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# The Amanera Experience

Queridos Amigos,

Located on the Dominican Republic's northern shore, Amanera is set amongst nearly seven miles of continuous Atlantic seacoast. Overlooking Playa Grande beach from its clifftop, the resort is surrounded by a verdant jungle and backed by the island's dramatic Cordillera Septentrional Mountain range.

From the historical treasures of the 16th-century Fortaleza San Felipe in Puerto Plata to local music performances, architecture tours and cigar-rolling masterclasses, the Amanera team can easily arrange private cultural excursions personally tailored to guests' interests. For those in search of more challenging escapades, there are mountains to ascend, canyons to traverse and waterfalls to rappel. Amanera ensures younger guests and families enjoy a stay packed with memorable moments, returning home with new skills and memories to cherish.

Your family at Amanera would be pleased to tailor any activity to your needs and interests. Reservations in advance are encouraged since some experiences and activities require planning. We, therefore, recommend that you discuss your interests with our Guest Assistance team to aid you with the arrangements. Since activities will be reserved exclusively for you, we kindly ask you to give a minimum of 24 hours' notice. We are looking forward to customising your stay with personalised experiences.

Warm regards,

Your Amanera family

## Adventures on Land

Our private eco-hikes provide the opportunity to explore the extensive wilderness around Amanera of more than 2,000 acres (eight square kilometres) of virgin forest accompanied by our experienced and knowledgeable guides.

#### Nature Hike

A six-and-a-half kilometre loop begins at the hotel and takes you up to the mountain ridge behind the resort. It gradually descends through the lush rainforest to the other end of Playa Grande and concludes with a walk back on the beach.

Full loop is 120 minutes. Includes private guide and refreshments. We recommend wearing sports trousers and trainers for this excursion.

Ten percent of the Nature Hike's earnings will be donated to support our Kriya programme's social initiatives.

#### Jungle Breakfast

Explore the wonders of the jungle on a morning nature walk followed by a nourishing breakfast in our sea-view cabana, some 150 metres (a 40-minute walk) high.

As you hike amidst the local flora and fauna, be rewarded by mesmerising vistas that stretch across the lush landscape and beyond. To refuel, choose from a selection of curated dishes and drinks that celebrate vibrant Dominica flavours.

Sports trousers and footwear are recommended on this tour.

#### Oceanfront Walk

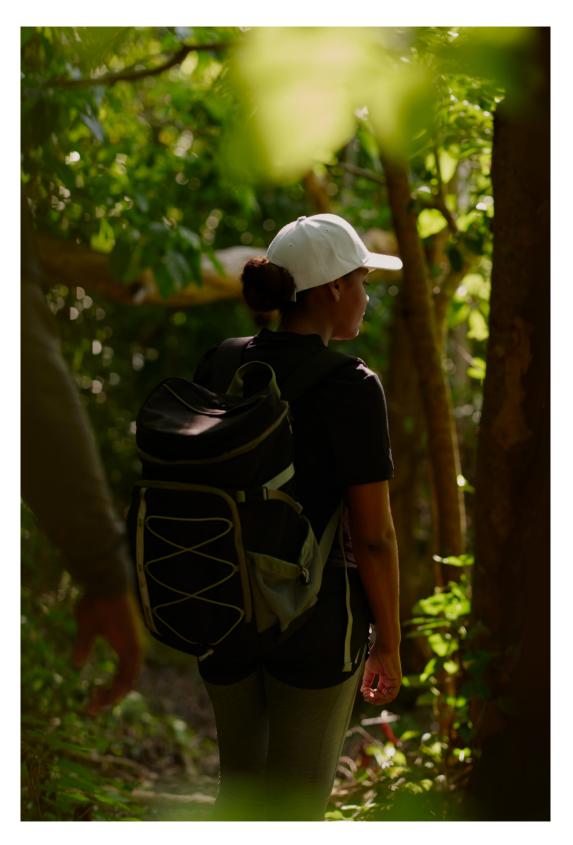
Our two-and-a-half kilometre oceanfront walk starts in the centre of the small fishing village Rio San Juan. Walk through the water to reach a detached piece of land and continue the walk on the rugged coastline to Playa Gri Gri (only accessible through the rocks or through the ocean), El Ponton, Playa de Los Enamorados and Playa Caleton.

Full hike is about 75 minutes. Includes private guide and refreshments. We recommend wearing shorts, trainers and swimsuit for this excursion.

### Dominican Countryside

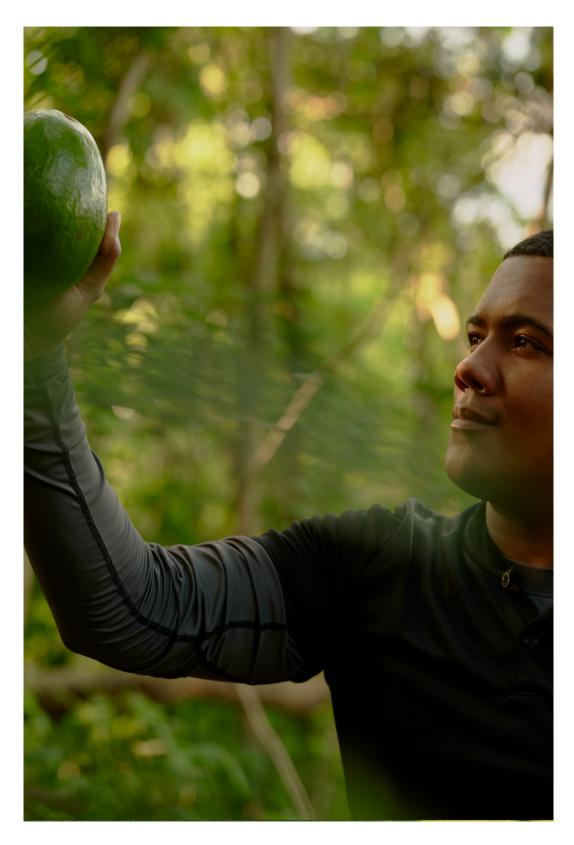
For the more adventurous, we offer a nine-kilometre walk through the varied landscape of La Caribe and Montaña Gold. Throughout this walk, you'll discover how fertile Dominican soil is and learn about the fruits and vegetables that grow around: limoncillo dominicano, cajuiles, guayava, carambola, cherries, manzana de oro, noni, breadfruit, aji, sapote, rulo, soursop, naranja agria, cacao and auyama.

Full loop is about three hours. Includes private guide and water. We recommend wearing long trousers and trainers for this excursion.









### **Horseback Riding**

Meet the local horsemen at a beautiful, secluded beach or amidst the lush vegetation of a nearby ranch where we will match you with a horse fit for your riding experience. Ride along the picturesque shores or across the countryside, admiring the diversity of flora and fauna along the way. From fields lined with lush vegetation to animals and birds that call our surroundings their home, each journey offers both reconnection with nature and the freeing feeling of travelling on horseback.

The ride is approximately two hours long and includes round-trip, transportation, horses, guides, equipment and a variety of soft drinks. We recommend wearing long trousers and sports shoes for this experience. Please kindly note that the minimum age of participants is four years old.

#### Four Wheels Tour

Get ready for an exhilarating off-road ATV adventure through the breathtaking landscapes of the Dominican countryside. Ride along rugged dirt trails, lush green hills and hidden jungle paths as you discover the true beauty of the island. Cross crystal-clear rivers, splash through muddy terrain and take in panoramic views of rolling mountains and endless tropical scenery. Along the way, experience authentic rural life, meet friendly locals and even stop at secluded swimming spots. Whether you're a thrill-seeker or a nature lover, this four-wheeled adventure promises an unforgettable journey through the heart of the Dominican Republic.

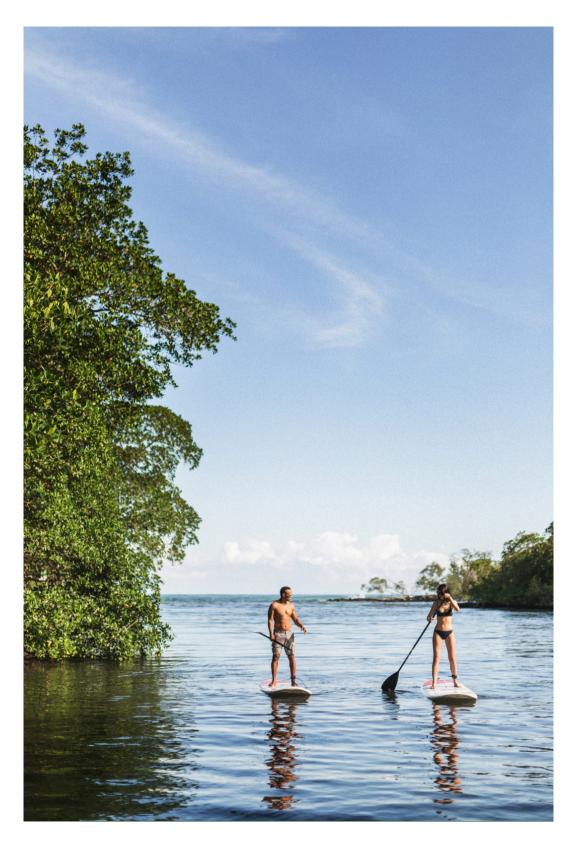
The ride is approximately three hours. Clothing should be ready to get dirty, lots of sunblock, activity for adults only and driver license should be presented.

## Buggy Adventure in the Dominican Republic

Buckle up for an adrenaline-pumping buggy adventure through the landscapes of the Dominican Republic. Drive your own rugged buggy across dirt roads, splash through muddy trails and explore the breathtaking countryside. Along the way, you'll pass through lush tropical forests, vast sugarcane fields and charming rural villages where you can experience authentic local culture. Feel the rush as you navigate rocky paths, cross refreshing rivers and even stop at a hidden beach or a river for a swim.

Whether you're looking for excitement, nature or a bit of both, this off-road adventure is the perfect way to experience the wild side of the Dominican Republic.

The ride is approximately three hours. Wearing clothing you don't mind getting dirty is advised, along with suncream. This activity is for adults only and driver licence should be presented.



## Adventures on Water

## Kayak or Stand-Up Paddleboard Eco Tour

A novel way to enjoy the natural beauty of the north coast, Amanera's Kayak or Stand-Up Paddleboard eco-tours begin on a secluded beach in Rio San Juan (sea condition dependent). Launching the kayak or paddle board, guests can travel east along the coast and into the Laguna Gri Gri, where the mangrove trees provide an important ecosystem for many species of birds, fish and reptiles. Along the way you will marvel protected coves, home to schools of fish, sea urchins and oysters.

The two-hour tour includes round-trip transportation, equipment, instruction by a personal guide and refreshments. It is suitable for a group of one to four people.

#### Deep Sea Fishing

Amanera can organise full- or half-day boat trips starting in the local marina of Laguna Gri Gri, just 10 minutes from the resort. For those interested in bottom or deep-sea fishing, the waters around Amanera are abundant with big game fish, including Atlantic blue marlin, wahoo, mahi mahi, tuna and sailfish. The boat features modern fishing equipment, and the two experienced captains know the best spots along the north coast. Our Chef will meet you upon arrival and ask for your preferences before preparing your dinner.

The charter includes transportation, equipment, refreshments, as well as the catch. This activity has a maximum capacity of four guests.

#### Sunset Toast

Set sail on a two-hour boat excursion, taking in the waters of the Laguna Gri-Gri among mangroves and bird sanctuaries. Swim, snorkel and explore the sea caves and their nesting golondrinas (swallows) as the sun begins its descent casting golden hues across the sky. Then, relax aboard, enjoying painterly views of the shimmering water and distant horizon while toasting to the moment, accompanied by a selection of carefully curated canapes, for those opting for the Sunset Boat Tour.

## Laguna Gri Gri Boat Excursion

The neighboring fishermen village of Rio San Juan is less than 10 minutes from Amanera and offers cultural and recreational diversity. The main attraction is the Laguna Gri Gri, a freshwater lagoon lined with mangroves. Charter one of the village's colorful wooden boats to view up close the lagoon's tangled mangroves, bird sanctuaries, rock formations and pristine beaches, including Playa Caleton. Swim, snorkel, and explore the sea caves and their nesting golondrinas (swallows).

The boat tour takes about one and a half hours. USD 300 per person, USD 400 per couple and USD 125 per additional guest. Includes round-trip transportation, Amanera guide, refreshments, and snorkeling equipment.

#### Sunrise Boat Breakfast

Start your day with a magical breakfast on a boat, surrounded by crystal-clear waters. Set sail in the early morning as the sun rises, painting the sky in shades of gold and pink. Enjoy a delicious tropical breakfast featuring fresh fruits, Dominican coffee, warm pastries and local specialties, all while taking in breathtaking ocean views. Feel the gentle sea breeze and the soothing sounds of the waves as you relax on deck, sipping juice or mimosas. Whether you're anchored near a secluded beach or drifting along the coastline, this unforgettable experience is the perfect way to begin your day in paradise.

The activity takes approximately two hours.

#### Surf Lesson

Surfing is one of the most exhilarating experiences available at Playa Grande. Private lessons offer one-to-one instructions where you cover a range of topics from surfing fundamentals to ocean safety. Each lesson is tailored to your current skill and experience level. All surf lesson participants must be able to swim.







## **Cultural Experiences**

## Day Trip to La Zona Colonial in Santo Domingo

Enjoy this day trip to Santo Domingo to travel back in time and explore the history of the Dominican Republic. The scenic two and a half hour drive takes you to the southern coast of the island where you can discover the oldest European settlement which has been declared a World Heritage Site by UNESCO. This beautiful 15th-century city features charming avenues and cobblestone streets teeming with quaint shops and restaurants. Our guide will show you some beautiful sights and museums and, if you are interested, can also take you to some art galleries and shops selling local handicrafts. Combine your trip with a tour of the world-famous Dominican rum distillery Ron Barceló, located one-hour drive from Santo Domingo.

The tour takes about nine hours, including two and a half hours' drive each way. Includes roundtrip transportation and private guide, entry tickets to museums and refreshments.

## **Inspired Drawing**

Marvel at the outstanding view of Playa Grande and its surroundings from our Lounge Bar while enjoying an inspiring art session. Guided by one of the finest local artists, you will learn new charcoal techniques while sipping a crisp glass of wine and savouring a traditional charcuterie board.

This activity can be arranged for a maximum capacity of five guests.

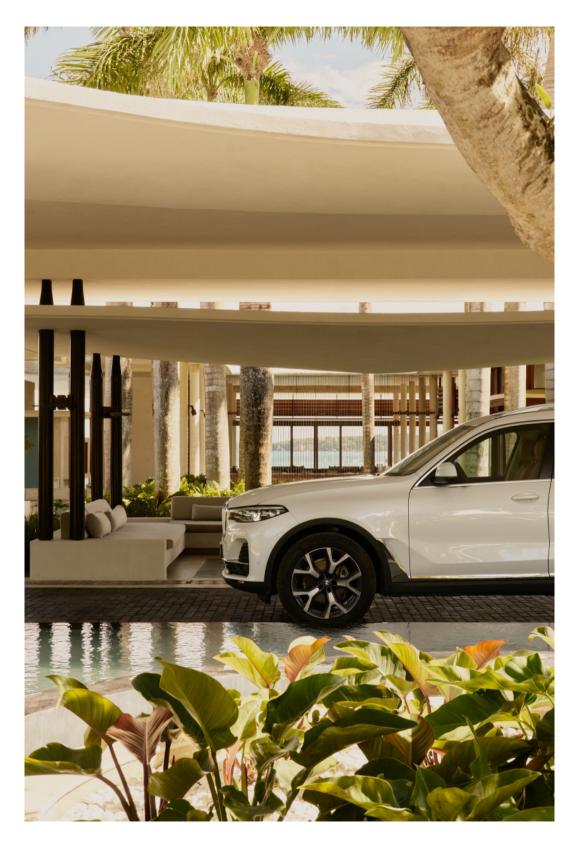
## Day Trip to Puerto Plata

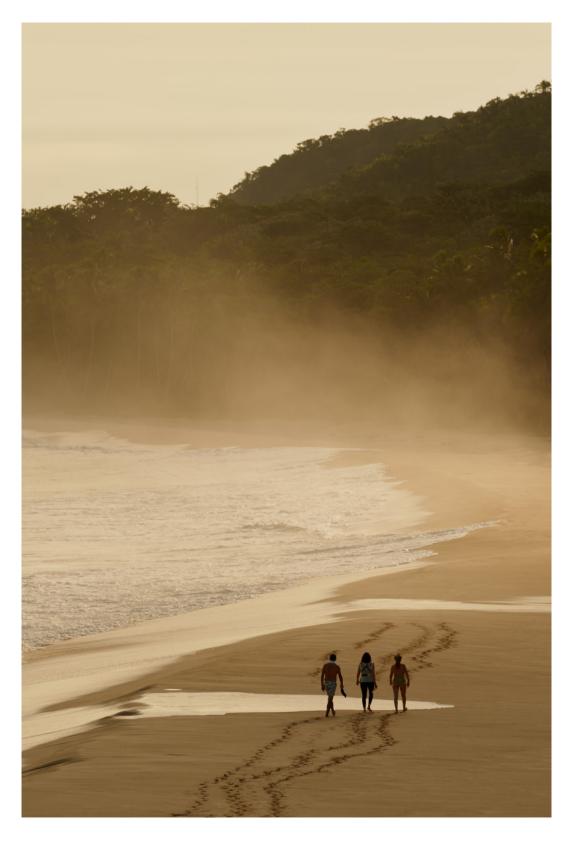
Enjoy a daytrip to the oldest town on the north coast of the Dominican Republic, one and a half hours' drive from Amanera. Here, guests can enjoy the tree-shaded, 19th-century Parque Central, located in the historic town centre with its once opulent, pastel-coloured homes built by wealthy tobacco merchants in the 1870s. Gain an insight into the life of the country's independence leader at the Luperon Museum; wander on the newly refurbished malecon (pier); and visit the 16th-century San Felipe Fort. The trip concludes with a private tour of the famed Ambar Museum.

The tour includes roundtrip transportation, refreshments, private guide, entry tickets to museums and takes around seven hours.

## Playa Grande & Amanera Photoshoot

Cross the sun-kissed sand of Playa Grande or pose against the turquoise sea vistas from Amanera, while memories are being captured through expert lenses. Whether you are alone or with a loved one, let every image tell a story worth remembering.





## Los Haitises National Park Caves & Mangroves Boat Tour

More than an excursion, this adventurous trip offers a deep connection with nature. Departing from Samana town, travel by boat to Los Haitises National Park, a designated UNESCO Biosphere Reserve. Begin the tour in Cayo Los Pajaros (Bird Cay) and – depending on the time of year – admire newborns being fed by their parents. Continue to Boca de Tiburón (Mouth of the Shark) a cay home to stalactite formations, formed over time. Navigate through the mangrove canals, entering an area known as Bosque Húmedo (Humid Forest), where you will experience the peaceful stillness of nature firsthand, broken only by the birds that call the forest their home.

The trip also visits various natural caves and Las Terrenas, once a rustic fishing village, today is a beachfront town abundant with Mediterranean influence. This full-day excursion is available for groups of up to four. It includes a two-anda-half-hour transfer with a private driver each way and a four-hour private boat charter with guide specialist, snacks and refreshments.

## **Humpback Whale Watching**

Every year from mid-January to March, thousands of humpback whales migrate to the Dominican Republic where they congregate off the Samaná Peninsula presenting a natural spectacle of beauty and agility. During their stay, some females seek out partners while others give birth, and the males vie for the attention of the females through jumps and flippers and tail action. A truly unforgettable experience, the day starts early with a two-hour scenic drive to Samana to reach the docks, you then board a private catamaran and navigate through the Samana Bay Humpback Whale Reserve. Should time allow visit the idyllic beachfront village Las Terrenas enroute back to Amanera.

This four-person boat excursion includes round-trip transportation with a private driver, private boat charter for two to four hours with a marine biologist (depending on whale sightings, and option to stop in Las Terrenas), snacks and refreshments.

# **Evening Culinary Experiences**

Amanera offers a variety of private dining options additional to our restaurants. If you would like to enjoy a special evening with a private venue, our Chefs and the culinary team will ensure to cater to all of your wishes. Please let us know the evening before to allow us some time to prepare your bespoke dining experience.

### **Library Dinner**

Surrounded by books, delight in a curated menu spotlighting local ingredients with Peruvian cooking techniques. Intimate and cosy, further enhance your evening with a personalised soundtrack and bottle of wine of your choice.

#### **Private Beach Dinner**

Treat yourself to a once in a lifetime experience with an Amanera private beach dinner. A candlelit dinner awaits while a private waiter tends to every need. An unforgettable experience, our Chef will prepare a tailor-made menu based on your preferences.

#### Chef's Barbecue in Your Casita

Enjoy our signature Amanera barbecue menu in the privacy of your casita where a private Chef and a waiter will take care of your every request.

## **Infinity Pool Dinner**

Savour a specially prepared menu poolside: an enchanting location enriched by the ocean breeze and inky night sky.





## Cliff Sunset Cocktails & Canapés

As the spectacular sunset washes the sky in pastel hues, and the sun slowly drops behind the horizon, join us for elegant cocktails and canapes, surrounded by Mother Nature.

Sip, taste, listen and immerse in the Dominican's wealth of natural beauty, allowing yourself a moment of complete serenity.

## **Dominican Rum Tasting**

Amanera invites you to deep dive into the most popular drink on the island, rum. Rum has been part of the Dominican culture since the 1850s and our 'Pinnacles of the Island' collection stands tribute to the Dominican rums of highest level. This expert curated tasting will help you uncover the richness of flavours and techniques that have shaped this spirit, where each sip is a testament to the craftsmanship and dedication of Dominican rum makers over the years. Recommended hours are between 3-6pm.

This activity has a maximum capacity of six guests.

## Cigar Class with a Maestro del Cigarro

The Dominican Republic is famous for its tobacco and cigars. Learn more about the process of cigar-making in our private cigar class with Juan Alberto, our Maestro del Cigarro, who has more than a decade's experience at Arturo Fuente, one of the Dominican Republic's most exclusive cigar brands. In this exclusive class, guests can discover how to blend, roll, press and distinguish different types of cigars and try one of our very own Amanera cigars.

#### S'mores & Bonfire

Seasoned campers and bonfire ritualists agree that the best recipe for s'mores is simple: search for a good stick, slightly burn your marshmallows and put them between oozing chocolate and slightly sweet crackers. Enjoy an evening on Amanera's private beach with your loved ones and reignite timeless childhood memories beside the campfire.

#### **Beach Picnic**

Experience the magic of Playa Grande with a sumptuous beach picnic, where the gentle sound of waves meets the warm Caribbean breeze. Let the sun's golden glow and vibrant surroundings inspire your spirit as you savour delicious treats.

#### Floating Champagne Breakfast

Indulge in a sumptuous floating Champagne breakfast in the swimming pool of your Casita. A serene way to begin your day, this gourmet breakfast includes a half bottle of champagne, an exotic fruit platter, freshly squeezed juice, coffee and tea, a smoked salmon and cream cheese bagel, granola and yoghurt and a homemade pastries basket.

## **Floating Sunset Aperitivo**

Unwind with our floating sunset aperitivo experience, served poolside in your private Casita. As the sun dips below the horizon, bask in the warm glow of the early evening while sipping a glass of Champagne or chilled rosé, and savouring selected hors d'oeuvres, including homemade spreads, roasted nuts, marinated olives and a fruit platter.

#### **Cocktail Making Class**

Learn the art of mixology from our skilled bartenders as they guide you through the creation of classic cocktails and help you master new techniques. Discover the nuances of different ingredients and learn how to balance flavours to create a selection of signature cocktails.

#### **Chocolate Tasting**

Indulge your senses in a journey through the rich flavours of Dominican chocolate. Discover the velvety smooth texture and intricate blend of cocoa from the Caribbean's finest beans as our experts guide you through different varieties in this perfectly paired food and drink experience.

#### **Coffee Experience**

Our Dominican Coffee Discovery is a journey through the country's most treasured coffee regions, exploring the unique beans born of their rich terroir—each paired with the brewing method that best honors its character. Immerse yourself in this experience of deep local significance, uncovering traditional brewing techniques and the stories behind beans that carry generations of Dominican heritage and craftsmanship.







## All-Day Culinary Experiences

## **Ceviche Cooking Class**

Explore the differences between various types of ceviche and learn how to debone, marinate, poach and dress. Let us introduce you to the traditional Peruvian take, add a twist to turn it into Mexican, and get lost in the rich, colourful Caribbean flavours of a Dominican ceviche.

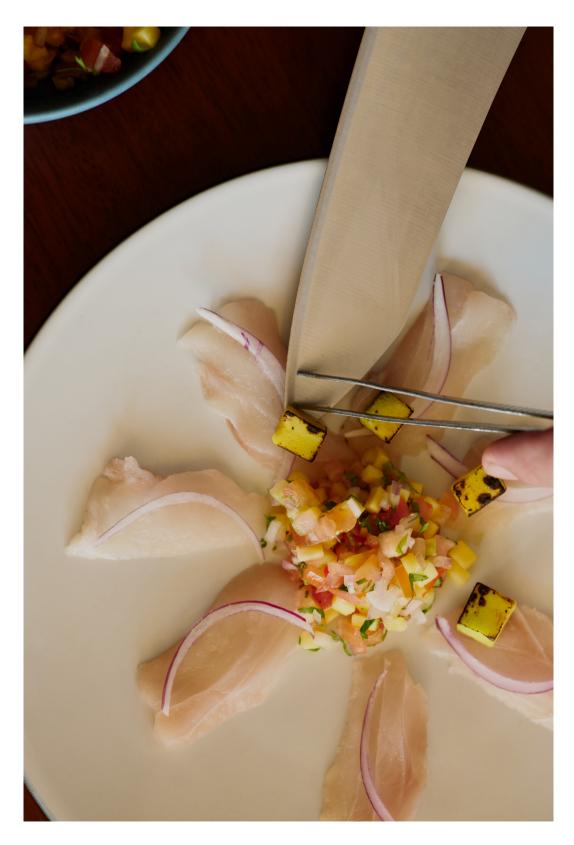
## **Dominican Cooking Class**

Indulge in the colours and flavours of Caribbean cuisine. Join our team in the Beach Club Kitchen and learn all about the 'Bandera Dominicana': local salad, rice, beans and the freshly caught fish in renowned criollo, coconut sauce.

## Tacos y Salsa Cooking Class

Learn to cook a true street taco from scratch and all its parts. Dive into the differences between salsa Roja and salsa Verde, prepare local molcajete and discover which complements are the best proteins you can fit in a taco. Conclude with a lesson on homemade tortillas and guacamole. Bring family and friends together around your dinner table with the incredible flavours taken home from Amanera.

The maximum capacity for all cooking classes is three guests.





# Fitness & Sport

Our recreation centre is equipped with LED floodlights for easy night play. Complimentary rackets and balls are provided upon request.

#### Tennis

Our two Har-Tru courts can be used on your own or with a hitting partner.

#### Pickleball

Get initiated or perfect your game any time of the day.

#### Basketball

Choose to play three points shooter or one-onone with a member of our recreations team.

## **Water Sports**

We have on our beach water sport equipment ready for you to use on a quiet day of the Atlantic Ocean.

Stand-Up Paddleboards Surfboards Bodyboards Snorkel Equipment

## Calisthenics, TRX, Weight-Lifting & HIIT

Designed specifically for your level and objectives, this session integrates effective techniques to improve strength, endurance, flexibility and body composition. Whether your aim is to build muscle, lose weight or enhance overall performance, this class provides a unique program customised to your individual needs.

60 minutes.

## Local Dance Lessons: Merengue & Bachata

Harness the vibrant rhythms of the Caribbean during an expert-led dance class suitable for all levels. Learn the fast-paced steps of Merengue, Dominican Republic's national dance, and the smooth movements of Bachata, known for its romantic essence, all the while releasing energy under the tropical sun.

## Wellness

## Yoga Collection

60 minutes

## Happiness & Abundance (Hatha Yoga)

Cultivate joy and prosperity from within. This class combines flowing movements, mindful breathing techniques and positive affirmations to release tension, open the heart and attract abundance in all forms. Through an accessible sequence, it fosters a state of gratitude and deep self-connection, creating the perfect space for positive emotions and new opportunities to flourish.

#### Vinyasa Voyage

Combine flowing movement and mindful breathing to take you on a journey of self-discovery and connection. This practice incorporates creative sequences that invite you to explore balance, strength and flexibility while deepening your awareness of the present moment. Each session is designed to energise the body, calm the mind and nurture the soul, guiding you toward a state of harmony and wellbeing.

## Ashtanga Pathways (Ashtanga Yoga)

Structured practice that guides you through the traditional sequences of Ashtanga Yoga, providing a strong foundation for building strength, flexibility and mental discipline. Each class combines breath synchronisation with movement in a continuous flow, allowing you to deepen your practice and explore your physical and mental potential. This journey invites you to discover new possibilities within your body and mind while following the path to balance and inner clarity.

### Restore Your Soul (Restorative Yoga)

Restorative Yoga practice is designed to deeply nurture the body, calm the mind and reconnect with your inner essence. Through fully supported, long-held poses combined with gentle breathing techniques, this class creates a space of tranquillity and renewal. Perfect for relieving stress and promoting healing, each session invites you to release tension and recharge your energy from within.

#### Yoga for Men (Posture & Strength)

A class specifically designed to address the unique needs of men, focusing on strength, flexibility and balance. Through a combination of functional movements, targeted poses and breathing techniques, this practice helps relieve muscle tension, improve posture and build greater body awareness. Perfect for both beginners and experienced practitioners, this class offers a space to disconnect from daily stress and reconnect with physical and mental wellbeing.

## 108 Sun Salutations

A powerful and meditative practice that honours the cycle of renewal and transformation. Through the repetition of 108 sun salutations, this class builds physical endurance, breath connection and deep mental focus. Perfect for marking beginnings, closures or moments of intention, this experience invites you to push your limits, release stagnant energy and cultivate a sense of accomplishment and inner peace.

## Pilates Collection

60 minutes

## Strong Foundations (Pelvic Floor & Kegel)

This Pilates class is designed to improve pelvic floor mobility and strengthen smaller muscles through targeted Kegel exercises. This class will help enhance bladder control, improve posture and increase pelvic floor strength, leaving you feeling more confident and supported in your daily activities. Sign up today and experience the benefits of a stronger foundation.

#### Core Strength

A mat Pilates class designed to strengthen your inner core and back muscles. This class will help you improve posture, reduce back discomfort and increase overall stability, supporting you in both movement and relaxation.

## **Senior Mobility Sessions**

We invite all senior guests to join our Gentle Pilates for Recovery class, designed to promote healing and improve mobility. This class will help reduce stiffness, alleviate lower back pain and increase flexibility through gentle, restorative movements.

## Wellness Sessions

60 minutes

#### Meditation

Serene practice is designed to help you cultivate mindfulness, inner peace and clarity. Through gentle guidance, breath awareness and visualisation, this class creates a safe space to reconnect with yourself, quiet the mind and embrace the present moment. Ideal for beginners and seasoned practitioners alike, this experience invites you to release tension, foster emotional balance and deepen your sense of self-awareness, leaving you refreshed and centred.

#### Breathwork

Breathwork is a transformative practice that harnesses the power of conscious breathing to calm the mind, release emotional blocks and restore balance. Through guided breath patterns and mindful techniques, this class helps you to tap into your body's innate ability to heal and energise. Perfect for those seeking clarity, stress relief or a deeper connection to their inner self, this experience invites you to explore the profound impact of breath, leaving you grounded, revitalised and at peace.

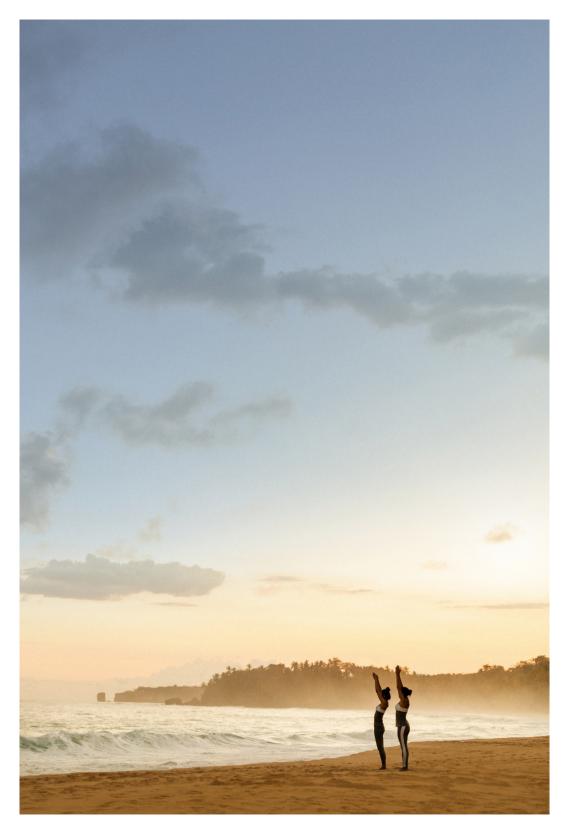
## Water Meditation

This experience combines guided meditation, floating therapy and breathing techniques to induce a deep state of relaxation and presence. Ideal for those looking to release tension, reconnect with their essence and experience a feeling of weightlessness and mental fluidity.

Only available in casitas with pool or at the Wellness Casa (pool not heated).







Kindly note that outdoor activities are weather-permitting and subject to local government protocols on special holidays for safety, please rest assured that our team will exert utmost effort to provide you with a memorable Amanera experience.

Adventures on land, adventures on water, cultural experiences, on-site experiences for all ages, fitness and wellness and children's activities are subject to 18% local government tax.

Evening culinary experiences and all-day culinary experiences are subject to 18% local government tax and 10% service charge.

Cancellations made within 24 hours will be subject to the full charge for the service booked.

For further information or reservations for any of the above activities, please contact our Concierge & Pre-arrival team at amanera.fo@aman.com. We will be delighted to assist you.

From all of us at Amanera, we wish you a happy and peaceful stay with us.

Best wishes, Your Amanera Family



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