



THE HIVE ADVENTURE

WELCOME & INFORMATION PACK





TABLE OF CONTENTS

About Cabrera

Best Beaches Around

Other local attractions

Getting Around

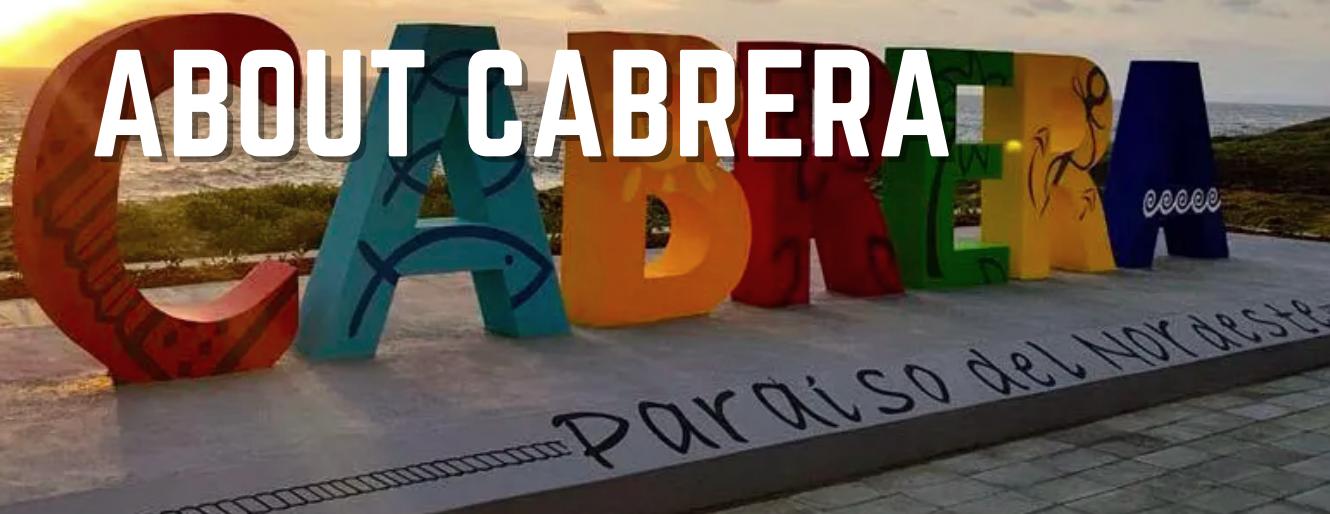
Food & Shopping

Eating & Restaurants

Accommodation

Seasonal Fruits

Frequently Asked Questions



Since The Hive is located in Cabrera, Dominican Republic, you will be joining us in a beautiful tropical area of golden sands, palm trees, and lush jungle.

Cabrera is a coastal town located on the north coast of the island in the province of María Trinidad Sánchez. It is located at the eastern end of the county's north coast, close by to the towns of Cabrera are the towns of Rio San Juan and Nagua.

Cabrera is one of the most beautiful places in the Dominican Republic. Located facing the Atlantic, Cabrera has one of the most beautiful beaches, rivers, exotic vegetation and many natural attractions.



There is so much to see and do around Cabrera. Rock climbing, hiking, paddle-boarding, surfing and, of course, breathtakingly beautiful scenery and beaches.

There are also amazing places to explore and eat - from roadside cafés to luxury dining!

Cabrera is also located just over an hour away from the coastal town of Cabarete which is known for its kite surfing, surfing culture, and nightlife!

BEST BEACHES AROUND



Playa Grande Beach

This is the best beach for an incredible lunch. Fried fish and typical Dominican sides (rice, fries, tostones, and salad). Lots of vendors sell great gifts, you can play in the sand and swim in the water and, it has lots of shade! (But please do be aware and careful of a small rip on the right side of this beach)

Playa Preciosa

This beach is in the same area as Playa Grande. A bit more secluded. No vendors in this area and the shade is very minimal. But this is where the fun surf waves are at.



Playa Breton

This national park is filled with nature and wildlife to observe. This is not a beach for sun-bathing, but if you prefer to be more active the beach is great for exploring and perhaps reading a book perched upon a rock.



Playa Entrada

Great swim beaches with calm waters. Along Entrada you can enter into different parts of the beach! The main area is part of a river mouth and is an awesome area for kids to splash around.

Playa Caleton

A little further towards Rio San Juan, this is where you can snorkel & take a boat trip. There are vendors, music and at weekends it is the party beach!

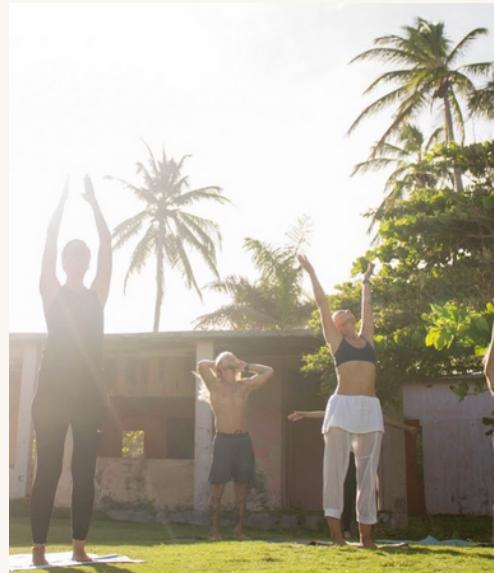
OTHER LOCAL ATTRACTIONS

If beaches aren't for you or you want to try something a little different there is still loads around!

There are also local tourist attractions such as Laguna El Dudu. Dudu is a beautiful lagoon with clear turquoise water surrounded by steep cliffs. You can swim, snorkel or free dive into refreshing clear waters. If you love adrenaline rush then try a zip line freefall from 10 meters. You may need to take a deep breath for this adventure.

For those who love to hike, there is a rainforest hiking trail in Cabrera up to Monumento Natural El Saltadero. This natural waterfall is certainly worth the hike as you can cool off in the fresh water and even use the natural clay as a face mask!

Another great recommendation is to hop on horseback and go for a stunning trail ride through the jungle with Carlito.

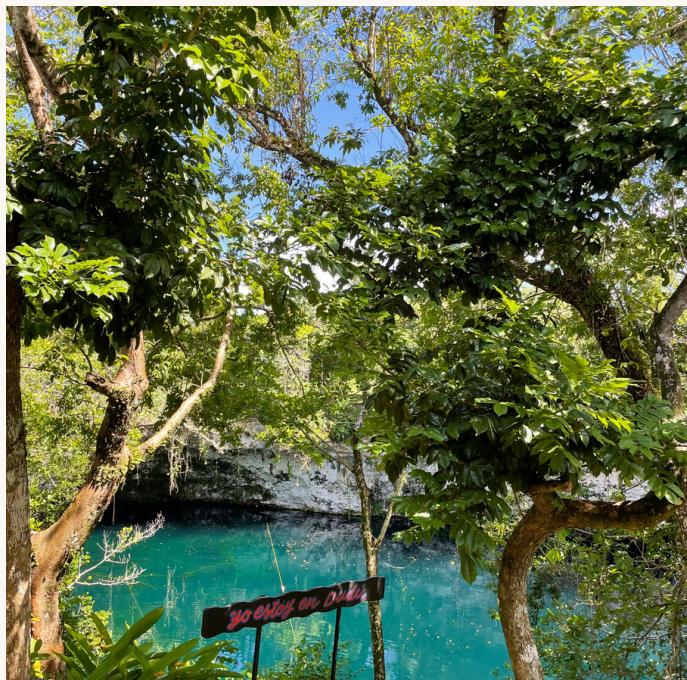


As well as lots of adventurous water-based activity, there are lots of more relaxing activities to do around Cabrera.

If you love yoga, there are excellent classes at the [Catalina Tropical Lodge](#) in the beautiful yoga shala that is surrounded by lush palm trees with a panoramic view of the ocean.

You can also have a massage on the beach and listen to the waves crash on the shore or have one of the excellent masseuse's come to where you are staying.

There are also workouts available with personal trainer Jason, you can follow him on Instagram @healthcoach_



GETTING AROUND

Arriving in the Dominican Republic

There are 3 airports you can fly into to get to Cabrera, but choosing which airport to travel to depends where you are travelling from.

Puerto Plata Airport (POP) ~ 1.5 hour drive to Cabrera

Santo Domingo (SDQ) ~ 2 hour drive to Cabrera

Santiago - Aeropuerto Internacional del Ciabo ~ 2.5-3 hours drive to Cabrera

We recommend Puerto Plata Airport, it is easy and fast.

However, Santo Domingo Airport is also easy, but is a bit longer of a drive.

Getting from the airport to Cabrera

If you aren't hiring a car, you can either get a taxi or public transport!

Ken is our friendly taxi service and is coordinating all the Hive School families' transfers from airports to Cabrera. You can WhatsApp him on +1 (829) 994- 5150 & tell him you're from Hive School so you get the discount. He speaks English and Spanish.

Traveling from Santo Domingo, you may catch a taxi to the Caribe Tours bus and take a bus from SD to Cabrera town. (The times are scheduled so this might be a bit tricky for your first time entering the country!) Again, Ken will help you with all that if you ask him.



Getting around town

- Rent a car (Gorkis will help you with car rental +1 (829) 629-9374, he is a local parent and speaks Spanish. But if you text in English, he will be able to translate for you. Again, tell him you're from Hive School and he'll help you find a car.)
- Motoconcho (Hop on the back of a moto and they will cruise you around, they will let you know how much. Incredibly cheap!)
- Guagua (Local vans drive around and you can hop in and out, they will let you know how much. Also, incredibly cheap!)
- Carrito (Smaller cars - a bit like an Uber but less formal because they often have many people in them...)
- Rent a driver (we can help you find someone willing to be your local driver while you are here, just let Gorkis know that's what you are looking for)

We will have a school bus that does a circuit every morning and afternoon collecting and dropping off children from Hive School. We expect there to be 4 collection/drop off points and will be able to finalise that soon, when we know how many of you there are and where you're all staying!

For longer distances try Caribe Tours - a big A/C bus that can take you to Santo Domingo! It has several other stops as well if you want to go explore the island. Costs 400 DOP to get to Santo Domingo from Cabrera!



FOOD & SHOPPING

If you're a Spanish speaker and happy to chat to the shop owner, then I can highly recommend shopping in the local 'colmados'. They have ham and butter and cheese and all sorts tucked away in fridges out of sight, you just have to ask and they will say "yes" or "no". It can be a bit of a lucky-dip scenario, so you have to be willing to take pot-luck. But it will save you a small fortune if you buy your staples locally, and it helps out local businesses. COVID times have been hard on us all! If it's something you know you're going to want regularly, ask and they will try and stock it for you!

- Supermercado Rebeca: This has the best selection of vegetables in town! The store is priced fairly and has all of your basic needs.
- Garcias: Great supermarket. Has more of those items you might be craving from home.

The best part about a lot of the grocery stores is that if they don't have what you are looking for, you can see if they can order it! OR you might want to drive to Sosua and check out Playero Supermarket. This is a little over an hour drive and has everything you may need.



Recommendations:

- Wash all fruit and vegetables thoroughly. (Vinegar water or baking soda and water are great methods to use)

How much are the shopping costs?

- Shopping costs truly depend on what you plan on buying. You can keep costs down by buying your local fruits and vegetables with the local stands. Most of the locals are incredibly reasonable with their prices. We are hoping to organise a market at the school once a week where we can all buy local, fresh produce and then get the guagua home.



EATING & RESTAURANTS

There are many comedors (local Dominican spots that will not appear online, so you will have to come and have a taste with us!) We have listed some of our favourites for you to get started and can't wait to find out which gems you discover while you're here!

Arturos Restaurant-Car Wash \$ +1 809-906-5303

Location: <https://goo.gl/maps/nMEfX3tsAWAAqgNQ7>

Burgers to Dominican plates. All of his food is great and reasonably priced. Closed on Wednesdays.

Mi Familia \$ +1809-269-2136

Location: <https://goo.gl/maps/QPExrnT7kBBrmZ5YD7>

More of your typical Dominican menu. Some favorites are the "Gordon Blue" and the empanadas.

Catalina Tropical Lodge \$\$ +1 (809) 977 2105

Email: hola@catalinatropicallodge.com

Location: <https://goo.gl/maps/ouw5SwCFBEEcGRtQ6>

A variety of healthy dishes for all. The chef is vegan and can chef up all sorts of options. It is a Caribbean fusion. Open for breakfast, lunch and dinner. Has the best view in town! Closed on Mondays.



Entre Amigos \$\$ +1 829-969-7044

Location:

<https://goo.gl/maps/FqaJDwldqpqxvpsDt9>

Italian restaurant in town. Delicious homemade pasta! Closed on Tuesdays.

Babonucous \$\$ +1829-338-8707

Location:

<https://goo.gl/maps/diEGXAnFbDqHSEDi9>

This is a hidden gem! Delicious Dominican food in a very Dominican home and neighborhood. This family is famous for their hand rolled cigars and food! Closed on Tuesdays.

Flor cafe (Cappuccino's) \$\$

Amazing dairy & garden centre which serves great coffee in a beautiful 'vivero'. You can get home-made greek yoghurt with fresh fruit, french toast and use their wifi & charging stations for your Zoom calls.

ACCOMMODATION

There is some absolutely fantastic in and around Cabrera. Whether you are on a budget or looking for something a bit fancier, there is something for everyone!

For those travelling on a smaller budget, we recommend [Hotel El Faro](#) – a lovely little hotel with a variety of room sizes and options with a public pool, only minutes from The Hive and surrounding beaches!

If you are coming to The Hive only for a short time and want a bit more luxury, we highly recommend [Hotel Catalina Tropical Lodge](#) – a stunning paradise escape with a shared pool, restaurant (breakfast, lunch & dinner), and a yoga shala.

If you are staying in Cabrera for longer you can also rent one of the [Catalina Condos](#) – which range in size and rental cost.

If you have a higher budget there are plenty of villas available to rent – you can check them out [here](#).



Most of you will already know Ryann or Sebastian, but if you decide you want to move from where you are or join one of the housing communities, let them know and they'll do their best to help you find your perfect location.

Ryann: <http://www.underthesundr.com/Hive-School>

Sebastian: <https://drcoastalproperties.com/>

We do recommend not using Airbnb because rates can be subject to change and you may end up paying more than you bargained for!



Please note that for some of our programmes, such as the 18+ Changemaker Camp, accommodation is included. Please check your individual programme before booking anything to check what is included.

FRUITS TO LOOK FORWARD TO DURING THE CAMPS

Guavas: October- February

Guanábana: October- February

Tamarindo: November- March

Coffee: November- March

Chinola/ Passion fruit: All year long

Golden apple: August- January

Lemon: all year long

Orange: all year long

Jagua: October- February

Coconut: All year long

Candongo: November- March

Mangoes: March- July

Avocado: August- December

Caribeña almond: All year long

Cacao: November- June

Caimito: December - March

Guama: October – December

Guapan: August – December

Mamon: February – July

FREQUENTLY ASKED QUESTIONS

IS THERE A SIBLING DISCOUNT?

No, we do not offer sibling discounts. Each family must purchase one Hive Classics package per child. All other offerings are optional and the price displayed is per person.

WHEN AND HOW DO I PAY?

When you click 'Register Now' you will be taken to a Google Form where you will register your interest, let us know a bit about your family, and what package you are choosing. We will then email you an invoice and any extra information you may need. You can then pay any time from registering to up to 6 weeks before your chosen dates.

You can either choose to pay with Stripe, which is our recommended payment method. Alternatively, you can also make a bank transfer.

WHAT DO WE DO ABOUT BANKING?

It's a mostly cash town. The two big supermarkets take cards, and Garcia's has an ATM that will let you get 10,000 DOP in one go, but it doesn't always have cash so it's a good idea to bring a little with you until you get your bearings.

Top Tip: If you think you might want to stay longer, you need to open a bank account before your visa expires.

IS THE DOM REP SAFE?

Our part of the island is very safe. However, always keep in mind that you are traveling and to be mindful of your surroundings. In the Cabrera area the local people are super friendly and used to 'worldschoolers' dropping in to town.

ARE VACCINES A REQUIREMENT?

There are no required vaccinations in order to enter the Dominican Republic. There are optional vaccines that some healthcare providers recommend, but that is a personal choice for you and your family whether you want to get any before coming.

If you have any further questions please email sophie@thehumanhive.org