



Dominica: Waterfalls, Volcanic Peaks & Kalinago Culture

8 days, Roseau to Roseau

Trip code CORG

What's included

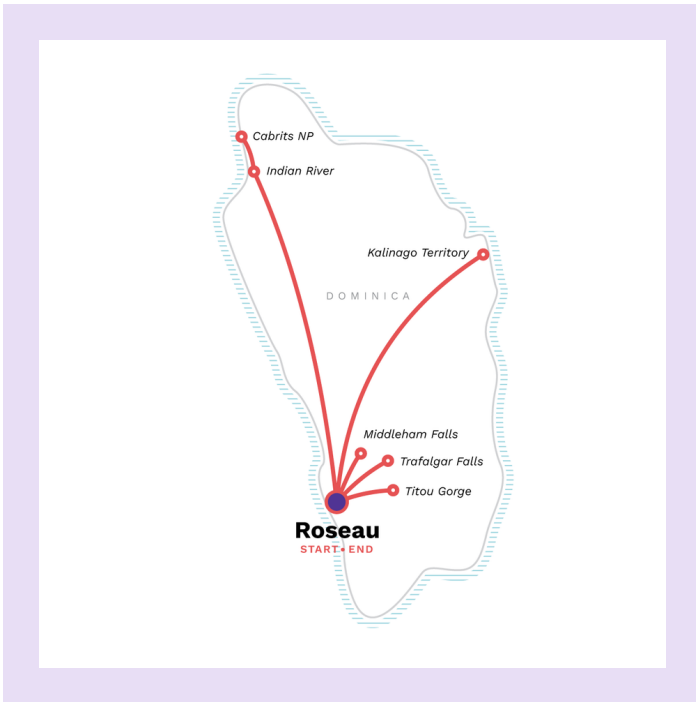
- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Local Lunch at at Beachside Restaurant, Toucari
- Your OMG Day: Visit Titou Gorge or Spanny & Jacko Falls, Roseau
- Complimentary arrival transfer
- Welcome dinner
- CEO-led Roseau walk to the botanical gardens
- Trafalgar Falls excursion
- Guided snorkeling at Champagne Reef with included equipment
- Hike to Middleham Falls
- Freshwater Lake scenic walk
- Indian River boat trip
- Visit Cabrits National Park and Fort Shirley
- Emerald Pool visit and swim
- immersive Kalinago cultural experience with craft demonstrations and traditional bread-making
- Farewell dinner
- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing April 23rd, 2026 and onwards

Itinerary



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

Roseau: Welcome to Dominica

Catch a glimpse of nearby islands, blue water and green volcanic peaks as the plane swoops in for its final approach. Cross the island en route to Roseau through rainforest on windy mountain roads bordered by dense flora and hidden pools. We welcome you to Dominica, and invite you to embark on an adventure beyond the Caribbean beaches into a land of volcanoes, waterfalls and incredible natural beauty.

Arrive to Dominica at any time and transfer to your hotel. Meet your fellow group members at the welcome meeting in the evening and get all the important information about the adventure ahead. Afterwards, head to a nearby restaurant for a delicious welcome dinner with new friends.



Meals included

Dinner



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

Arrival Transfer

Roseau

1h-1h

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2

Roseau: Trafalgar Falls and Champagne Beach

Begin the day with a stroll through Roseau's botanical gardens before heading to the iconic twin Trafalgar Falls, 2 rivers plunging from different rivers to the pools below. Next, head to Champagne Beach to snorkel amongst the volcanic bubbles seeping from the sea floor, keeping an eye out for tropical fish and turtles. Back in Roseau, the remainder of the day is yours.

Walk with your CEO through Roseau to the botanical gardens before driving to Trafalgar Falls. Continue to Champagne Beach and meet the local guide for a snorkel excursion before returning to the hotel. The rest of the afternoon and evening are free.



Meals included

Breakfast



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

Walk to the Botanical Gardens

Roseau

1h

Take a CEO-led stroll through Roseau to the city's serene, 40-acre botanical gardens. Along the way, your guide will share local history and point out the trail to Morne Bruce. This historic lookout is ideal for your free time, offering the quintessential panoramic view of Roseau and the Caribbean coast for perfect photos.

Trafalgar Falls Visit

Roseau

1h-1h

A short walk leads you to the spectacular twin Trafalgar Falls, one of Dominica's most iconic natural landmarks. You can enjoy a refreshing soak in the cool pools at the base of the falls or just take it all in from the viewing platforms before returning to the vehicle.

Champagne Beach Trip

Roseau

2h-2h

Experience the magic of Champagne Beach, famous for its volcanic underwater bubbles. Join a local guide and set off from shore to see the geothermal vents and look out for resident marine life. Snorkelling equipment is included and there are change room facilities on site.

Free Time

Roseau

Enjoy a free afternoon and evening to explore the city or relax by the pool

Day 3

Roseau: Falls, Lakes, and Rainforest

Set off on foot through dense primary rainforest to reach the island's tallest waterfall and feel the spray of the mist on your face from the viewing platform. Cool off with a swim if conditions permit before returning to the vehicle then head up the mountain to Freshwater Lake, Dominica's largest and a UNESCO heritage site. Take in the views while walking a shoreline trail around the perimeter before returning to Roseau in the early afternoon.

Transfer from Fort Young Hotel to Middleham Falls for a rainforest trek to the island's tallest waterfall. After swimming and photos, drive to Freshwater Lake for a hike and a picnic lunch. Return to the hotel for a free afternoon and evening in Roseau.



Meals included

Breakfast | Lunch



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

Private Vehicle

Roseau - Middleham Falls

30m

10km

Settle in and scan the scenery from the convenience of a private vehicle.

Hike to Middleham Falls

Middleham Falls

4h

2km

This adventure leads you through dense primary rainforest to reach the island's tallest waterfall. The hike begins with a shallow river crossing followed by a humid, twenty-minute ascent up jungle steps, eventually leveling out before a final descent over rocks and roots to the viewing platform. Once there, you'll have time to swim in the mist-filled basin (conditions permitting) and capture photos before retracing the forest path back to the trailhead.

Freshwater Lake

Freshwater Lake

1h-1h

5km

Take a short drive from Middleham Falls to Freshwater Lake for a walk along the shoreline trail to soak in the panoramic mountain views. The terrain is relatively flat but features natural obstacles like rocks and roots that wind through the lush highland scenery. To finish, enjoy a picnic lunch along the trail or at the visitor centre amidst the tranquil mountain air.

Private Vehicle

Freshwater Lake - Roseau

30m

13km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Roseau

Enjoy another afternoon and evening to relax by the pool or wander into town.

Venture to the northern part of the island, hugging the western coastline and passing through small villages and former sugar estates along the drive. Reach Indian River for a tranquil boat trip inland through mangrove forests along an impossibly milky green waterway, catching the cool shade as you pass underneath the trees. Back on firm ground, step into Dominica's history books and explore Cabrits National Park, with its colonial garrison set on a strategic hilltop with views to the ocean. On the way back to Roseau, stop at a small beach for a delicious local lunch and time to relax and swim in the ocean.

Drive to Indian River in the morning for a boat trip along the waterway. Continue to Cabrits National Park to visit the historic site and old fort before returning south, stopping at a small beach village for lunch at a local restaurant. Free evening in Roseau.



Meals included

Breakfast | Lunch



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

Private Vehicle

Roseau - Indian River

1h30m

45km

Settle in and scan the scenery from the convenience of a private vehicle.

Indian River and Cabrits NP

Roseau River

2h30m

Board a boat to traverse the Indian River, exploring the buttressed Bwa Mang trees and filming sites from Pirates of the Caribbean. After a stop at the Bush Bar, continue to Cabrits National Park to explore the restored Fort Shirley Garrison and surrounding jungle ruins. The visit concludes with a walk through forest trails featuring historic ruins covered in tropical vines.

ACTIVITY

Enjoy a delicious local lunch at a seaside restaurant, where you can relax and swim from the quiet beach while your meal is prepared.

Free Time

Roseau

Explore the historic district's architecture, browse the local waterfront market for crafts, or walk to a nearby viewpoint for a panoramic look at the city and coastline.

Today is all about flexibility and personal preference. Choose between a swim along the narrow canyon of Titou Gorge to a waterfall and then visit some hot springs, or embark on an excursion to Spanny and Jacko Falls for the opportunity to swim in the freshwater pools in the forest. In the afternoon set off in search of whales on an optional boat trip or spend the rest of the day lazing by the pool. However you choose to spend the day will be a winner.



Meals included

Breakfast



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

ACTIVITY

Option 1: Titou Gorge is a spectacular volcanic canyon where you can swim through narrow, high-walled passages of turquoise water to reach a hidden waterfall tucked deep within the rock.

Option 2: Spanny and Jacko Falls are two closely situated, picturesque cascades nestled in Dominica's lush interior, offering visitors a serene and less crowded alternative for swimming and photography.

Both excursions will last 4 hours and begin and end at the hotel in Roseau.

Free Time

Roseau

Spend your free time exploring the vibrant streets of Roseau to browse the handicraft market, stroll the waterfront, and enjoy the island's authentic Caribbean architecture.



Optional Activities - Day 5

Whale Watching

Roseau

70None

Experience the ultimate marine adventure with an optional whale-watching excursion, where Dominica's resident sperm whale population makes sightings more likely. You'll join the island's premier dive team to try and spot these magnificent giants in their natural habitat for a truly unforgettable encounter.

Roseau: Emerald Pool & Indigenous Heritage

Venture into Dominica's interior with a visit to another impossibly beautiful waterfall in the forest, aptly named Emerald Pool for the inviting cool water at the base of the 40-foot cascade. Next, immerse yourself in the island's indigenous culture and history with an excursion into the Kalinago Territory. Visit the cultural centre and walk some of the coastal trails while listening to stories from the local guide before returning to Roseau in the afternoon.

Drive to Emerald Pool waterfall for the opportunity to swim before continuing into Kalinago Territory for a cultural experience. Enjoy lunch at a local restaurant before returning to Roseau in the afternoon where the rest of the day is free.



Meals included

Breakfast | Lunch



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

Private Vehicle

Roseau - Emerald Pool

1h-1h

23km

The drive from Roseau to Emerald Pool takes you through the heart of Dominica's lush rainforest, offering spectacular views.

Visit Emerald Pool

Emerald Pool

1h30m-1h30m

Take a scenic drive to the island's interior to visit the stunning Emerald Pool, a 40-foot waterfall nestled within Morne Trois Pitons National Park. It is a beautiful spot to swim in the vibrant green waters and capture photos of the lush rainforest surroundings.

Private Vehicle

Emerald Pool - Kalinago Territory

30m-30m

23km

Settle in and scan the scenery from the convenience of a private vehicle.

Kalinago Village Cultural Visit

Kalinago Territory

Immerse yourself in the heritage and history of the indigenous Kalinago people with a visit to a cultural centre to learn about traditional customs, medicinal plants, and cassava bread-making. Explore the natural landscape with a local guide on a scenic walk along the Waitukubuli National Trail and Salybia Bay, connecting with the environment that shapes daily life. The experience concludes with traditional craft demonstrations and a canoe display by the bayside, highlighting the community's deep seafaring and artistic roots.

Private Vehicle

Kalinago Territory - Roseau

30h-45h

25km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Roseau

Take advantage of your free time in Roseau by relaxing by the pool, enjoying a local meal, or simply soaking in the laid-back atmosphere of the island's capital.

Day 7

Roseau: Free Day

Today's plan is to do as much or as little as you please. For those looking to break a sweat, set off on a full-day hike through the rainforest and across the volcanic landscape to Boiling Lake, the world's second-largest of its kind within Morne Trois Pitons National Park, a UNESCO World Heritage site. Options closer to the hotel could be a cooking class or just take this last day to laze by the pool before re-grouping in the evening for a farewell dinner with your CEO and fellow travellers.



Meals included

Breakfast | Dinner



Accommodation

Fort Young Hotel (or similar)

Hotel

Fort Young Hotel & Dive Resort is a full-service, 4-star hotel on the Caribbean Sea that blends heritage charm with contemporary comfort from a landmark waterfront location in the capital. Enjoy modern accommodations, dining, spa, pool, jacuzzi, and more – Fort Young is your gateway to explore Dominica, by land and sea.



Today's Activities

Free Time

Roseau

Take a full free day to hike to Boiling Lake, go canyoning, take a cooking class or do any last-minute shopping in town and relax by the pool.



Optional Activities - Day 7

Boiling Lake Hike

Roseau

243None

6h-8h

Embark on a guided hike to the world's second-largest boiling lake, a remarkable flooded fumarole located within the volcanic Valley of Desolation. It is a moderate-to-challenging trek covering approximately 11-13km of varied terrain, with over 900m of elevation gain and loss traversing the rainforest and volcanic landscape. A packed lunch is included along with transport to/from the trailhead.

Cooking Class

Roseau

80None

Learn some of the essentials of delicious Caribbean cuisine at a cooking class arranged from the hotel.

Day 8

Roseau

Today your adventure comes to an end, but the memories made during your time in Dominica are sure to live on.

Depart at any time.



Meals included

Breakfast



Today's Activities

Departure Day

Not ready to leave? Your CEO can help with travel arrangements to extend your adventure.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Local Lunch at at Beachside Restaurant, Toucari
- Your OMG Day: Visit Titou Gorge or Spanny & Jacko Falls, Roseau
- Complimentary arrival transfer
- Welcome dinner
- CEO-led Roseau walk to the botanical gardens
- Trafalgar Falls excursion
- Guided snorkeling at Champagne Reef with included equipment
- Hike to Middleham Falls
- Freshwater Lake scenic walk
- Indian River boat trip

- Visit Cabrits National Park and Fort Shirley
- Emerald Pool visit and swim
- immersive Kalinago cultural experience with craft demonstrations and traditional bread-making
- Farewell dinner
- All tips included for activities and meals, except for CEO and portorage
- All transport between destinations and to/from included activities

What are the main highlights of this trip?

Stand before Trafalgar Falls where two rivers converge into twin cascades, Hike through ancient rainforest to Middleham Falls – the tallest on the island, Snorkel Champagne Beach and feel warm volcanic bubbles rise around you, Discover Kalinago culture and heritage on an immersive east coast experience, Choose between Titou Gorge or freshwater pool swimming on your OMG Day

What are the main highlights of this trip?

Stand before Trafalgar Falls where two rivers converge into twin cascades, Hike through ancient rainforest to Middleham Falls – the tallest on the island, Snorkel Champagne Beach and feel warm volcanic bubbles rise around you, Discover Kalinago culture and heritage on an immersive east coast experience, Choose between Titou Gorge or freshwater pool swimming on your OMG Day

Is there a disclaimer I should read before booking this trip?

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you view a final copy of your Trip Details a couple of days prior to travel, in case there have been changes that affect your plans.

Is there a travel disclaimer for my itinerary I should review before booking this trip?

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEOs), a G Adventures representative, or an expedition team. The aim of the group leader is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

How large will the group be?

Max 16, avg 12

What meals are included in this trip?

7 breakfasts, 3 lunches, 2 dinners

What are the meals like on this trip?

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. The above information applies to G Adventures group trips. For Independent trips please check the itinerary for details of meals included. For all trips please refer to the meals included and budget information for included meals and meal budgets.

What are the modes of transportation on my trip?

Private Vehicle, Boat, Walking.

Is there an extra cost for travelling solo?

We believe solo travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Hotel (7 nts).

Will I get my own room?

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

From the customs checkpoint please continue to the airport exit doors and outside there will be a driver waiting there with a G Adventures sign. If for any reason you are not met at the airport, please call our local emergency number. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Operator (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

As an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS

Fort Young Hotel (Local Contact): +1 767-448-5000

G Adventures Office San Jose, Costa Rica

During Office hours (Weekdays 9am-5pm Local Time): +506 4001 8474

After hours emergency number: +51 997 582 712

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What should be on my packing list?

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Sturdy water shoes/sandals
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sun hat/bandana
- Swimwear

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

What should I know about currency, credit cards, and exchanging money while on this tour?

Credit cards and debit cards are very useful for cash advances. Visa cards are the most widely accepted cards. While ATMs are available, there are no guarantees that your credit or debit cards will actually work in the Caribbean. Check with your bank. You should be aware that to purchase products or services on a credit card a fee of 5%-10% usually applies. Do not rely on credit or debit cards as your only source of money. A combination of US dollars cash and cards with travellers cheques as backup is best. Always take more rather than less, as you don't want to spoil the trip by constantly feeling short of funds.

CURRENCY EXCHANGE TIP: Please be advised that slightly torn notes, notes that have been heavily marked or are faded may be difficult to exchange. It is best to bring notes in fairly good condition, in denominations lower than 100USD (or equivalent).

How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Do I need to pay a departure tax?

Most airlines include departure tax in the cost of the ticket. Please check with the airline with which you are travelling.

What activities are optional on this trip?

Roseau

- Whale Watching (70 per person)
- Boiling Lake Hike (243 per person)

Roseau

- Cooking Class (80 per person)

Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that quite often we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical rating for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (CEO) will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your CEO will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of people in the sex trade is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they utilize the services of paid sex workers, in any capacity.

Is travel insurance required for my trip?

Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

How old must I be to join this trip?

Minimum age of 18 years for this trip.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.