

A scenic landscape photograph of three hikers on a trail. The hiker in the foreground is a blonde woman in a red tank top and khaki pants, leaning on a wooden pole. Behind her are two other hikers, a woman with red hair in a white tank top and a man in a black tank top, both looking out over a lush green valley and a blue bay. The background features rolling green hills and a clear blue sky.

Like DOMINICA



www.DiscoverDominica.com

Hike DOMINICA

Hiking in Dominica can mean anything from a walk in the park, to a mountain ascent, to a swim through a narrow gorge.

Thanks to its mountainous terrain and despite its small size, Dominica offers a wide variety of challenges to hikers. Everything from a gentle stroll to magnificent waterfalls, to a strenuous trek through rainforest up to a sulphurous boiling lake.



GETTING STARTED

Here are details of hikes to whet your appetite. For additional information visit Dominica's official website: www.DiscoverDominica.com

So pack your boots and come hike Dominica!

HIKE CATEGORIES

- Degree (level): 1 (very easy)
- Degree (level): 2 (easy)
- Degree (level): 3 (moderate)
- Degree (level): 4 (difficult)
- Degree (level): 5 (very difficult)

Cascading FALLS



TRAFALGAR FALLS

Just east of the picturesque village of Trafalgar in the Roseau Valley is one of Dominica's most popular natural attractions, the Trafalgar Falls. These are twin waterfalls called the Mother and Father Falls. The Father Falls, the taller of the two is 125ft (38m) and the Mother Falls is 75ft (23m) high.

Length: 0.2 miles (0.3km)
Duration: 10 minutes
Degree: 1



EMERALD POOL

The Emerald Pool is located 3.5 miles (5.6km) northeast of Pont Cassé on the way to Castle Bruce. It is the most accessible trail in the Morne Trois Pitons National Park. The Emerald Pool has a waterfall which forms a pool at the base which is suitable for swimming. Some great features of this attraction include secondary rainforest, abundance of epiphytes, vistas of the Morne Trois Pitons and a variety of birds and mammals.

Length: 0.75 miles (1.2km)
Duration: 15 minutes
Degree: 2

Cascading FALLS



MIDDLEHAM FALLS

The trek to Middleham Falls leads into the heart of the rainforest. The falls are striking – a narrow stream drops about 200ft (60m) from a keyhole notch in the lip of the cliff. Pause here and brace yourself for a chilly dip! Some features of this site include bats, tree frogs, Yanga Palms and a variety of birds.

Length: 3.5 miles (5.8km)
Duration:
45 minutes each way
Degree: 3



VICTORIA FALLS

Access this fall from the village of Delices, which is an hour and 45 minutes away from Roseau by car. The Waterfall is 175ft (53m) in height and flows into the White River.

Length: 0.4 miles (0.6km)
Duration:
20 minutes one way.
Degree: 3



SARI SARI FALLS

Sari Sari Falls is located within the village of La Plaine on the east-coast of the island. This waterfall flows into the Sari Sari River.

Length: 0.5 miles (0.8 km)
Duration: 30 minutes
one way
Degree: 3



FRESHWATER LAKE

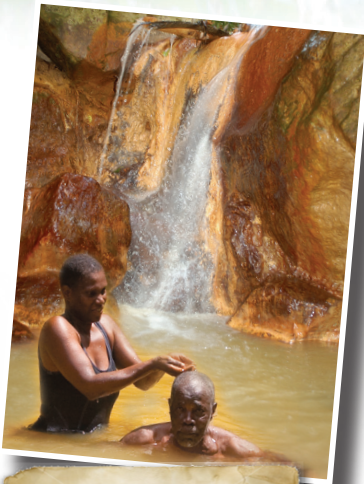
Freshwater Lake, the largest of Dominica's lakes, is two miles northeast of the village of Laudat, over 2,500ft (762m) above sea level. It lies at the centre of an old volcano at the foot of Morne Macaque, and is the source of the Roseau River. The Lake has a depth of approximately 55ft (17m) and is roughly 5-6 acres (2 hectares) in size. The lake can reach a depth of 85ft (26m) at its maximum capacity. Kayaking, boating and hiking are some of the activities done on the lake.

Length: 2.5 miles (4km)
Duration: 45 minutes
one way
Degree: 2

Spas & SULPHUR SPRINGS

SOUFRIÈRE SULPHUR SPRINGS

Located at the foot of the Soufrière Mountain in the south of the island, the spring is located at one of the most recently active volcanic areas in Dominica. Some features of this site include hot water pools, sulphur deposits, a cold stream and fumaroles vegetation. Possible activities range from hiking, bathing, picnics and educational tours.



Length: 0.39 miles (0.65km)
to the main sulphur deposit
Duration: 30 mins. one way
Degree: 2



HOT SULPHUR SPA

Dominica's volcanic landscape and hot sulphur springs are a huge draw for ecotourists interested in nature, hiking and wellness. Relax in idyllic settings with springs that range from very hot to refreshingly cool. With the greenery all around, it is soothing and healing for the body and the senses. Several of these pools are found in the Wotten Waven area and at some of the properties. A soak in any of these pools is said to improve skin quality.

Defy **ALTITUDE**

MORNE DIABLOTIN

At 4,747ft (1,447m), this is the highest mountain in the eastern Caribbean. The trail begins at approximately 1,900ft (579m) above sea level, and usually ends at the "popular summit" which is somewhat lower than the true summit. Some of the features of this trail are mature rain forest, montane forest with an abundance of epiphytes, endemic Jaco and Sisserou (or Imperial) parrots, spectacular views of Cabrits, Portsmouth and other villages in the north from the summit.

Length: 1.25 miles (2km)
Duration: 2-1/2 to 3 hours
one way
Degree: 4

SYNDICATE NATURE TRAIL

This magnificent rainforest is the home of the rare Sisserou and Jaco parrots, which you are likely to hear and possibly see. This trail is excellent for hikers and bird lovers.

Length: 5 miles (8km)
Duration: 45-60 mins one way
Degree: 2
Hike Trail Starts: The Syndicate
Visitor Centre in the Morne
Diablotin Park



JACKO FLATS/STEPS

This is the site of a Maroon encampment of escaped slaves in the 1700s. The name was coined after a runaway slave, Jaco, who found refuge there. Access is uphill to a plateau after crossing the Belles River. The Jaco Falls is one of the main features of this site.

Length: 1 mile (1.6km)
Duration: 45 minutes
Degree: 1



BOERI LAKE

The Boeri Lake is one of two freshwater lakes in the Morne Trois Pitons National Park and may be reached via a 1.25-mile (2-km) trail leading from the Freshwater Lake. This is a Crater Lake and is the highest lake on the island. The trail to the lake takes you through predominantly montane and elfin woodland.

Length: 1.25 miles (2km)
Duration: 45 minutes one way
Degree: 3





Length: 1.1 miles (1.7km)
Duration: 3 hours one way
Degree: 4

MORNE TROIS PITONS

Located to the north of Boeri Lake and Morne Macaque is the impressive Morne Trois Pitons. The top of the mountain is actually shaped into three peaks as its French name suggests. Morne Trois Pitons is also a dormant volcano and the second highest mountain on the island. Features of this site include rain forest, montane forest, elfin woodland or cloud forest, spectacular views of surrounding landscapes and mountain profile.



Length: 2.5 miles (4km)
Duration: 3 hours one way
Degree: 4
Tour guide: Recommended

CHEMIN L'ETANG TRAIL

The Chemin L'Etang or Lake Road began as a Carib track across the island. The road was cut and improved during colonial times as it was the main route across Dominica by land, although many people and much produce went by sea instead. It cuts through a pass in the mountains which at over 2000 feet above sea level is the lowest gap along the ridge of volcanic peaks in southern Dominica.

BOILING LAKE AND THE VALLEY OF DESOLATION

This hike promises to be the most diverse and awe-inspiring trail in Dominica. The rainforest rises from 1,772ft to 2,264ft (540m to 690m) then descends 98ft (30m) toward the Trois Pitons River. This hike is known as the ultimate challenge and completing it places one amongst an elite group of achievers. The lake has a cauldron of boiling water, approximately 200ft (63m) wide, fed by two small streams.

Along the way to the lake is the Valley of Desolation which showcases hot streams of varied colours, sulphur deposits, hot boiling mud, mini-geysers and fumaroles, montane forest and elfin woodland.



Length: 2.75 miles (4.5km)
Duration: 3 hours one way
Degree: 4

Another site, the Titou Gorge, is found at the beginning and end of this hike which offers a cool swim through a gorge where a little waterfall cascades. This was one of the sites of the Pirates of the Caribbean films.

WAITUKUBULI NATIONAL TRAIL

The Waitukubuli National Trail (WNT) is approximately 184km and is divided into 14 discontinued segments of varying lengths. It begins at Soufriere in the South and ends at Cabrits in the North.

A Heritage Trail, WNT features Dominica's natural and cultural heritage; passes through UNESCO World Heritage Site, national parks and forest reserves, historical sites, old routes, Carib/Kalinago paths first cut by indigenous people.

Length: 184 km
Duration: Average time for entire trail is 2 to 2.5 weeks
Degree: Trail segments vary in levels of difficulty

Fourteen Segments

1. Scotts Head to Soufriere Estate
2. Soufriere Estate to Bellevue Chopin
3. Bellevue Chopin to Wotten Waven
4. Wotten Waven to Pont Casse
5. Pont Casse to Castle Bruce
6. Castle Bruce to Hatten Garden
7. Hatten Garden to First Camp
8. First Camp to Petite Macoucherie
9. Petite Macoucherie to Colihaut Heights
10. Colihaut Heights to Syndicate
11. Syndicate to Borne
12. Borne to Penville (Delaforde)
13. Penville to Capuchin
14. Capuchin to Cabrits National Parks



LOCATION OF THE ISLAND OF DOMINICA



GUIDES & SERVICES

Trained guides are available for every hike on the island. Find out if your guide is certified by the national tour guide training programme. This programme ensures that the guides have basic first aid and life support training (CPR) and are knowledgeable about the flora and fauna.

You can find a guide at the village where the hikes begin, or contact the Discover Dominica Authority for names and numbers.

Be sure to negotiate with both guide and bus driver before going off on your trip.

The Forestry Division has many capable guides who are experts on the flora and fauna of the island. Some off-duty guide services are available during the weekends or after work. The Forestry Division is located at the Botanical Gardens, telephone: 767.448.2401.

User fees are needed to enter the sites within the National Park. Site passes are US\$5 or EC\$13.35 and week passes are US\$12 or EC\$32.04

Always keep to the trails and hike with a friend and guide. Find out if your guide is certified and licensed by the Discover Dominica Authority.



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Published with the support of a
European Union-funded Programme