

SUSTAINABLE LIVING



El Valle

LODGE

EL VALLE LODGE MAGAZINE

2024-2025 Edition



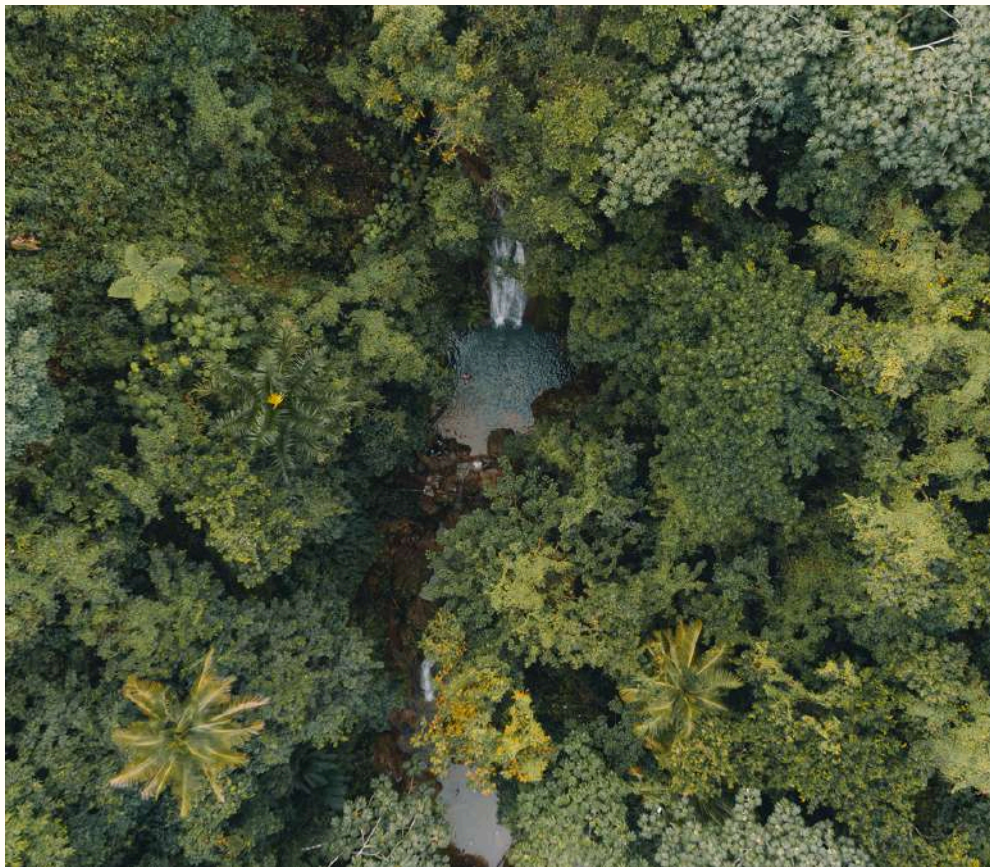
GET READY FOR YOUR UPCOMING ADVENTURE

Dream landscapes, hidden waterfalls, hikes through the lush tropical jungle, lost beaches, a unique biodiversity and a rural culture with endless learning to fill the spirit and soul.

Discover our curated proposals to make your experience in Samaná a life-changing adventure.

Here you will not find the touristic excursions of Samana, you will not find El Limon, Los Haitises or Cayo Levantado, not even the whale watching excursions. We propose another type of tourism, with a real local impact.

Since 2016 a group of like-minded people have been gathering in El Valle, discovering all the treasures it has to offer. And it's time to share them with the world.



EL CATAÑO

*A hidden treasure
awaits you*

40USD P/P

Go deep into ancient Taino territory on a 45 minute walk to El Cataño, a hidden waterfall in the heart of the valley. The way is peaceful and of low to moderate difficulty.

Finish your trek at Federico's family house, where you'll learn how they make raw cacao and organic coffee.
Duration: 3 hours. .



Cacao is the seed from which cocoa and chocolate are made, from Spanish cacao, an adaptation of Nahuatl cacaua, the root form of cacahuatl.



Jose Luis, Argentinean of origin, has been living in El Valle long enough to consider himself a local. Thanks to his extensive knowledge of medicinal plants he will make this walk through the jungle an opportunity to collect ancestral knowledge while being amazed by the wonders hidden in this natural place.

EL CATAÑO: A HIDDEN WATERFALL

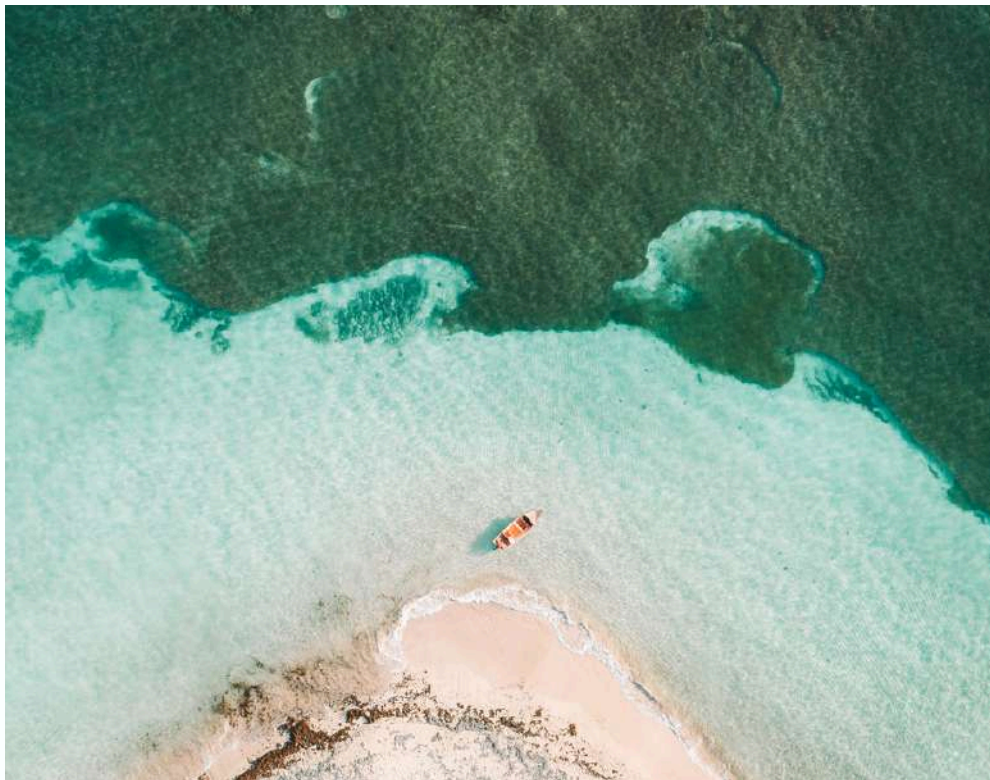


ERMITAÑO BEACH: THE UNTOUCHED TREASURE

ERMITAÑO BEACH

Remote cristal clear waters.

40 USD P/P

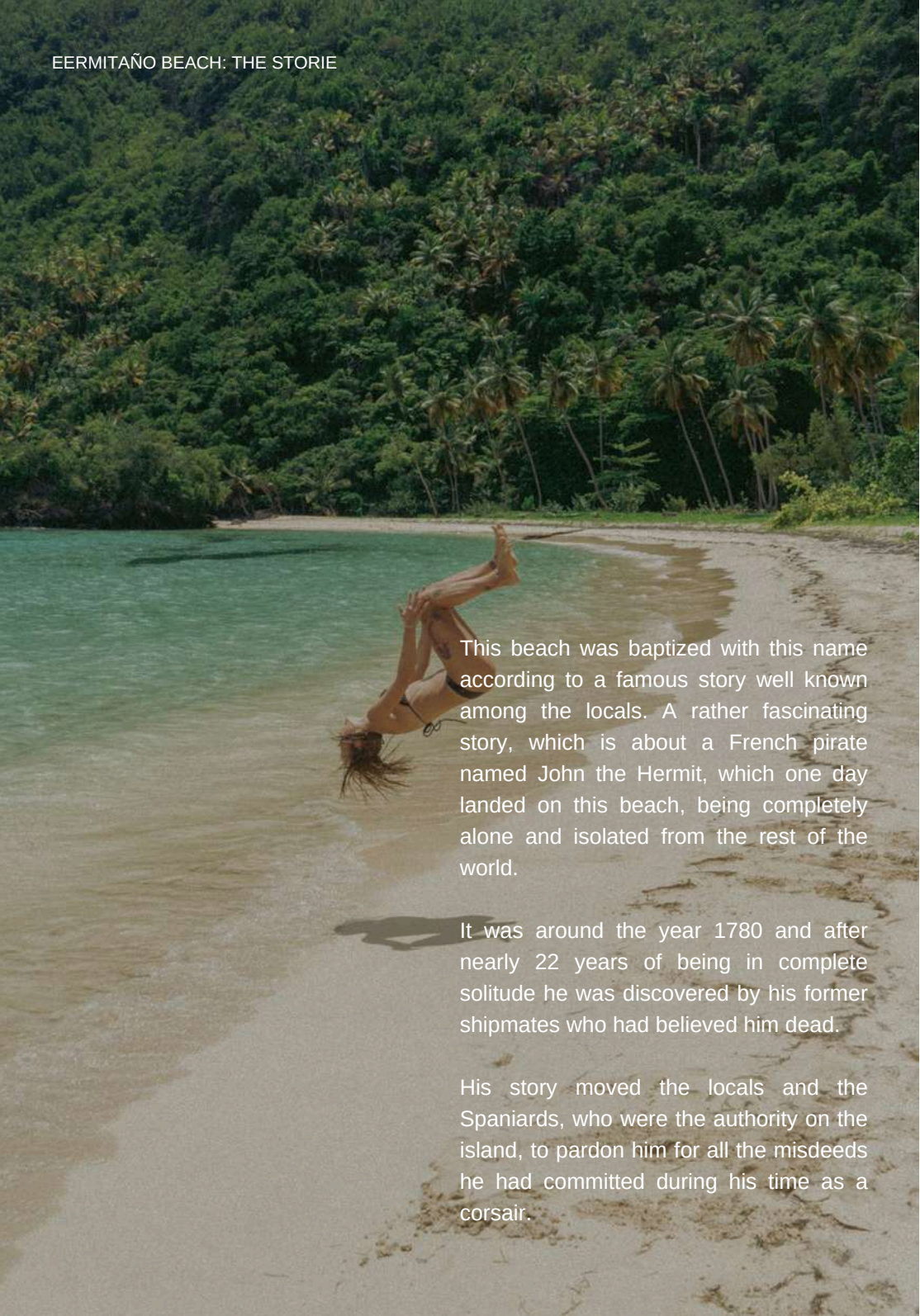


Leaving from El Valle beach, a 15 minute boat ride takes you to the virgin Ermitaño beach. Spend the day immersed in unspoiled nature exploring the surroundings. Bring sunscreen and refreshments, but keep an eye on them because wild pigs are known food thieves!

ERMITAÑO BEACH: THE UNTOUCHED TREASURE



this is Playa Ermitaño, named after the story that for many years Juan the Hermit lived there totally alone and isolated from the rest of the world.



This beach was baptized with this name according to a famous story well known among the locals. A rather fascinating story, which is about a French pirate named John the Hermit, which one day landed on this beach, being completely alone and isolated from the rest of the world.

It was around the year 1780 and after nearly 22 years of being in complete solitude he was discovered by his former shipmates who had believed him dead.

His story moved the locals and the Spaniards, who were the authority on the island, to pardon him for all the misdeeds he had committed during his time as a corsair.

FRONTON BEACH: AN UNFORGETTABLE LANDSCAPE

HIKE TO FRONTON BEACH

65 USD P/P

Remote cristal clear waters.



Surely the most complete trekking you can do in Samaná as it offers the greatest variety of landscapes in a short distance. From impressive rock walls dotted with cactus and royal palms, passing by the only marble mine in the country, to a lush tropical jungle watered by the breeze of the Atlantic Ocean. .

FRONTON BEACH: AN UNFORGETTABLE LANDSCAPE



The starting point is called the "mouth of the devil". a small geyser generated by the collision of the waves with the cliffs. The hike continues through a variety of Dominican forest types. Thanks to the signs that the Ministry of Tourism has placed along the way, one leaves this excursion with a lot of knowledge about the species that inhabit the tropical jungle of Samana.

FRONTON BEACH: AN UNFORGETTABLE LANDSCAPE

After about 45 minutes through a path parallel to the sea, we arrive at Playa Fronton, this is a beach with a mystical charm. The waters that it receives belong to the Atlantic Ocean and are of a turquoise color, almost transparent, that will allow you to observe the maritime diversity characteristic of this region.





FRONTON BY BOAT

*An unforgettable
landscape.*

40 USD P/P
65 USD P/P (WHALE WATCHING)

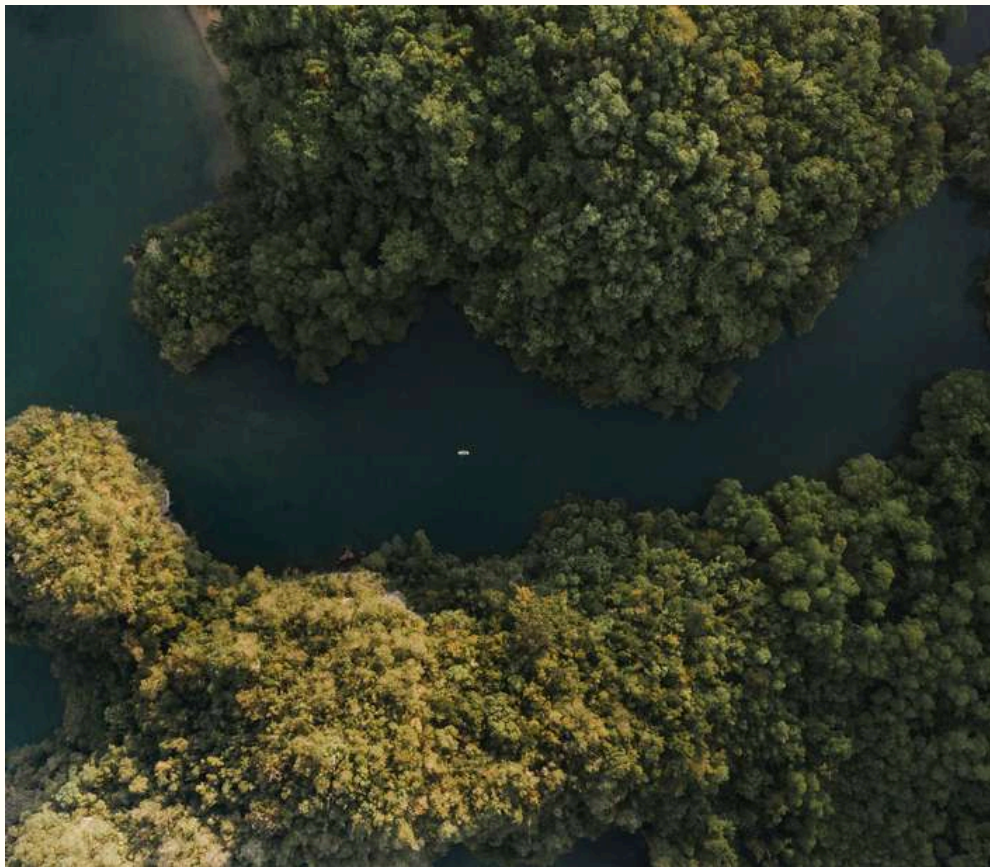
Reached by boat from Las Galeras Playa Frontón's stunning shoreline is a sight for sore eyes. Its brilliant fine white sand sits at the foot of a 90 meter (300-foot) metamorphic, rocky cliff, with its shoreline dotted with bright green coconut trees. Popular for rock-climbing and snorkeling because of its coral and urchin-filled turquoise waters.

FRONTON BEACH: AN UNFORGETTABLE LANDSCAPE



Playa Frontón has been the site of international “Survivor” series episodes. You’ll see that it’s no surprise, given its stunning beach scenery and its mysterious caves. During the humpback whale watching season, on the way to Fronton you may have the opportunity to witness one of the most wonderful natural spectacles in the world.

LOS HAITISES: UNTOUCHED NATURE



LOS HAITISES

*Discover the majesty of
untouched nature*

80 USD P/P

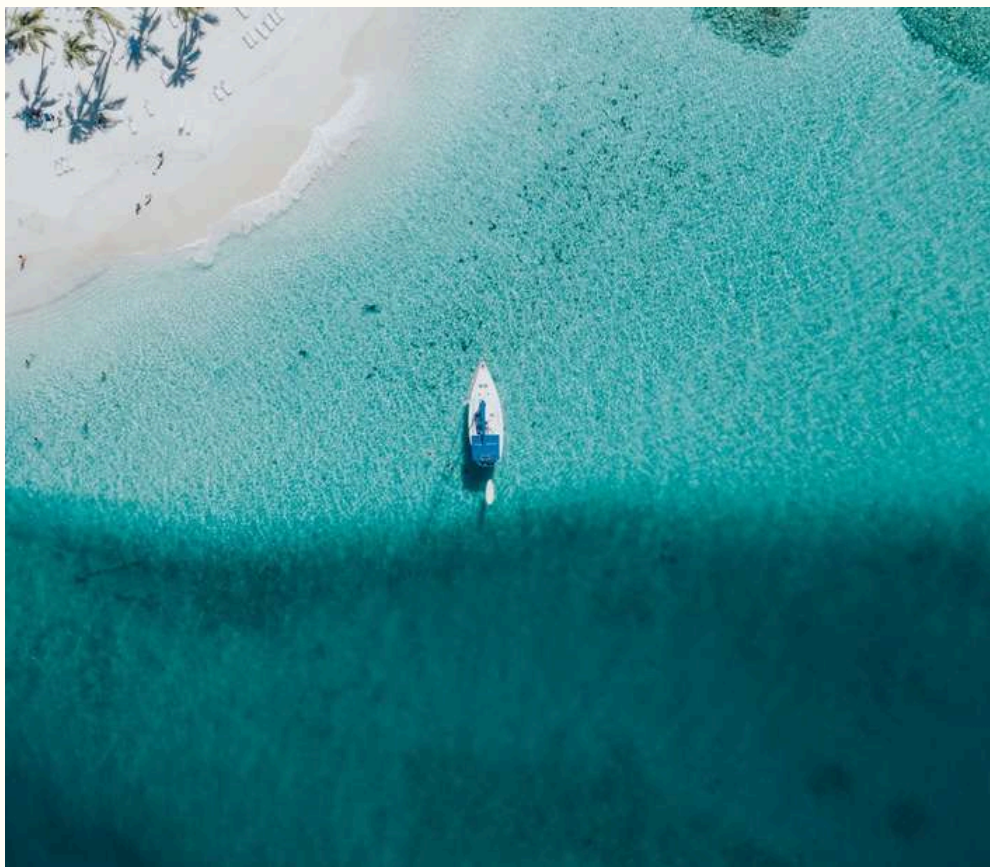
Visit Los Haitises by boat with a guide on a full-day excursion from Samana. Explore caves on foot and enjoy a typical Dominican buffet lunch on the picturesque island of Cayo Levantado.

FRONTON BEACH: AN UNFORGETTABLE LANDSCAPE



Los Haitises National Park is a treasure of natural beauty boasting hidden canals, mangrooves & ancient caves full of Taino pictograms.

SAILING TO CAYO LEVANTADO: SAIL THE INCREDIBLE SAMANÁ BAY



SAILING TO CAYO LEVANTADO

*Sail the incredible
Samana bay*

110 USD P/P (MIN.8)

"El Soplar", a beautiful sailboat leaves from Puerto Bahia Marina (20 minutes ride from the lodge). Embark on a premium adventure riding the transparent Caribbean waters.

SAILING TO CAYO LEVANTADO: SAIL THE INCREDIBLE SAMANÁ BAY

Arrive to Cayo Levantado where you can snorkel, swim or kayak to the beach. Enjoy lunch on board. It's a day long outing, you'll be back around 5 pm, tanned and satisfyingly tired.





HORSE- BACK RIDING

*To El Cataño Waterfall
Federico's cacao family
house & El Valle Beach*

Get deep in the jungle while riding a horse. Get lost through cacao fields, the exuberant nature and El Cataño, the secret waterfall that you will not be able to find in the maps. Finish your day trip visiting Federico, the local cacao and coffee producer.

55 USD P/P

VINYASA YOGA: WELLNESS AT OUR DOME

VINYASA YOGA

by Letti

Vinyasa yoga is a physical practice of yoga that focuses on linking yoga poses (asanas), together in a fluid, smooth way. Think of Vinyasa as rhythmic, repetitive yoga that links breath to movement. That means all movements in a vinyasa class are coordinated with your breathing, and you're just dynamically moving from one to the next.

The benefits of Vinyasa yoga are both mental and physical. As it's more fast-paced than other types of yoga, making it exceptional for those who want to utilize it as a way to increase cardiovascular health and build endurance.

VINYASA YOGA: WELLNESS AT OUR DOME



Leticia, our yoga instructor, has brought her vinyasas all the way from the magical island of Ibiza, where she became a yoga teacher. She arrived to El Valle 3 years ago, and felt in love directly with the hidden paradise. Ever since she lives here and became part of our community as our Yoga and Zumba instructor.

All vinyasa classes will start with an intention-setting phase and end in final relaxation. In between, the format, pace, and other aspects will deviate from class to class. As you move through your vinyasa class, don't push yourself into poses you don't know. Instead, respect your current level, enjoy the movements of a healthy body, and if you need to, take a breather. At the end of the practice Vinyasa helps to get you out of your mind and into your body to find presence and peace.

15 USD P/P (MIN.2)

SOUND HEALING & ANIMAL FLOW: WELLNESS AT OUR DOME

SOUND HEALING & ANIMAL FLOW

by David

David Deflores has studied various disciplines such as dance improvisation, music, sound healing, and yoga, but he defines himself as a holistic artist committed to creative expression and well-being. His approach focuses on teaching vocal and movement techniques, connecting the body and mind in meditative states, and promoting self-care through breathwork, yoga, and movement.



Sound Healing is a practice that utilizes the vibration of specific instruments and even the voice to achieve subtle changes in the emotional or astral body. These sound waves also have influences. Sound therapy is based on the principle of 'resonance in sympathy', which means that one vibrating object causes another to vibrate as well.

Animal Flow is a wellness discipline that combines elements from various movement practices such as yoga, gymnastics, capoeira, and functional training, among others. It was developed by fitness coach Mike Fitch in 2010 and is based on natural movements inspired by animals like reptiles, mammals, and primates. Animal Flow focuses on improving strength, flexibility, stability, and coordination through fluid and dynamic sequences of ground-based exercises.

BACHATA LESSONS

by Letti

Bachata, originating from the Dominican Republic, blends traditional Dominican music with influences from bolero and Cuban son, evolving into a symbol of cultural identity and a global phenomenon. With its catchy rhythms and passionate lyrics, bachata is renowned for its sensual and romantic dance, characterized by smooth steps and intimate connections between dancers and music, embodying the vibrant spirit of Caribbean culture.

BACHATA LESSONS: DOMINICAN CULTURE



20 USD P/P (MIN.2)

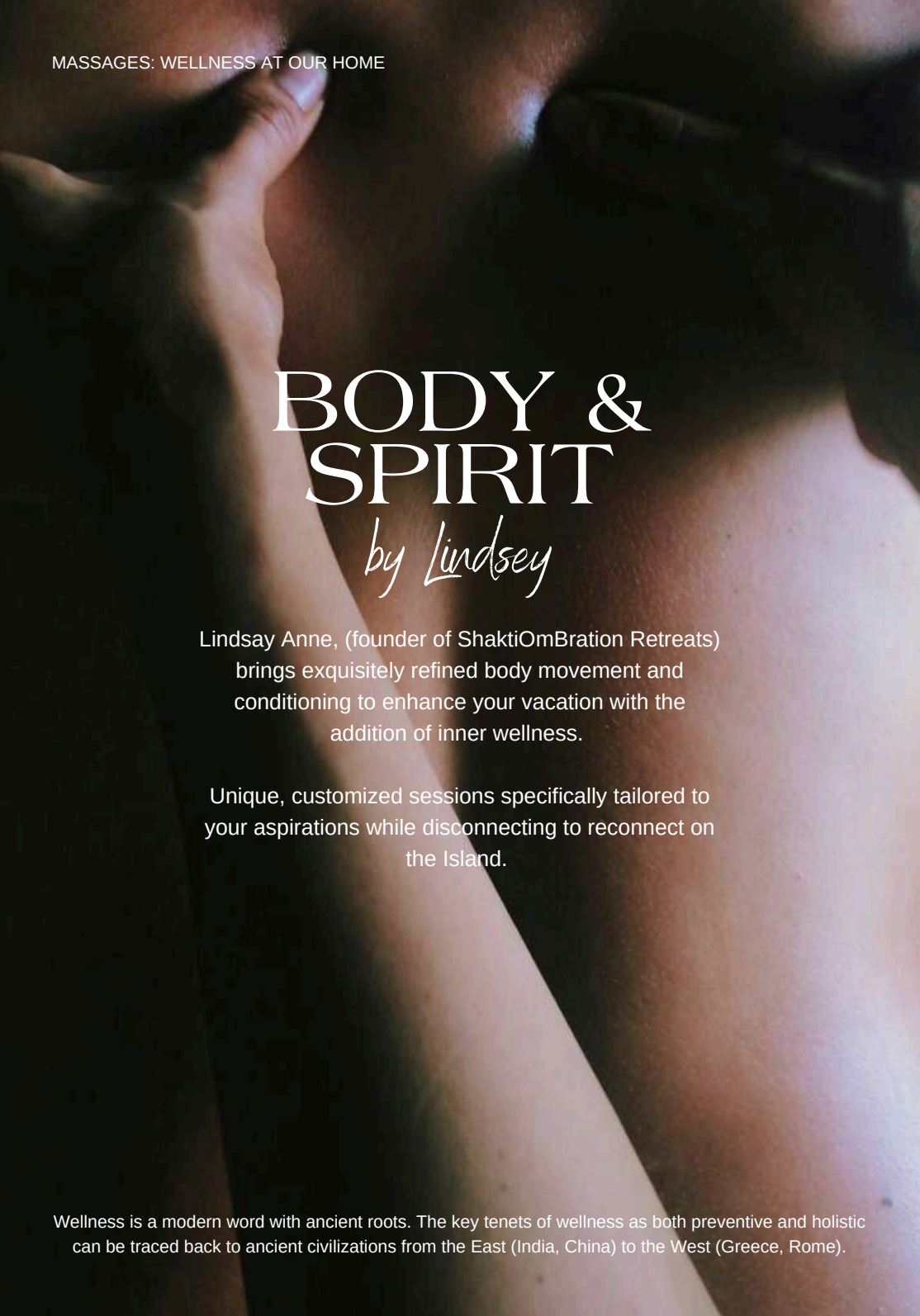
Passionate about bachata and salsa. Leticia has traveled all over the world until she discovered the beauty of Samaná, where she decided to settle down and founded LAMACA Travel to guide her visitors in this undiscovered paradise.

ICE BATH & BREATHWORK: WELLNESS AT OUR DOME

ICE BATH & BREATHWORK

by David

Ice baths involve immersing the body in cold water for a short period. Advocates suggest it can reduce inflammation, relieve muscle soreness, and enhance recovery after exercise. However, caution is advised, especially for those with medical conditions. While potentially beneficial, safety and gradual adaptation are key when trying ice baths for wellness.



MESSAGES: WELLNESS AT OUR HOME

BODY & SPIRIT

by Lindsey

Lindsay Anne, (founder of ShaktiOmBration Retreats)
brings exquisitely refined body movement and
conditioning to enhance your vacation with the
addition of inner wellness.

Unique, customized sessions specifically tailored to
your aspirations while disconnecting to reconnect on
the Island.

Wellness is a modern word with ancient roots. The key tenets of wellness as both preventive and holistic
can be traced back to ancient civilizations from the East (India, China) to the West (Greece, Rome).

WELLNESS: TRIGGER POINT BODYWORK

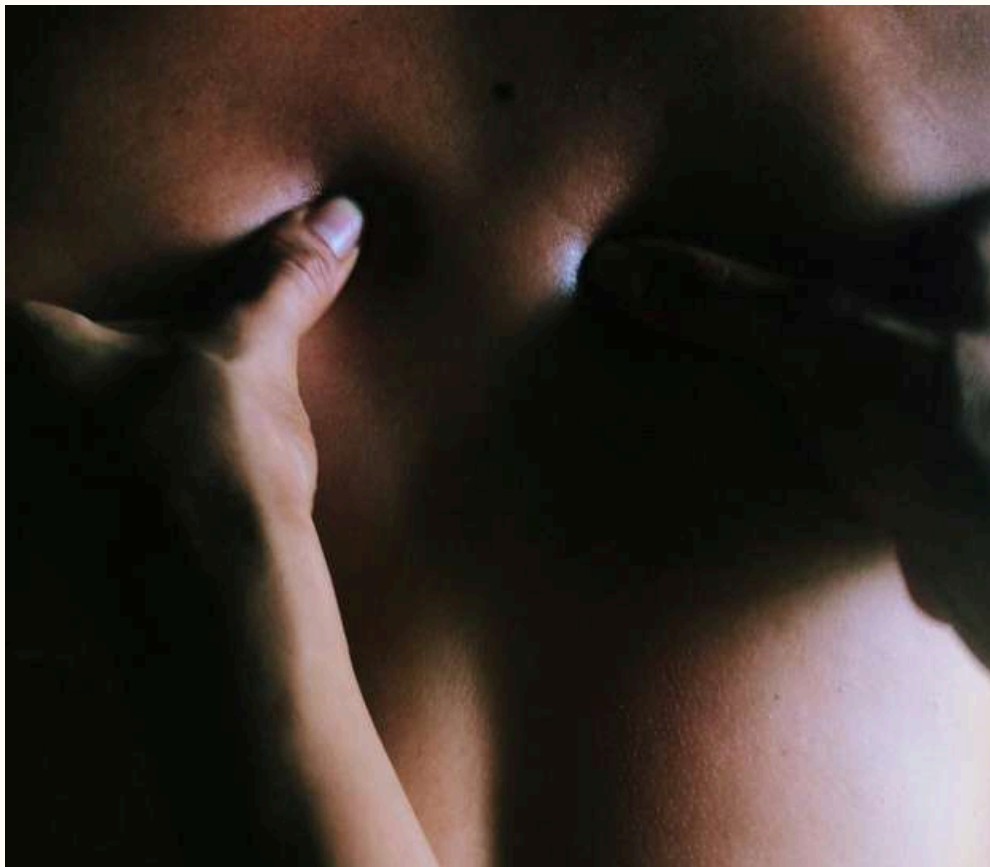
TRIGGER POINT BODYWORK

*unlike any massage you've
ever had..*

100 USD / 50 MIN



DEEP (physical & mental) Massage. Specifically designed to restore the physical pain body and overactive mind with deliberate manipulation of the 14 trigger points of the body. Unlike any massage you've ever had, guaranteed.



IET HEALING SESSION

100 USD / 50 MIN

*Energy and touch
therapy.*

Energy and touch therapy that
“Releases your Issues from your
tissues” thru cellular memory
blockages and rebalancing. Primary
gift of IET healing is emotional,
mental, and spiritual clearing. Imagine
Reiki on steroids.

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