starting points for a visit to the park is the village of Laudat, 11km (6 3/4 miles) from Roseau.</p>
	<p><i>Should you attempt any of less well used trails - around the peaks of Morne Trois Pitons, the summits of Morne Micotrin (4,006ft.) or Morne Watt (4,017ft.), you are also advised to take along a qualified guide, as it is easy to lose the trail in places . Most hikes commence from or near to the village of Laudat, at a cool 2,000ft in the northern heights above the Roseau Valley. In the southern heights is the village of Wotton Waven, from where there are short trails to hot springs, geysers and fumaroles such as the Dragon's Mouth.</i></p>
	<p><i>Climb our highest mountain peaks - Morne Trois Pitons (4,672ft) in the Morne Trois Piton National Park or Morne Diablotin (4,747ft) in the Northern Forest Reserve but only if you are fit and active and enjoy obstacle courses. These trails are seldom used and are not well maintained - watch out for Razorgrass, which is a sedge with a triangular stem and can climb and grow very long - the dark green slender blades have a surface which sticks like velcro to your skin and scratches if you pull away! The trail leading to the summit of Morne Trois Pitons starts at the Rosalie Road, not far from the Pond Casse roundabout in the centre of the island. The Morne Diablotin trail commences close to Syndicate Forest, accessed via road from the west coast highway, just north of Dublanc, where the junction is signposted to Morne Diablotin. Allow a minimum of 3 hours each way for either hike and remember it is usually dark by about 7.00pm.</i></p>



	Northern Forest Reserve: large area encompassing 22.000 acres of land including Morne Diablotin, Dominica's highest peak.
★	Old Market: Dawbiney Market Square in Roseau, the Old Market is a pedestrian area with shops and a craft center; once the site of the former slave market, a wrought iron Victorian-style memorial marks the old block where slave auctions occurred; Domenica Museum has interesting displays on the slave trade and Creole and Amerindian culture in a compact but well-organized museum.
	Old Mill Cultural Centre: in Canefield, performance and art displays are offered in the old stone building at the side of the road; one of the sites of the World Creole Music Festival.
	Pointe Michel: On your way to the south of the island, about a mile south of the fishing village of Pointe Michel, where the road leaves the coast and goes up into the hills, is a track down to a pebbly beach. At the end of this beach and starting a few feet into the water, is Champagne , a large area where volcanic activity causes thousands of bubbles to come from the rocks beneath the water. At the end of the island, the villages of Soufriere and Scott's Head are both on the same beautiful bay. Scott's Head is at the end of a short isthmus and affords 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 Fort Cachacou which was an important defence post and involved in action between the British and French in 1778 and 1805 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 above Soufriere
	Portsmouth: Dominica's second city is Portsmouth, situated in the north-west of the island on Prince Rupert Bay. For visitors, the focal point is The Cabrits, a headland on which can be found the remains of the recently restored Fort Shirley. Wander around the headland and you'll probably stumble on old buildings and cannon from the Fort. Also of note near Portsmouth is the Indian River, where you can take a boat ride up through the mangroves for about a mile. Portsmouth is also home to Ross University Medical School On the northwestern coast, Portsmouth is Dominica's second-largest settlement. Here you can row up the Indian River in native canoes, visit the ruins of old Fort Shirley in Cabrits National Park, and bathe at Sandy Beach on Douglas Bay and Prince Rupert Bay.
	Rainforest: High rainfall can cause flash-flooding of even small streams. The dense rainforest can get dark quickly in the late afternoon Hikes often cross rivers - watch out for slippery rocks. What to take: Waterproof rain gear (a poncho will also protect camera gear), camera (with extra film and batteries, and somewhere dry to carry them), insect repellent (but don't worry, we've no poisonous creatures!), sunglasses, wear comfortable clothing (it will be humid), shorts or light pants, sneakers with good treads or (waterproof) hiking boots and a hat or baseball cap.
*★	River Tubing: Wacky Rollers: The tour operators met us at the pier and took us to the tubing site. It was about a 20 to 30 minute drive in a van. It lasted about an hour and was a lot of fun. Yannick Xavier at wackyrollers@yahoo.com .
*★	Roseau: Dominica's capital city (pronounced "roze-o") is densely populated market town of 20,000 where an assortment of modern buildings and pretty stone and Victorian houses line the streets before the backdrop of Dominica's green mountains; waterfront was rebuilt after Hurricane David; Old Market Plaza has open-air stalls and a museum.
	Roseau Museum: The Roseau Museum is compact but well organized. Opposite the cruise ship jetty, it is housed in the old Post Office. Behind it is the Old Market , where once slaves were bought and sold, and today can be found a craft market. The New Market , at the other end of the Bayfront, comes alive early Saturday morning (but is also open other week days) with a stunning variety of tropical fruits, vegetables, flowers and sundry items. Be sure also to take a refreshing drink of coconut water while there.
SNORKELING/SCUBA	

	http://www.exploringdominica.com/scuba-diving-vacations.html http://www.exploringdominica.com/sea-turtle-watching.html http://dominicawatersports.com/ http://dominicawatersports.com/divefest.cfm
	<p>Diving has taken off on Dominica. The underwater terrain is spectacular. Most of the diving is on the southwestern end of the island, with its dramatic drop-offs, walls, and pinnacles. These volcanic formations are interwoven with cuts, arches, ledges, and overhangs, home to sponges, gorgonians, and corals. An abundance of invertebrates, reef fish, and unusual sea creatures such as sea horses, frogfish, batfish, and flying gunnards attract underwater photographers.</p> <p>Diving in Dominica is unlike any other Caribbean destination. Here, the rugged mountains and canyons are cloned underwater, which presents the diver with deep walls, caverns, and extinct volcano crater dives.</p> <p>Several sites (most famous at Champagne Reef) center around underwater hot springs where millions of tiny bubbles spew from the ocean floor, attracting an array of marine life. The island offers shallow reef dives, wreck dives, pinnacle dives, channel dives, and deep wall dives, and the waters here shelter dolphins and whales YEAR ROUND. If you've been diving the Caymans and Belize so much you just don't care to anymore, try Dominica. It's diving of a different sort</p>
	<p>Dominica is rated among the top 5 dive destinations in the whole of the Caribbean and number 8 in the world. Diving opportunities off the 29 miles of sheltered west coast are exceptional and not to be missed if you are divers. There are several dive centres scattered along this stretch - from north to south: Cabrits Dive Centre, close to Picard Beach Cottages, Anse-A-Liane Lodge, near to Colihaut, the East Carib Dive Club at Salisbury beach, Dive Castaways at Mero, Dive Dominica and the Anchorage Hotel, side by side at Castle Comfort just south of Roseau, and Nature Island Dive at Soufriere.</p>
	<p>Scuba Diving's 2006 exclusive annual report on the best dive destinations in the world today has voted Dominica in several categories. Top Dive Destinations - # 3 Top Wall Diving - # 5 Top Small Animals- # 1 Top Marine Life - # 1 Healthiest Marine Environment - # 1 Top snorkeling - # 5 Dominica featured prominently in Scuba Diving Magazine's 2005 Readers' Choice Awards. Dominica was named the best dive destination for seeing Small Animals in the Caribbean/Atlantic. Along with that honor, Dominica was named as one of the top two destinations for marine life and underwater photography and was one of the top three dive destinations overall.</p>
	<p>The marine reserve at Scotts Head/Soufriere Bay is a submerged volcano, renowned for its 'champagne' bubbles and great diversity. Douglas Bay, north of the Portsmouth and the Cabrit peninsular is also a designated marine reserve. On the Atlantic side, the north facing stretch of coastline from Blenheim to Woodford Hill has many attractive inlets and coves which are sheltered from the strong currents and breakers of the Atlantic and where snorkeling is also possible.</p>
	<p>Dive Dominica, in the Castle Comfort Diving Lodge (P.O. Box 2253, Roseau), Castle Comfort, Dominica, W.I. (tel. 767/448-2188), gives open-water certification (both NAUI and PADI) and instruction. Two diving catamarans and a handful of smaller boats get you to the dive sites in relative comfort. The dive outfit is part of a hotel, a 15-room lodge where at least 90% of the clientele checks in as part of a dive package. A 7-night dive package, double occupancy, begins at US\$1,099 (£572) per person, including breakfasts and dinners, five two-tank dives, and one night dive. A single tank dive for non-guests goes for US\$50 (£26), a two-tank dive for US\$80 (£42), and a night dive for US\$55. All rooms in the lodge are air-conditioned, and have TVs, phones, and Wi-Fi. On the premises are a bar (for residents and their guests only) and a Jacuzzi.</p>
	<p>Anchorage Dive Centre: Divers from all over the world come to the Dive Centre, at the Anchorage Hotel in Castle Comfort (767/448-2638). With a pool, classrooms, a private dock, a mini-flotilla of dive boats, and a fully qualified PADI staff, this is the most complete dive resort on</p>




	Dominica. A single-tank dive costs US\$60 (£31); a double-tank dive, US\$79 (£41); and a one-tank night dive, US\$65 (£34). A whale- and dolphin-watch from 2pm to sunset is popular and costs US\$50 (£26) per person. There is an additional US\$4 (£2) charge for use of the marine park for two people. Rum punch is served.
	Nature Island Divers: www.travelbarefoot.com/tours/obt/
* 	<p>The beaches may be lousy, but Dominica has some of the best river swimming in the Caribbean. Some say the little island has 365 rivers, one for every day of the year. The best places for swimming are the refreshing ponds at the base of a waterfall, of which there are dozens on the island. Your best bets are on the west coast at the Picard or the Machoucherie rivers. On the east coast, the finest spot is White River, near the hamlet of La Plaine. Consider also the Layou River and its gorges. Layou is the island's largest river, ranging from tranquil beach-lined pools ideal for swimming to deep gorges and turbulent rapids. All the rivers are pristine and make nice spots for a little sunbathing or perhaps a picnic lunch along their banks.</p> <p>The staff at the tourist office knows the island intimately and will help you map out a place for a picnic and a swim during your tour of the island, depending on where you're going. They'll also arm you with a good map and directions if you're heading out on your own.</p>
* 	<p>Champagne: You don't have to be a diver to enjoy Dominica's underwater beauty. Perhaps our most famous spot is Champagne, just a few meters offshore. Not just a fascinating reef teeming with fish, this area has extensive hot water springs which come to the surface as warm air bubbles. Just as if you were swimming in a glass of warm champagne!</p> <p>Irie Safari: Get a snorkel tour from Irie Safari 1-767-440-5085 email iriesafari@cwdom.dm</p>
	<i>There really isn't any sand at Champagne Beach. It's all rocks, about the size between a golf ball and a baseball. As for the snorkeling, it was really cool to swim in the bubbles (watch out for jellyfish). There were several small boats from the ships in port that day which all sat offshore and dumped snorkelers into the area for a good time. However, it was not crowded by any means.</i>
	<i>Soufriere's 'Champagne' & forest hot springs. Soufriere is at the south of the island, on the north side of Scotts Head Bay, a marine reserve. In the sea immediately in front of a historic old church on the shore, and in several other nearby locations, streams of tiny bubbles rise from the sea bed, betraying undersea hot springs referred to locally as 'champagne'. Following the unpaved road inland from Soufriere for about 1 1/2 miles brings you to a hot springs bathing pool in the shade of the forest canopy. From there, a nature trail ascends to several sulphur deposits - large, pale, cone shaped mounds with steam seeping from the odd crevice.</i>
	<i>ALDive & W.A.T.E.R. Sports, Inc. offer snorkel trip We just got back from a cruise in March and booked a snorkel trip through ALDive and W.A.T.E.R. Sports, Inc. for Champagne reef. It cost \$33 US and was great--1 to 2 hours long. Samantha will respond to your e-mails quickly and arrange pick-up/drop-off at the pier. She had a sign and our name so very easy to see her. A quick drive south and we were at their business location on the beach. They fitted us for snorkel gear - good gear. Their 18 ft skiff has complete first aid and oxygen kit on board - safety first is their motto. Along the short ride to Champagne Reef, one of the young gentlemen by the name of Kahn pointed out various points of interest. Once we got to the reef, Kahn explained where he would be taking us and points of interest. - swam with us for safety and has a sling if you need to rest. Kahn guided us through the whole snorkeling trip. It was the best snorkeling trip we have had in the Caribbean or Hawaii - lots of fish, coral, bubbles even a seahorse.</i>
	ALDive & W.A.T.E.R.Sports Inc. Call 1-813-774-5254 (no long distance charges from North America) Loubiere Main Road P.O.Box 672 Roseau 00109-8000


	www.aldive.com
	www.dominicawatersports.com www.dominicawatersports.com
	Snorkeling sites are never far away, regardless of where you are on Dominica. In all, there are some 30 first-rate snorkeling areas immediately off the coast. The western side of the island on the Caribbean Sea, where nearly all of the snorkeling takes place, is the lee side, meaning the waters are tranquil. You can explore the underwater hot springs at Champagne and Toucari, the Coral Gardens off mid-island coastal Salisbury, and the southern shoreline of Scotts Head Beach, with more than 190 species of flamboyantly colored fish. The closeness of the reefs to shore makes snorkeling here some of the best in the Caribbean. Your hotel or one of the dive shops can set you up with gear.
	Dominica has many pristine coral reefs with diverse marine life, perfect for diving or snorkeling. One snorkeling place that is very unusual is nicknamed "Champagne" because of the tiny crystal bubbles that continuously rise from small volcanic geothermal fissures in the sea floor. Swimming in these bubbles is like swimming in a glass of champagne! The snorkeling boat picks up guests within walking distance of the cruise ship pier in Rouseau for the 3-hour shore excursion. We had an enjoyable ride of about 45 minutes along the southwest coast of Dominica, providing a great view of Roseau and several small villages along the coastline. The snorkeling boat anchored in the Champagne area of the Soufriere/Scottshead Marine Reserve. We snorkeled for about an hour, and the bubbles made us all giddy! (I guess it was the champagne.) The boat then returned to Roseau after an exhilarating snorkeling experience!
* 	Discover the wonders of Dominica's sub-aquatic sulphur spring "Champagne." Snorkelers can get a first-hand look at Dominica's untamed volcanic activity, in only 4 to 15 feet of water. Hot water and bubbles filter out of vents, attracting a variety of marine life. Parrotfish, octopus, squid, and other amazing underwater creatures join you as you glide through the bubbles at this natural phenomenon. Barrel sponges, vase sponges, brain coral, and finger coral cloak the reef. Champagne Reef is close to shore and provides a perfect example of the wide diversification of underwater life that Dominica has to offer:
* 	Scott's Head Wall: The Soufriere Bay is formed by an ancient submerged volcano and is home to an amazing amount of marine life. Scotts Head Wall forms part of this submerged volcano. Here you can snorkel along the top of the underwater wall which is covered in hard and soft corals and schools of reef fish. Experienced snorkelers can follow the coastline to the point where the wall falls away, revealing a dramatic seascape. After a brief swim, you'll be surprised by the sudden appearance of a shallow plateau engulfed in yellow tube sponges. http://www.avirtualdominica.com/ssmr/index.html
* 	The bay is an extinct volcanic crater whose walls drop to an uncharted depth within a lava chute. The majority of the dives are on the submerged remains of this crater: vertical walls in some cases with no ledge separating surface from the depths below, submerged pinnacles rise from the depths close to and just offshore providing another type of dive habitat, and in other areas gently sloping shelves extend from shore to the depths of the middle of the bay. At one particular site pockets of air are warmed within the rock by the latent volcanic activity of the island and as it expands are squeezed out through cracks, giving the effect of diving, swimming, or snorkeling through a glass of champagne. Due to the nature of the reef, the SSMR is home to many rare and unusual creatures which are found in relative abundance here. This makes the area a delight for those who have just discovered it, and brings back those who have already found this place. Professional and amateur underwater photographers and the discerning diver frequently return time and time again. You don't have to be a diver to enjoy the marine reserve - dolphins are quite often seen playing in the bay, especially around sunset.
* 	There is also a 'hot spot' in the sea, just in front of the Soufriere Church. Hot water bubbling up from the sand is cooled by the sea's waves flowing in over the stone wall, creating a perfect




	soaking temperature.
	Sari Sari Waterfalls: waterfall cascades 150 feet to a swimmable pool at its base; spray can be felt for hundreds of yards.
*★	Scott's Head: a tiny fishing village of 800 people located on the isthmus at the end of gently curving Soufriere Bay; a scenic backdrop of mountains; a view over Soufriere Bay and Scott's Head Village are seen from the remains of Fort Cachacou (an important defense post, the fort was involved in action between the British and French in 1778 and 1805.) For divers, Scott's Head Drop is a shallow coral ledge that drops abruptly to a depth of over 160 feet and has a wall of tube sponges and soft corals
*★	Soufriere: a fishing village with brightly painted fishing boats lining the shore; named after nearby sulfur springs.
*★	Soufriere Bay: popular with divers, the bay's gently curving shoreline is the rim of a sunken volcanic crater; the bay contains the highest concentration of soft corals in the Caribbean.
	St Joseph: small northwest fishing village of 2,500 people located behind a small black sand beach on the Caribbean Sea.
	Syndicate Estate: best spot to see two endangered parrot species: red-necked or Jaco parrot and the Imperial or Sisserou parrot.
	The north facing North-East coast has many attractive and secluded beaches, often sheltered from the Atlantic by rocks and islets - Hodges Bay, Grand Babtiste Bay and Calibishie are favourites. Calibishi is a small and very pleasant village with a handful of shops, bars and restaurants. From the ridgetop road through and beyond the village of Bense, a trail leads down to the Hampstead River. After crossing the first part of the river, follow the second to where a deep diving pool can be found below a small waterfall.
	The South-East coast has some breathtaking scenery. The road from Pond Casse in the island's center first reaches the SE coast at the picturesque mouth of the Rosalie River, the town of Rosalie and Rosalie Bay. A further 20 minute drive south brings you to the Sari Sari River, below the bridge is a long deep river pool ideal for bathing and a great picnic spot. Turn left and drive through the village of La Plaine and you will come to a hiking trail along the river to Sari Sari Falls. Driving south for a further 20 minute brings you to the village of Delices, where the White River flowing from the Boiling Lake nears the sea. A 45 minute. hike will bring you to the Victoria Falls. Downstream from the windy pool below are several smaller pools, large and deep enough to enjoy a swim in the opaque, turquoise water which has by then lost much of its heat, but is nonetheless a very pleasant temperature. Along this whole stretch of coast, the palm, banana and forest-clad slopes rise steeply and dramatically to some towering summits.
	<p>Tour Guides:</p> <p>Adventure Dominica:</p> <p>Antours: \$60pp; www.antours.com</p> <p>Beno: Augustine Pascal; \$40pp 1-767-235-2625 or 448-0625; www.benonaturetours.com; or email at benox265@hotmail.com</p> <p>Bobby Frederick (Yahbai "Bobby" Fredericks)</p> <p>BumpingTours: <i>You pay \$49.00 with Levi and you get to go to the Morn Bruce, Botanical Gardens, Emerald Pool, Trafalgar Falls, Sulphur Spring, you stop at Mr. Nice (optional), and Champagne Reef. Your site passes are already included, so you do not have to pay for that again.</i> http://www.bumpingtours.com/index.htm email at penny@cwdom.dm or levibaron@bumpingtours.com</p> <p>Daniel Didier: danieltoursandtaxi@wdom.dm</p> <p>Fredos: fredos40@hotmail.com</p> <p>Ken's Hinterland Tours http://kenshinterlandtours.com</p> <p>Owen Tours: Owen Prince www.owentours.com</p>

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* 	<p>Titou Gorge: (in Morne Trois Pitons National Park) crevice in which hot and cold streams intermingle; relaxing hot springs are experienced and strong swimmers can take the clean waters that lead to a spectacular view of a waterfall; a dark narrow water-filled canyon can be explored with the aid of the sunlight filtering from a crack above; swim into caves; short swim in 10 foot water to gorge; or 7 minute walk to gorge; bathe in hot and cold water; waterfall; scenes from Pirates of the Caribbean 2 filmed here</p>
	<p>Trafalgar: a village in the Roseau Valley that takes its name from as estate in the area that was named for the Battle of Trafalgar; a track through the village leads to the nearby Trafalgar waterfalls.</p>
* 	<p>Trafalgar Falls: the most famous Dominica waterfalls; these famous twin waterfalls (known as "Mother" and "Father") are a 20 minute drive from Roseau and past the village of Trafalgar. A pleasant, short walk through a forest of ginger plants and vanilla orchids takes one from the Visitors Centre to a good viewing platform; the more intrepid can continue on to swim in the refreshing waters of the smaller waterfall or find the hot springs of the tallest fall. Guide not required Eight kilometers (5 miles) up from the Roseau River Valley, in the south-central sector of Dominica, Trafalgar Falls is reached after driving through the village of Trafalgar. Shortly beyond the hamlet of Trafalgar and up a short hill, there's a little kiosk where you can hire a guide to take you on the short walk to the actual falls. In all, allow about 1 1/2 hours for the trip from Trafalgar to the falls. This is the only road or pathway into the falls, and you'll have to approach on foot, as the slopes are too steep for vehicles. After a 20-minute walk past ginger plants and vanilla orchids, you arrive at the base, where a trio of falls converges in a rock-strewn pool. Swimming in the hot mineral spring and then the cool main stream is enjoyed amid sulfur-dyed rocks at the fall's base.</p>
	<p><i>The twin Trafalgar Falls are only a 20 minute forest walk from the village of Trafalgar, at the head of the Roseau Valley - a generous and well tended trail leads through mature forest to a timber viewing platform. For the young and fit, a narrow and rocky trail continues up to the pool at the base of each of the falls, where a wind of fine spray rapidly cools you down. Papillote's 4 acres of forest gardens and restaurant overlooking the Roseau Valley is an ideal spot to take lunch.</i></p>
	<p><i>We took a cab to the falls, and I believe it was around \$15 a person. (this was in March) There were 5 of us, so I don't know if it would make a difference for a smaller group. We went with a man named Randle James, who we found at the dock. We just waded through all the drivers until we found a price that suited us. Most of them wanted to give you an island tour, but we just wanted to go to the falls because some in our group were going to Champagne Bay snorkeling in the afternoon. He was very nice, and waited for us at the Falls until we were finished. The viewing platform is nice, but if you want to try to go farther, be sure to wear good shoes!</i></p>
	<p>Valley of Desolation: (in Morne Trios Pitons National Park) area of boiling mud ponds; brightly colored hot springs and mini-geysers; sulfur crystals color the ground, steam vents through cracks in the earth and streams run black in this area resembling a primeval valley.</p>
	<p>Victoria Falls: (in Morne Trios Pitons National Park) one of the most impressive and photogenic waterfalls on the island, it is formed by the White River pouring over a cliff into a warm pool below; minerals give the water a milky white color.</p>

★	Wacky Rollers: river tubing, Jeep safari; ocean kayaking; adventure park; http://www.wackyrollers.com/
	Whale Watching: Dominica is home to 154 species of marine mammal due to the proximity of incredibly deep water so close to shore. You'll see more sperm whales, pilot whales, killer whales, and dolphins during whale- and dolphin-watching trips off Dominica than off any other island in the Caribbean. There is a resident population of females off the deep Caribbean coast and males migrate across the Atlantic every year. A pod of sperm whales can often be spotted just yards from your boat, since there are no laws here regarding the distance you must keep from the whales. The large mature male sperm whales are the largest of the toothed whales weighing up to 40 tons and reaching 30-50 feet in length. The sperm whale is able to make dives in excess of 7,000 feet and may stay down for close to an hour.
	Anchorage Hotel, at Castle Comfort just ½ mile and minutes from Roseau, offers the best whale watching tours. A 4-hour trip costs US\$50 (£26), but children under 12 pay half price. The vessels leave the dock every Wednesday and Sunday at 2pm (call ahead for availability). Thursday night BBQ with local cuisine and Caribbean music! 767-448-2638 Fax 448-5680, http://www.anchoragehotel.dm/ Dive Dominica: 5 boats, kayaks available from Castle Comfort Dive Lodge; http://www.divedominica.com/ http://www.castlecomfortdivelodge.com/whalewatch.html http://www.exploringdominica.com/whale-watching.html Carlty's Tours: carltystours@yahoo.com Shore Tours: www.shoretours.com
	Whale and dolphin watching from Dominica - afternoon boat excursions from Dive Dominica and the Anchorage Hotel are twice weekly - 2.00pm till dusk, all year round. Along with the many species of whale which frequent our waters (located by sonar detector lowered from the boat) can be seen dolphins and frigate birds, along with flying fish jumping alongside and in front of the boat. Follow this link for further details. www.exploringdominica.com
	<i>To see one reason why Dominica is commonly called the "Nature Island" of the Caribbean, all you have to do is pay us a visit. Our tropical paradise currently sports a 90% success rate in viewing whales and dolphins while on whale watching tours. You can often see these magnificent creatures at close range, along with frigate birds, flying fish, and other forms of marine life, all from the comfort of your hydrophone equipped catamaran. Watching whales in Dominica is spectacular! Due to the fact that Dominica is concerned about the overall welfare of these marine creatures, your tour usually begins with educational and boat safety briefing. Whale watching tours start along the west coast of the island (that's where a majority of sightings occur) and can last up to 3 1/2 hours. Generally trips range from just south of Scott's Head to mid-coast town of Salisbury encompassing the southern half of the island. Over the years, 22 different species of Cetaceans (the marine order which includes Whales, Dolphins and Porpoises) have been sighted in Dominica's waters. The most common sightings are: sperm whales, Spinner Spotted Dolphins, Pilot Whales. It's also important to add that success rates on these trips are much higher during the winter months from the end of November to March. Watching whales in Dominica is exhilarating! During the tour, hydrophones are dropped into the water every 15 minutes or 3 miles, in order to pick up the clicking, pinging, and whistling sounds of these magnificent creatures. This way you will be prepared to watch with fascination as they break the surface of the water. One thing is that Dominica has a very unique underwater terrain - very close to the coast the seascape drops off thousands of feet, providing nutrients for whales to feed on which are not normally found so near shore. In addition to this, the sheltered, deep water along Dominica's West Coast provides an ideal calving and breeding ground for this planet's largest toothed animal, the Sperm Whale. Whales may only surface and be visible every 45-60 minutes for a few minutes at a time.</i>
	Wotten Waven: Sulphur Springs can be reached by bus from Roseau; 2 minute walk to two small

	<p>pools; purchase mud; many bubbling spots and hot water pools including pools created by Tia's Bamboo Cottages and Ti Kwen.</p>
<p>Royal Caribbean Cruise Line Excursions:</p>	
<p>* </p>	<p><u>4x4 Waterfall & Rainforest Adventure</u> 3 ¼ hours RCCL \$78 An adventure awaits you on the open-air, four wheel drive vehicles. Begin with a tour through the capital and Morne Bruce. Next; wind through the mountains to the Wotten Waven Sulphur Springs to view remnants of the islands volcanic activity. At the Titou Gorge, discover a crevice in the mountain where hot and cold streams intermingle into a natural rock pool. Swim between the mountains to discover a crystal clear waterfall. Enjoy a complimentary rum punch and fresh fruit. A fun-filled, wacky adventure awaits you on one of the intricately painted, open-air, four wheel drive vehicles. Your vehicle has no windows, aisles, glass barriers, or enclosed seating. Just all-round 360 degree panoramic viewing - the only way to discover the beauty of our nature isle. Your adventure begins with a short tour through the capital and Morne Bruce for a little sightseeing and photography. Feel the force of Nature as you wind through the mountains to the renowned Wotten Waven Sulphur Springs to view remnants of the islands volcanic activity. Hop back on and enjoy an exciting ride further into the islands rainforest, to the Titou Gorge, situated in the village of Laudat. Here you will discover a crevice in the mountain where hot and cold streams intermingle into a natural plunging rock pool for an exhilarating swim. 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 to your ship. Note: Swimsuit, sunscreen, towel, waterproof cameras, raingear & water shoes are strongly recommended. This tour is not suitable for pregnant guests or guests with back problems.</p>
<p>* </p>	<p><u>Accessible Dominica and Rainforest Drive</u> 3 ½ hours RCCL \$42 Tour includes a photo stop at Morne Bruce Viewpoint, a stop at the Botanical Gardens and a stop at Jacko Falls where a mere 30 yard flat walk takes you to a viewpoint where you can see the picturesque Jacko Falls tucked away in rainforest greenery. Take photos and enjoy the surroundings while enjoying a taste of a local Dominican mix of seasonal fruits along with a complimentary rum punch or fruit juice. The last stop will be the Layou River, which is the longest and largest river in Dominica. Don't miss this unusual opportunity to experience a waterfall without the need of heavy walking. A mere 30 yard flat walk will take you to a viewpoint where you can see the picturesque Jacko falls tucked away in rainforest greenery.</p> <p>You will start with a cultural drive through the Capital of Roseau to the Morne Bruce Viewpoint. This point is excellent for photos showing where the capital meets the Caribbean Sea. Next stop will be the Botanical Gardens where you will be able to see the famous and endangered Sisserou and Jacko parrots in protective cages along with many large trees, exotic flowers and tropical plants. From here you continue towards the interior of Dominica. The drive will make you understand why Dominica is rightfully called the Nature Island of the Caribbean. You will pass tropical rainforest and many plantations with various fruit trees such as Mango, Banana, Avocado and Cacao to name a few. You will then make a stop at the Jacko Falls. A very short, flat and easy walk will take you to the viewpoint where you can look down at the waterfall. Here you can take photos and enjoy the surroundings while enjoying a taste of a local Dominican mix of seasonal fruits along with a complimentary rum punch or fruit juice. After your photos you will drive down the scenic Layou valley with its dramatic landscape. The last stop will be the Layou River, which is the longest and largest river in Dominica.</p>
<p>* </p>	<p><u>Best of Dominica</u> 4 hours RCCL \$64 Your tour begins with a drive to Morne Bruce for a view of the city and photo taking, followed by a stop at the Botanical Gardens. Next, you'll proceed up the Springfield Valley to the Emerald Pool for a 15-minute trek through the rainforest to the 50-foot cascading waterfall of enchanting Emerald Pool. Finally, enjoy local fruit juice and</p>

	<p>folkloric entertainment. Discover one of Dominica's gems, the famed Emerald Pool.</p> <p>Your tour begins at the quayside as you join your Tour Guide in a fully air-conditioned bus. You will drive through the bustling streets of Roseau to a 400-foot elevation, Morne Bruce, for a panoramic view of the city and its environs. This makes for an ideal photo opportunity.</p> <p>Your next stop is the 20-acre Botanical Gardens for a first hand view of Dominica's National Birds, the "Sisserou and Jacko Parrots." The Gardens also contain some of the island's tallest and most exotic trees. As you proceed from the Gardens you will travel through Roseau and then up the Springfield Valley, with its neighboring jagged cliffs, to the colorful Emerald Pool, which is located in the Trois Pitons National Park. A fifteen-minute trek through the rainforest will take you to the 50-foot cascading waterfall of the enchanting Emerald Pool.</p> <p>You then continue down the Layou Valley through banana and citrus plantations to a hotel for refreshments (local fruit juices/soft drinks) and folkloric entertainment. Your tour then returns to the port and your waiting ship. Note: There are several steps involved on the trail to the Emerald Pool.</p>
* 	<p><u>Carib Indians Legends</u> 5 hours RCCL \$5 Adult \$2 Child Have fun in Water Village as we discover the secrets to natural healing left behind by the legendary Carib Queen who was seen flying on a white horse over the valley at Concorde. This 5-hour tour will allow you to experience Water Village, enjoy its beautiful river and see the remains left behind by the legendary Carib Queen who was seen flying on a white horse over the valley at Concorde.</p> <p>At Water Village, called Touna Village in native Kalinago language, our visitors will have a chance to enjoy river tubing, swim in the crystal clear river pools and do so many other fun things; basket weaving, sugar-cane juice squeezing, and fruit picking. Also discover the secrets of Kalinago tales of natural healing. Visitors will then have a snack in the 'Karbet' and will have an opportunity to visit "Warrior Village" and the huts and extras of the movie "Pirates of the Caribbean 2 and 3". Complimentary drink/snack served. Please wear proper walking shoes and take along a towel and swim suit.</p>
	<p><u>Certified Scuba Two Tank Dive</u> 3 ¾ hours RCCL \$99 Your 2 dives will be at a site called L'Abym, a dramatic wall cloaked with sponges, coral, anemones and crynoids, and Point Guignarde, a shallow drop-off with many overhangs and lots of tropical fish. This is limited to certified divers who have been on a dive within the last 2 years. Certified divers must present a valid Scuba Certification "C" card in order to participate. You board the vessel at the ferry terminal where a safety briefing is conducted. After a 20 minute boat ride south, along the leeward coast, you arrive at L'Abym in the marine reserve. The mooring is picked up, dive boat secured, and a thorough dive briefing is done. The captain checks divers going into the water. Divers meet at the mooring then go over the edge of the wall.</p> <p>L'Abym is a dramatic wall with the mooring pin in about 15 feet. The wall drops away and is cloaked with sponges, coral, anemones, and crynoids. The crevices are teeming with Squirrel fish, Blackbar soldier fish, Creole wrasse, Spotted drums, eels, and shrimp. Maximum depth is 60 FT for 40 minutes. You move to the second site during the 40 minute surface interval.</p> <p>Again you will be given a dive briefing. The second dive, Point Guignarde, is a shallow drop-off. The mooring pin is in 25 ft depth. You meet at the mooring and follow the drop-off north. This area has many overhangs and lots of tropical fish. Maximum depth is 40 feet for 40 minutes. After the second dive, fruit juice is served and you return to your cruise ship. This is limited to certified divers who have been on a dive within the last two years. Certified divers</p>

	must present a valid "C" card in order to participate.
	<u>Cooking Caribbean Style</u> RCCL \$89 3 ½ hours: Join 2 of Dominica's hottest culinary experts for a unique food experience in local cuisine! Learn how to produce and present traditional Caribbean dishes as well as prepare desserts and delicacies utilizing Caribbean foods and spices. Afterwards, have the wonderful meal that you have just learned to cook. Join two of Dominica's hottest culinary experts for a unique food experience in local cuisine! Learn how to prepare and present traditional Caribbean dishes as well as prepare desserts and delicacies utilizing Caribbean foods and spices. Afterwards, have the wonderful meal that you have just learned to cook. You'll have a scenic drive from St. Gerard's Hall through Roseau and its surroundings before returning to the pier. Minimum age to participate is 12 years old.
* 	<u>Discover Scuba</u> RCCL \$99 3 ½ hours: You will be escorted to the waiting vessel and assisted in boarding. A safety briefing and instructions will be completed. Then we will set off for Dominica's south-west, the Scotts head/ Soufriere Marine Reserve. A 35-40 minute dive lead by a qualified PADI Instructor in some of the best diving in the Caribbean. You will be met by an Anchorage Whale Watch and Dive Center representative at the Cruise Ship Terminal. This will be followed by a coastal tour of Scotts Head village, Soufriere and the dramatic mountains of Carib's Leap ending at Champagne diving among the volcanic bubbles and some more great shallow water reefs. The clients will be dropped off at the Roseau Ferry Terminal. All excursions include fresh local fruit juice and water. Fresh water showers are available. Note: All equipment is included. Some health restrictions apply. Participants will be required to complete a waiver and medical forms.
* 	<u>Dominican R&R Beach Escape</u> RCCL \$72 Adult \$62 4 hours: Child On your day in port, why not have A Little Dominican R&R! Sample rum like they used to make it back in the 'good ole days', relax on a popular small black sand beach and enjoy a Caribbean style BBQ with enchanting Caribbean rhythms. This tour can be any combination of these Dominican attributes: Rhythms, Rum, Rest and Relaxation! Your first stop takes you back into time - to a small rum distillery operating since the late 18th century. This is a unique opportunity to witness how rum was made in the old days using sugarcane grown in the adjacent fields, and have the opportunity to sample the finished product. You then continue to Mero Beach - a small black sand beach - where you can soak in the sun or relax in the warm inviting waters of the Caribbean Sea for about 2 hours. After your swim or sun bath enjoy a Caribbean-style barbecue as the rhythms of the Caribbean Music entice you to get up and dance.
* 	<p><u>Double Site Snorkel Excursion</u> RCCL \$45 Adult \$25 3 hours: Child Your tour begins on a spacious sixty foot (60 foot) catamaran. After an informative orientation we will head for the snorkel site. After approximately 20 minutes from the dock and a briefing from the crew, experience the thrill of being refreshed in the clear beautiful Caribbean Sea. The dive/snorkel friendly sites are all located in the Marine Park, which is well known for its spectacular scenery. Enjoy snorkeling for at least 40 minutes at each site with an interval of 10 – 15 minutes. Dominica has been rated among the top five dive destinations in the world, so it is not surprising that the same applies to snorkeling. You will be met by an Anchorage Whale Watch and Dive Center representative at the Cruise Ship Terminal.</p> <p>You will be escorted to the waiting vessel, approximately 100 meters and assisted in boarding. After boarding the boat our captain and dive masters will give a safety and boat briefing as well as a brief outline of the activity. Clients will be required to sign a PADI liability waiver en route to the snorkel site. The trip to Champaign is approximately twenty minutes during which time the staff will assist clients in setting up their equipment.</p> <p>On reaching the snorkel site, the dive masters will outline, with the aid of a site map, the proposed route for snorkeling, while outlining what to expect at each point of interest. Their will</p>


	<p>be experienced guides in the water showing you the reef and entertaining with the treasures of our waters. After a 40 minute snorkel we board the boat to some non-alcoholic beverages such as local freshly squeezed juices and water. A ten minute cruise takes us to another of our spectacular reefs where we do another similar snorkeling discovering more of our beautiful Caribbean reef fish. We board again to some refreshing juices or sip our tasty rum punches. We head back to the dock with some good, light Caribbean music and a coastal tour.</p>
	<p><u>Downstream River to Ocean Kayak</u> 3 hours RCCL \$60 Experience the thrill of steering yourself while you plunge down the light rapids on a guided tour in your 2-person sit-on state-of-the-art kayak. At the river's mouth, you'll paddle to the fishing village of Layou and be able to swim before enjoying local rum punch and fresh fruit. If you've done it even once before, try it again on Dominica's largest and longest river, the Layou River. 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 kayak. The 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 while gliding down until you get to the river's mouth. You have a few minutes to paddle your own way in your own time before your breathtaking entrance to the fishing village of Layou and the warm calm Caribbean Sea. You will see the fishing boats pulled up ashore after the early morning fishing expedition and have an opportunity to swim in the Caribbean sea and the river. A short paddle back up will take you to your exit point where a complimentary local rum punch and fresh fruit is well deserved. Then sample and buy if you wish local cuisine prepared for you by the community. Quality kayak seats, paddles, and life vests are provided. What a rush, What a ride! Note: The minimum age for this tour is 7 years, and the maximum weight restriction for each guest is 250 pounds.</p>
	<p><u>Falls Direct</u> 1 ½ hours RCCL \$23 Adult \$13 Child The tour leaves Roseau and drives directly to the magnificent Trafalgar Falls. Spend about 45 minutes enjoying the breathtaking scenery of the twin falls as they cascade side by side out of deep gorges on the cliff-face into a deep pool surrounded by lush ferns. The tour leaves Roseau and drives directly to the magnificent Trafalgar Falls. Spend about forty-five minutes enjoying the breathtaking scenery of the twin falls as they cascade side by side out of deep gorges on the cliff-face into a deep pool surrounded by lush ferns. Your tour will then return to the ship.</p>
	<p><u>High Hopes High Ropes</u> 3 ½ hours RCCL \$84 Adult \$69 Child Climb the ladder to your first platform, travel on the trail, advancing from tree to tree via suspended platforms that are connected by ropes and cables. A highlight of this adventure is a Tarzan jump for the daring and ends with a zip line that takes you across Dominica's longest and largest river - the Layou River. Not suited for pregnant women or guests suffering from heart, back, neck, or shoulder problems, asthma and seizures. Wear comfortable clothes, closed toe shoes and bring a swimsuit. At the reception center, you are first provided with your safety gear. The trained guides will then conduct the mandatory safety briefing and demonstration before moving to the starting point. Climb the ladder to your first platform, and 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 the Duck Walk Bridge. A highlight of this adventure is a Tarzan jump for the daring. The course ends with a zip line that takes you across Dominica's longest and largest river - the Layou River. The scenery from this aerial point is stunning, the experience is unforgettable. Throughout the course, the 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 at the riverside bar, before returning to your ship.</p> <p>Note: Maximum weight limit is 250 pounds. This tour is only suited for those in very good</p>

	<p>physical condition. Not suited for pregnant women or guests suffering from heart, back, neck, or shoulder problems, as well as guests 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 crystal waters of the Layou River. Minimum age for participation is 11 years old.</p>
	<p><u>Indian River Rowboat</u> 4 ½ hours RCCL \$42 Adult \$26 Child On arrival at the Indian River, you will board wooden rowboats for your guided tour of the Indian River, formerly used by the Carib Indians in their trade with the Europeans. Upon return to the Turtle Beach Hotel, you can enjoy a swim in the Caribbean Sea and enjoy a complimentary drink as you listen to Caribbean music Your tour proceeds to the second town of Portsmouth en route to the Indian River. On arrival, you will disembark your bus and board wooden rowboats for your personally guided tour of the Indian River, formerly used by the Carib Indians in their trade with the Europeans. The riverbed is lined with huge Amazonian type trees and mangroves containing exotic birds and various species of wildlife. At the end of the trip down the river passengers embark the tour buses for a ten minutes drive to the Purple Turtle Beach Club, located on the island's most popular beach for refreshments and convenience. The visit up the river takes approximately 1 hour. From Purple Turtle Beach Club the tour heads back to the ship via the same route.</p> <p>Note: Participants must wear proper walking shoes. From time to time due to uncontrollable circumstances (weather/road conditions etc.) it may be necessary to deviate slightly from the above for the benefit of the guests.</p>
	<p><u>Kalinago Barana Aute Show</u> 4 hours; RCCL \$52 Discover the Carib way of life as you explore the island. Proceed through Roseau and then up the Springfield Valley to the colorful Emerald Pool, located in the Trois Pitons National Park. A fifteen-minute trek through the rainforest will take you to the 50-foot cascading waterfall of the enchanting Emerald Pool. You will then proceed to the Carib Territory. After your full tour of the Carib Model Village, refreshments will be served before proceeding back to your ship in Roseau. Come discover the spectacular Carib way of life, their natural beauty and heritage as you explore the length of the Island in a fully air-conditioned bus with your trained Carib Guide. Traveling via air-conditioned buses you will proceed through Roseau and then up the Springfield Valley to the colorful Emerald Pool, which is located in the Trois Pitons National Park. A fifteen-minute trek through the rainforest will take you to the 50-feet cascading waterfall of the enchanting Emerald Pool. You will then proceed to the Carib Territory.</p> <p>On arrival at the Carib Territory you will visit the Carib Model Village where your Carib Guide will introduce you to the Carib dancers of the Karifuna Cultural Group as they sing and dance in their traditional costumes in the Carib Carbet. At the Carib Model Village which is named Kalinago Barana Aute, meaning Carib Village by the sea, you will also witness the Carib way of life while you get involved with the Carib people, witnessing their skills of crafts and particularly understand the preparation of the natural grass, Laouma, to bear the different colors of the end products such as hats and baskets. After your full tour of the Carib Model Village, refreshments will be served before proceeding back to your ship in Roseau.</p>
	<p><u>Middleham Falls Hike</u> 3 hours RCCL \$42 Pass through the city in an easterly direction proceeding to the Laudat Mountain Range. On arrival at the Middleham Trail your guide will lead you on a hike into the Middleham Falls area. This trail crosses rivers and mountains in some of Dominica's most rugged beautiful jungle. Your guide will point out exotic birds, flora and fauna during your hike. At this 400-foot cascading waterfall sometimes called "The Jewel", guests may swim in the clear crystal water. Your excursion begins with your departure from the Port in a fully air-conditioned bus with trained tour guides passing through the city in an easterly direction proceeding to the Laudat Mountain Range. As you proceed into the mountains you will be fascinated by sheer immediate rising up to 3000 feet above sea level.</p>






	<p>There are some great photo opportunities along this route.</p> <p>On arrival at the Middleham Trail you disembark your tour bus and your guide will lead you on a hike into the Middleham Falls area. This trail crosses rivers and mountains in some of Dominica's most rugged beautiful jungle. Your guide will point out exotic birds, flora and fauna during your hike. On arrival at this 400-foot cascading waterfall sometimes called "The Jewel", guests may swim in the clear crystal water. Your hike then continues along the same route back to your waiting buses and then on to a local bar for a refreshing taste of local fruit or rum punches before returning to your ship.</p>
	<p><u>Nature's Hidden Treasure and Carib Indians</u> 6 hours; RCCL \$82 Adult \$49 Child Experience the unique features of Dominica's culture, nature and views from a different perspective. Enjoy a easy hike to a waterfall, an organic buffet of local food and fruits, entertainment by Carib Indians and time to swim in the natural pool of the Pagua River. On your way back, you'll have a photo stop on Horse Back Ridge and make a stop at the Botanical Gardens. Experience the unique features of Dominica's culture, nature, and views from a different perspective. You will be taken in air-conditioned buses for a hike to the newly discovered, beautiful and secluded Twin Waterfalls in the rainforest.</p> <p>A fifteen minute hike through the rainforest will take you to the first waterfall. If you want more adventure you can climb a hill to reach the second white sulphur waterfall, said to be good for the skin. From here, your tour moves on to an organic buffet of local food and fruits enjoyed by the traditionally built Eco-village situated by the Carib Territory. While eating, be entertained by the dances of the Carib Indians the way it has been performed throughout history. It is like taking part in a real Carib Indian Celebration. After the performance you will be provided the possibility to swim in the natural pool of the Pagua River that is floating along the Eco-village. On your way back to the port you will make your way through the Carib reserve up on one of the highest points of all roads - Horse Back Ridge - providing an excellent view and opportunities for photos. You will visit the Carib territory where the last remainders of the Carib Indians live, the indigenous people that used to live in the Caribbean before Christopher Columbus. The final stop will be made at the Botanical Gardens where you have the possibility to see the famous and endangered Jaquot and Sisserou parrots. In total, this tour is created for those seeking an ecologically true and exclusive picture of the natural Dominica to take back home. This means that all tours will be conducted in smaller groups for a more personalized experience</p>
	<p><u>Pools and Falls Nature Adventure</u> 6 hours RCCL \$62 Enjoy 2 of Dominica's most popular and visited attractions, Trafalgar Falls and Emerald Pool. Your tour will also include stops at Morne Bruce, the Botanical Gardens and the Springfield Plantation Guesthouse for a drink. Enjoy two of Dominica's most popular and visited attractions, Trafalgar Falls and Emerald Pool, while traveling in air-conditioned buses equipped with fully trained uniformed Tour Guides. Beginning at the port, your first visit will be to Morne Bruce. Enjoy seeing the City of Roseau from a 400-foot elevation, which makes a great stop for photo opportunities. Your bus then continues to the Botanical Gardens for a view and photos of some of the world's most exotic tall trees and rare national birds, the "Sisserou and Jaco Parrots." Then you move to the village of Trafalgar with a unique view of the Falls, which cascade side by side out of the deep gorges they have carved for themselves. Upon arrival, your Tour Guides will lead you on a ten-minute trek to the viewing platform of these majestic waterfalls. After departing the Trafalgar Falls, you will pass through the City of Roseau traveling up the Springfield Valley to the Springfield Plantation Guesthouse where you will be entertained with a complimentary refreshing drink. Continuing to the Trois Pitons National Park, viewing the neighboring cliffs with flora and fauna and exotic birdlife, you will arrive at the Emerald Pool. Your guide will</p>



	again assist you on a fifteen-minute trek through the rainforest to the 40-foot cascading waterfall, The Emerald Pool. Your tour then proceeds down the tropically lush green valley back to the ship. Note: Participants must wear proper walking shoes. From time to time due to uncontrollable circumstances (weather/road conditions, etc.), it may be necessary to deviate slightly for the benefit and safety of the guests. There are several steps involved on both trails to the Trafalgar Falls and the Emerald Pool.
	<u>Rainforest Aerial Tram</u> 4 hours; RCCL \$119 Adult \$99 Child Be introduced to the many types of flora, fauna and wildlife that can be found in Dominica's forests, as well as the general history of the island. Bring along a camera for your cross over the 300 foot; Breakfast River Gorge. You will have the option of getting off at the End Station and walk through the suspension bridge, from which you can observe 4 to 5 waterfalls on a rainy day. From there, walk to the Chatannier Nature Trail and board your gondola at Mid Station to return to the base. Drive through the distinctive Creole architecture en route to the beautiful Botanical Gardens, home to about 50 types of trees and the Imperial (Sisserou) Parrot, Dominica's national bird. Afterwards, you will take a scenic ride through the Roseau Valley, featuring a perfect viewpoint for your enjoyment. Upon arrival at the base, a brief orientation and safety instruction will be given, followed by your Aerial Tram journey into the rainforest. As you glide slowly through pristine rainforest, you will encounter nature at its best. Over the course of the 90 minute round trip tour, your guide will introduce you to the many types of flora, fauna and wildlife that can be found in the island. You will have access to the rainforest canopy, unavailable to human eyes before the development of the Rainforest Aerial Tram. The Morne Trois Piton rainforest boasts over 172 species of birds including two endangered species of parrots. Spectacular views of majestic mountains and the Caribbean Sea are all part of this once in a lifetime adventure. Be sure to bring along a camera for your cross over the 300ft Breakfast River Gorge. Here, you will have the option of getting off at the End Station and walk through the fabulous 84 meter long suspension bridge, from which you can observe 4 to 5 waterfalls on a rainy day. From there you can take a short walk to the Chatannier Nature Trail and board your gondola again at Mid Station to return to the base.
	<u>River Hike to Sari Sari Falls</u> 5 hours; RCCL \$65 Prepare for an exciting and challenging "river hike" to one of the most powerful and spectacular waterfalls, Sari-Sari Falls, in the Caribbean. After photos, we hike back to the first crossing of the river where you will experience a traditional Dominican meal, a "cook up by the riverside," prepared over open fire. Shorts are recommended for the river crossings. Prepare for an exciting and challenging "river hike" to one of the most powerful and spectacular waterfalls in the Caribbean. Located on the south east coast the fall has preserved its natural beauty, as it lies secluded from other tourist attractions. You will drive on the winding imperial road through the Morne Trois Pitons National Park classified as a "World Heritage Site." On the way you will make stops for photos including one at a traditional bay oil factory. Discover how the base for perfumes and soaps are extracted. The starting point of the hike is next to one of Dominica's many banana farms where the guides share their knowledge on how plantations are operated. After an exotic, challenging, and very beautiful hike along, across, and in the river, you will reach your goal the Sari-Sari Falls. You can choose to view the spectacular fall from a viewpoint or continue on the adventurous hike to the pool of the waterfall. After a break you'll hike back to the first crossing of the river where you will experience a traditional Dominican meal, a "cook up by the riverside," prepared over open fire. After a day by the river, your bus will take you back to the ship. This is a true river adventure, so don't be afraid of getting your feet wet. Note: Shorts are recommended for the river crossings. Minimum age 12 years old.
	<u>River Tubing and Emerald Pool Adventure</u> 4 hours; RCCL \$76 Your tour starts at the Emerald Pool for a 15-minute trek through the rainforest to the 50-foot cascading waterfall of enchanting Emerald Pool where you can swim or wade in the pool. Next, it's on to the Layou

	<p>River where you will cascade downwards enjoying the rush of excitement and maneuvering through the challenges of the bubbling rapids as you descend to the calm pools. You will ride through the bustling streets of Roseau, the capital city, to one of Dominica's most popular and visited attractions, the "Emerald Pool." The Emerald Pool, a fifty-foot cascading waterfall, is located in the Morne Trois Pitons National Park, a Natural World Heritage Site. Your guide will lead you on a fifteen minute trek to the enchanting pool. You may choose to swim or wade in this refreshing pool. Take a short drive along the coast and up the Layou River Gorge onto your launching site. Your tubing guides will be waiting to take you on a breathtaking journey down the Layou River, but first, there will be a short safety briefing. Cascading downwards, enjoy the rush of excitement and maneuver through the challenges of the bubbling rapids as you descend to the calm pools. The breathtaking view of the vertical cliffs and the valley itself is captivating. Note: This tour is unsuitable for the physically challenged. Appropriate walking and water shoes are strongly advised. The condition of the river will determine operation of the tour. Please bring along towels. Minimum age for participation is 6 years old</p>
	<p><u>Trafalgar Falls Adventure</u> 4 ½ hours RCCL \$79 Adults \$64 Child As one of Dominica's fascinating and picturesque areas in the south central section of the island, your first view will be the top of the falls, cascading side by side out of the deep gorges. After a walk past ginger plants and vanilla orchids, arrive at the view point, enjoy the scenery and take pictures. The tour continues to the Layou River Gorge. Layou River is the perfect setting for launching you on a tubing adventure. Discover hidden wonders as you marvel at magnificent rock formations. Your excursion begins at the pier as you join your driver/guide in a fully air-conditioned bus. You will drive through the bustling streets of Roseau, the capital cit, to one of Dominica's most popular and visited attraction, our local gem "Trafalgar Falls". This is one of Dominica's most fascinating and picturesque areas in the south central section of the island. Your first view will be of the top of the falls, cascading side by side out of the deep gorges, which they have carved for themselves. After a 10 - 12 minute walk past ginger plants and vanilla orchids, you will arrive at the view point, where you enjoy the scenery and take pictures. Then, get ready for thrills, fun and excitement. The tour continues to the Layou River Gorge. Layou River is the perfect setting for launching you on a tubing adventure. Discover hidden wonders as you marvel at magnificent rock formations. Experience the Nature Island with awesome flora and fauna whilst surrounded by spectacular mountain range, cliffs and valleys. Feel the changing pace and moods of the meandering and twisting Layou River as expert guides direct you through this tubing adventure. Enjoy the rush of excitement as you cascade downwards and maneuver through the challenges of the bubbling rapids as you safely descend to the calm of the pools.</p>
	<p><u>Trafalgar Falls and Crater Lake Row Boat Ride</u> 3 ½ hours RCCL \$79 Adult \$64 Child This tour combines the fascination and splendor of the Trafalgar Falls with the tranquility and sheer natural beauty of the Freshwater lake. At the popular Trafalgar Falls, you will take a 7-minute hike to view Mother Falls and Father Falls. Next, on arrival at the lake, you will be greeted by your guides and given a safety briefing before boarding your 6-person rowboat. At the end of your ride, you will receive a complimentary drink before the return trip to the pier. This tour combines the fascination and splendor of the Trafalgar Falls with the tranquility and sheer natural beauty of the Freshwater lake. You will first take a drive through the Roseau Valley with its lush vegetation and pumice cliffs to the popular Trafalgar Falls for appreciation of not one but 2 marvelous waterfalls affectionately known as the Mother Falls and Father Falls. Here you will take a 7-minute hike through the rainforest to view these national treasures. The journey continues to the village at the highest elevation on the island, Laudat where en route to the Crater Lake you pause for a minute at the highest driving point on the island. On arrival at the lake you will be greeted by your guides and given a safety briefing before boarding your 6-person rowboat. On the lake you will be blown away by the serenity and beauty of the</p>

	surrounding mountains and coves such as lovers cover and secret cove where the imagination runs loose and lives unknown secrets are kept! At the end of your ride, you will receive a complimentary drink before the return trip to the pier. Note: Minimum age to participate is 6 years old and maximum weight is 250 pounds.
	<u>Trafalgar Falls and Sulphur Springs</u> 3 hours; RCCL \$32 Adult \$18 Child Morne Bruce is an ideal vantage point from which to get a view of the entire town of Roseau and the Botanical Gardens, adorned with exotic plants collected from every part of the tropical world. Leaving the Gardens you head along the winding mountain road to the village of Trafalgar to view the Trafalgar Falls. The tour proceeds back down the valley to the village of Wotton Waven and the Sulphur Springs. These springs, when active come alive in a spectacular bubbling motion. Discover the beauty of Nature as this 3 1/2 hour tour takes you to two very fascinating sites on the Island. Departing the quayside, the tour travels along King George V Street turning south to Independence Street and on to Historical Morne Bruce. Morne Bruce is an ideal vantage point from which to get a panoramic view of the entire town of Roseau, and the Botanical Gardens, which is adorned with exotic plants collected from every part of the tropical world. Leaving the Gardens the tour heads easterly along the winding mountain road to the tranquil little village of Trafalgar to view one of Dominica's most magnificent sites, the Trafalgar Falls. The road ends at the car-park above the hydro-electric station. You then hike about five minutes up the trail until you arrive at the viewing platform above the river. From this view point you will have a clear view of both falls. Enjoy the breathtaking beauty of the twin falls as they cascade in a deep pool surrounded by lush ferns. You then return to the tour bus for a comfortable five minute drive to 'Cocoa Cottages' a homely little bed and breakfast nestled on the tranquil mountainside for drinks and convenience. The tour proceeds back down the valley to the village of Wotton Waven. On your arrival, your guide will take you for a fifteen minute walk along a comfortable mountain path through the rainforest to the Wotton Waven Sulphur Springs. These springs, when active, come alive in a spectacular bubbling motion, spewing volcanic hot water in the air. A familiar pungent odor of sulphur envelopes the environment and guests can see the water bubbling/boiling out of the ground. Water can be scolding hot and guests must exercise caution. Imagine an egg can be cooked in the active spring in five minutes! Stand and watch the guide do just that! The tour then returns to the ship.
	<u>Wacky River Tubing Safari</u> 3 hours RCCL \$64 Adult \$59 At the launch site, you'll receive a safety briefing, life vest, modified inner tube, and paddle. With everyone in the water, your guides will set you loose, gently spinning and swirling in the current, taking in the scenery. You'll have a brief stop to swim in the crystal clean waters. At the end, enjoy rum punch and fresh fruit. GET SET TO GET WET! This excursion, in the so-called Land of 365 Rivers on the Nature Isle of the Caribbean is wet and wonderful from the word go. A 30-40 minute drive brings you to the launch site for the safety briefing after which you will be provided with your life vest, modified inner tube, and paddle before getting into the river. With everyone in the water, your guides will set you loose to begin your journey, gently spinning and swirling in the current while taking in the changing exotic scenery. You stop briefly to enjoy a popular Dominican pastime, river bathing, where you swim in the crystal clean waters for a few minutes, before continuing down the scenic river until your exit point. The professional guides are only a shout away to ensure your comfort and safety all the way to the end. Back on land again, at the Hillsborough Reception Center, refreshments are served including the famous rum punch and fresh fruit before returning to your ship. Note: Due to unforeseen circumstances such as rainfall and river conditions, the tour may be altered or canceled for the safety of the guests. The minimum age for participation is 6 years and the maximum weight for participation is 250 pounds.
	<u>Whale and Dolphin Safari</u> 3 ½ hours RCCL \$68 Adult \$38 Child To find the marine mammals, the crew listens through a hydrophone for "clicking" of sperm whales feeding, and

	<p>"whistles" of dolphins. You are most likely to see mothers and baby whales as Dominica is a calving area for the sperm whales and you have a 90% chance of seeing whales or dolphins, but there are no guarantees. Passengers are met at the cruise ship and walk to the Ferry Terminal (300 meters) where the whale watch vessel, "Sting Ray II," is docked. You will be helped on board the vessel by the crew where a boat safety briefing and tour briefing is then done. Every 20 minutes/3 miles the engines are shut down and a hydrophone (underwater microphone) check is done. The crew listens for "clicking" of sperm whales feeding and "whistles" of dolphins. Narrative about the cetaceans is done at this time; also, you may witness other wildlife such as turtles, rays, and birds. Also enjoy the island's views (there are 11 volcanoes on Dominica). The tour is operated along the west/leeward coast 3-8 miles offshore. Dominica is blessed with deep waters which allow the Sperm Whales to do dives 2,500 Ft and deeper from 45 minutes and longer. These whales use echo location (clicking) to hunt their prey and the crew pick this up 5 miles away on the hydrophones. You are most likely to see mothers and baby whales. Dominica is a calving area for the sperm whales. Other marine mammals that you can see are Shore fin pilot, False killer, Pigmy killer, Humpback, and Brydes whales. In addition to Pantropical, Atlantic spotted, Frasers, Common, and Bottlenose dolphin. You have a 90% chance of seeing whales or dolphins, but there are no guarantees! On your return to port, fruit juice is served and you have a chance to purchase a t-shirt or cap.</p>
	<p><u>Wonders of Waitu Kubuli</u> 3 ¾ hours RCCL \$72 It's all about water! Swimming in the vivid green waters of the Emerald Pool, then enjoying the beauty of the natural surroundings, while you soak in warm therapeutic mineral water to relax your muscles and joints, while detoxifying and cleansing the body before returning to your ship, relaxed and rejuvenated. It's all about water! Swimming in the vivid green waters of the Emerald Pool, then immersing yourself in a rock pool for a warm mineral soak before returning to your ship relaxed and rejuvenated. Waitu-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, springs, 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 minute hike will lead you to the look out point for a picturesque view of this 40ft waterfall. It's just moments away from a quick plunge in this natural wonder! Continue your journey down the stunning Layou Valley Gorge to the 'wellness' village of Wotten Waven. A few minutes later you will arrive at a sanctuary in the hills. You then take a short walk down a flight of natural steps to the open air natural rock pools for a 30-minute hot mineral bath with water coming direct from an underground source. Enjoy the beauty of the natural surroundings while you soak in warm therapeutic sulphur water to relax your muscles and joints while detoxifying and cleansing the body. There are 3 pools with water from 3 different underground sources, each at a different temperature. You can lounge in the shade for a few minutes on the handmade bamboo benches, inhaling the fresh cool mountain breeze then cap off your experience with a local refreshment before returning to your ship.</p>
BEACHES	
	<p>If you really want a great beach, you should choose another island. Dominica has some of the worst beaches in the Caribbean; most are rocky and have gray-black volcanic sand. But some beaches, even though they don't have great sand or shade, are still good for diving or snorkeling in the turquoise waters. Nearly all the beaches are pebble beaches, therefore surfing or bathing shoes are useful here. Beaches on the west coast face the calmer Caribbean Sea but swells and storms may cause them to gain or lose sand. Beaches on the east coast border the Atlantic Ocean and may be much rougher for swimming.</p>

	<p>A secret beach? <i>You won't find it on any tourist maps, but it's on the south east coast near a town called Riviere Cyrique, which is not far from La Plaine. You have to hike in and climb along some cliffs to get there. Not that easily accessible Just a little ways South of the school you will find this hidden beach blocked off from land by the cliff you see. You can get there by hiking in if you know where you are going or you ask for a ride. You can get a boat to take you from either Coconuts (cheaper) or from the inlet to Indian River. If you get a boat ride from a guy at the Indian River make plans to pay him when he picks you back up just to be safe. Hiking to the Secret Beach. After a forty-five minute walk, followed by a difficult tree-root descent from a cliff, you reach the Secret Beach. Here you will see a magnificent waterfall cascading from 130 feet off the cliff directly into the ocean. The beach can also be reached by boat, and, again, you will not find this special place on the general tourist maps. This hike is not easy and is only for those that have absolutely no fear of heights and who are reasonably fit.</i></p> <p>http://www.visit-dominica.com/querydetail.cfm?Id=302</p>
	<p>On the northeast coast, four beaches -- Hampstead Beach and Hodges Beach (near village of Calibishie, the Cabrits National Park and Morne Aux Diabes) or nearby beaches L'Anse Noire, and Woodford Hill Bay (near town of Woodford Hill and Melville Hall Airport)-- are among the island's most beautiful, although none are great for swimming. Beaches face the Atlantic Ocean and the Guadeloupe Channel. Divers and snorkelers often come here, even though the water can be rough. Watch out for the strong currents.</p>
	<p>Batibou Beach: (see Bamboo;/Calibishie Lodge) Batibou is the most beautiful beach in Dominica. On arrival you can be as active or lazy as you wish. You can swim in the crystal clear water. You can snorkel on the coral reef within the bay. You can help the local guide collect fire wood to help start the barbecue.</p>
	<p>Castaways Beach: located 25 miles north of Roseau between the small villages of St Joseph and Mero; Castaways Hotel has Almond Tree restaurant, Rhum Barrel Bar and the Castaways Beach Bar offering spectacular view of the Caribbean and sunset (giving many their first views of the famed green flash.) The East Carib Dive center (with two boats handling 6 divers in each boat) is located 5 minutes from the hotel. http://www.castaways-dominica.com/</p>
	<p>Champagne Reef: plans for a walkway along the beach were finalized in 2007.</p>
	<p>Champagne REEF is a reef snorkel. No beach whatsoever and it's a difficult, slippery-dangerous shore entry. It ought to be done as a boat excursion even though the reef is very close to shore. I think a day on Dominica is better spent as an inland excursion to swim Titou Gorge or the other falls. The beaches are second rate compared to neighboring islands and Dominica's first rate 'gems' are missed by dedicating oneself to a second rate beach day.</p>
	<p>Champagne and tubing combo with Dive Dominica: <i>It's a 2 minute walk from the pier to the Dive Dominica boat, and probably 30 minutes to the snorkel site. I didn't see a road next to the Champagne snorkel, but I'm sure there was one--you could still see the ship from the site. Also saw people along the rocks near the snorkel site, but it definitely is MUCH easier from the boat. Too many rocks. They give you plenty of time to snorkel. The river tubing left in the a.m. I think it would be cutting it close if you did both--Dive Dominica had 2 boats to take people--they only used one. The boat has snorkel equipment on the boat, along with a float vest that you HAVE to wear--insurance reasons.</i></p>
	<p>Mero Beach: black sand with gold specks; no chair rentals; sea glass; wear footgear! Beach is mid-coast between Salisbury and St Joseph, approximately halfway between Roseau and Portsmouth. http://www.dominicamarinereserves.com/central.html</p>
	<p><i>Mero Beach looked like a great beach for those wishing to swim and sunbathe. Calm water, black sand with gold flecks. My understanding is that there were 2 beaches in the area, one that charged admission to the beach but provided free use of facilities and such, and the other</i></p>

	<i>provided free beach access, but charged to use the facilities such as the toilets. I think it was around \$2 pp, plus \$2 pp for the chair. We ended up snorkeling over at Champagne Beach which also charged \$2 per person plus \$10 pp for use of snorkel equipment.</i>
	Picard Beach: The best beach on the island lies on the northwest coast. Picard Beach stretches for about 2 miles (3km), a strip of grayish sand with palm trees and Morne Diablotin as a backdrop. It's ideal for snorkeling or windsurfing. You can drop in for food or a drink at one of the hotels along the beach. http://www.avirtualdominica.com/picard.htm
	Purple Turtle Beach: Portsmouth; 15 minutes walk north of Portsmouth; bar and restaurant on beach; (may have been damaged by hurricane).
	Rosalie Beach: public beach surrounded by Rosalie Bay Resort; driven by ancient impulses, three (Hawksbill, Leatherback and Green) of the world's seven types of sea turtle come to nest on the beaches of south-east Dominica; from late March to October you can be part of a select few who may witness a remarkable event; giant 1000lb leatherback turtles return to the home of their birth 30 years later to lay eggs; between May and August, sea turtles come to nest almost every night. Tours by Aldive depart any night in the season \$35pp (includes transportation from Rosalie, beverages, snacks and flashlights). http://www.aldiver.com/turtles.php
	Sandy Beach: 2 mile stretch of sand and coconut trees fringing Douglas Bay and Prince Rupert Bay near Portsmouth.
	The southwest coast also has some beaches, but the sand here is black and rock-studded. Nonetheless, snorkelers and scuba divers flock to Soufrière Bay Beach and Scotts Head Beach for the clear waters and the stunning underwater walls.
*	Scott's Head Beach: on the southern end of Soufriere Bay; The underwater world at Scotts Head Beach is amazing, and snorkeling and scuba diving off these shores are truly breathtaking especially around the underwater walls. Sea kayaking around the point is also a wonderful way to spend time on the water. Visiting the beach is a great way to see some of nature's most beautiful works, and there are also other natural attractions worth seeing. Soufriere Sulphur Springs, located 2.1 miles to the northeast of Scotts Head Beach, for example, can be a great addition to your day at the seaside. Champagne is located 1.9 miles from Scott's Head Beach. Scotts Head Beach is close to Scotts Head Village, so you can explore the town after your visit to the beach.
	Soufriere Bay Beach: famous for its rock-studded black sand shores; boasts clear blue waters and breathtaking underwater walls perfect for aquatic exploration; Soufriere Sulphur Springs is located 1.9 miles northeast of the bay. Historical Lilac House or Fort Cachocrou (.3 miles from beach) allow visitors to learn more about Dominica.
	Toucari Beach: on the northwestern coast of Dominica, close to Vieille Case; the seas off of the shores of Toucari Beach are ideal for snorkeling or for a shallow dive site. Volcanic gases vent from the sea floor creating a wall of champagne-like bubbles. There are also a couple of tunnels, 25 to 45 feet length, which provide great places to swim through and you can catch a harbor schools of French grunts. Following the tunnels the reef drops to about 110 feet. The reef is home to large schools of mahogany snapper, big crabs and frogfish.
	Food/Restaurants
	Dominica offers some of the most succulent fresh fruits found in the Caribbean, including mangoes, papayas, melons, oranges, grapefruits, bananas, sour sop and tangerines. Enjoy an endless array of homemade ice creams bearing the names of tropical fruit flavors.
	Dominica's cuisine is based on our local wildlife which includes agouti, crabs, crayfish, crapaud ("Mountain Chicken" or toad/frog) and manicou (opossum), but there is a closed season for game and freshwater fish from March 1 through August 31. Because of the decline in the aforementioned species, the close season has been extended all year round.
	Local Food: Fresh fish may be obtained locally from many of the coastal villages. A conch

	being blown can usually be heard throughout the vicinity, indicating when fish are available for sale from the local fishermen. Red Snapper, Balou, Dorade and Tuna are commonly available. Crabs, crayfish and shrimps can be found in the rivers and streams. Fresh fruit and vegetables are of amazing quality and succulence; bananas, limes, grapefruit, oranges, pawpaw, mangoes, avocado pears, starfruit (carambola), water melon, pineapple, guava, passion fruit, coconuts, soursop, sugar apples, custard apples, golden apples (pome-cite), Easter apples, mammee apples - often referred to as apricot, local cherries, tamarind, yellow gooseberries, cocoa etc. Vegetables include green bananas, plantains, cristophene, green pawpaw, pumpkin, breadfruit, breadnuts, cucumber, spinach, zucchini, celery and very full flavoured tomatoes. Root vegetables include beetroot, dasheen, tania, yam and several variety of sweet potato. The main outlet is Roseau's market place, located at the Riverside, close to the Bayfront. San Coche (saltfish boiled in coconut milk) served with dumplings and green bananas; Dasheen and Tania (root tuber plants) bear large 'elephant ear' leaves - from the young tender shoots is made thick, green Calaloo soup (sometimes with crab meat), a local delicacy. Bottled waters from Loubiere and Morne Trois Pitons are bottled fresh from their sparkling rivers.
	Restaurants:
	http://www.dominica.dm/site/dining.cfm http://www.dominica.dm/site/restaurants.cfm http://www.exploringdominica.com/dominica-restaurants.html
	Fast food franchises are almost non-existent on the island; with Kentucky Fried Chicken the solitary exception.
	Aquarium
***	Balisier in Garraway Hotel: Roseau (Bayfront) and Castle Comfort: Creole cuisine; named after a small red flower that thrives in the jungles of Dominica, this restaurant was designed to maximize the views over Roseau's harbor. We highly recommend the food, which might include blackened tuna; chicken Garraway (breast of chicken stuffed with plantain and sweet corn); loin of pork with pineapple, mushrooms, and onions; and a choice of steak, vegetarian, or lobster entrees. Crab backs are a favorite local dish. End your meal with a slice of homemade coconut-cream pie. Lunches might feature West Indian curries, fish Creole, or several kinds of salads 767-449-8800
	Bamboo Restaurant: Calibishie Lodge: Main Road Calibishie ; dine on ½ indoor ½ outdoor deck; with roof; rattan and wicker chairs and tableclothed tables overlooking lodge's pool and really lush foliage; serving chicken, seafood and pork or beef dinners from \$9 to \$29; wines, beers (including Kubuli) aperitifs, punches; cold and hot drinks; banana flambee with homemade ice cream; also local specialties available if you order the day before; breakfast 7:30-10:30; lunch Noon to 5pm and dinner 6 to 9pm (The Lodge also arranges varied Dominica excursions including one to Sand Bay tiny beach near Marigot for \$40pp, Scenic Flights for 1 hour in 6-seater aircraft for \$400 (max 5 persons), Red Rocks and Black Jack Bay \$30pp, Carib Territory and Spanny Falls \$75pp, Victoria and Sari Sari Falls and Glass Trail \$110pp; a pirate master boat trip on the Indian River for \$80pp whale watching tours on Sundays and Wednesdays for \$55 pp or Pirates of the Caribbean 2 and 3 movie sites tours-- North Tour of 8 sites and Indian River \$100pp or South Tour of 3 sites at Soufriere and Scott's Head for \$120pp (these all day pirate tours include transportation and food) 767-445-8537 www.calibishie-lodges.com They also maintain a webcam on Dominica's north coast (updated every 5 minutes and looking toward Guadeloupe) at http://www.calibishie-lodges.com/cam.asp
	Calallo Roseau 767-448-3386
	Cartwheel Café Roseau (Bayfront) 767-448-5353
	Chalot Restaurant/Gallery Concord 767-445-7636

	Coconut Beach Hotel Picard, Portsmouth 767-445-5393 spacious air-conditioned dining overlooking the Caribbean Sea; local creole and international cuisine; mountain chicken; Friday night BBQ (steak, lobster, fish, chicken and burgers) and live DJ; fully stocked bar and famous rum punch; best steak house; hot wings and goat water; http://www.coconutbeachdominica.com/
	Corner House Roseau 767-449-9000
	Crystal Terrace Restaurant and Bar
	Domcan's Café Ridge Road Calibishie 767-445-8537 located right on the beach at the foot of the ridge just 15 minutes from Melville airport; American and local cuisine
	The Floral Gardens Hotel , in the northeast, grows sufficient hibiscus to make a refreshing and delicately flavored cold drink from the red flower petals, served daily in their riverside restaurant.
*	Four Seasons at Sunset Bay Resort at Batalie Beach, Coulibistrie 767-446-6522
	Green Flash Bar and Grill Loubiere 767-448-2145
***	Guiyave Restaurant and Patisserie: 15 Corke St, Roseau; 767-448-1723; Creole cuisine; This airy lunch-only restaurant occupies a wood-frame West Indian house. Rows of tables almost completely fill the narrow balcony overlooking the street outside. You can enjoy a drink at the stand-up bar on the second floor. Specialties include various Creole grills and different preparations of conch, octopus, lobster, spareribs, chicken, and pork chops. On Saturday, <i>rotis</i> (Caribbean burritos) and "goat water" (a local goat stew) are available. The place is known for refreshing juices like soursop, tamarind, sorrel, cherry, and strawberry. There's also a patisserie specializing in local pastries. The lunch buffet is served only on weekdays, not on Saturday.
**	La Robe Creole: 3 Victoria St, Roseau (Bayfront) West Indian, Creole; 767-448-2896 M-Sat 11am-11pm The best independent restaurant in the capital, La Robe Creole sits on the second floor of a colonial house, beside a sunny plaza on a slope above the sea. It is one of the best examples of Dominican architecture in the capital; a classic stone building with attractive arched windows and doors. The staff, dressed in madras Creole costumes, serves food in a long, narrow dining room capped with heavy beams and filled with 19th-century relics. You can enjoy pumpkin-pimento soup, callaloo with cream of coconut soup, crab backs (in season), and shrimp in coconut with garlic sauce. For dessert, try banana or coconut cake or ice cream. A street-level section of the restaurant, The Mouse Hole (Monday to Saturday 7:30am to 4pm), is a good place for food on the go. You can buy freshly made sandwiches, salads, and light meals. They make good Trinidad-inspired <i>rotis</i> (Caribbean burritos).
	La Salle Jojo Picard, Portsmouth 767-445-5393 restaurant and two bars; dine indoors or relax outdoors on terrace with spectacular scenery of the Harbour Restaurant; local, creole and international cuisine; open daily for b,L and D \$15-20.
	Le Flambeau: Portsmouth (North) 767-445-5131
	Marquis de Bouille: Roseau (Bayfront) 767-448-2930
*	Orchard: best roti. <i>Orchard restaurant I believe has the best roti on the island. The owner/chef has held that distinction for years. Orchard is on the street that runs perpendicular to the pier road, between the museum and the Royal Bank. Walk about 10 minutes. Orchard I think is on the 4th block on your left on a corner. Or you can probably ask someone where it is.</i>
	Palms Restaurant and Rhum Barrel Beach Bar in Mero 767-449-6245 open-air dining room overlooking Castaways Beach and the Caribbean Sea; international cuisine by French chef; infamous Sunday beach BBQ at Rhum Barrel Bar from noon to sunset.
**	Papillote Wilderness Retreat: Creole, Trafalgar Falls Rd, in rainforest; daily 7am to 10:30pm; 767-448-2287; Even if you're not staying here, come by taxi for lunch; it's only 6km (3 3/4 miles) east of Roseau. For dinner, you'll need to make reservations. Amid exotic flowers, century-old trees, and filtered sunlight, you'll dine overlooking a gorgeous vista of rivers and

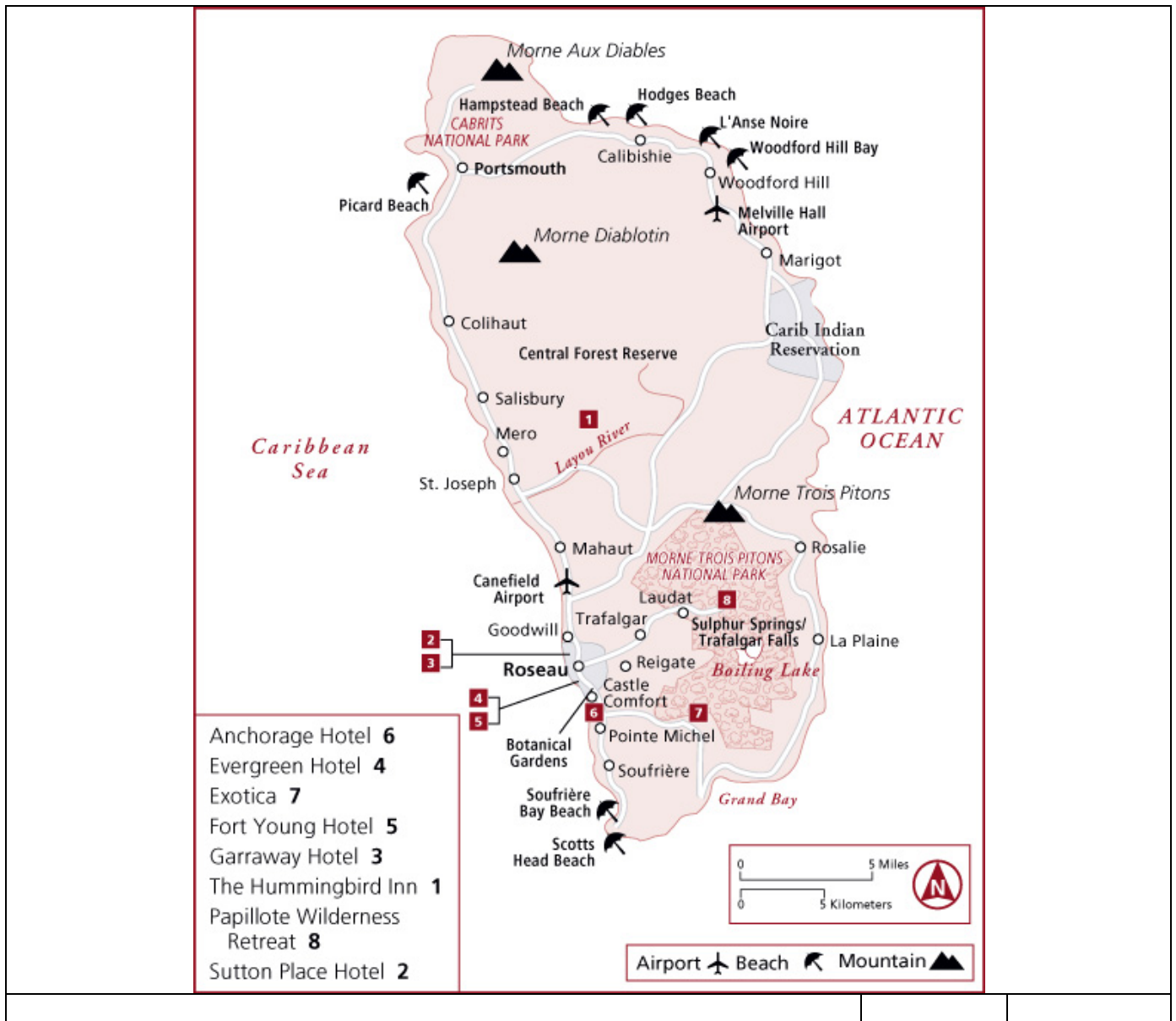
	mountains. The array of healthful food includes flying fish and truly delectable freshwater prawns known as <i>bookh</i> . Freshly caught kingfish is also a tasty treat. Breadfruit or dasheen puffs merit a try if you've never had them, and the tropical salads -- we recommend the green papaya chicken salad -- are filled with flavor.
	<i>At Papillote, you are up on one of the mountains, and all of the dining is outdoors, although there is a roof, so you are covered in the event of rain (this is all rainforest, after all!). The food was good - I am a vegetarian and they offered a nice grilled veggie pizza. My husband had a chicken dish which he said was delicious - I believe you can access their menu on line - it is a small menu. Be aware, we planned to pay with credit card - they did not tell us that the machine was broken until we were leaving - good thing we had some cash I would recommend going if you wanted someplace nice and picturesque and quiet to have lunch or dinner -- just keep in mind the long, slow ride.</i>
***	Pearl's Cuisine: Caribbean; 50 King George V St; Roseau, Castle Comfort; come to this restored Creole house with a veranda for a true taste of Dominica: Chef Pearl's island delicacies are renowned locally. Begin with one of her tropical fruit juices, followed by perhaps freshly caught crayfish as an appetizer. Whenever lobster is available, it's served at dinner any way you want it. She also makes some mean pork chops, and her curried goat will put hair on your chest. Try the potato salad and spareribs or the codfish and plantains if you want to really go local. 767-448-8707 M-Sat 9:20am to 6pm
	Perky's Pizza Roseau 767-448-1268
	Port of Cali Roseau 767-448-2910
	Purple Turtle Beach Club Portsmouth 767-445-5296
	Saaman Gardens Restaurant and Bar Canefield 767-448-2930
	Silk's
***	Sutton Place: <i>best roti; Sutton Place! It's a small hotel about two blocks from the Bayfront, right in the middle of Roseau.</i>
	Tamarind Tree Hotel and Restaurant: Salisbury located on top of a 100-foot cliff overlooking Caribbean Sea, Bay of Salisbury and Morne Diablotin; daytime tasty snacks and nightly creole and international cuisine; exotic cocktails and homemade fruit rums. Roseau is 12 miles (30 minute drive) to the south; Macoucherie Beach is 3 minute walk away; East Carib Dive (on the beach of Salisbury) is located a 7 minute walk away and Salisbury is a 15 minute walk; 767-449-7395 http://www.tamarindtreedominica.com/
**	World of Food Restaurant and Bar: Creole; 48 Cork St Vena's Hotel, Roseau; Castle Comfort; This is one of Roseau's most charming Creole restaurants; some even call its owner, Vena McDougal, the best Creole cook in town. You can have a drink at the stone-walled building at the far end of the garden (in the 1930s the garden belonged to novelist Jean Rhys, author of <i>Wide Sargasso Sea</i>), but many guests select one of the tables in the shadow of a large mango tree. Specialties include steamed fish or fish steak, pork chops, chicken-filled <i>roti</i> , black pudding, breadfruit puffs, conch, and <i>tee-tee-ree</i> (fried fish cakes). Vena also makes the best rum punches on the island. daily 7:30-10pm.
NIGHTLIFE	
	Fort Young Hotel, Victoria Street (767-448-5000), Boardwalk Café Bar is open 10am-6pm on cruise ship days; enjoy tropical drinks along a boardwalk overlooking the Caribbean Sea coastline; entertainment on weekends, usually a combo or "jing ping" (traditional local music known as "jump up" music; usually with an accordion and drums.) Marquis restaurant and Balas Bar has happy hour from 6-8pm and live band from 8-11pm; Monday night BBQ on the Terrace with live steel band http://fortyounghotel.com/index2.cfm
	The clubs and bars in these hotels attract mainly foreign visitors, so if you'd like to go where the locals go, head for one of the following:
	Krazy Terrace, 16 King George V (767-440-0180), if late-night dancing is your thing.

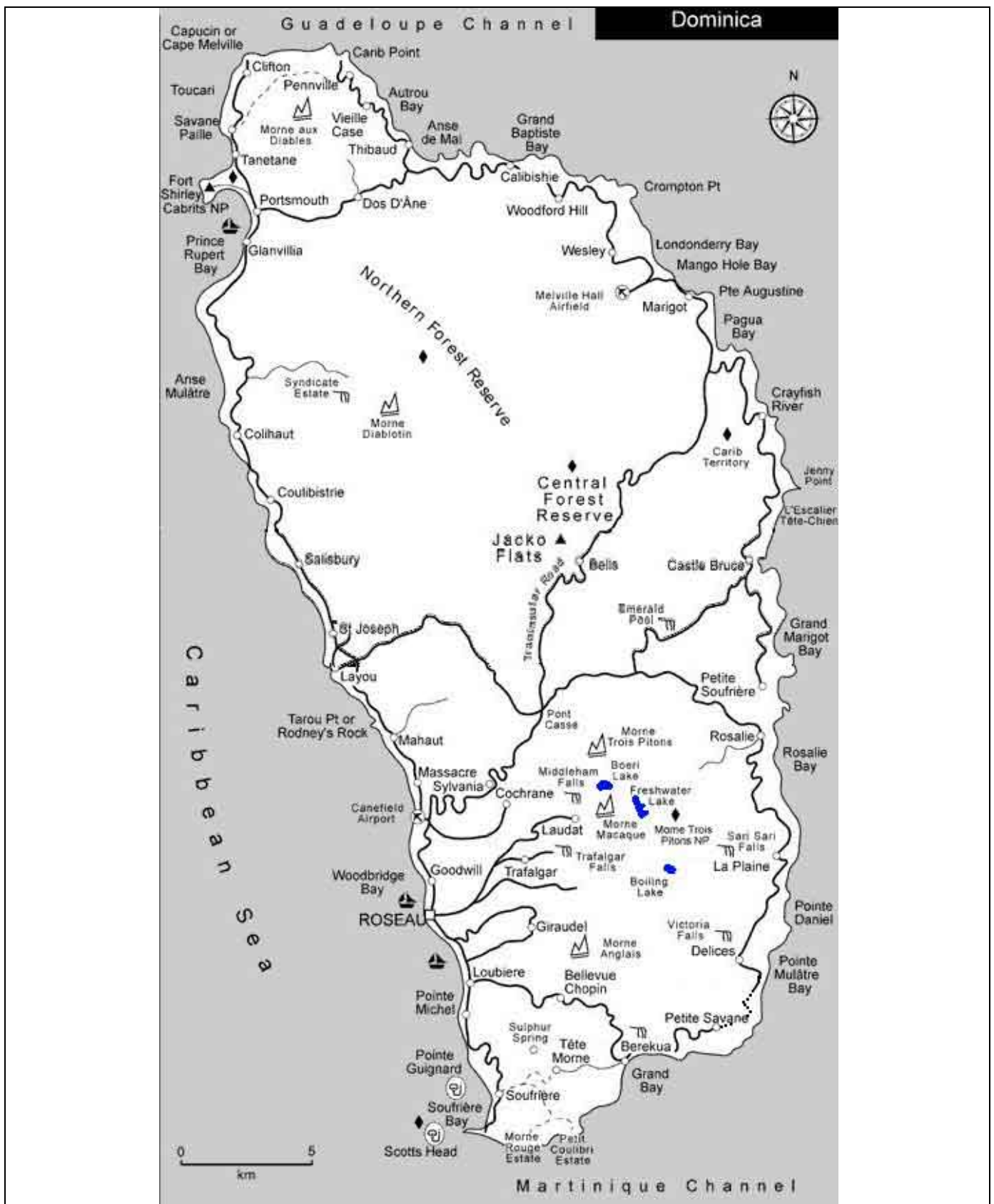
	Symes Zee's , 34 King George V St., Roseau (767-448-2494), the domain of Symes Zee, the island's best blues man. A local band entertains with blues, jazz, and reggae. Here's your chance to smoke a reasonably priced Cuban cigar.
	The Warehouse , Checkhall Estate (tel. 767/448-5451), a 5-minute drive north of Roseau, adjacent to Canefield Airport, is the island's major dance club, and packed every Saturday. Recorded disco, reggae, and other music is played from 10pm to 5am in this 200-year-old stone building, once used to store rum. The cover is EC\$12 (US\$4.45/£2.30).
	<i>I'm not sure of the name, but there was a colorful building to the right of the pier about 1-2 blocks down that had some music and drinks. We didn't really see anything else, but I'm betting any of the tour operators might be able to recommend a great place to you. We didn't drink on this island as we had a full day of sightseeing- with the exception of the Ginger Wine that Reyno Tours gave us in the van. Seems to be a local specialty along with the great plantain chips</i>
	Shopping
	Visitors should bear in mind is that the import and export of fruit, vegetables and flowers is restricted; you will need to obtain a license to take out flowers, for example. The purchase of coral is forbidden so please resist the temptation to buy coral from vendors.
	<i>Don't expect much. There are only a few stores with high priced goods. Your best bet is the flea market type vendors on the street if you want to shop near the Port. They make fantastic baskets that are very reasonable, and the vanilla there (Gap Brand) is wonderful and can be bought right off the street. The locally made hot sauces I bought were a big hit with my co-workers.</i>
	Coconut soap
	<i>Okay, here's the deal on the soap. Its just plain old bar soap. Colgate Palmolive has a factory there. The soap is called "Castile - Beauty Soap with Cocoa Butter." I bought a few bars to take home and give as gifts, but believe me - it is really nothing special. There is so little in Dominica, that I think they promote the soap from the factory as one thing they can point to. We walked around the town, and as far as I can determine there are very few locally made handicrafts. I did buy some nesting bowls, varnished and made from some hard wood.</i>
	<i>I think you bought the wrong stuff. Coalpot soap is the right name and it is made in Dominica. We bought several bars of it from a gift shop in town. It was \$3 a bar, at the time, but we did not feel like looking all over the island to save a couple dollars. The soap smells terrible, as far as I'm concerned, but it is great stuff. We still have a little left from our 2003 trip and I'm sure we'll buy some more sometime. Here's a link for it. http://www.coalpot-soaps.com/</i>
	Spices: vanilla beans, cinnamon, bay leaves, hot peppers, onions and cocoa
	Baskets, purses and woven mats: all varieties made by Carib Indians
	<i>Definitely get some of the woven goods from the Carib Indians. I brought back the most amazing fans, baskets and purse. They made distinctive gifts and the patterns are just beautiful. If possible, look for the famous "double" woven pots. We got ours at a little roadside stand run by a guy named Moses, deep in the Carib territory. Our tour guide, Beno, took us to see him and the other Carib places. Fascinating listening to Moses explain about the Caribs who settled most of the Southern Caribbean islands and were much feared during those early times.</i>
	Ginger wine
	Glycerin soaps
	<i>Olive oil soap (gold and black packaging) for \$2.00 each is pretty good. It smells really nice and I wish I had bought more. It is manufactured on the island and most everyone sells it.</i>
	<i>We docked at Woodbridge Bay, which is about a mile north of downtown Rosseau. The only shopping at the port was a "straw market" type building right outside the port gate.</i>
	MUSIC

	<p><u>Dominica Music Artists:</u></p> <p>Michele Henderson Cameron Pierce Sharon Musgrave Rough and Ready Wassin Warriors Seramix Ophelia Kassav First Serenade Exile One Grammacks Voltage Four Woodenstool Every Mother's Child Windward Caribbean Kulture (WCK)—group plays experimental fusion of cadence-lypso with the island's jing ping band sound resulting in a sound known as "bouyon". Casimir Brothers The Swinging Stars Swinging Busters The Gaylords "Lovely Dominica" De Boys an Dem Los Caballeros</p> <p>http://www.festivalmusiquecreoledominique.com/ http://www.avirtualdominica.com/music/smoothjazz.htm http://www.avirtualdominica.com/store/music.html http://www.michelehenderson.com/ http://en.wikipedia.org/wiki/Music_of_Dominica</p>

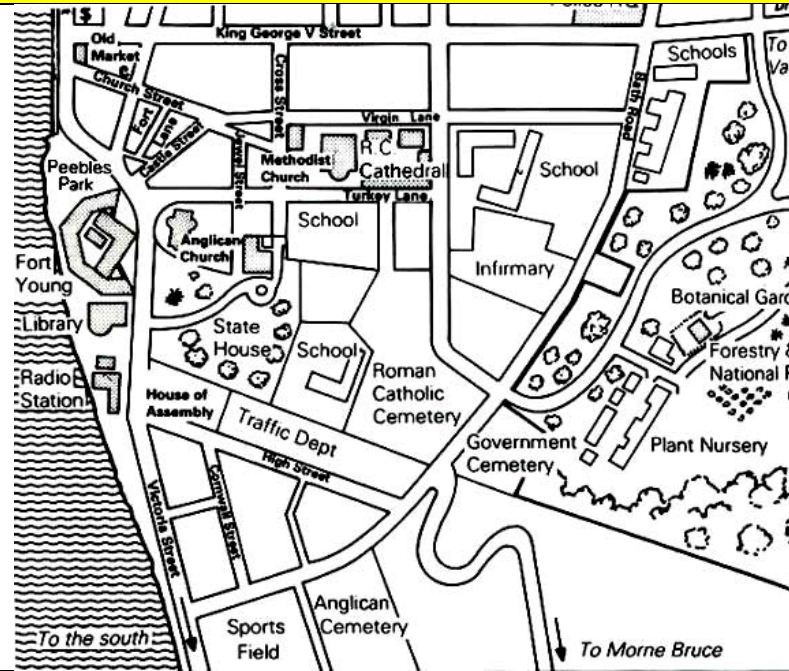








Roseau







Portsmouth



