



MT. PLAISIR ESTATE HOTEL

Our
Experiences.
Create Yours.

Visit Grande Riviere





Turtle-Watching Tours

WITNESS THE MIRACLE UNFOLD

Turtle-watching Tours are available from March to September annually. Adults can be found nesting from March to August, while hatchlings can be seen from July to September.



Turtle-Watching Tips

- Always use an experienced tour guide, who understands the terrain and can mitigate any risks to the turtles and human life.
- Wear comfortable shoes and warm clothing for the night.
- Limit the consumption of food and/or the use of disposable wares during your wait. Additionally, do not attempt to feed the sea turtles.
- Avoid the use of flashlights and other devices that emit white light, as this can distress the turtles.
- If you must take photos, they should be taken without flash. Cameras equipped with infrared lenses are preferred.
- Limit movements and sounds. Turtles are very easily startled and will return to the sea without laying their eggs if they sense any disturbance. You will be guided on where it's best to stand. If the turtles show any signs of distress, move away immediately.
- Allow hatchlings to emerge and proceed to the ocean on their own. Avoid touching or redirecting them unless it is an extreme case of imminent danger.
- Do not sit on the turtles or attempt to lift or touch them in any manner.
- Do not use beach furniture and stakes or bury items in the sand.
- A turtle watching permit is required.
- Do not drive or ride bicycles on the beach.

General Turtle Tours



Open to the Public
MAX NUMBER:
20 persons

COST:

National Rates

TT \$60.00 or US \$9.00 per adult

TT \$35.00 or US \$6.00 per child

Children 4 years and under are free

COST:

Non-National Rates

TT \$115.00 or US \$18.00 per adult

TT \$60.00 or US \$9.00 per child

Children 4 years and under are free

Partake in a wondrous adventure that leads you to bear witness to one of nature's most awe-inspiring spectacles!

Our experienced tour guides will capture your attention with fascinating details about the life-cycle of the Leatherback turtles and their epic migrations across the world's oceans.

Private Tours



MAX NUMBER:
6 persons



COST:

TT \$450.00 or

US \$67.00 per person

Our exclusive private tours are designed to give guests a more intimate experience on-site.

For early risers and photography enthusiasts, it also offers the chance to capture stunning images against the backdrop of the tranquil morning light.





High Density Tours



MAX NUMBER:
10 persons

**COST:
PER PERSON**
TT \$570.00 or
US \$85.00

**COST:
2 + PERSONS**
TT \$285.00 or
US \$45.00 per person

Our High-Density Tours are available from May to June, yearly.

Throughout the activity, participants will have the chance to actively contribute to data collection efforts by recording observations and assisting in the documentation of Leatherback turtle activity.

Tagging Tours



MAX NUMBER:
4 persons



COST:
TT \$340.00 or
US \$51.00 per person

This tour targets intermediate and advanced enthusiasts but more so, the hearts and hands of those who are keen on wildlife conservation, the marine sciences and empirical research.

It includes practical elements and serves as a hub for scientific exchange.

Under the supervision of our certified guides, visitors will assist staff and learn proper tagging techniques, to ensure the safety and well-being of the turtles.

Hatchling Tours



MAX NUMBER:
10 persons



COST:
TT \$570.00 or
US \$85.00 per person

Join our Hatchling Tours, exclusively available from July to September, annually.

Accompanied by our expert guides, you will venture to the nesting grounds in search of recently hatched nests.

Get up close and personal with the newly hatched turtles, as you assist in carefully collecting them from their nests.

Later in the afternoon, join us as we release the hatchlings into the ocean.





Hiking & Cultural Tours

EDUCATION AND ADVENTURE



Hiking Tips

Pre-Hike Preparation

1. Hydration (starts two (2) days before the hike)

- Begin hydrating at least 48 hours before the hike to prevent dehydration on the trail.
- Drink at least two (2) litres of water per day leading up to your hike.
- Avoid excessive caffeine or alcohol, as these can lead to dehydration.

2. Nutrition (starts the night before the hike – carb load!)

- Eat a balanced, carb-rich meal the night before to fuel your body.
Good options include:
 - Whole grain pasta or rice
 - Potatoes or sweet potatoes
 - Oatmeal or whole wheat bread
 - Lean proteins (chicken, fish, beans)Avoid heavy, greasy, or overly spicy foods that may cause discomfort.

3. Sleep and Rest

- Get a full night's sleep (7 to 9 hours) to ensure you are well-rested for the hike.

What to Pack - Always pack what you can comfortably carry.

1. Backpack Essentials

- **Water** (at least 2L per person) – a reusable water bottle or hydration pack is recommended.
- **Snacks for energy** – pack lightweight, nutritious foods such as:
 - Fresh fruits (bananas, apples, oranges)
 - Nuts, trail mix, or energy bars
 - Sandwiches (peanut butter, cheese, or turkey are great options)
 - As meals are included for you at the properties (with overnight stays), we are happy to prepare your selection (subject to seasonality and availability) of items for your hike.

- **Electrolytes** - consider carrying coconut water or sports drinks.
- **Sun protection** – hat and sunscreen.
- **Natural bug repellent** – to protect against mosquitoes and other insects.

2. Appropriate Clothing and Footwear

- Wear lightweight, moisture-wicking clothing (avoid cotton, as it retains moisture.)
- Avoid wearing dark clothing and highly fragranced body products (lotions, perfumes, oils, etc.)
- Wear sturdy, comfortable hiking shoes or boots with good grip.
- Bring extra socks in case of wet conditions, and gloves.

On the Trail: Hiking Tips

- Start slow and pace yourself – don't rush; take breaks when needed.
- Drink water regularly – sip water throughout the hike, even if you do not feel thirsty.
- Snack every 1-2 hours – keep energy levels up with small, nutritious snacks.
- Respect nature – stay on marked trails, don't litter, and avoid disturbing wildlife.
- Listen to your body – if you feel dizzy, weak, or unwell, stop and ask your guide for help.

After the Hike: Recovery Tips

- Rehydrate – drink plenty of water and replenish electrolytes
- Stretch and cool down – helps reduce muscle soreness
- Eat a protein-rich meal – aids in muscle recovery

By following these preparation tips, you will enjoy a safe and memorable hiking experience! If you have any questions, feel free to ask your guide before the hike.

Hiking Key:

- **Easy:** Suitable for every member of the family
- **Moderate:** Suitable for all physically fit people
- **Moderately Strenuous:** Long length, substantial elevation gain, and/or difficult terrain.
- **Strenuous:** Full day's hike over a long and often difficult route

Coast Tours



MAX NUMBER:
6 persons



TIME:
3 Hours

COST:
1-2 PERSONS

TT \$525.00 or
US \$79.00 per person

3 + PERSONS

TT \$375.00 or
US \$56.00 per person

Embark on an enriching Coast Tour from Toco to Matelot, where history comes alive. This captivating car journey allows you to delve into the vibrant history of nearby coastal villages and engage with local communities.

As you travel the scenic route from Toco to Matelot, with several stops along the way, your guides will regale you with fascinating tales and anecdotes that have shaped these coastal communities. From fishing villages to agricultural communities, each stop offers a glimpse into the unique cultural heritage of the region, providing a deeper understanding of its people.

Cocoa Tours



MAX NUMBER:
6 persons

COST:

TT \$120.00 or
US \$18.00 per person

Payment is to be made
directly to the
Cocoa tour facility.

On this immersive tour of the Grande Riviere Chocolate Company, you will discover the fascinating process behind one of the world's most beloved treats.

Indulge your senses as you witness the traditional yet fascinating bean-to-bar demonstration, and prepare to learn first-hand how cocoa beans are transformed into delectable chocolate.

From cultivation, harvesting and fermentation to drying, roasting and grinding, every step of the chocolate-making process will engage your attention.





Matura National Park Tours

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|  COST: TT \$375.00 or US \$55.00 per person |  MAX NUMBER: 4 persons |
|  DIFFICULTY: EASY  |  TIME: Flexible |

Matura National Park is a sanctuary of natural beauty and biodiversity. Recognised for its ecological significance, the park was designated an Environmentally Sensitive Area in 2004.

Home to a diverse array of Environmentally Sensitive Species, including the elusive Ocelot, the majestic Trinidad Piping-Guan (Pawi), and the delicate *Oncidium citrinum* orchid, Matura National Park is a haven for wildlife and flora alike.

Gorge Cave Hike

| | | | |
|--|--|---|---|
|  COST: 1 PERSON TT \$600.00 or US \$90.00 per person | 2 PERSONS TT \$1,000.00 or US \$150.00 | 3 PERSONS TT \$1,200.00 or US \$180.00 | 4 OR MORE PERSONS TT \$350.00 or US \$53.00 per person |
|  MAX NUMBER: 5 persons |  DIFFICULTY: MODERATELY STRENUOUS  |  TIME: 4 Hours | |

Experience the magic of nature on our immersive hiking tour suitable for ages 12 and up.

Revel in a brisk journey that proceeds up the river, climbing over rocks, passing magnificent trees and rock formations.



Nature Walk at Pawi Lodge

**COST:**

Adults
TT \$150.00 or US \$23.00
Kids 10 and under
TT \$75.00 for or US \$11.50

**MAX NUMBER:**

10 persons

**DIFFICULTY:****EASY****TIME:**

1.5 Hours

Start your morning with a guided tour through the picturesque grounds of Pawi Lodge. Explore the diverse flora and fauna that thrive on the property and surrounding estate.

As you wander through the serene landscape, keep an eye out for native wildlife, including the Trinidad Piping-guan or Pawi. This gentle walk offers a perfect introduction to the natural beauty of the area, making it an ideal experience for nature lovers of all ages.

Pawi Lodge Trails

**COST:**

Adults
TT \$200.00 or US \$30.00
Kids 10 and under
TT \$85.00 for or US \$13.00

**MAX NUMBER:**

10 persons

**DIFFICULTY:****EASY****TIME:**

1.5 Hours

Upon arrival at Pawi Lodge, embark on a scenic trail through an estate filled with fruit trees, including cocoa, and rich in history. This easy-to-moderate hike features gentle inclines and leads to a breathtaking river.

Take a refreshing dip in its crystal-clear waters before continuing along the shallow riverbanks towards the beachfront. Whether you're exploring the estate's heritage, enjoying the cool waters, or simply soaking in the natural surroundings, this trail promises an unforgettable outdoor adventure.



Matelot Waterfall



COST:
TT \$455.00 or
US \$70.00 per person



MAX NUMBER:
5 persons



DIFFICULTY:
MODERATE
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TIME:
2 Hours

Nestled at the final village on Trinidad's Northeastern coast, our journey leads to the breathtaking Matelot Waterfall.

The trip ventures upstream in the Matelot River to discover a hidden gem - a series of secluded basins with crystal-clear waters, inviting you to immerse yourself in nature's tranquility.

Homard Waterfall Tours



COST:
TT \$475.00 or
US \$70.00 per person

2 OR MORE PERSONS:
TT \$300.00 or
US \$45.00 per person



MAX NUMBER:
5 persons



DIFFICULTY:
MODERATE
●●●●●○○○○○



TIME:
2 Hours

Homard Waterfall sits on the Homard River, just on the outskirts of Grande Riviere. This hike takes you to the gracefully cascading waterfall, boasting a height of approximately 30 to 40 feet.

At its base lies a tranquil pool, inviting weary travellers to bathe in its clear, crisp waters, providing a refreshing respite.

Fednand Waterfall



COST:
TT \$225.00 or
US \$35.00 per person



MAX NUMBER:
5 persons



DIFFICULTY:
EASY
●●○○○○○○○○○○



TIME:
1.5 Hours

Join us on a delightful adventure to Fednand Waterfall. This picturesque journey promises an unforgettable experience for nature lovers of all ages.

The 45-minute walk leads you to the charming Fednand Waterfall, a small yet enchanting cascade standing at 10 to 15 feet tall.

Two Branch River



COST:
1 PERSON
TT \$250.00 or
US \$37.00 per person

2 OR MORE PERSONS
TT \$200.00 or
US \$30.00 per person



MAX NUMBER:
5 persons



DIFFICULTY:
MODERATE
●●●●○○○○○○○○



TIME:
1 Hour

Set about on a leisurely 30-minute walking journey from the Mt. Plaisir Estate Hotel to the nearby Two Branch River.

The short walk to reach this hidden gem leads you along a mostly pitched road, weaving through undulating hills adorned with lush foliage until you arrive at the banks of the river, greeted by its serene and captivating beauty.

**Camping and cook-outs can also be included in this tour.
Price is subject to group size and customised requests.**



Piping-Guan and Birding - The Montevideo Trace Tours

**COST:**

TT \$355.00 or
US \$50.00 per person

**MAX NUMBER:**

10 persons

**DIFFICULTY:****EASY****TIME:**

Flexible

The Piping-Guan (Pawi) is one of Trinidad's two endemic species and has been the focus of considerable local conservation efforts.

You will be invigorated by an early morning hike up Montevideo Trace to Pawi Lodge, where guests will observe the Piping-Guan having its first feeding within the nutmeg and citrus trees.

As the sun rises, the tour takes you further into the surrounding forest to find other species such as Woodpeckers, Kites and Trogons.

Shark River

**COST:**

• TT \$225.00 or
US \$35.00 per person
• TT \$375.00 or US \$60.00
per person (Meal Inclusive)

**MAX NUMBER:**

5 persons

**DIFFICULTY:****EASY****TIME:**

1 Hour

a 30-minute journey by car to Shark River, nestled between the charming villages of Grande Riviere and Matelot.

This idyllic destination offers a perfect escape for a relaxing day immersed in nature's embrace.





Paria Waterfall



COST:

TT \$3,000.00 or
US \$450.00 per group



MAX NUMBER:

7 persons



DIFFICULTY:

EASY



TIME:

8 Hours

Discover the secluded beauty of Paria Waterfall on this coastal excursion. Accessible by boat, the journey offers views of stacks, arches, caves, and other natural formations that adorn the coastline.

After docking at Paria Beach, embark on a short walk inland that leads to the Paria Waterfall which cascades over 10 feet of rocks into a plunge pool.

This excursion promises a remarkable adventure filled with stunning scenery and natural wonders.



Free Activities



Fishing on the beach



MAX NUMBER:
5 persons

Enjoy a relaxing fishing experience on the shores of Grande Riviere Beach. Our team provides the lines and bait, allowing you to cast your line and try your luck. Whether you're an experienced angler or just looking for a fun seaside activity, it's a great way to unwind by the water.

Snorkelling



MAX NUMBER:
5 persons

Explore the clear, inviting waters of Grande Riviere Beach with a snorkelling adventure just off the shore. Swim alongside fish, admire rock formations, and take in the beauty of the underwater world. Snorkelling equipment is available for guests to use.





Kayaking



MAX NUMBER:
5 persons

Paddle along the peaceful Grande Riviere River, surrounded by towering bamboo and lush greenery.

Glide through the calm waters, taking in the natural beauty and keeping an eye out for local wildlife along the riverbanks. Alternatively, head out to sea for stunning views of the coastline and rock formations.

We provide single and double kayaks, life jackets, and paddles, with equipment transported to your chosen launch spot.

Biking



MAX NUMBER:
2 persons

Enjoy the freedom of exploring Grande Riviere on two wheels with our complimentary biking experience, available exclusively to guests of Mt. Plaisir Estate Hotel.

Ride along the scenic coastal roads, take in the fresh sea breeze, and discover the charm of this quiet village at your own pace. It's the perfect way to unwind, stay active, and connect with the natural beauty that surrounds you.



HADCOEXPERIENCES

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