

Dominica

NATURE ISLAND



Nature AS INTENDED



Wonder what the world looked like when it was young, unspoiled by the erosive force of time and man's overdevelopment? Come to Dominica and see it for yourself. The youngest island of the Caribbean, erosion has yet to dull the terrain.

The mountainous landscape limits human settlement and development primarily to the coast. The result? Peaks of almost 5,000 feet from sea level, 12 major waterfalls, six varieties of tropical forest, an abundance of rivers and a kaleidoscopic world of plant and animal species – all for your enjoyment.



Find YOUR INNER *explorer*



Take a scenic walk to one of Dominica's easily accessible waterfalls. Hike a mossy trail for a secluded swim in the misty pools of Victoria Falls. Challenge yourself with a three-hour trek to the Boiling Lake, the world's second largest volcanically heated lake.



Exploration means different things to different people, and Dominica caters to them all. Whether hiking its 11 mountains-worth of challenges, looking for its 172 types of birds or foraging among its over 1,000 flowering plants, you will quench your thirst for discovery – and self-discovery.

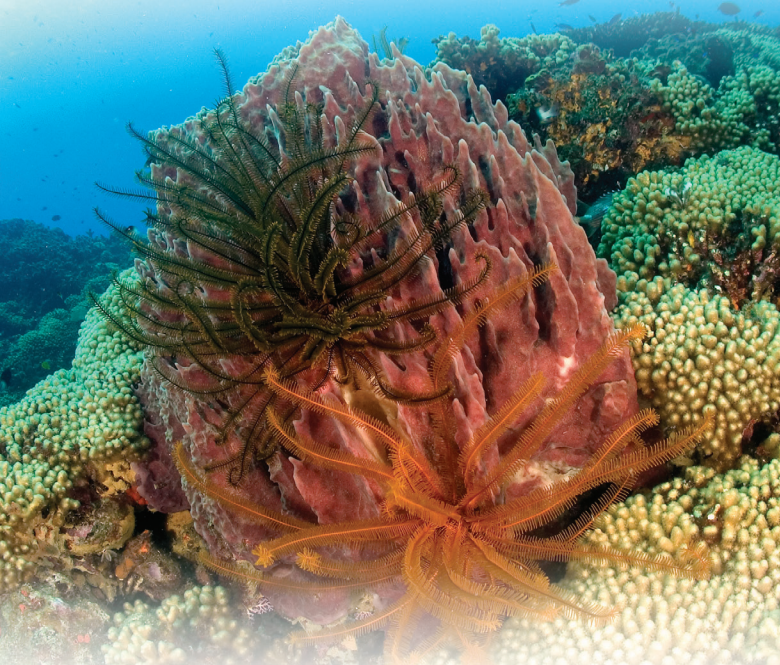


In 1998, UNESCO designated Dominica's Morne Trois Pitons National Park a World Heritage Site. Sixty per cent of the island is covered by rainforest and it is possible to ride above and through the forest in a tram for 90 minutes and discover Nature at its best.



Come and start exploring!

A WORLD AT *Sea*



Dominica's mountains are tall and its waters deep. Boasting depths of up to 6,000 feet, the island is a haven for whale watchers, divers and sports fishermen. Whether you take a sun-drenched sail on calm seas or venture to see the 22 different species of cetaceans, Dominica, the Whale Watching Capital of the Caribbean promises an unforgettable aquatic experience. During peak season (November – May) visitors enjoy the exhilaration of spotting the mammoth and graceful sperm whales, humpbacks or "cow whales", and dolphins or "spinners" at an incredible 80 per cent sighting rate.





THE FIRST *Dominicans*

Dominica is an island protected from the ravages of time and one of its most treasured possessions is its original people. Some 3,500 Caribs (Kalinago Indians), descendants of the civilisation that once dominated the islands, still thrive on Dominica, preserving a way of life thousands of years old. Come to the Carib Territory and partake of the generosity, peace and simple abundance of the first people.

Take your trip to another level of experience by visiting the Kalinago Barana Aute (Carib Village by the Sea) and get a first-hand view of how the Kalinago people lived thousands of years ago.



Relax!

AND UNWIND



There's a secret beach waiting for you. After a day in the mountain forest or on the sea, there's nothing like relaxing on a sun-soaked beach, hearing the gentle sounds of the water lapping against the sand.

Maybe you came for adventure, but take some time to exhale! Enjoy a deep massage while listening to the sound of the waves or join a yoga class to relax the mind. Either way you can find it all in Dominica.



Be sure to rent a jeep, there are many sights to see on your coastal journey. Centuries old churches, quaint villages and the Macoucherie Rum Factory, one of the oldest distilleries in the Caribbean, are just a few of the landmarks off Dominica's roads. The sounds are just as exotic.



To unwind you will find countless activities all year round, from village feasts to sports, music and dance. Top favourites are the Dominica Carnival on Monday and Tuesday before Ash Wednesday; Domfesta, festival of the arts, in May; and the famed World Creole Music Festival the last weekend in October.



Oh!

THE CUISINE

Enjoy the untainted treasures of the land and sea – a bounty of fresh fruit, produce and seafood. When you sit for a mountain lunch or dine at one of Dominica’s coastal restaurants, you know your meal came from nature – not the frozen section of the supermarket – Caribbean cherry juice, a plate of just-picked fruit, fish from the fisherman himself, and all of it seasoned to perfection and cooked in that distinctive Caribbean style. In Dominica, every meal is a home-cooked meal.



FIND IT

Here



Man craves nature. No matter how sophisticated we are, no matter how hi-tech and fast-paced into the Information Age we have become, there is still a part of us that longs for that connection to the natural world. It's that second of serenity you feel, looking out a high-rise window at the bay beneath. It's that adrenalin rush on an early morning run through a quiet park. In Dominica, more so than almost any other island, the natural world remains largely unspoiled and untouched. That's why it's known as the "Nature Island." If you're a naturalist or an eco-adventurer, then you will find more to do and see than you could possibly hope for. If you're just that person looking out the office window, then you will find what you didn't even know you were missing.



Come to Dominica!