

DESTINATIONS

CARIBBEAN | DOMINICA

Snapshot

DOMINICA

Green and mountainous, this scenic island is primed for adventure, writes **Nigel Tisdall**

star attraction...



Hiking trails

With over 300 miles of hiking trails, this rainforest-wrapped volcanic isle will suit clients who prefer flamboyant birds, soothing hot springs and silvery waterfalls to busy beaches. Tackle a section of the Waitukubuli National Trail or explore the Unesco-listed Morne Trois Pitons National Park, which includes the steaming Boiling Lake, the second-largest hot lake in the world.



we love...



Whale watching

Dominica is one of few countries where sperm whales (pictured) are resident year-round. Sightings are most common from November to March and boat trips usually see pods of dolphins too. Divers will enjoy the pristine waters of the Soufriere-Scott's Head Marine Reserve, while snorkellers shouldn't miss Champagne Reef, where the water fizzes with geothermal spring bubbles. Diving trips available via divedominica.com



pause for fort...



Fort Shirley

In the northwest, and part of Cabrits National Park, Fort Shirley is Dominica's standout heritage site and a scenic picnic spot. Built in 1765 and partially restored, the open-air museum has engaging walks and maps that outline where the parade ground, barracks and artillery batteries once stood.

book it...



Sunvil offers seven nights' half-board in a Villa Room at Jungle Bay from £2,487 per person, based on two sharing, including flights via Barbados departing June 16. sunvil.co.uk

Find out more about **Dominica** at: discoverdominica.com

make time for...



Cultural encounters

Suggest a trip that coincides with events such as the World Creole Music Festival (October 24-26, 2025) or the annual carnival Mas Dominik (January 10-February 18, 2026). The island is home to the Kalinago Indigenous community, whose ancestors fled to the eastern side of the island to keep their culture alive in the face of British colonialism. A welcome centre at Barana Auté invites visitors to learn about their traditions.



PICTURES: Scott Sporleder, Greg Florent

where to stay...



Jungle Bay

This eco-conscious hillside resort (pictured) is set in 19 acres of tropical grounds with two pools and serves organic cuisine with an emphasis on vegetarian and vegan dishes. Suggest clients book an 'adventure wellness package', which includes activities such as hiking, snorkelling, yoga and spa treatments. Fort Young Hotel in the capital, Roseau, has similar deals that offer daily island excursions. junglebaydominica.com fortyounghotel.com

