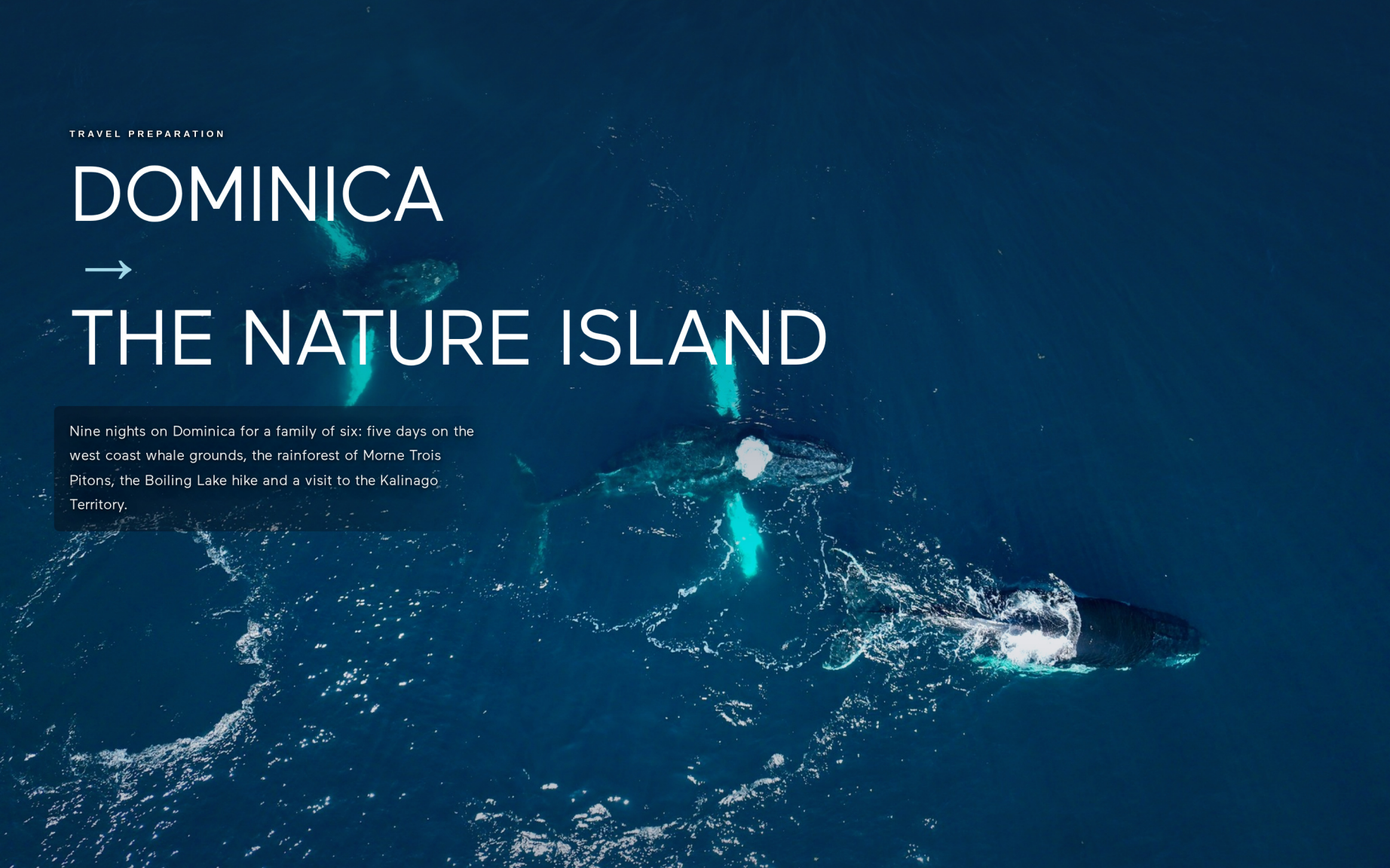




TRAVEL PREPARATION

DOMINICA



THE NATURE ISLAND

Nine nights on Dominica for a family of six: five days on the west coast whale grounds, the rainforest of Morne Trois Pitons, the Boiling Lake hike and a visit to the Kalinago Territory.

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01 WHALES BELOW, RAINFOREST
ABOVE

02 THE ISLAND IN THREE
STRETCHES

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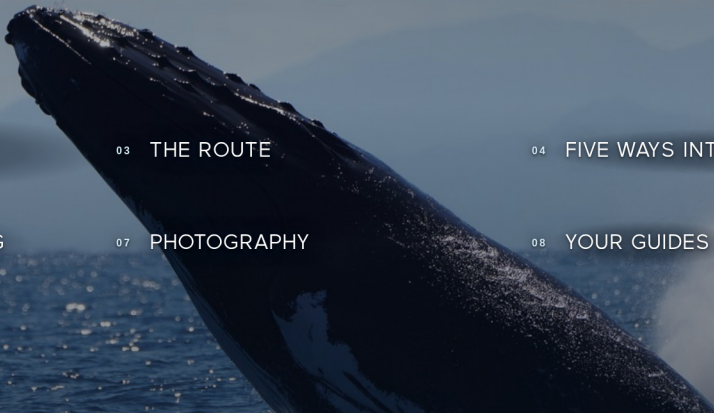
04 FIVE WAYS INTO THE ISLAND

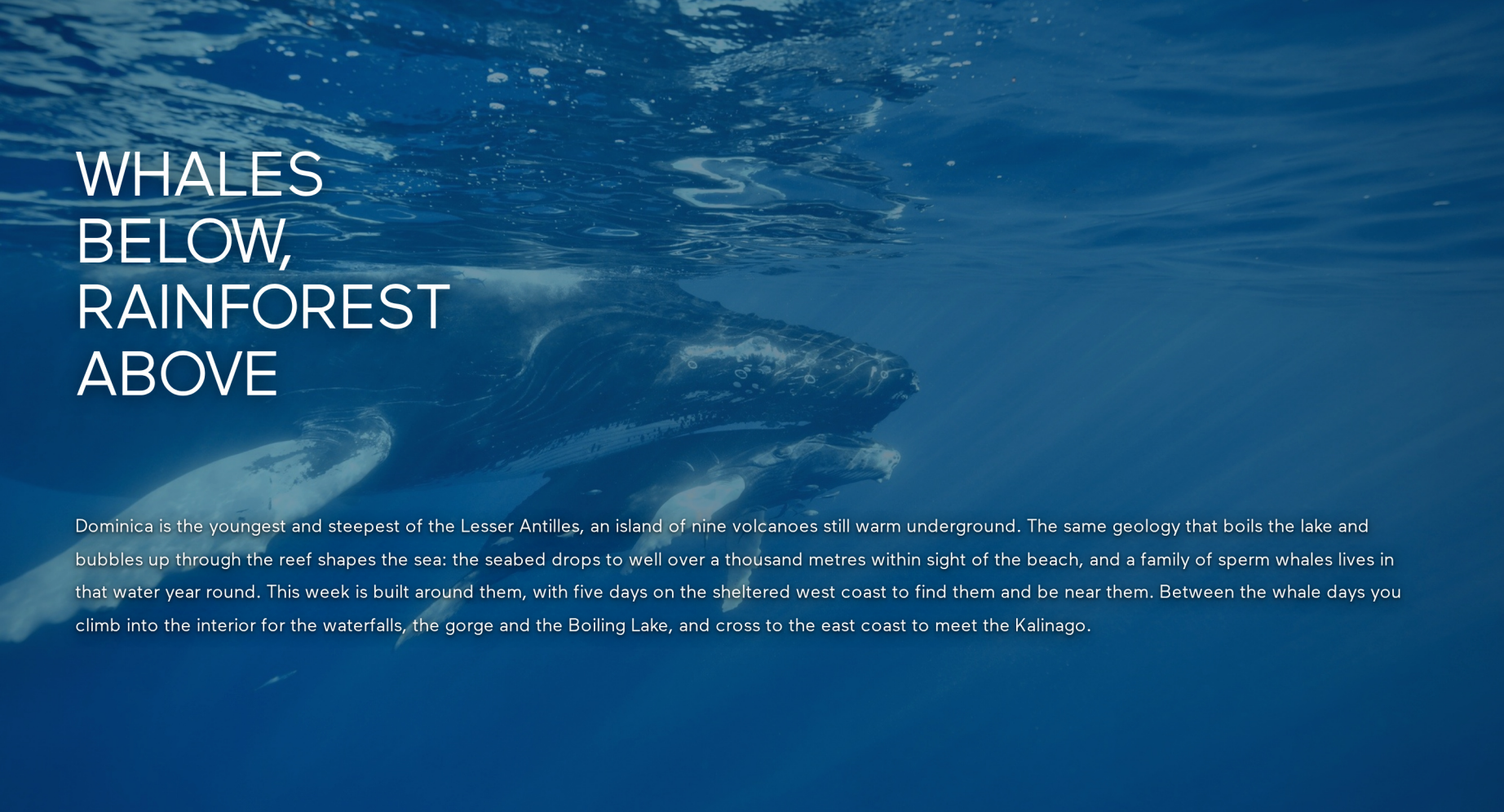
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A large sperm whale is seen swimming underwater in deep blue water. The whale's dark, textured skin and white underbelly are visible. It is moving towards the right side of the frame. The water surface is visible at the top, with some ripples and light reflecting off it.

WHALES BELOW, RAINFOREST ABOVE

Dominica is the youngest and steepest of the Lesser Antilles, an island of nine volcanoes still warm underground. The same geology that boils the lake and bubbles up through the reef shapes the sea: the seabed drops to well over a thousand metres within sight of the beach, and a family of sperm whales lives in that water year round. This week is built around them, with five days on the sheltered west coast to find them and be near them. Between the whale days you climb into the interior for the waterfalls, the gorge and the Boiling Lake, and cross to the east coast to meet the Kalinago.

An aerial photograph of a whale breaching the ocean surface. The whale's dark, sleek body is visible as it moves through the water, leaving a white, frothy wake. The surrounding water is a deep, dark blue, with some lighter, sunlit patches on the right side. The whale's head is pointed towards the top of the frame, and its tail is visible as it breaks the surface.

THE ISLAND IN THREE STRETCHES

THE ROUTE

Villas near Roseau on the sheltered west coast, five days on the whale grounds between Roseau and Scotts Head, and days inland to Morne Trois Pitons and east to the Kalinago Territory.

- 1

DOUGLAS-CHARLES AIRPORT

8 Mar · Arrive
- 2

WEST COAST WHALE GROUNDS

9 Mar
- 3

WEST COAST WHALE GROUNDS

10 Mar
- 4

TRAFALGAR FALLS & TITOU GORGE

11 Mar
- 5

WEST COAST WHALE GROUNDS

12 Mar
- 6

BOILING LAKE & THE VALLEY OF DESOLATION

13 Mar
- 7

SOUFRIERE BAY

14 Mar
- 8

KALINAGO TERRITORY

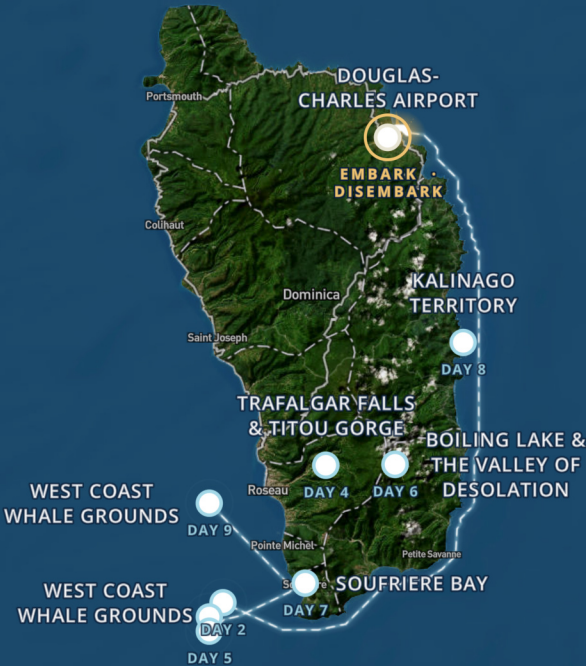
15 Mar
- 9

WEST COAST WHALE GROUNDS

16 Mar
- 10

DOUGLAS-CHARLES AIRPORT

17 Mar · Depart



RIGHT CLICK AND DRAG OR PULL TO GET 3D



Day 1

8 Mar • Arrive

DOUGLAS-CHARLES AIRPORT

Fly into Douglas-Charles Airport on the northeast coast. We meet you at arrivals and drive you across the island to the villas near Roseau, roughly an hour and a half through the interior. It is Dominica's longer transfer, but the road climbs through rainforest and river valleys and is a fair introduction to the island you have come to see.

Settle into the villas, then a welcome dinner. Nothing is scheduled for the evening beyond that: the whale days start early and the water is best in the morning.

Days 2 – 3 ARRIVAL & THE WEST COAST



ARRIVAL & THE WEST COAST

You land at Douglas-Charles on the northeast coast and we drive you across the island to the villas near Roseau, about an hour and a half through the rainforest interior. A welcome dinner, then straight into the water. The first two days are spent on the sheltered west coast between Roseau and Scotts Head, where the resident sperm whales live in water that drops to well over a thousand metres close to shore. We work with a hydrophone, listening for the clicks and following them, and go in when the conditions and the permit allow. Between sightings there is snorkelling: Champagne Reef, where volcanic vents release warm bubbles through the water, and the drowned crater rim at Scotts Head where the Caribbean meets the Atlantic. Easy, warm water, good for the whole family and a gentle start to a week with two hard hiking days in it.

WEST COAST WHALE GROUNDS

The first full day on the water. The day boat runs the sheltered west coast between Roseau and Scotts Head, where a resident population of sperm whales lives year round in water that drops to well over a thousand metres close to shore. We listen for them with a hydrophone and follow the clicks; the females and calves stay in these waters while the males range north.

If conditions permit we snorkel Champagne Reef in the afternoon, over volcanic vents that release streams of warm bubbles through the water. Easy, warm and shallow, good for the teenagers and anyone who wants to swim rather than dive.



WEST COAST WHALE GROUNDS

A second day with the whales. Encounters are never guaranteed, but five days on the water through the season give you real time to find them and to be in the water when the conditions and the permit allow. Between sightings the day is spent watching the surface, reading the coast and waiting: this is slow work and the reward is worth the patience.

If we run south we snorkel off Scotts Head, the drowned rim of an old crater where the Caribbean meets the Atlantic and the reef falls away sharply from the point.



Days 4 – 6 MORNE TROIS PITONS



MORNE TROIS PITONS

The heart of the trip moves inland to Morne Trois Pitons National Park, the volcanic core of the island. Trafalgar Falls is a pair of waterfalls in the Roseau Valley with cold clear pools below; Titou Gorge is a swim through a narrow volcanic slot near Laudat, walls close overhead and the water deep between them, for strong swimmers only. The Wotten Waven hot springs make a good soak afterward. A whale day sits between the two land days, then the biggest walk of the week: the Boiling Lake, the world's second-largest hot spring, about six hours return through the Valley of Desolation. It is a real hike, steep in places and exposed, well within reach of a fit family with two teenagers but not to be underestimated. This is the stretch to arrive fit for.

TRAFALGAR FALLS & TITOU GORGE

A day ashore in the rainforest above Roseau. Trafalgar Falls is a pair of waterfalls in the Roseau Valley, a short walk in from the road; the pools below are cold and clear and fed straight off the mountain. Nearby, Titou Gorge is a swim through a narrow volcanic slot near Laudat, the walls close overhead and the water runs deep and cool between them. Strong swimmers only, which this family is.

We finish the day at the Wotten Waven hot springs, where the same volcanic heat that drives the island's geology feeds warm sulphur pools. A good place to soak after the cold water of the gorge.



WEST COAST WHALE GROUNDS

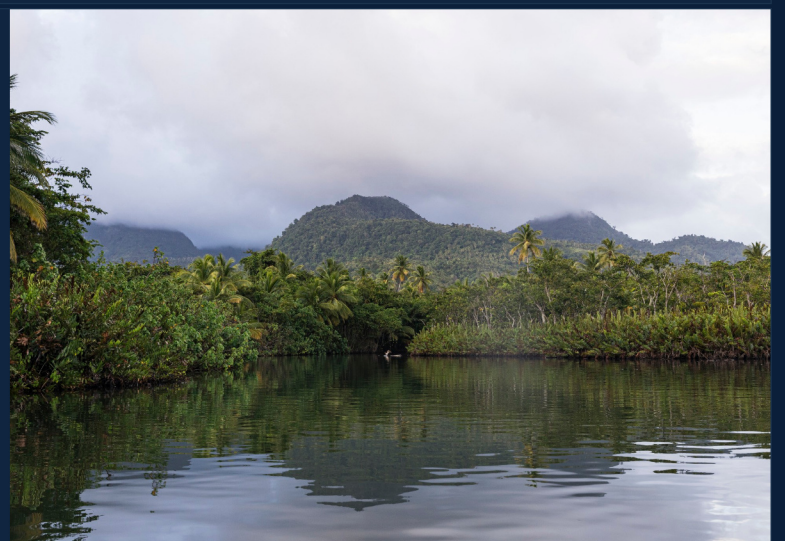
Back on the water for a third whale day. By now the rhythm is familiar: out early while the sea is flat, the hydrophone over the side, and the wait. Sperm whales dive for forty minutes and more between breaths, so a sighting is a matter of reading where an animal went down and being nearby when it surfaces.

Dolphins are common along this coast too, and the flying fish that give the region its name. The day is unhurried and shaped around the animals rather than a schedule.

BOILING LAKE & THE VALLEY OF DESOLATION

The hardest day of the trip and the one worth training for. The Boiling Lake is the world's second-largest hot spring, a flooded fumarole that steams and churns at the head of a long valley in Morne Trois Pitons National Park. The trail is about six hours return through the Valley of Desolation, a landscape of vents, hot streams and sulphur-stained rock where the forest gives way to bare ground.

It is a real hike with steep sections and no shade in places, well within the range of a fit family with two teenagers, but not a stroll. Sturdy shoes, plenty of water and an early start.





SOUFRIERE & THE SOUTH

The last stretch brings the diving and the culture. Soufriere Bay sits inside a marine reserve at the southwest tip of the island, where the walls drop into an old crater and the volcanic ground shows underwater in pinnacles and warm vents. The two certified divers take the reserve while the rest of the family snorkels and watches for whales. A day on the east coast follows, in the Kalinago Territory, the last place in the eastern Caribbean where the Kalinago hold their own land: a chance to meet the community and see the canoe-building and craft that carry the culture. A final whale morning on the west coast, the farewell dinner, and the transfer back across the island to Douglas-Charles. The order of the water days stays flexible to the end; the Expedition Leader reads the sea each morning.

SOUFRIERE BAY

A whale day with the dive option for the two certified divers. Soufriere Bay sits inside a marine reserve at the southwest tip of the island, where the walls drop into the old crater and the volcanic geology shows underwater: pinnacles, warm vents and the same bubbling ground that feeds Champagne Reef.

The divers take the reserve while the rest of the family snorkels and watches the surface for whales. Everything here depends on the conditions on the day; the Expedition Leader will call the order in the morning.



KALINAGO TERRITORY

A day on the rugged east coast, in the Kalinago Territory. Dominica is the last place in the eastern Caribbean where the Kalinago hold their own land, and a visit here is a chance to meet the community, hear how they live now and see the crafts and the canoe-building that carry the culture forward.

The Atlantic coast is wilder than the west: bigger surf, black-sand beaches and a different feel from the sheltered whale grounds. A quieter, land-bound day to sit between the water and the mountains.

WEST COAST WHALE GROUNDS

The last morning on the water. One more run along the west coast to look for the whales, then in for the farewell dinner at the villas. Five days on the water through the season is a generous window on animals that do not keep a schedule, and by now you will know the coast well enough to read it.

A quiet last evening. Pack in the morning; the transfer back across the island to the airport takes time.



Day 10

17 Mar Depart

DOUGLAS-CHARLES AIRPORT

After breakfast we drive you back across the island to Douglas-Charles Airport for your flights home. Allow the full transfer time from Roseau; the road is slow and the airport is on the far coast.

Safe travels, and thank you for spending the week with us on the island.

FIVE WAYS INTO THE ISLAND



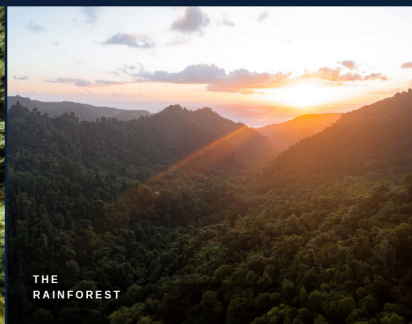
SPERM
WHALES

Five days on the west coast with a resident family of sperm whales, tracked by hydrophone.



VOLCANIC
DIVING

Soufriere Bay reserve for the two certified divers: crater walls, pinnacles and warm vents.



THE
RAINFOREST

Trafalgar Falls, a swim through Titou Gorge and the hot springs at Wotten Waven.



THE BOILING
LAKE

A six-hour hike through the Valley of Desolation to the world's second-largest hot spring.

WHAT TO BRING

March on Dominica is warm and humid, high twenties Celsius by day and rarely cool at night, with short heavy showers possible any time. Dress for water and for the trail: quick-drying layers for the boat, proper shoes for the Boiling Lake and the gorge, and reef-safe sun protection for long days on the water. Pack light, wash often; the villas handle laundry.

Two days of this trip are serious hikes and much of the rest is spent in or near water. Bring shoes you can trust on wet volcanic rock and clothing that dries between a swim and a walk. Reef-safe sunscreen is not optional; the island asks for it and the reefs need it.



ON THE WATER

- ☐ Swimwear, two or three sets · You will be in and out of the water for five days. Two or three sets so one is always dry.
- ☐ Rash guard, long sleeve · Sun protection for long snorkel sessions; the tropical sun on the water is stronger than it feels.
- ☐ Own mask and snorkel · Provided on the boat, but bring your own if you have a fit you trust; it makes every drop better.
- ☐ Dive watch or computer · For the two certified divers on the Soufriere Bay day. Optional; the dive operator provides the rest.
- ☐ Quick-dry towel · Packs small, dries fast, better than a bath towel for a day of repeated swims.
- ☐ Dry bag · Keeps phones, cameras and a dry shirt safe on the boat rides and the wet landings.

ON THE TRAIL

- ☐ Trail shoes with real grip · For the Boiling Lake and the gorge. Volcanic rock is slick when wet, and much of the trail is.
- ☐ Moisture-wicking hiking socks · To prevent blisters on the six-hour Boiling Lake walk. Bring a spare pair to change into.
- ☐ Lightweight long-sleeve shirt · Sun and scratch protection on the trail, and quick to dry after a downpour.
- ☐ Hiking shorts or quick-dry trousers · Light and fast-drying; you will sweat on the climb and the Valley of Desolation has no shade.
- ☐ Two-litre water capacity · A bladder or two bottles for the Boiling Lake day. There is nowhere to refill on the trail.
- ☐ Packable rain shell or poncho · Showers come fast and pass fast. Something light you can pull on and stow again.
- ☐ Small daypack · For water, a shell, a snack and a camera on the hiking days. Keep it light for the climb.

PACKING LIST

CLOTHING

- ☐ Moisture-wicking T-shirts · Several. Cotton stays wet in this humidity; synthetic or merino dries between activities.
- ☐ Flip flops or sandals · For the villas, the boat deck and the hot springs. Easy on and off around water.
- ☐ Cool evening wear · Relaxed summer clothes for dinners at the villas. Nothing formal is needed on this trip.
- ☐ Light layer for the evening · Rarely cool, but a thin long-sleeve is welcome after dark and on the drive across the island.

DOCUMENTS

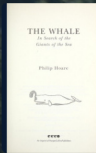
- ☐ Passport · Check it is valid well past your return date. You will need it at Douglas-Charles on both ends.
- ☐ Travel insurance · Cover that includes diving, hiking and medical evacuation. Bring the policy number, not just the app.
- ☐ Cash and credit cards · For souvenirs in the Kalinago Territory, tips and incidentals. Small notes are useful.
- ☐ Dive certification cards · The two divers should carry their certification for the Soufriere Bay day; the operator will ask.

HEALTH & FIELD

- ☐ Reef-safe sunscreen · Reef-safe, please. Required on the island and kinder to the reefs you will be swimming over.
- ☐ Hat and polarised sunglasses · Polarised lenses cut the glare and help you spot whales at the surface from the boat.
- ☐ Insect repellent · For the rainforest and the river valleys, especially at dusk. A DEET or picaridin repellent works best.
- ☐ Bite cream and antihistamine · For the inevitable insect bites and any minor reactions in the field.
- ☐ Prescription medications · Enough for the full ten days, in their original packaging, in your hand luggage.
- ☐ Over-the-counter basics · Pain relief, anti-diarrhoeal, blister plasters. Small things that save a hiking day.
- ☐ Seasickness medication · Even strong sailors can feel it on a small day boat sitting still over the whale grounds. Take it before you sail.
- ☐ Binoculars · For whales at distance and the birds of the rainforest. Kite Optics image-stabilised models are field-tested and recommended by EYOS staff. As a trusted partner, Kite Optics extends a 10% discount to EYOS travellers, enter promo code EYOSKITE10 at checkout. usa.kiteoptics.com

RECOMMENDED READING

A short shelf for the week: the sea you will be on, the island's history and the culture you will meet, and one book of poems written from these waters.



The Whale

PHILIP HOARE

Part natural history, part obsession. The best single book for arriving on Dominica already understanding the sperm whales you will spend five days looking for.

[FIND THE BOOK](#) --



The Sea Around Us

RACHEL CARSON

Carson on how the ocean works, still the clearest account of the deep water that comes so close to Dominica's shore and holds the whales there.

[FIND THE BOOK](#) --



The Silent World

JACQUES YVES COUSTEAU

The book that opened the reef to everyone. Worth reading before the volcanic dives at Soufriere and the bubbling ground at Champagne Reef.

[FIND THE BOOK](#) --

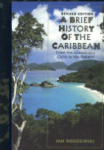


Reef Fish Identification: Florida Caribbean Bahamas

PAUL HUMANN

The field guide to have on the boat. Name what you see over Champagne Reef and in the Soufriere reserve while it is still fresh.

[FIND THE BOOK](#) --



A Brief History of the Caribbean

JAN ROGOZINSKI

The long view of the region, from the first peoples through the plantations, that puts Dominica and the surviving Kalinago Territory in context.

[FIND THE BOOK](#) --

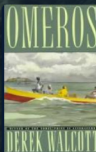


Wide Sargasso Sea

JEAN RHYNS

Rhys was born on Dominica, and the island runs through this novel. Read it for the feel of the place before the guidebooks describe it.

[FIND THE BOOK](#) --

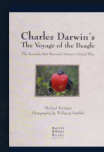


Omeros

DEREK WALCOTT

Walcott's epic poem of the eastern Caribbean, the sea and the people who work it. The right register for looking out from the boat.

[FIND THE BOOK](#) --



Voyage of the Beagle

CHARLES DARWIN

Darwin's own account of a young naturalist reading volcanic islands and their life. Good company for the Boiling Lake and the Valley of Desolation.

[FIND THE BOOK](#) --



Empire of Blue Water

STEPHAN TALTY

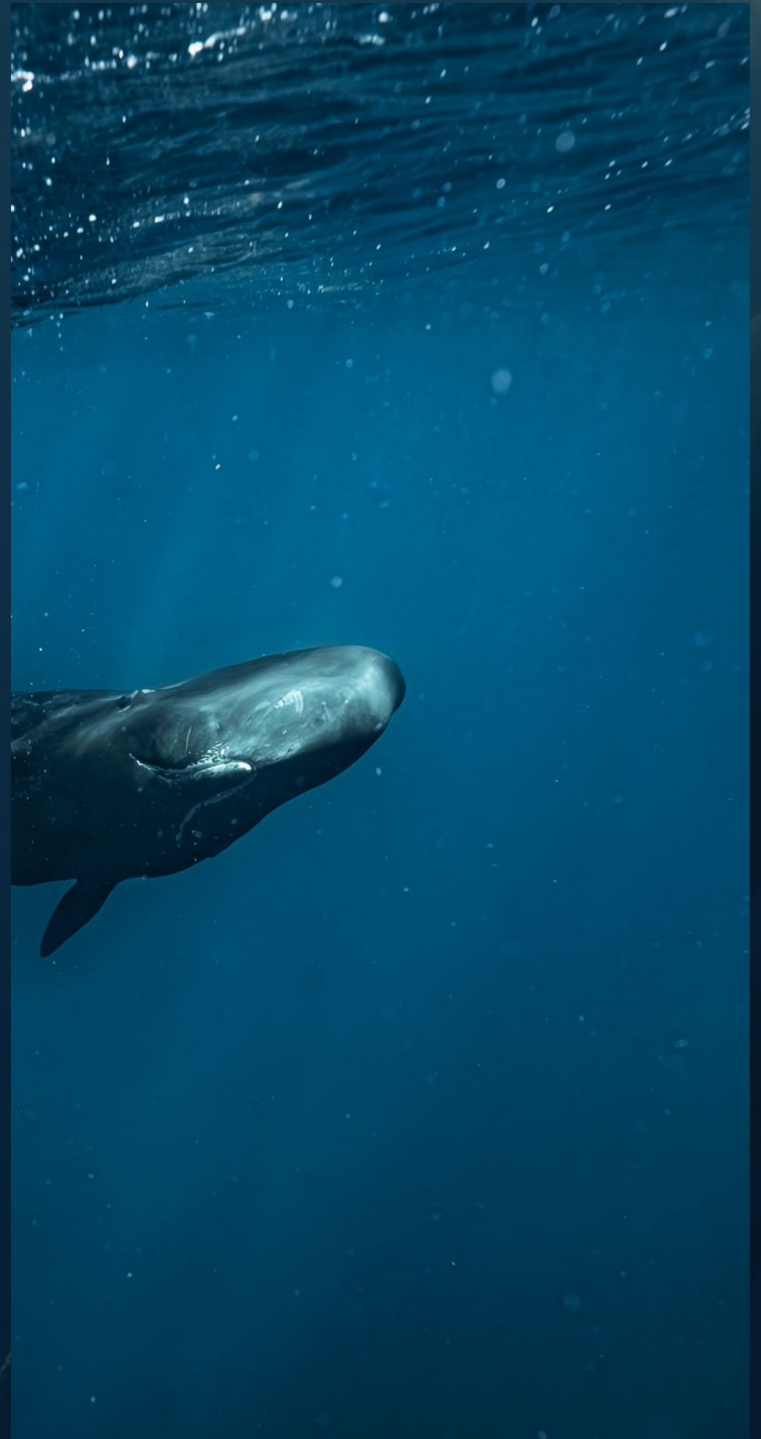
The Caribbean of the buccaneers, fast and readable. Background for the waters you will be crossing and the coasts you will be looking at.

[FIND THE BOOK](#) --

PHOTOGRAPHY

Two very different subjects this week: whales at and below the surface, and rainforest under low green light. A few notes for anyone bringing a camera; nothing here is necessary. Whales, reef and the low tropical light off the west coast. Waterfalls, the gorge and the interior under thick canopy.

- Set the camera before you get in. Fiddling in the water costs you the encounter, and a sperm whale surfacing does not wait.
- Keep the sun behind you. Water eats contrast fast, and backlight will kill an otherwise good frame of a whale at the surface.
- Wide is right. A sperm whale will not fit in anything long, and if you are in the water you will be closer than you expect.
- Get below the surface if you can. Shooting down from above the waterline flattens the animal and loses the light. Drop your lens under.
- Fast shutter, let the ISO climb. A sharp grainy frame of a whale beats a clean blurred one. Prioritise speed over noise.
- Polariser for the reef. A polarising filter cuts the glare off the surface and brings back the colour on Champagne Reef.
- Rinse and dry between drops. Salt spray and humidity are hard on gear. A microfibre cloth and a dry bag save your camera the week.
- Slow the shutter for the falls. A tripod or a steady rock and a slow shutter turn Trafalgar's water to silk. Bring a small tripod if you have one.
- Expose for the shadows. The canopy is dark and the sky above it is bright. Meter off the forest floor and let the sky blow if it must.
- Bring a rain cover. Showers come without warning. A simple cover or a dry bag keeps you shooting through them.
- Warm up for the sulphur ground. The Valley of Desolation reads flat and grey. A slightly warmer white balance brings back the yellows and reds.
- Watch the humidity. Lenses fog when you move from air-conditioned villa to hot forest. Let the gear acclimatise before you shoot.
- Shoot the Kalinago day on their terms. Ask before you photograph people or craft. A moment of consent gets you better and more honest frames.
- Keep a spare battery warm and dry. Humidity and long days drain cells. Carry a charged spare in a dry bag on the hiking days.



TEAM TO BE CONFIRMED

YOUR GUIDES

These EYOS guides have led voyages in this region before. The team for this departure is to be confirmed, and any name here may change.



EXPEDITION LEADER · CAMP DOMINICA

ADAM SLAMA

Adam is an avid free diver, photographer, and director with many years of experience leading expeditions worldwide. His work captures the essence of travel, adventure and conservation, collaborating with some of the world's leading explorers and pioneers.

Deeply passionate about conservation, Adam collaborates with organisations such as Saving The Blue and The Watermen Project. He has been involved in ground breaking shark tagging expeditions, using his storytelling skills to support scientists in conserving various ocean species.



DOMINICAN HOST · CAMP DOMINICA

JACKSON MAWHINNEY

Jackson grew up splitting his time between London and Dominica and has watched it grow and change across his lifetime, carrying a deep love for his country and a keen interest in shaping its future.

Jackson's fascination with the oceans was kindled through the impactful work his family has undertaken over the years, most recently his family's role in the set-up of Common Earth, the facilitation of CETI in Dominica, and the formation of the Commonwealth Blue Charter, an unprecedented step in ocean conservation.



EYOS

SEE YOU ON DOMINICA

YOUR EYOS CONTACT

EYOS.COM

We will meet you at Douglas-Charles and drive you across to the villas. Come fit for two hard walks and ready for a lot of time in the water. The whales keep their own schedule, and five days on the coast is our way of meeting them on it.

↓ [DOWNLOAD PDF](#)