



Signature Sabbatical Itinerary: Caribbean Island Hopping

# Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

[www.LiNGER.co.uk](http://www.LiNGER.co.uk) | [travel@LiNGER.co.uk](mailto:travel@LiNGER.co.uk)

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



# Introducing Dominica

A paradise for more than just its Caribbean waters, Dominica is defined by its raw, natural beauty. Volcanoes emerge from dense rainforest, which hide sulfurous hot springs and a multitude of hiking trails.

The Caribbean's 'Nature Island' encourages visitors to explore and get a little lost, before returning to the coast to bathe in the sunshine and hang out with some of the most welcoming people, sharing food to a soundtrack of local rhythms, jungle sounds and lapping waves.



# Introducing Grenada

Grenada embodies what a Caribbean Island should be. Long sandy beaches are backed by lush palm trees and the island's interior is as green as they come, with forested mountains hiding waterfalls and wildlife rich national parks. Extensive coral reefs sit just off-shore and you can easily access impressive snorkel and dive sites, allowing for adventures both on land and in the water.

Grenada is also known as the spice island, and the interior is still rife with cocoa, nutmeg, cinnamon and clove plantations, alongside the all-important rum distilleries. Add to this the long and dark plantation history and a charming capital city and there is something to fascinate all who are fortunate enough to visit.



# Introducing St Vincent & The Grenadines

A chain of tiny idyllic islands in the Caribbean Sea, St Vincent & The Grenadines are a playground for yachters, divers and paradise-seekers. Exploring these remote islands, it's easy to find a slice of white-sand paradise all for yourself or a laid back beach bar, where soft rhythms mix with the sound of lapping waves.

It's the perfect place to while away the days, lazing barefoot, getting lost in a book or diving into the pristine waters and exploring huge stretches of coral reef. Tuck into the freshest seafood, sip fruit-filled rum punch and relax.





## Life Experiences & Encounters in The Caribbean



# Caribbean - Journey Map



# Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1				ROSEAU				
10		ROSEAU		ST GEORGE'S				
24		UNION ISLAND		BRIDGETOWN				45 MINS
24		BRIDGETOWN						



# Your trip in a nutshell

## Day 1

Welcome to Dominica. Transfer to Roseau by road & check in to your hotel for a 4-night stay. *Fort Young Hotel*

## Day 2

Morning at leisure. Afternoon whale & dolphin spotting boat trip. *Fort Young Hotel*

## Day 3

Trek to Boiling Lake, a volcanic crater lake and fine example of Dominica's geothermal activity. *Fort Young Hotel*

## Day 4

Snorkel along colourful coral reefs and marvel at an underwater hot spring. *Fort Young Hotel*

## Day 5

Explore Salton Waterfalls, take a dip in an emerald pool in the forest and visit a Carib model village. Continue by road to Secret Bay. *Secret Bay Resort*

## Day 6

Day at leisure to enjoy the facilities at Secret Bay. *Secret Bay Resort*

## Day 7

Exhilarating canyoning experience through Dominica's gorges. *Secret Bay Resort*

## Day 8

Morning birdwatching walk with a local ornithologist. Afternoon spearfishing experience & lionfish cookery class with a local chef. *Secret Bay Resort*

## Day 9

Final day in Dominica. Relax or add on an excursion to Cabrits National Park & its historic fort. *Secret Bay Resort*

## Day 10

Road transfer to the airport & flight to Grenada. Check-in at Mount Cinnamon for a 5-night stay overlooking the bay. *Mount Cinnamon Resort & Beach Club*

## Day 11

Day at leisure to enjoy Mount Cinnamon's private beach club. *Mount Cinnamon Resort & Beach Club*

## Day 12

Full-day sailing adventure & snorkelling at Grenada's underwater sculpture park. *Mount Cinnamon Resort & Beach Club*

## Day 13

Hike through Grenada's forested interior to beautiful waterfalls. Cool off with a swim in their pools. *Mount Cinnamon Resort & Beach Club*

## Day 14

Enjoy a rum & chocolate pairing and sample freshly caught fish at Gouyave's famous Fish Fridays. *Mount Cinnamon Resort & Beach Club*

## Day 15

Set sail for a 4-night adventure through the Grenadines on a traditional Caribbean sailing vessel. End the day at a beach club in Carriacou. *Savvy Sloop*

## Day 16

Continue sailing to Union Island, stopping to swim, relax on beaches & enjoy the local beach bars. *Savvy Sloop*

## Day 17

Explore Kingstown, St Vincent's capital, before sailing on to the smallest island of the Grenadines, Mayreau for chilled out vibes & stunning beaches. *Savvy Sloop*

## Day 18

Sail to Tobago Cays & swim with sea turtles in crystal-clear waters. *Savvy Sloop*

## Day 19

Sail around the beautiful Tobago Cays Marine Park & disembark at idyllic Palm Island for the remainder of your trip. *Palm Island Resort*

## Day 20 - 23

Days at leisure to relax on the stunning beaches of Palm Island. *Palm Island Resort*

# Your trip in a nutshell

## Day 24

Depart St Vincent & The Grenadines.

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## Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



# The Nitty Gritty

## Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private and small group excursions
- Private Sloop Sailing adventure
- Water transfers as described

## Excluded

- International flights
- Domestic flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance
- Resort fee at Palm Island Resort, payable on property (currently US\$24.00 per room, per day)

## Quotation

- From: GBP £16,990.00 per person, based on two travelling together.

## Booking Terms & Conditions:

[www.linger.co.uk/terms-and-conditions/](http://www.linger.co.uk/terms-and-conditions/)

## Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience the Caribbean.

Consider visiting the Caribbean in combination with Central America for some Latin flavour or the little-visited Guianas in South America for something truly different.

No matter how long you have to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget. Contact us to start planning a holiday or sabbatical to the Caribbean.

## Contact

Email: [Travel@linger.co.uk](mailto:Travel@linger.co.uk)

Telephone: +44 (0) 207 039 9240

# Financial Protection

## ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLcertificate](http://www.atol.org.uk/ATOLcertificate)



## Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This protection has been arranged by means of a Trust Account held with Protected Trust Services.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>



## Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

*Anna Guyer*



Contact

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