

5 ECO-RETREATS IN DOMINICA

Richard Hammond finds cool and comfortable yet clear-conscience accommodation on the Caribbean's nature island

1 THREE RIVERS ECOLODGE, ROSALIE

Back to nature

Crossing the eponymous three rivers to this wonderfully lush green patch of paradise is like a rite of passage. Within walking distance of the beach, natural pools and towering waterfalls, the hardest decision you'll have to make here is which type of accommodation to choose: string up a hammock, hide away in a treehouse or go for a more comfortable cabin.

Hard-working Jen is an ex-London cabbie who fell in love with the island on

a backpacking trip and has returned to build this award-winning eco-friendly enterprise, run entirely from hydro and solar power. The rooms are basic, clean and comfy, and there's a genuine community atmosphere: dine together around a large table and share transport to many of the island's fabulous natural attractions. If there's early evening rainfall, hundreds of fireflies twinkle like stars you can almost touch. Outstanding.

Rates: Doubles from US\$44 (£23). Full board costs an extra US\$40 (£21) pp.

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