

FORT YOUNG

THE ISLAND-INCLUDED RESORT™

DOMINICA AQUA ADVENTURE

Wild Swimming & Kayaking Hosted by Fort Young Hotel & Dive Resort

ITINERARY OVERVIEW

Duration: 8 Days / 7 Nights

Location: Dominica, "The Nature Island"

Accommodation: Fort Young Hotel & Dive Resort, Roseau, Dominica

DAY 1: ARRIVAL DAY

Arrival at Douglas-Charles Airport (DOM):

Arrive in Dominica and be warmly welcomed by a representative from Fort Young Hotel. Enjoy a scenic transfer to your accommodation, taking in the island's natural beauty along the way.

Check-in at Fort Young Hotel & Dive Resort:

Settle into your ocean-view room and relax. Spend the evening at leisure, exploring the hotel's amenities or taking a stroll through the nearby streets of Roseau.

DAY 2: KAYAKING & WILD SWIMMING AT SCOTTS HEAD

Breakfast: Available from 7:00 am at Fort Young Hotel.

8:30 am - Depart for Soufriere:

Transfer from Fort Young Hotel to Soufriere, a picturesque village known for its natural beauty and marine life.

9:00 am - Intro to Sea Kayaking:

Begin your adventure with an introduction to sea kayaking. Learn essential paddling techniques and safety measures before heading out onto the water.

Kayak to Scotts Head:

Paddle across the Soufriere/Scotts Head Marine Reserve, covering a distance of 2.5 km. Enjoy the stunning views of the surrounding hills and the clear turquoise waters below.

Lunch at Chez Wen:

Enjoy a delicious meal at Chez Wen, a local restaurant known for its fresh seafood and Creole dishes.

Wild Swimming at Scotts Head:

Explore one of Dominica's best reefs through wild swimming at Scotts Head. This area is famous for its diverse marine life and the iconic scuba diving site, Scotts Head Drop Off.

Kayak back to Soufriere:

After swimming, paddle back to Soufriere, taking in the scenic views along the way.

4:00 pm - Depart for Fort Young Hotel:

Return to the hotel for a relaxing evening.



DAY 3: COASTEERING & WILD SWIMMING TO CHAMPAGNE BEACH

Breakfast: Available from 7:00 am at Fort Young Hotel.

8:30 am - Depart for Soufriere:

Transfer from Fort Young Hotel to Soufriere for another day of adventure.

Kayak Rescues and Balance Games:

Engage in fun and educational kayak games, focusing on self-rescue and assisted rescue techniques. These activities will enhance your balance and confidence in the water.

Coasteering & Wild Swimming to Champagne Beach:

Begin coasteering along Segment Two of the Waitukubuli Sea Trail. This 2.5-3 km journey includes swimming, walking, and scrambling along the rugged coastline from Soufriere to Champagne Beach. Experience cliff jumping, wild swimming over deep waters, and explore various dive sites along the way.

3:00 pm - Depart for Fort Young Hotel:

Return to the hotel after a thrilling day on the water.

DAY 4: KAYAKING TO CHAMPAGNE REEF & RELAXATION

Breakfast: Available from 7:00 am at Fort Young Hotel.

9:00 am - Depart from Fort Young Dock:

Begin your paddle along Segment Three of the Waitukubuli Sea Trail. This 3 km route will take you past colorful villages and scenic coastal views.

Kayaking to Champagne Reef:

Continue your journey to Champagne Reef, where you'll revisit the world-famous underwater volcanic bubbles. The paddle is both relaxing and scenic, with plenty of opportunities to enjoy the vibrant marine life.

Wild Swimming at Champagne Reef:

Swim to the 'table-top' reef and explore the shallow waters by swimming in figure eights around this unique underwater landscape.

1:00 pm - Return to Fort Young Hotel & Lunch:

Paddle back to the hotel for a well-deserved lunch.

Free Afternoon:

Spend the rest of the day at your leisure. You may choose to relax by the pool, explore Roseau, or take advantage of the hotel's spa services.

5:00 pm - Visit Ti Kwen Glo Cho:

In the evening, depart for Ti Kwen Glo Cho to unwind in the natural sulphur hot springs. The warm, mineral-rich waters will help soothe your muscles after a day of kayaking.

DAY 5: FRESHWATER LAKE EXPLORATION & SWIM

Breakfast: Available from 7:00 am at Fort Young Hotel.

9:00 am - Depart for the Valley:

Head inland to explore Dominica's lush interior.

Freshwater Lake Exploration:

Discover the largest freshwater lake on the island, nestled in the valley and surrounded by misty mountains. Hike around the lake for about an hour, taking in the serene environment and abundant wildlife.

Wild Swimming at Freshwater Lake:

Cool off with a 1 km swim in the lake's refreshing waters, enjoying the peaceful surroundings.

1:30 pm - Return to Fort Young Hotel & Lunch:

Head back to the hotel for lunch and a free afternoon to relax or explore as you wish.



DAY 6: KAYAKING & WILD SWIMMING FROM LAYOU TO SALISBURY

Breakfast: Available from 7:00 am at Fort Young Hotel.

9:00 am - Depart for Layou:

Travel to the Layou Beach for today's kayaking adventure.

Kayak from Layou to Salisbury:

Paddle from Layou to Salisbury, enjoying the calm Caribbean Sea and scenic landscapes. Along the way, stop for a light picnic lunch.

Wild Swimming from Salisbury to Batalie Beach:

Continue your journey with a wild swim from Salisbury to Batalie Beach, where the Sunset Bay Beach Club awaits. The swim offers breathtaking views of the coastline and the chance to spot diverse marine life.

DAY 7: NORTHERN COAST KAYAK & SWIM

Breakfast: Available from 7:00 am at Fort Young Hotel.

8:00 am - Depart for the North of the Island:

Travel to the northern tip of Dominica for the final segment of your kayaking adventure.

Kayak to the Northern Point & Toucari Bay:

Paddle along Segment 14 of the Waitukubuli Sea Trail, reaching the most northern point of the island. Then head south to the charming Toucari Bay.

Lunch at Keeping it Real:

Enjoy a delicious lunch at the famous Keeping it Real, a local spot known for its fresh seafood and laid-back atmosphere.

Wild Swimming at Toucari Bay:

After lunch, take a wild swim to Split Rock and back, exploring the underwater scenery and enjoying the crystal-clear waters.

DAY 8: DEPARTURE DAY

Breakfast: Available from 7:00 am at Fort Young Hotel.

Check-Out & Departure:

Depending on your flight time, spend your last morning at leisure. You can relax at the hotel or take a final stroll through Roseau. Transfer to the airport for your departure, taking with you memories of an unforgettable Aqua Adventure in Dominica.

Inclusions:

- 7 Nights' Accommodation at Fort Young Hotel & Dive Resort
- Daily breakfast and lunches as indicated in the itinerary
- All guided kayaking, snorkeling, coastering, and wild swimming activities
- All necessary equipment for activities
- Airport transfers and all transport for excursions
- Entrance fees to national parks and sites

Exclusions:

- International airfare
- Travel insurance
- Optional activities and personal expenses
- Dinners unless otherwise specified.

Contact Information:

For more details or to book your adventure, contact us:

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Note: Please ensure you are physically fit for the activities included in this itinerary. Weather conditions may lead to slight changes in the schedule.

