



Secret bay只可乘船到達，島上的環保式豪華度假酒就是以此這命名。
The eco-luxury resort is named after this secret bay, accessible only by boat.

奢華新定義 SECRET BAY, DOMINICA REDEFINING LUXURY

這件事我一定不會講給媽咪知。

在一望無際的大海中，我獨自划著我的小型獨木舟，眼下太陽已慢慢向下移至地平線，看來不到一小時便會天黑。我用力揮動一下船槳，槳聲汨汨，可是獨木舟卻沒有前進。唉…原來槳葉向著反方向。我承認，水上活動絕非我的強項，更不用說探險。

我在幹什麼？我是不是瘋了？

10分鐘之前，我明明正準備在平台上的私人按摩浴池悠閒地浸浴，誰知度假酒店的經理碰巧經過跟我打招呼，他隨口問我：「妳有沒有到過secret bay，我們的度假村就是以此命名，有沒有興趣去看看。」

那一刻不知從哪裡來的勇氣，加上好奇心驅使下，我答到：「好呀。」

I must never tell my mom.

I am heading out to open sea, alone, in a small kayak. The sun is hanging low on the horizon — looks like it will be dark in an hour or so. My paddle makes a thump on the water. Ugh, my blade is at a wrong angle. I must admit, I am not much of a water sports person. Heck, I am not even much of an adventurer.

What am I doing? Am I out of my mind?

Ten minutes earlier, I was readying for a leisurely soak in my private jacuzzi on the deck. Then, the manager of the resort came by to say “Hello,” and asked whether I had seen the secret bay yet. “That is what our resort is named after,” he said. “You must go see it.”

In a moment of delusive courage and curiosity, I said, “Yes.”

我正身處多明尼加 (Dominica)，它位於瓜德羅普 (Guadeloupe)及馬提尼克 (Martinique)之間，是一個加勒比海聯邦小島 — 千萬不要跟說西班牙語的多明尼加共和國混淆。多明尼加以英語為主要語言，曾經是法國殖物地，後來成為英國領地，及後於1978年獨立。其名字的正确發音為Do-mi-NEE-ka(重音放在第三個音節)，就是要向法國致敬。

多明尼加是有名的大自然島嶼，島上的熱帶雨林吸引不少旅客慕名前往。由於其地形屬山多平地少，而且海岸線不規則，令興建大型機場及海港變得困難。亦正因如此，小島無法負荷過多的旅客，令島上的自然生態得以好好保存，可謂百年如一日。有人說，如果哥倫布今日再次到訪多明尼加，相信他仍會認得島上的一景一物。

我的任務非常簡單：就是走出我的安舒區 (comfort zone)。人年紀愈來愈大，不自覺會在自己周圍建立起無形的保護罩。我們不再冒險，不再迫自己前進，甚至拒絕接受新思維、新挑戰。為了向自己寫下戰書，我決定報名參加全長13千米的沸湖(Boiling Lake)登山之旅。沸湖是島上難度最高的登山徑，途經陡峭的山嶺及隨時噴出沸騰湖水的火山谷，對我來說是體能上的一大考驗。

而這短程的單人獨木舟之旅則要我克服心理恐懼。



究竟如何既環保又豪華：別墅全部由可持續的Guyanese Greenheart實木興建，客房的家私由當地木匠以多明尼加紅杉木製作。
Defining eco-luxury: the villas are built using sustainably-sourced Guyanese Greenheart hardwood, while the bedroom furniture is made by local craftsmen from Dominican red cedar.



別墅的設計穿過森林向海洋伸延，讓住客盡情享受和暖的熱帶海風及無敵靚景。
The villa cantilevers out through the forest towards the ocean, letting you enjoy the deliciously warm, tropical breezes and the spectacular views.

I am in Dominica, a small Commonwealth Caribbean island situated between Guadeloupe and Martinique -- not to be confused with the Spanish-speaking Dominican Republic. Dominica is English-speaking, and its name is pronounced with an emphasis on the third syllable: Do-mi-NEE-ka, in homage to its French colonial roots prior to becoming British, and then gaining independence in 1978.

Dominica is known as the Nature Island. It has all the tropical island features sought by vacationers, but its mountainous landscape and rugged shoreline have prevented the building of expansive airports and seaports, keeping large-scale tourism in check, and allowing nature to thrive. In fact, it is said that Christopher Columbus would still recognize this island, if he visited today. So little has changed.

My mission here is simple: to get out of my comfort zone. As we grow older, we tend to build a cocoon around ourselves. We stop taking risks. We stop pushing ourselves. We close our minds to new thoughts and challenges. In order to jolt myself out of complacency, I signed up for the 13-kilometre Boiling Lake hike, ranked as one of the island's most demanding trails, through rugged mountains and treacherous volcanic valleys. This should really test my physical limit.

And this little solo kayak outing is a challenge to my mental fears.

因為恐懼，你曾經多少次向一個又一個在你生命中出現的機會說「不」？雖然我要孤軍作戰，又不擅於划獨木舟，加上天又快黑，理性會叫我不會冒這個險，但慶幸今次我戰勝了恐懼。

當我划著獨木舟穿過一個石拱，secret bay漸漸地出現在我眼前。夕陽餘暉映照在垂直的懸崖上，海灘一片波光粼粼，當我踏足和暖的細沙，一隻隻迷你沙蟹立即急忙爬走。除了緩緩的海浪，眼前景物都好像靜止一樣。我終於到達secret bay，獨自擁抱這無價的大自然美景，我內心為自己感到無比自豪。小小的冒險換來大大的回報。

我趕及在太陽完全下山前回到酒店的私人沙灘，同一時間，一個穿著制服的男人駕著快艇回到岸邊。我記得這艘快艇亦跟我差不多時間起程，當我抵達secret bay時，它亦停泊在遠處，莫非這真是巧合？

事實上，這間度假酒店出名為顧客提供貼心周到及個人化的服務。酒店為每間客房提供一部iPhone連防水手機套，客人無論在酒店內外，都可以隨時聯絡酒店職員，每間客房更由一位管家專門負責。擁有這樣服務水準的酒店，在客人出海時派出巡邏艇同行確保客人安全也絕對不足為奇。

以上介紹的就是位於多明尼加Portsmouth懸崖頂的the Secret Bay Resort。整間酒店只有6間別墅，不設大堂、餐廳或水療中心。酒店為尊貴服務從新定義 — 這裡不設服務「餐單」，只按客人要求及喜好提供最個人化的服務。

當預訂房間後，酒店會向客人發出問卷，從而了解客人的喜好。抵達後，門房職員會在別墅內恭候，協助你安頓一切。冰箱會按你要求預先添置你喜愛的食物及飲料。酒櫃亦放滿你心愛的佳釀，如果一時心血來潮想歎spa，只需通知酒店你想在陽台或客房進行，他們便會立即為你安排。

自2011年開幕至今，Secret Bay度假酒店已經獲獎無數。包括Travel + Leisure網站選為全球最佳新酒店之一、TheKnot雜誌評選它為全球最佳蜜月勝地之一、Harper's Bazaar雜誌認為它是頂級酒店、獲Smith Hotel Awards選為全球最誘人客房第三位、被CNN認為是秘密小島遊 (Secret Island Getaway)。而在Trip Advisor's Traveler's Choice Awards的十大度假酒店排行中，Secret Bay亦名列第四位。

有些度假酒店標榜華麗，不過Secret Bay卻以貼心服務為宗旨。當經歷一個歷險之旅後發現原來全程有人貼身保護，感覺份外窩心。收費方面，可容納一至兩人的bungalow，每晚\$475；可容納最多四人的兩睡房別墅，每晚由\$854起，最少住五晚。網址SecretBay.dm。



Tia Dalma's Hut



Indian River



Sunrise at Rosalie Bay



你的門房職員及專屬管家就好像911熱線一樣，隨時候命提供細心周到的服務，讓你的度假體驗集浪漫、私人及愛寵於一身。

Your concierge and a dedicated villa attendant are on call to provide discreet service, allowing you to experience the perfect balance of romance, privacy and pampering.

How many times have you said "No" to opportunities in life because you were afraid? I am alone. I am not good at kayaking. It will be nightfall soon. The rational me will never do this, but I am so glad this time. I did not let my fears hold me back.

Steering past a stone arch, the secret bay unfurls before me. The setting sun casts a golden light against the vertical cliff in the backdrop, and the pristine beach glistens. Tiny ghost crabs scurry away as I set foot on the warm sand. Here I am, alone in the embrace of nature. All is still, except for the gentle rolling water. A warming sense of pride soars inside me. What a handsome reward for my little emprise.

I returned to the resort's private beach, just before the sun had fully set. I noticed a speedboat with a uniformed man heading back at the same time. That boat left shore just as I began my little adventure. It was anchored in the far horizon as I lounged in the secret bay. Is it just a coincidence that it is coming ashore right as I return?

Come to think of it, this resort is known for its discreet, but personal, attentiveness. Each room comes with a complimentary iPhone with a waterproof case so guests can reach the hotel staff anytime -- whether they are inside the resort, or out exploring the island. There is a dedicated personal attendant for each room. At this level of service, it would not be too much of a stretch for them to send a patrol boat to guarantee their guests' safety while out at sea.

This is the Secret Bay Resort, located on a clifftop in Portsmouth, Dominica. The entire resort comprises just six villas, with no lobby, no restaurants and no spa. Luxury has been redefined as having no set menu — everything is to be "a la carte" to your desire.

After reserving your stay, the resort will send you a questionnaire to discern your preferences. When you arrive, your concierge will meet you in the comfort of your own villa to help settle you in. Your fridge is pre-stocked, as you instructed. Your wine cooler holds your favourite vintages, and if you fancy a spa treatment on the spur of the moment, just let them know whether you want it on your verandah or in your bedroom.

Since it opened in 2011, Secret Bay has swept numerous awards. It has been selected by Travel + Leisure as one of the best new hotels in the world. TheKnot has designated it as one of the best honeymoon destinations in the world; by Harper's Bazaar as a top resort; by Smith Hotel Awards as the 3rd Sexiest Bedroom in the World and by CNN as a Secret Island Getaway. It has also earned four of the top 10 rankings in Trip Advisor's Traveler's Choice Awards.

Other resorts may compete in grandeur, but Secret Bay excels in the minutiae of personalized service. It is great to know that you will be taken care of when you return from your adventures on the Nature Island. Bungalows for one to two people go for \$475 per night; two-bedroom villas, for up to four persons, from \$854 per night. Minimum stay of five nights. SecretBay.dm

訪尋加勒比海盜的蹤跡

2005年春季，來自迪士尼影業的400位演員及工作人員浩浩蕩蕩的抵達多明尼加，為荷李活電影《加勒比海盜》第二及第三集進行拍攝，把島上猶如世外桃源般的自然風景搬上大銀幕。拍攝期間，當地人曾經跟飾演巴積克船長(Captain Jack Sparrow)的尊尼特普 (Johnny Depp)及飾演維廉·特納(Will Turner)的奧蘭度布林(Orlando Bloom)近距離接觸，直至10年後的今日，當地人對此仍然津津樂道。

到訪多明尼加可趁機參觀多個電影中曾出現的景點，以下是我的心水推介：

Indian River

在尋找聚魂棺 (Dead Man's Chest)時，巴積克船長一行人曾駛經一處沼澤，前往尋求神秘女祭司蒂婭·達爾瑪(Tia Dalma)的幫助，希望可以找到深海閻王 Davy Jones。這場戲就是沿Indian River取景。這條兩旁種滿紅樹林的海流位於島上第二首府Portsmouth附近，據說，哥倫布抵達多明尼加的時候亦曾經駛經這蜿蜒曲折的海道，當日就是1493年11月3日(星期日)，而小島亦以此命名一星期日的意大利文是Domenica。

遊覽Indian River的其中一個方法是乘坐觀光小艇(以人手划艇)。這個體驗類似乘坐迪士尼樂園中的森林之船駛經蒂婭·達爾瑪的小屋，不過親身航行於Indian River上當然別有一番風味，單是沿途的景觀已經叫人目不暇給。遊客可一睹已荒廢的早期鐵道橋，又可以尋持大河蟹的蹤跡。不妨在著名的Bush Bar稍作休息，歛一杯以當地rum酒、熱帶果汁、肉桂及肉豆蔻調製而成的招牌特飲Dynamite rum punch。如欲體驗這小艇觀光之旅，於cobra tours.dm預約，費用為每人\$15美金，長程約一小時。

Titou Gorge

電影中維廉·特納及其船員被關在一個由人骨製成的巨型籠牢中，畫面上出現的懸崖瀑布及河景就是Titou Gorge。這條河將兩邊懸崖分開，河水會流進湖中並形成兩條瀑布。它位於著名的沸湖登山徑 (Boiling Lake Hike)的登山口，登山徑全長13千米，走畢需時7小時。它穿越3座山嶺，帶你走入熱帶雨林，穿過名為Valley of Desolation的火山區，觀看熱騰騰的火山泥湖、長期處於沸騰狀態的河流及不時噴出硫磺的氣孔，最後到達就像一個天然沸水鍋的沸湖。

攝製隊在Titou Gorge拍攝期間，其中一名工作人員表示，「上班的路程十分有趣。」因為他要利用他的工具箱來涉水才能到達拍攝場地。穿越Titou Gorge的唯一途徑就是從水路。這裡是不少郵輪旅客的熱門景點，走畢艱鉅的沸湖登山徑的朋友，回程時亦喜歡來到Titou Gorge。

Soufrière火山

電影中的食人村及繩索橋取景於多明尼加西南岸的Soufrière漁村，鄰近島上首府Roseau。雖然電影場景已被拆卸，但這裡仍有幾個地方值得一遊。

遊客可於貫穿Scottshead村及Fort Cachacrou的岩石地峽步道健行。這是一個非常難得的機會讓你在兩大洋之間遊走，右邊是加勒比海，左邊是大西洋，不妨用手感受一下兩大洋的水溫，你會發覺差別非常明顯。堅持走到山頂，迎接你的是整個海岸的無敵靚景。最後當然要獎勵一下自己，於Bubble Beach Spa歛足部水療，讓雙腳浸泡於火山熱硫磺及海水中，肯定疲勞盡消。Bubble Beach Spa網址：facebook.com/BubbleBeachSpaAndTherapy/。

Rosalie Bay

巴積克船長發現卡拉肯 (Kraken) 殘骸的累沙沙灘位於Londonderry Bay，不過想親身體驗貼心周到的度假享受，建議入住Rosalie Bay Resort。度假酒店位於被聯合國教科文組織列為世界文化遺產的Morne Trois Pitons 國家公園山腳，亦是Rosalie河與大西洋的交匯點。酒店有一個被受保護的黑沙沙灘，每年三種瀕臨絕種的海龜都會在沙灘上岸棲息。

金鳥赫蕉(heliconia)、百合(lilies)及木槿花(hibiscus)，為酒店營造鳥語花香的氛圍。開揚的套房猶如你的私人熱帶度假天堂。餐廳採用的新鮮香草、水果及蔬菜，來自酒店自設的有機花園。講究平衡養生的朋友，酒店提供多個專為冥想而設的地點，還有瑜伽班及利用當地火山泥及冷壓椰子油進行的水療療程，千萬不要錯過欣賞這裡的日出美景，肯定令你畢生難忘。詳情可瀏覽RosalieBay.com。



Soufrière



Titou Gorge

Titou Gorge是一條岩石窄縫間的小河。拐彎入去後，有兩個天然小瀑布，加上河水清澈碧藍，絕對是別有洞天。

Follow the sparkling water of the Titou Gorge through this crevice, and you will be treated to two waterfalls.



Black Sand Beach



Valley of Desolation

Valley of Desolation位處活火山上，土地燙熱得寸草不生，河水流著刺鼻的硫磺，周圍還滿佈冒著煙的火山洩氣口。

Sulphur rivers and steaming volcanic vents make for an other worldly experience in the Valley of Desolation.

On the Trails of the Pirates of the Caribbean in Dominica

In the spring of 2005, more than 400 cast and crew from Walt Disney Studios descended upon Dominica for the filming of Pirates of the Caribbean 2 and 3, bringing the unspoiled splendour of the Nature Island to the silver screen. A decade later, locals are still sharing tales about their close encounters with Johnny Depp ("Captain Jack Sparrow") and Orlando Bloom ("Will Turner").

Visitors to the island can still visit many sites where the movies were shot. Here are a few of my favourites:

Indian River

During the search for the Dead Man's Chest, Captain Sparrow and his crew navigated through a swampy river to seek the help of Tia Dalma, a mysterious priestess, to find Davy Jones. The scene was filmed along the Indian River, a mangrove-lined river near the island's second capital, Portsmouth. It's said that Christopher Columbus once sailed up this meandering waterway when he arrived in Dominica on Sunday, Nov. 3, 1493. In fact, the island was named after this day: Domenica is Italian for Sunday.

You, too, can explore the Indian River aboard hand-oared river boats. The experience resembles a Disney jungle boat ride as you sail past Tia Dalma's hut, but the real enjoyment comes when you admire the scenery along the slow-moving river. See the ruins of an early railroad bridge, and try to spot the big river crabs. Make a stop at the renowned Bush Bar and try their very potent signature Dynamite rum punch, made with local rum, tropical fruit juice, cinnamon and nutmeg. The approximately one-hour boat ride costs US\$15 and can be reserved with cobra tours.dm.

Titou Gorge

The cliffside waterfall and river scene, in which Will Turner and his shipmates were dropped inside a cage made with bones, can be found at Titou Gorge, a river that cuts between two cliffs and opens up into a pond and two waterfalls. It is located at the trailhead of the famous Boiling Lake Hike -- a seven-hour, 13-kilometre hike that traverses three mountain peaks. It takes you from wet rainforest, through the volcanic Valley of Desolation with bubbling mud ponds, flowing hot rivers and gassing sulphur fumaroles, to the Boiling Lake, a natural cauldron of boiling water heated by the underlying magnum chamber.

One production team crew member remarked that shooting at Titou Gorge was a "funny way to get to the office", as he tread water with his gear box. There is only one access through Titou Gorge, and that is by water. It is a popular stop for cruise ship passengers, as well as those returning from the strenuous Boiling Lake hike.

Soufrière

The cannibal village and rope bridge scene of the movie was filmed on the southwest coast of the island, in the fishing village of Soufrière, close to the island's capital of Roseau. While the movie set has long been dismantled, there are still a number of unique experiences to be found.

Track along the rocky isthmus linking the village of Scottshead to Fort Cachacrou. This is a rare chance for you to walk between two oceans: on your right is the Caribbean Sea; on your left, the Atlantic. Dip your fingers into the water to feel the temperature difference (it is very noticeable). Once you reach the top of the hill, you will be treated to a panoramic view of the coast. Afterwards, soothe your legs with a soak in a therapeutic combo of volcanic hot sulphur and sea water at the Bubble Beach Spa. facebook.com/BubbleBeachSpaAndTherapy/

Rosalie Bay

The ominous black sand beach where Captain Sparrow made his landing and found the remains of the dead Kraken is at Londonderry Bay, but for a more pampered and immersive experience, stay at the Rosalie Bay Resort. It is nestled in the foothills of the UNESCO World Heritage Site of the Morne Trois Pitons, where the Rosalie River meets the Atlantic Ocean. Here, three species of endangered sea turtles come ashore annually to nest on the resort's protected black sand beach.

The resort is set in a lush garden of heliconia, lilies and hibiscus. The expansive suites are your personal haven in tropical paradise. The restaurant features fresh herbs, fruits and vegetables grown in the resort's own organic garden. For those into wellness, there are meditation spots throughout the property, private yoga lessons and spa treatments, using local volcanic mud and cold-pressed coconut oil. Be sure to catch the sunrise there — you will not regret it. RosalieBay.com



Cocoa Cottage

實用資料

前往多明尼加

Air Antilles/Winair航空公司有航班每日由St. Maarten的Princess Juliana 機場前往多明尼加。其他中轉站包括安提瓜 (Antigua)、巴巴多斯 (Barbados)、波多黎各 (Puerto Rico) 及瓜德羅普 (Guadeloupe)。如果乘坐飛機離境，雖繳付\$22美元離境稅。詳情可瀏覽AirAntilles.com。

當地交通

遊客可透過酒店或旅客中心獲得當地認可導遊的聯絡資料。

貨幣

當地官方貨幣為東加勒比元 (EC\$)，不過美元亦被廣泛使用。遊客到訪各受保育景點如Indian River及Trafalgar Falls時，每個景點會收取\$5美元費用。如打算到訪多個景點，可考慮購買星期票 (\$12美元)，可於一星期內無限次數使用。

電壓

多明尼加的電壓為220伏特。如果電器不支援雙電壓，建議帶備變壓器。你或許亦需要帶備多插孔的插頭，因為當地的電掣插頭可能是美式 (兩直腳插頭)、英式 (呈三角形的三直腳插頭) 及印度式 (圓腳插頭)。

有關多明尼加的詳細資料，可瀏覽Dominica.dm。

Practical Information

Arriving in Dominica

Air Antilles/Winair flies daily from Princess Juliana Airport in St. Maarten. Other regional hubs include Antigua, Barbados, Puerto Rico and Guadeloupe. When leaving the island by air, there is a US\$22 departure tax. AirAntilles.com

Local Transportation

The names and phone numbers of certified tour guides can be obtained at hotels or through Tourist Information Centres.

Currency

The Eastern Caribbean dollar (EC\$) is the official currency, but US dollars are widely accepted. Note that visitors to eco-sites, including the Indian River and the Trafalgar Falls, are required to pay a US\$5 fee at each site. A weekly pass with unlimited access is also available for US\$12.

Electricity Voltage

The voltage in Dominica is 220, so you will need a converter or transformer if your appliance does not support dual voltage. It's recommended that you also bring along a multiple socket adapter, as electrical outlets in Dominica can come in American type (two straight prongs), British type (three straight prongs in triangle format) and Indian type (round prongs).

For more information about visiting the island, go to Dominica.dm. 