



Dominica

POP 74,870 / 767

Includes ➔

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Best Places to Eat

- ➔ Poz Restaurant & Bar (p381)
- ➔ Rainbow Beach Bar & Restaurant (p381)
- ➔ Sisters Beach Bar & Restaurant (p379)

Best Places to Sleep

- ➔ Jacoway Inn (p380)
- ➔ Pagua Bay House (p382)
- ➔ Cloud 9 Dominica (p380)
- ➔ Aywasi Kalinago Retreat (p383)

Why Go?

Dominica defies the Caribbean cliché on many levels. No mass tourism, no white powdery beaches, no rum-fueled pool parties. Nicknamed 'nature island' for a reason, the island lures largely individualists and ecoadventurers with its Boiling Lake, Champagne Reef, rainforest-shrouded volcano, sulfurous hot springs, superb diving and the Caribbean's first long-distance hiking trail.

Halfway between Guadeloupe and Martinique, Dominica is the only place in the Eastern Caribbean that's still home to a sizeable population of indigenous people, the Kalinago, who've lived on the island since the 13th century. Owing to the Kalinago's fierce resistance, Dominica was the last Caribbean island to be colonized – by the British in 1763.

Mother Nature may have been especially generous with Dominica, but it also deals it the occasional hardship in the form of hurricanes and tropical storms. Most recently, in August 2015, Tropical Storm Erika wreaked major havoc from which the island is still recovering.

When to Go

Feb–Jun The island's driest months, are the most popular.

Jul–Oct The rainy season, coinciding with the Caribbean's hurricane season, which peaks in August and September. Dominica's Carnival celebrations run for two weeks prior to Ash Wednesday.

Oct & Nov Roseau hosts the World Creole Music Festival in November. The week leading up to Independence Day (November 3), or Creole Day, is a vibrant celebration of local heritage.



Dominica Highlights

- 1 Boiling Lake** (p373)
Trekking through spectacular scenery to the world's second-largest hot lake.
- 2 Ti Tou Gorge** (p373)
Swimming through a narrow canyon to a gushing waterfall.
- 3 Wotten Waven** (p373)
Relaxing in hot sulfur springs in this valley outside Roseau.
- 4 Trafalgar Falls** (p372)
Taking a stroll to these easily accessible twin waterfalls.
- 5 Middleham Falls** (p374)
Counting the shades of green en route to this 200ft-high waterfall.
- 6 Indian River** (p378)
Experiencing the watery side of the jungle on a glide down this placid west-coast river.
- 7 Champagne Beach & Reef** (p375)
Being tickled by the volcanic bubbles of this underwater attraction.
- 8 Kalinago Barana Auté** (p382)
Connecting with ancient traditions at this east-coast heritage village.
- 9 Roseau** (p368)
Plunging into the baffling bustle and history of Dominica's capital.