

# EXPLORE!

## TRIP NOTES



### Windward Isles and French Antilles (WI 2017)



TRIPDURATION  
**12**  
DAYS



**Tour Style:** Classic  
**Tour Pace:** Moderate

**Tour Type:** Small Groups  
**Accommodation**  
**Grade:** Standard

**Trip Code:** WI

#### Trip Highlights - Windward Isles and French Antilles

- ✓ Crayfish Waterfall (Guadeloupe) - Swim in a waterfall surrounded by nature in the National Park
- ✓ Morne Trois Pitons National Park (Dominica) - Discover this scenic UNESCO World Heritage Site on foot, hiking two different trails
- ✓ Cabrits National Park (Dominica) - Visit the site of Fort Shirley, an 18th century British garrison which once housed 600 soldiers, and is now the venue for Dominica's annual Jazz and Creole festival
- ✓ Soufriere (Saint Lucia) - Stay in the traditional fishing village of Soufriere overlooked by the forest-clad volcanic cone of Petit Piton
- ✓ Beautiful beaches - Relax on sandy beaches in Guadeloupe and Saint Lucia and snorkel in the Caribbean Sea

#### Trip Essentials

**Accommodation:** 11 nights Standard Hotel

**Included Meals:** 11 breakfasts, 0 lunches, 0 dinners

**Start Point:** Join trip: Mon Repos

**End Point:** Trip ends: Roseau

**Transport:** Bus, Flight, Ferry

**Countries:** Dominica, Guadeloupe, St. Lucia

## Windward Isles and French Antilles

For those who traditionally associate the West Indies with sun, sea and sand, this exploration of three very different Caribbean islands will surprise and delight. Our journey begins in St Lucia, whose 'Pitons' provide a dramatic backdrop to its beaches and nature trails. We also visit Guadeloupe and Dominica, two contrasting islands where we hike through rainforest, marvel at Dominica's many natural wonders, discover spectacular waterfalls and taste the local rum. Along the way we have the opportunity to swim and snorkel in the warm Caribbean waters.

### Why Book this trip

Explore's Windward Isles trip is the only tour that visits three distinct islands including one of the French Overseas Departments, with many included walks and site entrances. It is an unbeatable opportunity to explore the true Caribbean, away from the large hotel complexes and beach holiday-makers.



### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

#### Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

#### Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

#### Tour Pace: Moderate

These moderately paced tours provide some busy days with plenty of experiences to enjoy, as well as time to relax along the way.



## Your trip itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

#### DAY 1 Join tour in Mon Repos (St Lucia)

Arrive in St Lucia and check into our hotel. Located in the foothills on the Atlantic side this is our base for visiting the south and east of this beautiful island.

Overnight: **Standard Hotel**

**Swimming Pool Available** 

**EXPLORE!** Share your experiences with us



 **Included Meals:** None

## DAY 2 Walk the Des Cartiers Rainforest Trail bird spotting

After a short drive to the Quillesse Forest Reserve, we will walk the famous Des Cartiers Rainforest trail, hoping to catch a glimpse of some of the 30 species of birds that are found here, including the St Lucia Oriole, the St Lucia Black Finch and the rare St Lucian Parrot (walk 2.5 kms). Our afternoon is free to relax, and you may wish to visit the nearby botanical gardens or the golden stretch of sands at Sandy Bay.

Overnight: **Standard Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 3 Morning visit of Morne Coubaril Estate, free afternoon

Today we head away from the Atlantic and across to the Caribbean side of the island, for our new two-night base at the town of Soufriere. Its French architecture and Catholic church reflects the island's history - St Lucia alternated between French and British control 14 times. This laid-back town is graced by old clapperboard buildings and its setting - dominated by the forest-clad volcanic cone of Petit Piton rearing a sheer 2450 metres out of the sea - is one of the most dramatic in the Caribbean. We will enjoy a morning excursion to the Morne Coubaril plantation estate, and Sulphur Springs where we see spectacular views of the Soufriere volcano. We will also watch the coconut dehusking and the processing of the cocoa bean. In the afternoon we are free to relax or to visit Anse Chastanet, famous for some of St Lucia's finest off-beach snorkelling - a 40 minute walk away from Soufriere, or a short water taxi journey. It is also possible to hire scuba equipment (certification required).

Overnight: **Standard Hotel**

**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 4 Free day; optional snorkelling, diving or climb Gros Piton

Today is completely free to enjoy the surroundings of Soufriere. Optional activities include walking to Anse Chastanet for snorkelling or scuba diving, mountain biking, botanical gardens (a 10 minute walk from the hotel) or hiking the triangular peak of Gros Piton, a relatively tough 2 hour round-trip.

Overnight: **Standard Hotel**

**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 5 Visit Pigeon Island National Park; Fly to Guadeloupe (France) and drive to Gosier

St Lucia is much more than a collection of beach resorts, and this morning we will be exploring one of its many national parks, which houses a fascinating array of historic landmarks. Pigeon Island has changed hands many times over the centuries, originally being occupied by the Carib people before being taken over by pirates, in turn followed by the French until their defeat at the hands of the British in 1778. Pigeon Island was strategically situated with an eye to the approach of enemy ships, and as such the views across the Caribbean Sea are stunning. We will visit the old British fort, as well as some of the other military ruins, before flying to Guadeloupe. The island has the nickname of the 'butterfly isle', due to the shape of its two main islands, which look like the wings of a butterfly and are joined together by bridges over a narrow strait. Although they are often referred to as one island, the two main islands that make up Guadeloupe are very distinct - Basse Terre is volcanically formed, covered with lush national park and centred by the volcano La Soufriere, while Grande Terre is flat, playing home to the majority of Guadeloupe's farmland and white sand beaches. An interesting historical quirk is that Britain had the choice of returning sugar-cane rich Guadeloupe or Canada to the French - and decided to keep Canada! Immediately on arrival we will note that French and the Euro have replaced St Lucia's English and the East Caribbean Dollar - as it is still part of France. We drive to the town of Gosier, our home on Grande Terre for the next 3 nights, where we can spend the early evening discovering the marina area or enjoying the sunset on one of the nearby beaches.

Overnight: **Standard Hotel**

**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

## DAY 6 Swim in Crayfish Waterfall; Botanical Garden visit

This morning we drive over to Basse Terre to discover Guadeloupe's volcanic island. Due to the forests that cover the majority of Basse Terre, there is only one road around the circumference of the island and one road that cuts directly through the forest. We take the latter, and are immediately sheltered from the Caribbean heat by the wild canopy of Guadeloupe's national park. Our first stop is Cascade aux Ecrevisses, or 'Crayfish Falls', so named due to the once-abundant crayfish found swimming in the pool and river

**EXPLORE!** Share your experiences with us





below. We have the opportunity for a dip in the falls, or we can wander a little further down the river and enjoy the peace of the forest. Continuing our drive we arrive at the Botanical Garden of Deshaies, an enormous site that houses more than 1000 species of endemic and non-endemic birds, plants and flowers, set along 1.5km of pathways through 15 different 'zones'. Flamingos, parakeets, and parrots are found not far from breadfruit and avocado trees, baobab, jacaranda and bougainvillea and a large orchid collection among many other species. After exploring the many zones of the garden, we head into the pretty village of Deshaies, setting of the BBC's 'Death in Paradise', where our day ends on the majestic beach of Grande Anse. There is a short but steep walk here up to a viewpoint over the water, where you can still find an old cannon dating back to the late 1800s, or you can choose to simply relax on the beach and try a classic and cooling Antillaise delicacy, coconut sorbet. We later head back to our accommodation in Gosier.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

DAY **7** Visit the cemetery at Morne a L'eau; walk to Pointe des Chateaux

Today we discover some of the island of Grand Terre, whose rocky cliffs and sandy beaches contrast sharply with the lush greenery of Basse Terre. We drive first to Morne a L'Eau to discover the eccentric cemetery, with its ramshackle array of crypts, almost all of which are decorated in a unique checkerboard pattern of black and white tiles. The oldest dates back to 1847. After a short visit, we head to the Damoiseau rum distillery, giving us an opportunity to see how 'rhum agricole' is produced, a style of rum originating in the French Caribbean from freshly squeezed sugar cane juice rather than molasses. Locals mix this alcohol with lime juice and sugar to make a refreshing (but deadly!) cocktail called a ti'punch. After our distillery visit we head towards the eastern tip of Guadeloupe at Pointe des Chateaux, where we discover the rugged shoreline and secluded beaches on an approximately 2km walk around the peninsula. The striking limestone cliff formations look out over some of the other islands in the Guadeloupe archipelago, including La Desirade (an old leper colony), Petite Terre and Marie Galante. Please note that on the 19th December 2017 departure, the distillery visit will not be possible as it is closed on the 24th-25th December.

Overnight: **Standard Hotel**  
**Single Room Available**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

DAY **8** Ferry to Dominica; explore Roseau on foot

Today we drive to the port at Pointe a Pitre, and take the 2 hour ferry journey to our next destination - Dominica. This island was originally French, a fact that is evident in the everyday language of most of the people - Creole - a French based patois interspersed with English and words of African origin. Dominica is an independent state (not to be confused with the Dominican Republic) and is known as 'The Nature Island' - approximately 75% of the country is covered with rainforest, and we will explore this over the next 3 days. This afternoon, we discover the colourful capital of Roseau on foot, the most picturesque of the Caribbean's often grim capital cities, including its beautiful botanical gardens and heading up to Morne Bruce for a panorama of the city.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

DAY **9** Visit Cabrits National Park; Syndicate Rainforest walk and Indian River rowboat trip

Not only is Dominica rich in fauna and flora, but it boasts some intriguing historical sites, and this afternoon we will visit the Cabrits National Park in the north-east of the island. Here we pay a visit to Fort Shirley, a military outpost built by the British to defend northern Dominica. At one point it housed over 600 men, and several of the original buildings are completely restored. After discovering the historical significance of the fortress and enjoying the spectacular views down to the sea, we take a trip to the Indian River, named after the Carib people who were the original inhabitants of Dominica and who used this river as an access route to the Caribbean Sea. There are still 3000 Caribs living on the island, and it is the only Caribbean nation where they have their own territory. Our rowboat trip is an opportunity to spot heron, hummingbird and egrets amongst the swampy mangroves. We also head to the trails of the Syndicate Rainforest, where we hope to spot the national bird, the Sisserou, or the jacquot, the country's other endemic parrot, as well as the many species of giant trees found in abundance in the forest.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

DAY **10** Rainforest walks in Morne Trois Pitons National Park

Today we have a full day to explore the UNESCO World Heritage site of the Morne Trois Pitons National Park, home to dense primary rainforest. We take on three different walks today, and the paths can be slippery and muddy so good shoes are essential. Our first walk is to the long drop of Middleham Falls (3 hours). The path clings to the hillside and takes us deep into the forest, where hummingbirds are found flying amid the majestic Chataignier trees with their huge buttressed roots. We also take on the gentler, undulating trail

leading us to the impressive views around Freshwater Lake, located in a collapsed volcano. On our return we may (weather permitting) take a dip in the cold and refreshing waters of the Titou Gorge.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

DAY **11** Free day; optional snorkelling, diving, whalewatching or hiking

Today we are completely at our leisure to discover the other natural wonders that Dominica has in abundance. There is the chance to do the tough eight-hour hike to the Boiling Lake, passing sulphurous steaming rocks in the 'Valley of Desolation'. Alternatively, go snorkelling at Champagne Beach, so called due to the tiny bubbles coming from the hot springs located around the rocky outcrops, giving the impression of swimming in a glass of champagne. You can also go to the south of the island at Scotts Head, and bathe in the 'hot sea water' in Soufriere village. Alternatively, if there is a large enough group we may be able to go whale watching in the Caribbean Sea. Sightings of sperm whales are most common between November and March, and pygmy whales, short-fin pilot whales and dolphins can also be spotted in the area.

Overnight: **Standard Hotel**  
**Single Room Available**

 **Included Meals:** Breakfast

DAY **12** Trip ends in Roseau

Our trip ends today in Roseau, Dominica. If you are returning on a flight organised by Explore, you will have a long layover via Barbados. We have included a day pass to a hotel in order for you to use their services, including their beach, pool, restaurant, baggage storage etc. It does not include access to a room or private shower facilities, but depending on availability you may be able to organise this on arrival if you wish.

 **Included Meals:** Breakfast

## Accommodation and Meals

### Accommodation Notes

We stay in a variety of accommodation, avoiding the all-inclusive package resorts found in the Caribbean.

### Food & Drink

Included meals: 11 breakfasts, 0 lunches, 0 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Dominica

**Lunch £:** 12.00

**Dinner £:** 21.00

#### Guadeloupe

**Lunch £:** 10.00

**Dinner £:** 25.00

#### St. Lucia

**Lunch £:** 11.00

**Dinner £:** 23.00

---

## Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

### Dominica

**Bottle of Beer £:** 1.70

**Water £:** 1.00

### Guadeloupe

**Bottle of Beer £:** 3.50

**Water £:** 1.00

### St.Lucia

**Bottle of Beer £:** 1.00

**Water £:** 1.00

## Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

---

## Optional Excursions

Mon Repos - Botanical gardens US\$12; Sandy Bay US\$10 per person (min 4)

Soufriere - Anse Chastanet water taxi US\$15; snorkelling equipment US\$11; Scuba US\$80 per dive plus equipment; Botanical Gardens US\$10; Gros Piton Hike US\$35 plus taxi US\$25; Half day sailing US\$60; Sulphur Springs entrance US\$5

Roseau - Kayak at Freshwater Lake US\$10 pp; Tias's Spa (hot springs) inc. entrance and transport US\$35-\$40 pp (depending on numbers); Boiling Lake and Tia's Spa (min. 2 pers) US\$ 50-\$82 pp (depending on numbers); Whale Watching US\$74 pp; Snorkel US\$40 pp; Diving US\$140 pp (2 tank dive)

---

## Tipping - Tour Leader

Tour Leader: At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

---

## Tipping - Local Crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US\$40 for tipping.

In order to make things easier for you, the Tour Leader may organise a group tips kitty and if this is the case, they will account for it throughout the tour.

---

## Foreign Exchange

### Dominica

**ATM Availability:** Available in Major towns. Always have some cash as back-up as they are not always reliable

**Credit Card Acceptance:** Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

**Travellers Cheques:** Travellers Cheques can be awkward or expensive to change

**Local Currency:** East Caribbean Dollar/USD

**Recommended Currency for Exchange:** We recommend that you bring US dollars cash and some Euros. Although the currency of St Lucia and Dominica is the East Caribbean dollar. US dollars are readily exchangeable and accepted everywhere.

**Where to Exchange:** Your Tour Leader will advise you on arrival.

### Guadeloupe

**ATM Availability:** Available in Major towns. Always have some cash as back-up as they are not always reliable

**Credit Card Acceptance:** Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

**Local Currency:** Euro.

**Recommended Currency for Exchange:** We recommend that you bring Euros.

**Where to Exchange:** Your Tour Leader will advise you on arrival.

### St.Lucia

**ATM Availability:** Available in Major towns. Always have some cash as back-up as they are not always reliable

**Credit Card Acceptance:** Credit cards are useful and can be used in many places, but may be subject to a 10% service charge



**Travellers Cheques:** Travellers Cheques can be awkward or expensive to change

**Local Currency:** East Caribbean Dollar/USD

**Recommended Currency for Exchange:** We recommend that you bring US dollars cash and some Euros. Although the currency of St Lucia and Dominica is the East Caribbean dollar, US dollars are readily exchangeable and accepted everywhere.

**Where to Exchange:** Your Tour Leader will advise you on arrival.

## Joining your Trip

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

### Arrival and Departure Information

You will need a printed copy of your international departure ticket when boarding your internal flight in Dominica - please make sure you take a copy with you.

## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

# EXPLORE!

The Adventure Travel Experts

CAMPBELL IRVINE  
DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

Explore Worldwide is an Introducing Appointed Representative of Campbell Irvine Ltd who are authorised and regulated by the Financial Conduct Authority.

## Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

## Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## Visa Information

Dominica: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

Guadeloupe: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

St Lucia: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

## Vaccinations & Protection

### Dominica

Nothing compulsory, but we recommend protection against typhoid, tetanus, TB, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in



Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

### **Guadeloupe**

Nothing compulsory. Tetanus recommended. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. A yellow fever vaccination certificate is required by travellers over one year of age arriving from an infected or endemic zone within six days. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

### **St.Lucia**

Nothing compulsory. Tetanus recommended. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

## **Preparing for your Trip**

### **Climate**

#### **Dominica**

Daytime temperatures are in the 70's December to March and in the 80's April - June. Whatever the season, the climate is tempered by off shore breezes and the sea is pleasant to swim in year round. When visiting the rainforest be prepared for short sharp downpours at any time of the year. The hurricane season in the Caribbean officially runs from June to November, often peaking in September. However, as the frequency and intensity of the hurricanes is impossible to predict from year to year, we still plan operate our tours during this period. In the event of a hurricane occurring during your trip, your safety is our top priority. In accordance with local regulations and with the assistance of our local groundhandling agents, we may have to evacuate to another part of the island or have to remain in the same place for a number of days while the storm passes. This could result in a certain amount of disruption to the itinerary of your tour on the ground, or to your flights and, on very rare occasions when a hurricane is predicted to hit in advance of travel, we may even have to cancel your tour.

#### **Guadeloupe**

Daytime temperatures are in the 70's December to March and in the 80's April - June. Whatever the season, the climate is tempered by off shore breezes and the sea is pleasant to swim in year round. When visiting the rainforest be prepared for short sharp downpours at any time of the year. The hurricane season in the Caribbean officially runs from June to November, often peaking in September. However, as the frequency and intensity of the hurricanes is impossible to predict from year to year, we still plan operate our tours during this period. In the event of a hurricane occurring during your trip, your safety is our top priority. In accordance with local regulations and with the assistance of our local groundhandling agents, we may have to evacuate to another part of the island or have to remain in the same place for a number of days while the storm passes. This could result in a certain amount of disruption to the itinerary of your tour on the ground, or to your flights and, on very rare occasions when a hurricane is predicted to hit in advance of travel, we may even have to cancel your tour.

#### **St.Lucia**

Daytime temperatures are in the 70's December to March and in the 80's April - June. Whatever the season, the climate is tempered by off shore breezes and the sea is pleasant to swim in year round. When visiting the rainforest be prepared for short sharp downpours at any time of the year. The hurricane season in the Caribbean officially runs from June to November, often peaking in September. However, as the frequency and intensity of the hurricanes is impossible to predict from year to year, we still plan operate our tours during this period. In the event of a hurricane occurring during your trip, your safety is our top priority. In accordance with local regulations and with the assistance of our local groundhandling agents, we may have to evacuate to another part of the island or have to remain in the same place for a number of days while the storm passes. This could result in a certain amount of disruption to the itinerary of your tour on the ground, or to your flights and, on very rare occasions when a hurricane is predicted to hit in advance of travel, we may even have to cancel your tour.

### **Clothing**

Pack for warm weather, including swimwear and a sarong. Waterproofs are essential for national park visits, and an umbrella will also be handy.

---

## Equipment

We recommend you bring a sunhat and sunscreen as the sun can be strong, and insect repellent. A water bottle is essential. Snorkelling equipment is normally available for rent: US\$10. A torch, a beach towel or travel towel and an umbrella may come in useful. You may wish to consider walking poles for the walks in the Morne Trois Pitons National Park in Dominica.

---

## Footwear

Walking or trail boots are essential if you wish to go on any of the walks in Dominica's national park, plus comfortable trainers and/or sandals. Water sandals may also be useful for swimming in waterfalls.

---

## Luggage: On Tour

One main piece of luggage and a daypack. Remember you are expected to carry your own baggage on and off the ferries as no porters are available - so don't overload yourself.

Luggage allowance on trip: 20kg

# General Information

---

## Country details

### Dominica

**Population:** 72,660

**Size of Country:** 750 sq km

**Major Language:** English

**Religion:** Mainly Christian

**Time Difference to GMT:** -4

### Guadeloupe

**Population:** 403,750

**Size of Country:** 1.628 sq mt

**Major Language:** French.

**Religion:** 86% Roman Catholic.

**Time Difference to GMT:** -4

### St.Lucia

**Population:** 182,973

**Size of Country:** 616 sq km

**Major Language:** English

**Religion:** Christianity

**Time Difference to GMT:** -4

---

## Electric Supply & Plugs

### Dominica

3 Pin Flat

### Guadeloupe

3 Pin Round

### St.Lucia

3 Pin Round

---

# Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.
- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one of the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

---

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

---

### Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

---

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

---

### Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

---

### 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

---

### Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2017 itinerary versions are applicable to tours departing in 2017. 2018/19 itinerary versions are applicable to tours departing from 1st January to 31st December 2018.

These trip notes were printed on 28/07/2017 11:19:35