

# PLAYA GRANDE BEACH CLUB

## WHAT TO DO

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### ON PROPERTY

#### SURFING, BODY BOARDING, & PADDLE BOARDING

Surfing and body-boarding are the best suited for Playa Grande, a mecca for experienced surfers who like to catch a session of big waves. The country's highest ranked surfers are from the nearby towns and own and operate the Playa Grande Surf Shack that offers daily lessons for all experience levels. *\$40/hour*

Snorkeling on Playa Grande beach offers you the opportunity to search out sunken ships and cannons. Snorkeling also available at Playa Caletón 5 minutes from Playa Grande. The reefs are not exceptional but the experience is fun.

#### NATURE HIKE

In the hills above Playa Grande is an expansive national nature preserve. One of our guides will take you on a hike through the hills and show you local plants, flowers, and lore. This 45-minute hike requires a medium level of agility and endurance.

*Charity Donation of \$10/adult and \$5/child.  
All proceeds go to a local community organization.*

#### PERSONAL TRAINING SESSIONS

Enjoy the natural setting as trainers Sam (an ex British Olympic gymnast and personal trainer) or Irma (a licensed massaged therapist and personal trainer) take advantage of beach trees, paths, and the natural surroundings for unique, dynamic workouts. Sessions are 1-on-1 or larger, as per your request and will be tailored to individual levels and goals. (Advance notice required.) *\$45/per person/hour*

#### SPA & MASSAGE SERVICES

Services are provided by Susana Day Spa from Cabrera. Susana is a local entrepreneur who trains all of her staff in Nantucket.

Massages are separately available from our local beach masseuses. Those massages are relaxing and pleasant but the masseuses are not professionally trained. Try both!

*\$65/hour for Susana's Day Spa  
\$25/hour for local beach masseuses*

#### TENNIS

Play a match on our har-tru court nestled in the woods along the landscaped paths and trails of Playa Grande.

Schedule a court time or lesson. Let us know if you would like us to connect you with other guests looking for a game. (To play with an instructor, advance notice is required.)

*\$30/per hour to play with instructor*

*\$55/per hour lesson with instructor*

*\$30/per hour kids playing or lesson with instructor*

#### DANCE LESSONS

Learn merengue, salsa, and bachata with Yulissa.

*\$20/per person/one-hour class for 2 or more people*

#### BASEBALL OR SOFTBALL

Baseball is the Dominican pastime. Attend a local game...and they might even let you play! *Free.*

#### YOGA

Pamela or Jess lead individual or group practice yoga sessions. *\$110/one hour private class (1-2 people)*

*\$85/one hour group class (3-6 people)*

*\$25/per person one hour group class (7 or more people)*

#### ARCHAEOLOGICAL EXCURSIONS

Playa Grande is an area rich in native Taino and Spanish history. Search for archaeological treasures while a guide shares with you the history of Playa Grande.

Archeologist & environmentalist, Adolfo Lopez, excavated Playa Grande in 2011. If you would like a more in-depth educational session for children and/or adults, filled with story telling, myth making, and magic, he is available.

(Advance notice required.) *Free.*

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### JUST DOWN THE ROAD...

#### HORSEBACK RIDING

Ride through the surrounding area, through the hills and towns. Gallop down a local beach at sunset. Choose your ride: 1, 2, or 3-hour rides available. Please let us know your experience level first.

*10 minute drive from Playa Grande.*

*\$66 per person for 2 hours*

#### WATERFALL

Tucked into the hill in Cabrera, just 20 km from Playa Grande is a beautiful waterfall. Feel free to bathe down below or for more fun you can pay locals to jump off the waterfall into the pool below.

*15 minute drive from Playa Grande. Free.*

#### LAGUNA GRI GRI BOAT TOURS

Located in the nearby town of Rio San Juan. Explore the lagoon in small-captained wooden boats to take in this Dominican national while enjoying a spectacular sunset.

Daytime rides can be complemented with snorkeling exploring caves and swimming through schools of fishes.

*5 minute drive from Playa Grande*

*\$45 for a half hour tour up to 6 people*

*7 people or more \$7/per person*

#### LAGO DUDU & BLUE LAKE

Experience a traditional cenote (a deep water sinkhole).

Soar across the turquoise waters and explore nearby caves, swimming or on foot.

*20 minute drive from Playa Grande. \$5/per person*

#### FISHING TRIPS

##### Deep water

Spend your morning at sea then bring us your fish and we'll cook your lunch (happy to have you join us in the kitchen to help should you like!)

*10 minute drive from Playa Grande.*

*Please inquire for prices.*

##### Local shore fishing

Try it Dominican style. Walk right up to the ocean's edge with a length of fishing string wrapped around a soda bottle and try your luck. Kids' favorite!

*Free.*

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### VENTURING FURTHER AWAY...

**NOTE:** The best tour company on the North Coast is Iguana Mama, located one hour west of Playa Grande in the town of Cabarete. Most of the adventure tours can be booked directly through them: [www.iguanamama.com](http://www.iguanamama.com)

#### WINDSURFING & KITEBOARDING

Water sports are a way of life in the town of Cabarete, One hour west of Playa Grande. World-renowned for its trade winds that make it ideal for kite or windsurfing, afternoon winds allow for a late morning start.

*One hour drive from Playa Grande  
\$50 for rental equipment and one hour lesson*

#### MONKEY JUNGLE & ZIP LINE

Monkey Jungle is a monkey rescue and sanctuary where all proceeds go directly to a local free hospital. Walk through trails where squirrel and capuchin monkeys will jump right on your shoulder (or head!) and eat fruit from your hand. This is a great activity for your last day on your way to Puerto Plata (POP) airport just before your flight.

*1.5 hour drive from Playa Grande and 35 minutes from POP.  
\$25 for monkey tour only, \$50 with zip line*

#### HUMPBACK WHALE WATCHING

Humpback whales spend their winters just off of the Samana Peninsula here in the Dominican Republic. Between the beginning of January and the end of February you can enjoy this marine spectacular.

*Seasonal — January and February only.  
1.5 hour drive from Playa Grande.  
\$65/per person for one-day boat ride with meal included*

#### THE COLONIAL ZONE, SANTO DOMINGO

The Zona Colonial (Spanish for “Colonial Zone”) is the historic central neighborhood of Santo Domingo and the oldest permanent European settlement of the New World. It has been declared a World Heritage Site by UNESCO. It is an important section of the city due to the high number of landmarks. On the north end of Calle Las Damas, the restored and expanded Plaza de España is bordered by Las Atarazanas (former naval yard, now a museum) and a number of small shops and restaurants.

The Alcázar de Colón, having once been the colonial palace of the Columbus (Colon) family—beginning with his son Diego—is now a museum displaying period furniture and decorations. The building was originally built in 1510. See link for local happenings:

[www.zonacolonial.com](http://www.zonacolonial.com). While there, stay at the Sofitel Nicolas Ovando or Casas del Siglo XVI.

*2.25 hour drive from Playa Grande.*

#### 27 WATERFALLS

Located in the Northern Corridor mountain range of the DR are 27 pools, etched out of limestone. Do just a few or try the full 27 for a much more adventurous challenge.

*See link: [www.27charcos.com](http://www.27charcos.com)  
2.25 hour drive from Playa Grande  
\$25 per person*

#### PICO DUARTE

With an elevation of over 10,000 feet (3,000 m), Pico Duarte is the highest peak on the Eastern seaboard. This is a 2-day trip for avid climbers.

*Going with a guide is recommended.*

*Two hour drive from Playa Grande  
Prices vary depending on guide and tour company.*