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WELCOME TO THE SAMANÁ SUSTAINABLE TOURISM CIRCUIT GUIDE

With this guide we recognise and promote actions that contribute to the sustainability of tourism practices in Samaná, based on a model of responsible management, constant and continuous improvement, which will benefit the community, visitors and the environment.

Each one of the member companies of the circuit contributes, from any link in the supply chain, to reduce water consumption, reduce the use of plastics, promote the efficient management of energy, regenerate ecosystems, rescue the local cultural traditions, among other sustainability initiatives.

This document, more than a guide for responsible tourists to have the opportunity to choose the most sustainable products and services during their visit to Samaná, serves as a tool that shows that every day there are more people and companies that promote sustainable actions from both the supply and demand side.

The **Samaná Sustainable Tourism Circuit** is the combination of these efforts embodied in a map that allows you to enjoy the spectacular corners of Samaná and at the same time consume more responsibly. We can all join the **CIRCUIT,** as the only requirement is a proven commitment to sustainability criteria and a firm desire to make Samaná, the Dominican Republic and the planet a better place to visit and enjoy today and in the future.

The **Samaná Environmental Forum** is the entity responsible for coordinating this Circuit; the result of all efforts invested by companies, the communities and a large multidisciplinary technical team.





THE DESTINATION THAT TOOK GOD'S BREATH AWAY!!

Samaná is a resilient town that has overcome the political, social and natural upheavals that have been recorded in its history.

Founded in 1756 by the Spanish settler Don Francisco Rubio y Peñaranda, after a century and a half of geopolitical and social turmoil that decided the course of our sovereignty, it was elevated to a province on 9 September 1907 during the mandate of President Ramón Cáceres. Since then, its territorial composition has been modified on different occasions until the current one, which establishes Sánchez, Las Terrenas and Santa Bárbara de Samaná -the capital of the province- as its three municipalities.

The identity of Samaná, with multicultural traits that are unified in a sense of pride, has been forged by an evolving path of footprints left in its wake by the original peoples, the Ciguayos and Taínos; Europeans; West Indians; Afro-Americans and other foreigners who today do not come to conquer, but to be conquered with its splendour. The success of this cultural heterogeneity is based on respect and acceptance.

Samaná's main economic activities are based on tourism, agriculture and fishing. Dasheen, yams, coffee, cocoa and other foodstuffs are grown, and it is one of the main producers of coconuts incountry. In terms of tourism, Santa Bárbara de Samaná, Las Terrenas, Portillo and Las Galeras are the most developed areas. There's a local saying "it was in Samaná that God let out a sigh", and we suspect that it may have been while gazing at the beaches of Samaná, amid His marvelling at the beauty of Cosón Beach, known to be the most popular tourist beach in the island, of the hundred or so beaches along the coast.

The Samaná peninsula protects valuable terrestrial, coastal and marine ecosystems, some of which are preserved within the national system of protected areas, such as the national parks of Los Haitises, the Mangroves of Bajo Yuna and Cabo Cabrón; the natural monuments of Cabo Samaná and Salto de El Limón and the Bancos de la Plata and La Navidad Marine Mammal Sanctuaries.

But there is no doubt that the best of Samaná lies in its people. From that first encounter of the colonisers with the natives in the Golfo de las Flechas (*in English: "The Gulf of Arrows"), their courage to defend their territory remains intact, only that the bows and arrows have since been exchanged for outstretched hands that welcome locals and visitors alike.

ABOUT SAMANA



Demonym Samanian/Samanians



Currency

Dominican Peso (DOP\$), but as an active tourism province, many establishments accept U.S. dollars (USD\$) and Furos (€).



Accepted Payment Methods

Most establishments accept credit cards, but it is strongly advised to carry cash for beachside shopping, gratuities, and services offered by local community entrepreneurs.



Driving Directions

The best way is to travel from Santo Domingo, using the Juan Pablo II Freeway, which is the safest and quickest, after paying the three toll fares; it reduces the distance by 120Kms.



Public Transportation

Asociación de Trabajadores del Transporte Público-Samaná (Asotrapusa)

● Santo Domingo, calle Barahona 29, Phone: 809.687.1470 ● Las Terrenas, calle principal, Phone: 809.240.5302 Services to and from: Sánchez, Samaná, Las Galeras, Las Terrenas, El Limón, Nagua, Santiago y Puerto Plata.

Caribe Tours

- Santo Domingo, Av. 27 de Febrero esq. Leopoldo Navarro, Phone: 809.221.4422
- Santa Bárbara de Samaná, avenida La Marina, Phone: 809.538.2229
- Sánchez, Autop. Nagua-Samaná esg. calle Independencia No. 1, Phone: 809.552.7434



Cruceros

Terminal de Cruceros de Samaná Cruise Season: noviembre-abril



Aeródromo Doméstico Arroyo 🔒 Barril, Samaná

Arroyo Barril / aerodom.com



Airports:

Aeropuerto Internacional presidente Juan Bosch Flights to the US & Canada, Europe and The Caribbean Autopista Nagua – Sánchez, km 22, (El Catey) aeropuertosamana.com

Facts of interest about Samaná:

- -The name Santa Bárbara de Samaná was given in honour of Bárbara de Braganza, queen consort of Fernando VI.
- In 1887, from Sánchez to La Vega, the first railway route was established connecting the Cibao with the port of Sánchez, the main port for the entry and exit of maritime cargo at the time.
- Until its elevation to a province, at different times, Samaná belonged territorially to El Seibo.
- -Samaná was the sixth province created in the Dominican Republic.
- -Prior to 1959, Nagua and Cabrera were municipalities of Samaná.
- The name of Las Terrenas is an adaptation of La Terrienne The Landowner), a French word inherited from the passage of that European colony through Samaná.
- The Samaná carnival is closely linked to the sea. It features devils and troupes with marine symbology.
- Legend has it that the name of the Ermitaño Beach is due to a French pirate who took refuge there for two decades fleeing from his old life.
- The Ermitaño, Honda, Frontón and Madama beaches can only be accessed by footpaths or boats.



Sustainable tourism has a clear and precise purpose: to benefit local communities and contribute to their overall development. To achieve this ideal, the integration of large, medium, small and micro businesses (MSMEs) is fundamental.

An example of this integration can be found in the Samaná Sustainable Tourism Circuit, where projects such as 'Made by the Women of Samaná' seek to create synergies that actively engage tourists in the local experience.

The key lies in encouraging the purchase of local products and services, thus promoting the participation of the population in the tourism supply chain and supporting local entrepreneurial initiatives. Such examples can be found all over the province and at all levels of visitor consumption, from accommodation establishments and restaurants to the purchase of fruit bushes and handicrafts for the home.

Sustainable tourism is not just about visiting destinations, but about engaging actively in their development and preservation. Tourists play a key role in adding the sustainability factor to their travel experiences. In Samaná, this community integration and the growing awareness on the importance of caring for the environment has resulted in a commitment that permeates from the general to the specific, driving actions that promote sustainable tourism through conscious consumption.

This sustainable mindset is reflected in the local accommodation on offer. Establishments such as **Hotel Lutix** or **Villa Serena** stand out for their commitment to the disposal of single-use plastics and their support to local entrepreneurship by displaying handicraft products in their facilities.

and their support to local entrepreneurship by displaying handmade products in their facilities. Likewise, other accommodations such as **Hotel Arena** contribute to the community's development by actively supporting local initiatives.

In addition to accommodation, small businesses also play a crucial role in promoting sustainable tourism. Businesses such as **Delicias Frías RD**, with its irresistible artisanal ice cream in Las Terrenas, and **Jenny Loggia**, with its delicate handicrafts in recycled and fused glassy are not just growing, but also fostering community development by creating synergies and shared learning.

Finally, places like **EcoVivero** offer a unique experience where visitors can purchase fruit plants while enjoying natural smoothies made from locally harvested fruit.

This holistic approach not only promotes the conservation of local biodiversity, but also provides an enriching experience for those who wish to actively participate in preserving the environment while exploring the beauty of Samaná.

These examples show how visitors can support sustainable tourism and local businesses, not only through their purchasing decisions, but also by engaging in experiences that respect and value the cultural and natural heritage of the region.



It is worth emphasising that a significant number of the initiatives and companies that make up the Samaná Sustainable Tourism Circuit and the Samaná Network of Women Entrepreneurs are led by a group of entrepreneurial women who have transformed knowledge and opportunities that may have been part of their everyday lives into businesses of interest to tourism. Below, some examples:



Cassandra Matos Frías Lutix Hotels

After specialising in Mathematics and Physical Education, she undertook an unexpected challenge: running a hotel that was originally just a place to stay. She innovated on a small scale by offering special breakfasts to transforming the environment rolling out sustainable practices while legalising the business. legalising the business. Today, with seven employees, "we're still growing", she says.





Nelly Mercedes Peña D´ Vieja Pan

Nelly Mercedes Peña carries on the family legacy of D'Vieja Pan, a business started by her grandmother, and which she proudly manages today.

D'Vieja Pan began with door-to-door sales, later evolving into an establishment renowned for its typical bread and coconut-based desserts. Despite the difficulties along the way, with effort and dedication, she turned the business into a popular tourist stop in Samaná.

Anarielys Álvarez Delicias Frías RD

Anarielys Álvarez launched her venture in 2019 with 'Delicias Frías RD', offering artisanal ice cream sourced from natural fruit. During her early years, she began selling by commissions in social media networks, she grew her business until positioning it among the top stops in Las Terrenas. She supports other entrepreneurs through trade shows, proving her commitment to growing her business, with the same passion and perseverance since she was 15 years old.





Yndira Concepción *Moris Dominicana*

In 2018, with operations available in Sanchez and Santo Domingo, Yndira Concepción began her certified beekeeping enterprise. As she expanded her product portfolio, including coconut oil, she established strong relationships with customers, from supermarkets to gas stations and tourist spots. With a background in journalism, she combined her skill set to leverage her business and reach new markets.



Samaná is a destination to be experienced first hand. No third-party reference will ever come close to the experience of seeing everything with your own eyes and treasuring those memories. As a destination of sublime nature, there is no excuse to miss out!

We propose adventures that will take you by land, air and sea to an endless number of emotions in the rich biodiversity of Samaná. For these adventures we recommend the guidance and professionalism of the members of the Samaná Sustainable Tourism Circuit, who ensure responsibility towards you, the environment and the community entities they serve.



Whale-watching

For humpback whale watching, boats set sail from different ports in the Bay of Samaná to the marine mammal sanctuary of Samaná to the Marine Mammal Sanctuary of Banco de la Plata and La Navidad; a sanctuary which is home to the humpback whales or "yubartas" -as this giant of the sea is also known- that annually visit Dominican waters to mate and give birth during the months of December to April. These excursions offer complementary services to choose based on the contracted plan, which can include, among other amenities, VIP boats, lunch, snacks, additional tourist routes, snorkelling and a visit to a jewel set in this paradise: the islet of Cayo Levantado.

For more information, please contact:

Moto Marina

Santa Bárbara de Samaná Phone: 829.730.1863 www.motomarinatours.com IG @motomarinatours

Whale Samaná

• Santa Bárbara de Samaná Phone: 809.538.2494 kim.bedall@usa.net

Members of the **Samaná Sustainable Tourism Circuit** Recognized by the **TOURCERT QUALIFY Seal**

If you are sensitive to sailing, an alternative way to watch humpback whales from land is to visit the Land-based **Whale Observatory at Punta Balandra,** in Las Galeras, where, with just the assistance of a pair of binoculars and a small scenic walkway, you'll enjoy the possibility of spotting the breathtaking cetaceans, parading along the north coast of the Bay of Samaná.

The humpback whale watching season in Samaná Bay runs from 16 January to 31 March. The date was made official by the Ministry of Environment and Natural Resources (MIMARENA). However, throughout the year the Whale Museum welcomes those eager for information about this amazing sea creature. It exhibits bone structures of whales and manatees, educational panels with data that promote knowledge and preservation of the species and its habitat.

For more information: Info: Phone: 809.538.2042

Av. La Marina, Tiro al Blanco, Santa Bárbara de Samaná samana.org.do

Every year, from January until March, We are visited by over 3,000 Humpback Whales

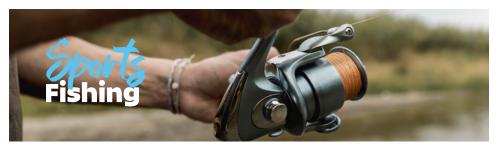


the seabed of the Samaná peninsula, but also those travellers who enjoy its hidden underwater scenery. The dive sites are countless and depend on the preferences and category of the diver's licence. However, the most renowned are the Las Ballenas Key and Cabrón and Samaná Capes, where you can practice try-dives (first time) and professional dives from 18 to 30 metres deep. If your visit coincides with the humpback whale season, you may be lucky enough to hear and see - Las Terrenas: Jackson beach, Ballenas islands, them during your dive.

With snorkelling equipment, you can still marvel at the marine galleries of its prodigious diversity

Humpback whales are not the only ones to visit of beaches and coastlines. Among its infinite locations, we highlight:

- Samaná Bay: Cayo Levantado, Farola Key, and the Ferry.
- Las Galeras: Puerto Escondido, the dive site Piedra Bonita, La Herradura and the beaches of Madama and Frontón
- Creole reef and the inlets of Playa Bonita.



Samaná is a fishing village and therefore a fascinating place for recreational fishing enthusiasts who find in locals the best references and techniques to enjoy their passion.

The area between the Cabrón and Samaná capes is one of the favourite places for fishing tuna, guatapaná, mahi-mahi or dorado, sailfish -blue and white marlin-, albacore, among others. The enthusiasts of this practice can acquire different types and techniques of fishing. So far, only Samaná is the only place in-country to fish for the diamondback calamari fish.

The season runs from November to January.



The north-east of the Dominican Republic, thanks to the combination of the trade winds and the warm temperatures of its waters, offers year-round favourable winds for surfers, windsurfers and kitesurfers. December to August is the best season for

Las Terrenas is the centre for these sports in Samaná. Schools, hotels and specialised shops supply the training and services required by the athletes who come from different parts of the island to "catch" its waves. It is

distinguished by its flat coastline and small waves that contribute to make the practice more accessible for beginners and the whole family.

kitesurfing, which with its kites colours the coasts of El Portillo. Likewise, the wave season runs from September to April for the bold and brave surfers who gather mainly at Playa Bonita.



Trekking is the most genuine way of exploring the charms of the Samaná peninsula. All you need is a good attitude, a reusable water bottle, walking sticks and a knowledgeable guide to explore the treasures that nature has to offer. There are several trails to conquer, among them:

• Towards the Salto de El Limón waterfall El Limón / Easy

The community members of El Limón will guide you to the exuberant 40-metre-high waterfall through different trails that you can walk or ride on horseback. Consult the distances, levels of difficulty and attractions that you will find when you choose one of these trails: La Javilla, El Café, Arroyo Surdido, La Manzana, Franklin and El Limón. Whichever your choice, the way to this waterfall is pure gain.

• The natural monument of Cabo Samaná in Frontón Beach La Cueva, Las Galeras / 5 km / Easy

The starting point presents you with a setting resembling a Tetris board, whose pieces are made up of imposing marble rocks from the most important quarry in the Dominican Republic.

As you explore the site, let yourself be captivated by La Garganta or La Boca del Diablo -The Devil's Throat-, a natural blowhole that releases puffs of air caused by the crashing of waves against the cliff.

Shaded by coconut trees, along a five-kilometre stretch, you'll arrive at Playa Frontón, a divinity of this coastline. Expert hikers extend this journey two kilometres further to the ancient lighthouse of Cabo Samaná, on a 64-metre-high bluff. Recent archaeological excavations at this natural monument have revealed the discovery of considerable remains from the archaic period that are presumed to be over five thousand years old.

The only via ferrata in the country is located on a cliff of just over 27-metres-high which rests opposite Frontón beach. From this also hangs the pendulum, on which the daring ones, once they reach a good height, they let themselves dive into the void. This experience is carried out exclusively with Cuerdas RD, a member of the Samaná Sustainable Tourism Circuit, in different one and two-day packages of one and two days, with the required equipment and assistance.

Phone: 809.604.5383 cuerdasrd.com IG @cuerdasrd

Path of the seven hidden beaches

5 km round trip / Difficulty level: Medium

This is a pilgrimage along part of the coastline of Las Galeras, where every few kilometres there is a surprising beach untouched by man or, as some promoters say, not to be found on Google maps.

The entrance to this trail is the Cueva de Duarte, a cavity of approximately 20 metres in length, surrounded by native flora and identified by information panels. As you cross it, you begin to see part of the beauty that the route has to offer.

The beaches that come out are Caletón, Escondida, Colorada 1 and 2, Ñiñingo or Ermitaño, del Amor and Breman.

Trail to Cabo Cabrón National Park 15 km round trip / Difficulty level: High

This park is home to numerous species of native flora and fauna which are in danger of extinction, such as the guanito, the bay rum tree, and the Samaná cherry; the solenodonte and the rhinoceros iguana.

In addition to living with nature in its purest state, one of the attractions that will drive your visit are the three pools, sometimes a fourth one emerges, which are formed in the hollows of the at the edge of the cliffs.

Other trails

Sendero Las Garitas, Sánchez, formed of walkways over mangroves/300m Playa Frontón – Madama trail 1 / 4.5 km Los Tocones - Playa Rincón /6.5 km Sendero de costas Cosón /4.5 km

Zip Line

You should know that Samaná is home to one of the longest zip lines in the country. Its 12 lines total 2,300 metres in length, and glide through the air at speeds of up to 40 kilometres per hour over the majestic greenery that covers El Valle, just 10 minutes from the beach bearing the same name.

For more information, please contact:

Phone: 829.542.3005
samanatreetopzipline.com

Likewise, the 10 lines (1,750 metres long) of the zip line Adventures Samaná fly over the dense forests of the mountains of the Juana Vicente section, Santa Bárbara de Samaná, thus creating a perfect balance between the adrenaline of the ride and the thrills of the spectacular views of Los Haitises National Park and Cavo Levantado.

For more information, please contact:

Phone: 829.599.7444 runnersadventures.com



One of the most enjoyable ways to get around Samaná is by ATV. There are several routes that guide you in different directions to complete buggy itineraries through the wonders of the destination. For example, the 5 beaches in Las Galeras -Rincón and Caño Frío, Breman, La Playita, Las Galeras and del Aserradero, stopping at La Hondonada-; Rincón beach with La Cueva -Boca del Diablo and the marble quarry-; and El Limón, through coffee and cocoa communes, rivers and beaches along the shore.

Locomonteando

Santa Bárbara de Samaná Phone: 809.856.4712

IG locomonteando

Parada La Manzana

♀ El Limón

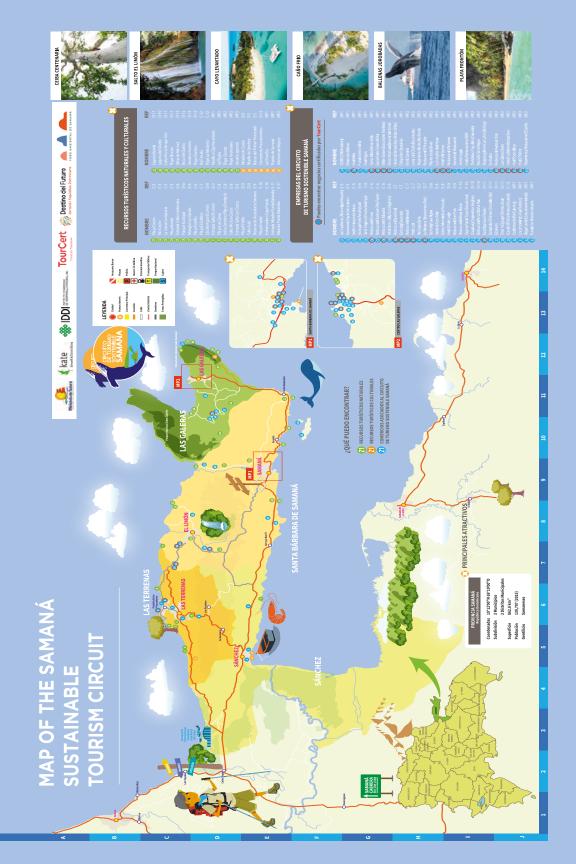
Phone: 809.916.0892 IG paradalamanzana

Exotic Samana

Las Terrenas

Phone: 829-541-2626 IG exotic.samana

Las Galeras EcoTourism Guide Association: Phone: 809.815.3434





The gastronomic legacy that the Samanese people are proud of is the result of the confluence of different cultures that have settled in this region since its pre-Columbian inhabitants. A fusion in which you can taste, among others, the flavors of our native Taíno, Dominican, come together with Spanish, Afro-American, Afro-Antillean, French, German and Italian, among others.

The Coconut Tree: The real tree of life

In this land it makes sense, as in no other, to call the coconut tree 'the tree of life' or 'the tree of a thousand uses', because, as well as sheltering and refreshing visitors who rest in its shade and inspiring artists who translate its beauty into works of art, its resources are widely used in cosmetics, construction, handicrafts... and it is the emblem of its cuisine's signature dishes.

To crave fish with coconut is to crave Samaná! It's a recipe that describes this province in a single composition: fresh fish, bathed by blue shores, seasoned only with natural ingredients such as oregano, tasty chillies, garlic, and coriander; colouring based on annatto, the same used by the native peoples to dye their faces; coconut milk, extracted with the verve of a heart with a vocation for service; a sustainable approach, a product of the confidence of the local people alongside the personal touch every cook imbues to this dish, which is the culinary heritage of the region.

Get it to go!!

Coconut oil is a highly sought-after commodity for food and cosmetic purposes.

It is a sure win to choose the one that specifies on its packaging that it is 100% sourced from Samaná, since it is generally

is generally obtained in organic processes.

For your reference, we present brands from the Samaná Sustainable Tourism Circuit, which market it both in its natural and organic form.

Coconut Loaf for Sale!

As you travel around Samaná you may read this advertisement in small kiosks. It is the sign you need to reward your palate with another of Samaná'sculinary delicacies: the sweet or savoury coconut bread or Johnnycakes, sweet or savoury, a variation of the traditional English bread. A rustic bread made from wheat flour, coconut milk, ginger and yeast, baked in clay ovens and largely

produced by families of African American descent freedmen who arrived in the early 19th century to the peninsula, and who have intentionally turned it into an intergenerational icon of the area.

On restaurant and small business menus you can also use maize flour in combination with coconut, a tribute to Caribbean roots. An example of this is the Dominican arepa -corn flour and coconut cake. And what about coconut water?

During your visit, we could not recommend a better beverage to accompany your journey, whichever route you choose, a cold coconut is always a good choice.



Get it to go!!

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For your reference, we present brands from the Samaná Sustainable Tourism Circuit, which market it both in its natural and organic form.

Moris Dominicana

Phone: 809.905.2322 morisdominicana.com

Aceite de Coco Mina

Phone: 809.675.7396

Ginger, the unquestionable special touch

Ginger is widely used in traditional Samanese pastries, but its use is even more widespread. It should be borne in mind that with the arrival of African Americans in Samaná, "yinyabié" -as ginger or root beer is locally known- was also introduced, as a delicious drink used to celebrate the arrival of African Americans in Samaná, and to celebrate special events. Las Galeras, Rincón, Loma Atravesada and Los Tocones host important organic plantations of this spice, which provides a myriad of medicinal, gastronomic and aromatic benefits.

COOPATUR Cooperativa Agroturística y Servicios Múltiples Guarinquen

Phone: 829.827.2186

D'VIEJA PAN

On the Samaná - Las Galeras Road you will find D'Vieja Pan, the hallmark of Samaná's artisanal bakery. Samaná, where, in addition to the famous coconut bread, you can try wood-fired delicacies, such as puddings made from the tubers like yellow dasheen, sweet potato and guáyiga (chola); "gatea bread" or "gató" (gateaux) or French bread; sweet and savoury Dominican arepas, among other snacks, including empanadas and "panecicos de yuca", made with cassava bread and stuffed with baked pork belly wrapped in banana leaves.

Dasheen or taro is among the staples commonly served on the tables of Dominican households. It is usually eaten boiled, mashed and in stews. Another delight for which we are grateful to the African American freedmen is the introduction of the yellow taro bread, a pudding in which yellow dasheen is grated, mixed with coconut milk, spices and sugar and then baked in a wood-fired oven, which provides a different, nationalised way of using it in the northeast, more specifically in Nagua and Samaná.



From the sea to the oven

Fishing is one of the main activities that sustains the economy of the province. Its geographical position, biodiversity and the tradition of a people with a love for seafaring, have contributed to the fact that Samaná is home to the largest number of fishermen in the country. Snapper, grouper, seabass, mahimahi, tuna... and a great diversity of fish and seafood species, including the diamondback squid, are caught daily by artisanal methods and required by the community, fishmongers, hotels and catering businesses that bet on its fresh use in the preparation of outstanding dishes.

We testify that in Samaná it's only catch of the day that's savoured everyday. The fishing port of Sanchez, located on the southern coast of the Samaná peninsula, thanks to the waters of the mouths of the Yuna and Barracote rivers, is an important hub for the commercialisation of crustaceans such as crabs and shrimp. The latter have positioned themselves as the gastronomic flagship of the municipality of Sanchez. Chefs from all over the country are supplied in Sánchez for their famous masses of crayfish, prawns, and conch.... confident in the excellent quality of these fruits of the sea.

Here, they revalue fish that are not of the required size when caught undersized for sale,

with the inventiveness of Sánchez's famous fish delicacies from its gastronomy. One of the meatballs that can be bought ready to use at establishments that generates positive reviews is La Sanchera, a women-led community project, La Plaza del Marisco, on the Sanchez-Samaná which also distributes packaged seafood. Highway, with a widerange of dishest ochoose from.

In the heart of Sánchez and on its most popular beach, Las Garitas, local chefs serve tasty

La Sanchera

O Barrio Los Rieles, Sánchez, Samaná. Phone: 829.854.5343 / 829.297.1955

Plaza del Marisco

Phone: 809.552.7608 Ig/FB@laplazadelmarisco_en_sanchez



Leaf or layer cheese is another prodigy of Samaná's agricultural treasures. At the exit of Sanchez, headed in the direction of Santo Domingo, there are many stands waiting for passers-by who can't resist the temptation to taste and take this Creole delicacy derived from pure cow's milk. Connoisseurs attribute the distinctive flavour of their cheese and butter to the nobility of the pasture on which their cows are fed

Samanese style

It is common to see dishes from national and international cuisine reinvented or adapted to the 'Samanese style' which, although perhaps not significantly different from the original recipe, when prepared with ingenuity and local products, they take on a new flavour. To name a few, Spanish paellas and tapas; Italian seafood pizzas; Dominican classics such as fried fish, 'the national flag', "asopao" and "mofongo", where fish and seafood are often used as protein.

An important diaspora community has made of Samaná, and its many areas such as Las Galeras, Santa Bárbara and Las Galeras, Santa Bárbara and Las Terrenas, their home, and, just as they have embraced its natural richness and traditions, they have nostalgia for their origins. So diverse is the international culinary offer that one could challenge oneself, at least in a week's time, to eat daily in a restaurant specialising in Caribbean, Creole, Italian, Spanish, Thai, French, American, Mexican, Argentinian, Japanese, Arabic cuisine.



Throughout the year Samaná offers a range of activities for the enjoyment of local and international visitors, ensuring that these experiences offer an authentic connection with the community and allow tourists to explore the rich gastronomic culture and participate in the local celebrations. From the vibrant dance festival to the mouth-watering summer dish competition, framed within the Samaná Sustainable Tourism Circuit, they bring the calendar to life with each event, becoming a unique window to interact with the community and immerse yourself in its rich tradition.

Activities:

Whale Festival January

It is carried out in favour of the conservation of biodiversity, aiming to promote education on the vulnerability of ecosystems.

The Turtle Festival February & March

With a proposal of artists and cultural activities, it is carried out to raise awareness of the need to protect the environment.







The Music & Seafood Festival - June

It aims to promote history, culture and help the province's economic development.

The Coconut Festival - August

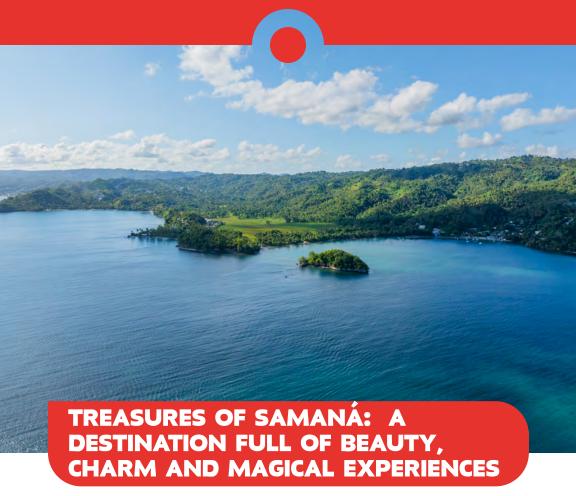
From culinary demonstrations to tasting sessions, the festival highlights the versatility of the coconut in local and international cuisine.

The Summer Flavors June to August

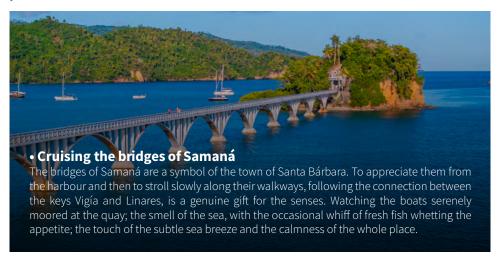
It seeks to enhance the value of the products made in Samaná.

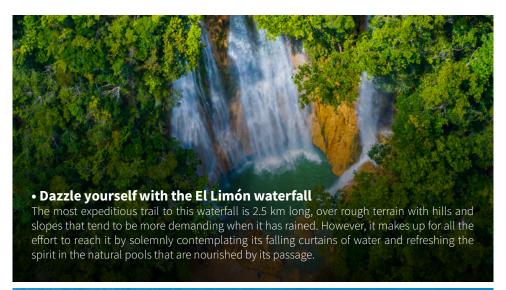
The Harvest Festival October

It is a tradition that aims to give thanks for the nature's generous bounty, obtained from the sowing.

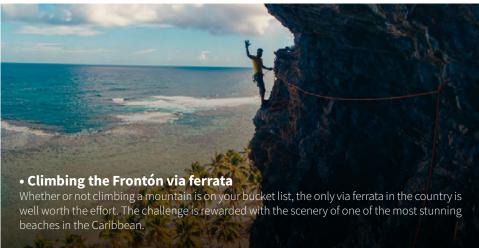


If the ways of grace brought you to this breathtaking paradise, just don't miss anything, and see it for yourself. Here, we share a list of places and experiences in no order, not to limit you, but to awaken your thirst for more.









• Swimming the freshwaters of Caño Frío • Foodie adventures in Las Terrenas

Nothing better than after doing the circuit of the 7 hidden beaches or to dive in Rincón beach itself, to revitalize yourself withthe crystal clear waters of Caño Frío, one of the exceptional postcards of all Samaná for its turquoise waters and the mangroves that guard it up to its depths.

The village of Las Terrenas boasts beaches of unparalleled beauty, as well as being a paradise haven for culinary tourism, thanks to the settlement of foreign populations who show their gratitude through their cuisine.



Sailing the small flat-topped hills of Los Haitises

The relevance of this park cannot be explained in a single page or publication. We can only invite you to explore it and to confirm the expression that 'nature overflowed'. Navigating through the canals and labyrinths outlined by cays that reflect the colour of the lush greenery in the water, being enthralled by the bird life that flies overhead and trying to decipher the message left in caves by our ancestors is a subliminal experience.

In Sanchez, there is the company Kayak San Lorenzo which offers an unforgettable experience on this spectacular formation within a bay, San Lorenzo Bay, located inside another bay, the Bay of Samaná

Kayak San Lorenzo

Miembro del Circuito de Turismo Sostenible Samaná

O Calle Hernández No.41, Sánchez, Samaná. República Dominicana/ Dominican Republic Phone: 809.463.9557 / 829.463.0396 kayaksanlorenzo@gmail.com coopesan.com

Watching the whales dance: An experience like no other

Humpback whales open their curtain for only three months of the year, from January to March; it is impolite not to attend their performances of acrobatic manoeuvres, a symbol of the placidity they find in our waters, an occasion which makes it possible to snoop on how the males with songs and shows of strength woo the females in their matin ritual

• Discover Samaná's most ancient construction: La Chorcha

building of Saint The the Peter Dominican Church, known La Chorcha -from the English the church-, located in Santa Bárbara de Samaná, is based on a bicentennial of faith. Its Victorian facade with its outstanding red roof is an unmissable icon to explore when visiting the town.

Capture an epic photo among cliffs and natural archways

La Hondonada, Las 3 puertas de Cabo Cabrón, and several structures that time has sculpted in the cliffs and caves throughout the Samanese territory have become unforgettable photospots.

> Hereinafter, let your pen chronicle the myriad memories of the experiences lived.

THE DECALOGUE OF THE **RESPONSIBLE TOURIST**



START BY FOCUSING **ON YOURSELF**



CHOOSE YOUR TRANSPORTATION WISELY



STAY IN SUSTAINABLE ACCOMMODATION



USE ELECTRONIC DEVICES



SAVE WATER



RESPECT NATURE IN THE AREAS AND SITES YOU VISIT



CONTRIBUTE WITH THE LOCAL ECONOMY



RESPECT THE LOCAL POPULATION



MINIMIZE **SOLID WASTE PRODUCTION**



LEARN AND HELP SPREAD THE WORD

HOW TO BECOME A MEMBER OF THE SAMANA SUSTAINABLE TOURISM CIRCUIT. WHAT BENEFITS DOES IT OFFER?

Become a member; it's free for now.

The Circuit promotes the participation of all companies, micro, small, medium or large, operating in the Samaná peninsula. To do so, please contact the Samaná Environmental Forum: circuitosamana@gmail. com and request the application form.

You must choose five (5) sustainability criteria to meet (e.g. water saving, efficient energy consumption, elimination of single-use plastics, among many others, and sign a letter of commitment. These must be fully complied with and audited by specialised technicians once a year. Their efforts are in addition to those of the more than 100 companies that are now part of this circuit, enabling that, bit by bit, Samaná will focus on a more sustainable and friendly development.

Your company, as a member of the Circuit, will be able to take advantage of the promotional information (map, guide, web, social networks, tourist information points, press trips, monthly newsletters, et al, as well as a wide range of trainings, workshops and courses, available at both management level and at grassroots employee level.

But the most important benefit is that you will be part of a business community which has a SHARED VISION that Samaná preserves its natural and cultural riches and improves its management as a tourist destination. The exchange of ideas and experiences is part of this dynamic. As a member, you will be part of a business collective that will have a voice and a vote and whose impact will and whose impact will grow as we become more and more representative.



For now, being part of the Samaná Sustainable Tourism Circuit is **FREE** of charge as it is supported by different organisations, but it should tend to be self-financing to continue the training, promotion and innovation programmes, among others.



SAMANÁ SUSTAINABLE TOURISM CIRCUIT MEMBERS DIRECTORY



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