



Signature Sabbatical Itinerary: The Three Guianas & Caribbean

# 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 French Guiana

Despite being a remote region of France, French Guiana is worlds apart from its European counterpart, with wild tropical forest covering much of the country and a diverse blend of ethnicities shaping its culture and the languages spoken. Aside from its capital, Cayenne, a splendid example of French colonial architecture, much of the country is difficult to reach and explore due to lack of infrastructure. However, those that do make it will be rewarded with adventure, coming face to face with the histories of the country's colonial roots, its penal colonies and slave trade, as well as the challenges that come with visiting a country that is so far removed from the tourist trail. Be sure to visit the space station and the former penal colonies of the Îles du Salut for an insight into the French Guiana of the past and the present.

## How to Get to French Guiana

You can travel overland from neighbouring countries Suriname or Brazil.

If you're flying in, you'll land at Cayenne's Félix Eboué International Airport, the country's only airport.

Private transfers are recommended to tour around.

Taxis connect the towns and villages, but their schedules are random; they basically depart once full. There are no trains. Canoe taxis ply the waterways.

## When & Weather – French Guiana

French Guiana has a tropical monsoon climate, with stable temperatures throughout the year, due to its position near the equator. Dry Season is July to November; Rainy Season is December to June.

Temperatures range between 28°C (82°F) and 32°C (89°F).

## Who will French Guiana Appeal To?

The country's raw culture and vast wilderness are best suited to: Adventure seekers - Active travellers - Wildlife enthusiasts - Solo travellers - Photographers - Culture Vultures

## Accommodation

We can arrange stays in boutique hotels, eco lodges, simple guesthouses and homestays.

## Off The Beaten Path

Charming Cacao, where the Hmong refugees settled in the 1970s, is a homage to Laos, a hillside village of stilted houses and vegetable plantations.

Travel by dugout canoe down the Marowijne river to visit Amerindian and Maroon indigenous villages. Or canoe down the thrilling rapids of the Approuahue.

Visit Devil's Island, the harshest penal colony on the the Iles du Salut archipelago, made famous by Henri Charrière's *Papillon* autobiography. You can tour the cells and solitary confinement 'coffins', dine in the old guards' quarters, even stay overnight in converted prison buildings.

## Wildlife

Leatherback turtles lay their eggs by the light of the moon on Plage Les Hattes.

Salines de Montjoly is a wildlife lover's dream, home to an exotic mix of over 700 species of birds, 177 species of mammals, and 300 species of reptile. You'll need to boat here or fly in by light aircraft on an official tour. Our top spots are sloths, ocelot, tapirs and manatees.

## French Guiana Experiences you shouldn't miss

Feel an inner calm in sleepy Cayenne.

Tour the European Space Centre in Kourou.

Wander the Hmong markets and taste red-braised pork and spicy Hmong chicken sausage.

Delve into the history of the Transportation Camps.

# Introducing Suriname

The former Dutch colony of Suriname may be South America's smallest country but it has a surprising amount to offer visiting wildlife lovers and adventurous travellers. Dense rainforest covers much of Suriname, cloaking indigenous communities, exuberant plant life, tropical wildlife and seemingly endless protected nature reserves. Travel around the country is best left to its rivers, as flights and even roads are few and far between, only adding to its allure. Providing easy access to Suriname's jungle-clad interior is its capital city, Paramaribo, a UNESCO protected delight of Dutch-colonial architecture, vibrant night-life and excellent restaurants. The cuisine is another thing you don't want to miss; experience a heady blend of flavours with influence ranging from the Caribbean to Africa, Asia and Europe.

## How to Get to Suriname

Most visitors to Suriname arrive into Paramaribo by air or by road from French Guiana or Guyana. Otherwise, travel is limited to charter flights or boats, as roads in Suriname are limited and in varying states of disrepair.

From the UK, flights to Paramaribo require a layover in Amsterdam and the average duration is 25 hours. From the US, New York or Miami are the best cities to fly from, with indirect flights taking between 6 and 11 hours.

## When & Weather – Suriname

Suriname has a tropical climate and is generally hot and humid throughout the year, with temperatures consistently between 20°C (68°F) and 32°C (90°F).

April to August sees the heaviest rainfall and makes road travel near-impossible. Heavy showers are possible year round but are less disruptive in late winter or early spring (December to March). Suriname is not in the hurricane corridor.

## Who will Suriname Appeal To?

Suriname's untamed national parks, UNESCO protected capital and wild rainforests will appeal to: Intrepid travellers – Wildlife enthusiasts –

Photographers – Active travellers – Solo travellers - History buffs - Gastronomy fans - Jungle lovers

## Accommodation

Suriname's accommodation is a mix of homestays, converted plantation houses, rustic jungle lodges and character or modern hotels.

## Off The Beaten Path

Visit the Scottish settlement of Totness on the coastal road from Paramaribo.

Delve into the African heritage of the Maroon people deep in the Amazon at Danpaati River Lodge - spend time learning about life in the rainforest and the Maroon traditions.

## Wildlife

From February to August, sea turtles and leatherback turtles lay their eggs on Alusjaka Bay. In fact Suriname's Atlantic Coast is one of the world's best spots for observing nesting turtles.

The Amazon Rainforest shelters a plethora of wildlife, from anacondas and caiman to sloths, monkeys and vibrant tropical birdlife.

## Suriname Experiences you shouldn't miss

Sample the diverse culinary delights on offer in Paramaribo and enjoy the numerous cultures that are celebrated here.

Explore the old plantations of New Amsterdam for a glimpse into Suriname's history.

Enjoy spectacular birdwatching from Suriname's many Amazon Rainforest lodges.

Shop for crafts in Galibi, home to the first and largest indigenous settlement in the Caribbean.

# Introducing Guyana

Acres of untameable rainforest, wild white water rivers and thundering waterfalls make up a huge portion of Guyana, South America's only English-speaking country. This is a haven for eco-tourism fans and wildlife-lovers, who will find charmingly rustic lodges deep within the jungle, providing access to world-class birdwatching and wildlife encounters, as well as opportunities to meet indigenous Amerindian tribes. The capital city Georgetown is known as the 'Garden city of the Caribbean' and its flower-filled streets and 19th Century stilted houses welcome visitors to this wild frontier.

## How to get to Guyana

You can travel overland from neighbouring countries Suriname and Brazil. Travelling via Venezuela is not currently recommended.

If you're flying here, you'll land in Georgetown, the country's only international airport. There are now direct flights from both the UK and the USA.

Once here, you'll likely use a combination of light charter flights, minibuses and 4x4s to get around. This isn't an easy country to explore independently.

## When & Weather – Guyana

It's always hot here. Sometimes dry, sometimes rainy, but always hot and humid! The Dry Season runs from Feb to April and August to November; the Rainy Seasons are May to July and late Dec to late January.

Temperatures vary wildly, ranging between 23°C (73°F) and 34 °C (93°F).

## Who will Guyana Appeal To?

The country's untouched rainforests and giant wildlife make it a perfect destination for nature lovers and adventurous travellers. In particular, it's suited to: Adventure lovers - Wildlife enthusiasts - Keen birders - Active travellers - Keen photographers - Solo travellers.

## Accommodation

We can arrange stays in boutique and modern city hotels, rustic guesthouses and community-run eco lodges.

## Off The Beaten Path – Guyana

Take a 4x4 safari through the Pakaraima Mountains and valleys, sleeping in a hammock and cooking over a campfire.

Stay in community-owned lodges in remote and beautiful Rewa, and the tiny indigenous village of Surama.

Drive across the isolated Rupununi grasslands and plains, and swim in beautiful, natural creeks.

## Wildlife

Harpy eagles can be spotted in the untouched Kanuku and Iwokrama mountains.

The Iwokrama Forest is perhaps the easiest place in the world to spot a wild jaguar as well as Giant Anteaters and green anaconda.

See Giant River Otter in their natural habitat around the Karanambu eco lodge.

Shell Beach on the Atlantic coast is a protected nesting ground for Green, Hawksbill Leatherback and Olive Ridley turtles.

There are over 900 species of bird here, including the striking orange cock of the rock.

## Guyana Experiences you shouldn't miss

Flying over the Kaieteur Falls in a light aircraft. Or simply hiking nearby.

Eating fresh fruits at Georgetown's colourful Stabroek market – mango, coconut and several types of banana.

Visiting the Gothic St George's Cathedral in Georgetown.

Sampling local rums at a distillery.

## Giving back

Caiman House in the central savannah supports local community and conservation projects. See: <http://caimanhouse.com> for more information.

# 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 hides sulphurous 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 soak 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.

## How to get to Dominica

Most arrive to the island of Dominica by air. Flights from the UK require a stop in the US or other Caribbean islands. It's easy to reach Dominica from Antigua and there are flights from Guyana - check ahead for schedules as they are not too frequent.

## When & Weather – Dominica

Dominica has a tropical climate - hot and humid all year round, with a relatively cool and dry season from January to mid-April and a hot, humid and rainy season from mid-June to mid-November.

Temperatures vary wildly, ranging between 22°C (73°F) and 30 °C (93°F).

## Who will Dominica Appeal To?

The country's untouched rainforests and volcanic landscapes make it a perfect destination for nature lovers and adventurous travellers. In particular, it's suited to: Adventure lovers - Wildlife enthusiasts - Keen birders - Active travellers - Keen photographers - Solo travellers.

## Accommodation

We can arrange stays in characterful boutique hotels and ultra-luxurious beach resorts.

## Off The Beaten Path – Dominica

Hiking to aptly named Boiling Lake, part of the Waitukubuli National Trail, Dominica's first long-distance hiking trail which connects its most beautiful

national parks

Diving at Champagne Reef - swim alongside this unique underwater geothermal spring that vents warm bubbles. And the marine life here is also spectacular: look out for parrot fish, seahorses and sea turtles.

## Wildlife

Dominica is the only country in the world where the sperm whale resides all year long - boat trips can bring you up close to these impressive creatures.

Almost 200 species of bird can be found on the island, as well as amazing creatures like bats, iguanas and boa constrictors.

## Dominica Experiences you shouldn't miss

Whale watching off the coast from Roseau.

Sampling local rums.

Hiking through the rainforest covered interior and stopping for a dip in cooling natural pools.

Fishing for lionfish and whipping up a delicious local delicacy in the hands of an expert chef.



Life Experiences & Encounters in The Guianas & Dominica



# Guianas & Dominica - Journey Map





# Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1				CAYENNE		TBC		
9		PARAMARIBO		KABALEBO		ECONOMY		1 HR 15 MINS
12		KABALEBO		PARAMARIBO		ECONOMY		1 HR 15 MINS
16		PARAMARIBO		GEORGETOWN		ECONOMY		45 MINS
30		GEORGETOWN		MARIGOT		ECONOMY		
34		MARIGOT				TBC		

# Your trip in a nutshell

## Day 1

Arrive in Cayenne in French Guiana & transfer to your hotel for a 4-night stay.  
*Hotel Ker Alberte*

## Day 2

Explore the Creole city of Cayenne & begin to learn about its French colonial history. *Hotel Ker Alberte*

## Day 3

Visit the Hmong village of Cacao and soak in the sights, sounds & smells of its popular Sunday market. *Hotel Ker Alberte*

## Day 4

Sail across to the haunting Salvation Islands, where you'll find the remains of the penal colony & learn stories of its most famous inmates. *Hotel Ker Alberte*

## Day 5

Explore the Guiana Space Centre & continue to delve into the history of the Guianas. Cross into Suriname & visit the wetlands region. *Hotel Frederiksdorp*

## Day 6

History of the local plantations & dolphin spotting.  
*Hotel Frederiksdorp*

## Day 7

Explore the historic Fort Nieuw Amsterdam.  
*Hotel Frederiksdorp*

## Day 8

Road transfer to Paramaribo. Check in and begin exploring Suriname's unique capital. *Hotel Royal Torarica*

## Day 9

Fly to Kabalebo in the Amazon Rainforest. Begin exploring the jungle by canoe & on foot. *Kabalebo Nature Resort*

## Day 10

Hike through the rainforest or embark on a river journey by dugout canoe to hidden waterfalls *Kabalebo Nature Resort*

## Day 11

Choose to either relax at the lodge or enjoy adventures deep within the jungle  
*Kabalebo Nature Resort*

## Day 12

Final excursion in the rainforest & flight back to Paramaribo  
*Hotel Royal Torarica*

## Day 13

Road & boat transfer across white water rapids to reach Danpaati River Lodge in the depths of the Amazon. Evening caiman spotting *Danpaati River Lodge*

## Day 14-15

Days exploring the cultures of the Amazon, swimming in the river & walking through the jungle *Danpaati River Lodge*

## Day 16

Depart the Amazon & enjoy a final night in Paramaribo  
*Hotel Royal Torarica*

## Day 17

Scenic flight to Lethem in Guyana, crossing miles of tropical forest. 4x4 journey across the savannah to Caiman House *Caiman House*

## Day 18

Boat journey along the Rupununi River & the white water of Mapari to your remote jungle wilderness camp *Mapari Wilderness Camp*

## Day 19

Search for harpy eagles, hike through the rainforest and observe wildlife from the river as you explore this remote & wild region *Mapari Wilderness Camp*

## Day 20

Look for Goliath bird-eating spiders & enjoy a last float along the river before returning to the savannah *Caiman House*

## Day 21

Observe giant otters & other wildlife on Awariku Lake. Journey to Atta Rainforest Lodge, stopping at a unique peanut butter factory *Atta Rainforest Lodge*

# Your trip in a nutshell

## Day 22

Climb up the Iwokrama canopy walkway to observe birdlife and primates high in the trees *Atta Rainforest Lodge*

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## Day 23

Spot scarlet cock-of-the-rock birds & travel by boat to the Amerindian community of Rewa. Sunset visit to a lily-filled oxbow lake *Rewa Eco-Lodge*

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## Day 24

Hike Awarmie Mountain for breathtaking views. Afternoon boat trip with optional fishing *Rewa Eco-Lodge*

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## Day 25

Visit the village of Rewa & learn about everyday life in the rainforest. Continue to a turtle nesting site up the river *Rewa Eco-Lodge*

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## Day 26

Boat trip to Apoteri & flight to Kaieteur Falls, the largest in the world. Explore the park & marvel at the waterfall from several viewpoints *Kaieteur Guesthouse*

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## Day 27

Fly across the rainforest from Kaieteur National Park to Georgetown, Guyana's capital *Cara Lodge*

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## Day 28

Explore Bourda Market with a chef guide & collect ingredients for a personalised lunch. Discover the highlights of Georgetown *Cara Lodge*

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## Day 29

Introduction to sugar production & explore a rum distillery. Finish the day with a rum tasting & a rum-infused dinner back in Georgetown *Cara Lodge*

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## Day 30

Fly to Dominica & check in to the secluded, luxury retreat of Secret Bay for the remainder of your trip *Secret Bay Resort*

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## Day 31

Day at leisure to enjoy the facilities at Secret Bay. A massage has been included to help you relax *Secret Bay Resort*

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## Day 32

Spearfishing experience & lionfish cookery class with a local chef *Secret Bay Resort*

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## Day 33

Birdwatching walk through the Dominican rainforest with a local ornithologist *Secret Bay Resort*

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## Day 34

Depart Dominica. International flight home

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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 and shared transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private and small group excursions
- Domestic flights in the Guianas

## Excluded

- International flights
- Regional 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

## Quotation

- From £22,184.00 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 and Guianas.

No matter how long you wish 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 and Guianas.

## Contact

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

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# 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 insurance has been arranged by The Travel Vault in conjunction with Towergate Travel through Zurich Insurance PLC.

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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**LINGER**  
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