

NORTH AMERICA · HIKING · DIVING · WILDLIFE · ADVENTURE · OFF THE BEATEN PATH



Dominica

Dominica is the Caribbean's wild card: a steep volcanic island of rainforest, rivers and hot springs rather than white-sand resorts. The Boiling Lake hike crosses a steaming volcanic valley, Trafalgar Falls tumbles down twin cascades near Roseau, and sperm whales live offshore year-round. Its 'nature island' nickname is well earned.



Before you go, read the UK government's travel advice for Dominica and entry requirements (visas, passport validity). Last updated by FCDO 10 December 2025.

 CAPITAL Roseau	 CURRENCY East Caribbean dollar (XCD) £1 ≈ EC\$3.61	 LANGUAGE English, Dominican Creole (Kwéyòl)	 BEST TIME Feb–Apr
 DAILY BUDGET £70–£320 £££ Expensive	 PLUGS Type D, G 230V · UK plugs fit	 FLIGHT FROM LONDON 12h 30m via Antigua or Barbados ~£800–£1,350 return	 TIME ZONE UTC-4 standard time

Dominica (say dom-in-EE-ka; it is not the Dominican Republic) is a volcanic island where rainforest climbs to Morne Diablotins at 1,447 m and Morne Trois Pitons National Park is a UNESCO World Heritage Site. Most visitors base themselves in or above Roseau for the Roseau Valley's waterfalls, hot springs and the Boiling Lake trail, then move north to Portsmouth for the Indian River and Cabrits National Park. The east coast is home to the Kalinago Territory, and the 14-segment Waitukubuli National Trail runs the length of the island for serious walkers.

This is an island for hiking, swimming in rivers and snorkelling volcanic reefs rather than lounging, and most beaches are grey or black sand. Accommodation runs from simple guesthouses and eco-lodges to a handful of high-end resorts, and prices sit at the upper-middle end for the Caribbean. Roads are steep and winding, rain is frequent even in the dry season, and journeys take longer than the map suggests. Cruise-ship days can crowd Trafalgar Falls and the Emerald Pool, so check schedules. First-timers are often surprised by how few other visitors they meet away from the main sites.

Top 5 highlights

- 1

ADVENTURE

Boiling Lake hike

A tough six-hour return trek through Morne Trois Pitons National Park and the sulphurous Valley of Desolation to the world's second-largest boiling lake, a grey-blue cauldron wrapped in steam. Go with a guide and start early.
- 2

NATURE

Trafalgar Falls

Twin waterfalls, nicknamed the Father and the Mother, drop side by side into a rocky gorge above the village of Trafalgar. A short trail leads to a viewing platform, with hot and cold pools to scramble down to.

3

NATURE

Champagne Reef

Volcanic gas bubbles up through the sand off the south-west coast, so snorkellers swim through curtains of warm fizz among sponges, parrotfish and the occasional turtle; it's easy to reach from the shore near Pointe Michel.

4

CULTURE

Kalinago Territory

Around 3,000 Kalinago, descendants of the Caribbean's pre-Columbian peoples, live in this territory on the east coast. The Kalinago Barana Autê heritage village explains their traditions, and roadside stalls sell basketwork woven from larouma reed.

5

WILDLIFE

Sperm whale watching

Sperm whales live off the deep, sheltered west coast year-round, and in 2023 Dominica created a dedicated sperm whale reserve there. Boat trips leave from Roseau, with the best odds from roughly November to March.

Biggest cities

LARGEST CITY

Roseau

≈ 15,000 people

The compact capital has wooden Creole houses, a busy Saturday market and the Botanic Gardens; most people use it as a base for the Roseau Valley rather than a destination in itself.

2ND LARGEST CITY

Portsmouth

≈ 4,200 people

Set on Prince Rupert Bay in the north-west, it's the base for rowing trips up the Indian River and for Fort Shirley in Cabrits National Park, with sheltered anchorages nearby.

3RD LARGEST CITY

Canefield

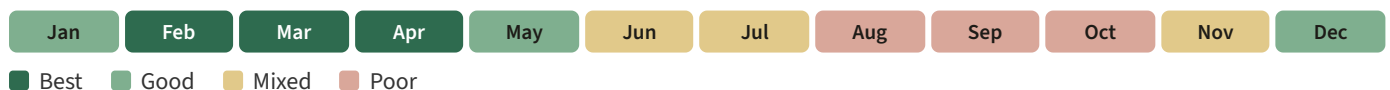
≈ 3,300 people

A coastal town just north of Roseau with the small Canefield Airport and the Old Mill Cultural Centre in a restored sugar mill; more commuter town than destination.

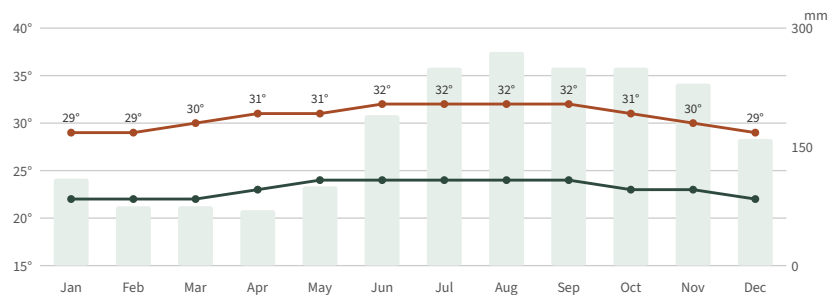
Populations are from the 2011 census, the most recent with town-level figures; Dominica's whole population is only around 70,000.

When to go to Dominica

Best time: **Feb–Apr.**

**Average climate in Roseau**

— High °C — Low °C — Rain (mm)



Festivals & events

Feb–Mar	Mas Domnik (Carnival) Dominica's carnival climaxes on the Monday and Tuesday before Ash Wednesday with J'ouvert at dawn, costumed bands, and calypso and bouyon music in the streets of Roseau.
Oct	World Creole Music Festival Three nights of kadans, zouk, bouyon and soca at Windsor Park Stadium in Roseau in late October, part of the run-up to Independence Day on 3 November.

How much does Dominica cost?

SHOESTRING £70 per person / day ≈ EC\$253 hostels, street food, buses	MID-RANGE £150 per person / day ≈ EC\$541 3-star hotels, restaurants, some taxis	COMFORTABLE £320 per person / day ≈ EC\$1,155 4-star+, guided trips, private transfers
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Estimates per person per day, excluding flights. Prices vary by season and city.

Food to try

Callaloo soup A thick green soup of dasheen leaves, okra, coconut milk and often crab or salted meat; it replaced the now-protected mountain chicken frog as the national dish.	Titiri accras Crisp fritters made from titiri, tiny fish netted at river mouths in season, eaten as a snack with hot pepper sauce.	Bakes and saltfish Fried dough bakes split and stuffed with spiced salt cod, a standard breakfast from roadside stands and village shops.
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Getting around

Privately run minibuses leave Roseau for most villages from different stops depending on the destination; they run until early evening and are sparse on Sundays. Hiring a car gives freedom, but roads are steep, narrow and twisting, you drive on the left and you need a local driving permit, available through rental firms. Many visitors use taxis or hire a driver-guide for the day. L'Express des îles ferries link Roseau with Guadeloupe and Martinique.

Practical information

PLUGS & VOLTAGE   DG 230V — UK plugs fit	EMERGENCY NUMBERS Telephone: 999 (ambulance, fire, police) Source: FCDO “Getting help”
DIALLING CODE +1-767	TIME ZONE UTC-4 (standard time)
TAP WATER Varies — bottled or filtered is safer	DRIVING On the left
TIPPING Many restaurants and hotels add a 10% service charge; if not, leave about 10%. Tip hiking guides, drivers and whale-watching crews.	

ETIQUETTE

Say 'good morning' or 'good afternoon' before asking anything. Cover up away from the beach, and ask before photographing people, particularly in the Kalinago Territory and at markets.

MAIN AIRPORTS

Douglas–Charles Airport (DOM), Marigot

Visas & entry for Dominica

Shown for a British passport.

No visa needed

You do not need a visa to visit Dominica. The border authorities will grant you a stay of 6 months on arrival. If you want to stay longer, you must arrange and pay for an extension with the Dominica Immigration Division.

It is illegal to overstay or work without a work permit.

From the UK government's FCDO entry requirements for British passport holders — read the full page for passport validity, permits and exceptions.

Health & vaccinations

See a travel health nurse, GP or travel clinic **6–8 weeks before you go**. Make sure routine UK vaccinations (such as MMR and diphtheria-tetanus-polio) are up to date.

RECOMMENDED FOR MOST TRAVELLERS

Tetanus

SOMETIMES ADVISED — DEPENDS ON YOUR TRIP, ACTIVITIES AND HEALTH

Dengue Bat Lyssavirus

YELLOW FEVER CERTIFICATE

A yellow fever certificate is only required if you arrive from (or transit through) a country with yellow fever risk — not if you fly direct from the UK.

MALARIA

No malaria risk

Source: TravelHealthPro (National Travel Health Network and Centre), checked 21 October 2026. This is a summary, not medical advice.

Public holidays in Dominica

The next 12 months. Banks, offices and some sights may close, and transport and hotels get busy around these dates.

Tue 3 Nov 2026	Independence Day
Wed 4 Nov 2026	National Day of Community Service
Fri 25 Dec 2026	Christmas Day
Sat 26 Dec 2026	Boxing Day
Fri 1 Jan 2027	New Year's Day
Mon 8 Feb 2027	Carnival Monday

Tue 9 Feb 2027	Carnival Tuesday
Fri 26 Mar 2027	Good Friday
Mon 29 Mar 2027	Easter Monday
Mon 3 May 2027	Labour Day
Mon 17 May 2027	Whit Monday
Mon 2 Aug 2027	Emancipation Day

National holidays only. Dates based on lunar calendars can move by a day or two depending on official announcements.

Know before you go

There are no direct flights from the UK; most travellers connect via Antigua or Barbados, or fly to Guadeloupe or Martinique and take the ferry.

Buy a national parks site pass, sold for a single site or a week, which covers places such as Trafalgar Falls, the Emerald Pool and the Boiling Lake trail.

Douglas–Charles Airport is on the north-east coast, well over an hour's drive from Roseau on winding roads, so arrange a transfer in advance, especially for evening arrivals.

Visa, health and safety rules change. Before you book or travel, check the FCDO travel advice (gov.uk/foreign-travel-advice) and TravelHealthPro (travelhealthpro.org.uk). Costs are estimates. © 2026 Pick My Trip.