

The

A Touch of Dominica with Shayne

Retreat

The itinerary...

Thurs 12th May:

Arrival at Douglas Charles Airport at 7.50am - Organised transfer to Cocoa Cottages Roseau Valley.

Orientation

Lunch at Papilotte hotel (not included in price)

3pm Afternoon hike: Middleham Falls (1hr 45 minutes) OR Freshwater Lake visit

7.00pm Dinner

Fri 13th May:

7.30am Morning Yoga Practice

8.30 am Breakfast

9.30 am Trafalgar Falls and Wotten Waven Walkabout or Kayaking Layou River

4.30 pm Tia's Bar meet up (Sulphur Springs)

7.00pm Dinner

Sat 14th May:

7.30am 30 minute Morning Yoga Practice

8.00am Breakfast

9.00am Boiling Lake Hike (4-6hrs) OR Syndicate Falls / Emerald Pool visit for those who need a rest!

4.00pm Sulphur Springs gathering (Papilotte or Tias)

7.00pm Dinner

Sunday 15th May:

8.00am Breakfast

8.30am Canyoning Experience OR Exploration Day (freedom to choose, snorkelling at champagne reef, botanical garden visit, CHILL day at Cocoa Cottages etc)

2.30pm Boeri Lake Hike (1 hr 30 mins)

4.00pm Bodyweight BootCamp Session for those who are interested

7.00pm Dinner

Monday 16th May:

7.30am Morning Yoga

8.00am Breakfast

Free Recovery Day—Visit to Roseau City Centre—Lunch and Airport Transfer for Liat evening flight

What's included...

An opportunity to experience the Nature Isle from one of the best locations on Island.

A chance to leave behind the distractions, stresses and confusions of every day life and connect with both with your environment and yourselves... the most essential parts of the life we live.

The time to create space in your mind, eat gorgeous healthy foods, awaken your body with yoga, hiking and the exhilarating opportunity to canyon and/or kayak down the liver Layou.

Following asking our bodies to carry us through the beautiful trails that Dominica has to offer, we can relax in natural hot sulphur springs and take REAL rest in nature. The perfect combination of encouraging our fitness levels and supporting the recuperation.

In the price quoted the following will be included;

Airport Transfer

Accommodation in the beautiful Cocoa Cottages

Breakfast and Dinners (All Natural, Local, Home Cooked and Healthy)

Guided Hikes

Transport

24/7 Yoga Teacher, Personal Trainer and Fitness Support :)

Hiking Pass

What is not included;

Lunches (we will organise these along the way)

Drinks

Canyoning and/or Kayaking and/or other exertions (as they are optional) (approx. 140usd per person for Canyoning)

Flights

Extra Guide (if you'd like to hire one separately) - 60usd

Prices:

Single Occupancy (cash) - 237USD per person per night

Single Occupancy (credit card) - 252USD per person per night

Double Occupancy (cash) - 187 USD per person per night

Double Occupancy (credit card) -202 USD per person per night

The accomodation...

Spaces are limited but also subject to a minimum of 6 persons and max of 10 persons.

Cocoa Cottages is renowned for being one of the most unforgettable places to stay in Dominica and I can confirm from experience!

We have availability for 4 couples (double occupancy) or 4 singles (private occupancy) or a mix of both.

We have the opportunity to take the Treehouse which sleeps 6 singles.

We also have a space that sleeps 5 singles.

The organisation of the rooms will need to be confirmed when I have a better idea of who is coming so please let me know ASAP :)

Please visit Cocoa Cottages website:

<http://cocoacottages.com/>

Extreme Dominica website:

<http://www.extremedominica.com/>

Kayak Adventure website:

<http://www.wackyrollers.com/kayaktours.htm>

And!

Explore Dominica:

<http://www.dominica.dm/index.php/hiking>

For more information!



A level of fitness needed—this is just getting to next street ;)

Deadline for booking:



10-2-2016



Could it get anymore wonderful?



Scrambling Included.....