

# Comfortable Hiking Holidays

Hike an adventure. Rest in Comfort.

## Trip Itinerary: Dominica Holiday

February 3 to 11, 2018

NEW!

- Day 1** HELLO SUNSHINE!  
Upon arrival into Dominica, we shall transfer from the airport to our hotel in the capital of Roseau.
- Day 2** MIDDLEHAM FALLS & BOERI LAKE  
Hike in Morne Trois Pitons NP, a UNESCO World Heritage Site, through pristine rainforest to Middleham Falls. Middleham Falls are striking, with a narrow stream dropping about 85m from a keyhole notch in the lip of the cliff. (Moderate-challenging, 5 km)  
Lunch will be by the shores of Freshwater Lake.  
In the afternoon, hike to nearby Boeri Lake, Dominica's highest mountain lake (853m). (Moderate, 3km)
- Day 3** WAITUKUBULI NATIONAL TRAIL / SEGMENT 2  
A good opportunity to see "real life" in Dominica ... Beginning in the community of Bellevue Chopin, the trail quickly leads through thick rainforest and eventually gives way to farmland, showcasing livestock and small-scale agricultural farming. Wind through the communities of Tete Morne and Grand Bay before descending to the Soufriere Sulphur Springs for an invigorating bath in naturally heated, mineralized water. (Moderate-challenging, 13km)
- Day 4** SNORKELING IN MORNING/AFTERNOON AT LEISURE  
The snorkeling in Dominica is fabulous. The water is usually crystal clear with tons of marine life. Cruise south toward the Soufriere Scottshead Marine Reserve along the west coast of Dominica. Moor at Champagne Reef, where bubbles emerge from the water, making you feel as though you are swimming through a glass of Champagne!  
The rest of the day is at your leisure.
- Day 5** WAITUKUBULI NATIONAL TRAIL / SEGMENT 13  
This hike follows the northernmost coast of the island of Dominica with sweeping views of the Guadeloupe Channel and the islands of Marie Galante, Les Saints and Guadeloupe in the distance. (Moderate, 7km)  
Then transfer to Toucari Bay for a late lunch on the beach along with a swim in the sea. You can't go to the Caribbean without going to the beach!
- Day 6** BOILING LAKE  
This hike starts at Titou Gorge and winds its way through Morne Trois Pitons NP to the summit of Morne Nicholls. Then descend into the Valley of Desolation, stripped of all vegetation but alive with sulphur streams, bubbling waters and rocks the colour of stained-glass windows. Then it's onwards to Boiling Lake - the second largest of its kind in the world. The way back is just as challenging as the way here, but the reward is a refreshing dip in the pools back at the Titou Gorge starting point. Although this is a demanding hike, those who conquer Boiling Lake wear it as a badge of honour. (Very challenging, 13 km)
- Day 7** DAY OF LEISURE  
This is a great day to relax, especially at the hotel's swimming pool or on the lanai overlooking the Caribbean. However, there is lots more to see & do in Dominica, which we can help you organize.

## Day 8

### WAITUKUBULI NATIONAL TRAIL / SEGMENT 6

Dominica's indigenous people are the native Kalinago, who called their island Wait'tukubuli, meaning "Tall is her body". This segment of the trail takes us along the eastern coast of the island, through Kalinago territory, showcasing their culture and lifestyle, and with amazing views of the Atlantic Ocean. (Moderate-challenging, 10km)

## Day 9

### GOOD-BYE DOMINICA