



Honduras Discovery - Honduras

Inclusions:

- All accommodation (comfortable local hotels) on a bed and breakfast twinshare basis, including local taxes
- Garifuna dinner on one day and lunches on 5 days.
- Services of an English-speaking guide throughout
- All activities and excursions and entrance fees
- All transfers and transportation

Exclusions:

- International flights and taxes
- Lunch and dinner except where mentioned
- Personal spending money
- Tips and gratuities
- Travel insurance

Unique holiday features

- The dazzling ruins of Copan, one of the most beautiful Mayan sites in Central America
- The wonderful warmth and culture of the Garifuna villagers
- Colourful wildlife at every turn
- Roatan for beach and water activities

Extensions available?

- Tailormade on request to La Mosquiita

Min/Max passenger nos.:	2 to 12
Local departure dates and city of departure:	San Pedro Sula – This tour is best carried out, for this region, between the months of February and September and can be run with a min of 2 people. We have the following group departure dates:- Feb 6 th – 18 th 2011 July 17 th – 29 th 2011
Total local duration: <i>(excl. Travel to/from destination)</i>	13 Days
Climate Care supp. per person: <i>(optional)</i>	£20
Grade:	Moderate
Land Only Price per person from:	£1295

Description

Lost Mayan temples, towering waterfalls, dazzling Caribbean beaches, deep jungle waterways, little-known tribal communities and an outstanding array of wildlife - Honduras, as Central America's newest eco-destination, has it all. If you already know Costa Rica, or are looking for an authentic Central American experience, you will not be disappointed by Honduras. This journey offers both excitement and relaxation, and a sense of true adventure, as you pass through the different forest habitats of this amazing country, and marvel at the abundant cultural and natural richness



This journey of many highlights starts with two days exploring Copan, probably the most important and certainly one of the most beautiful and artistically advanced of all the Mayan sites. Copan's importance lies in its vast number of hieroglyphic texts. For its relatively small size, the amount of inscribed materials at Copan, nearly all on large stone altars, is truly astounding, suggesting that the elite culture of this ancient kingdom was particularly interested in a literate culture. These texts played a significant role in the efforts to break the Maya code, revealing surprising information about the rituals and reigns of kings over a four hundred year period.

From Copan, it's off to Celaque, Honduras's highest mountain at 2,849 meters, with its magnificent high-plateau cloud forest. This is truly primeval forest - towering trees covered with vines, ferns, and moss forming a dense canopy completely blocking out the sun, with very little undergrowth between the trees, and fantastic flora and fauna. Keep an eye out for quetzals, trogons, toucans, hawks, or any of the other 150 bird species identified in the park, as well as for rarer mountain mammals such as jaguars, armadillos and tapir. Then it's down to the coast, travelling through more beautiful scenery and stopping at remote waterfalls, before arriving at the Caribbean port of Tela, our base for the next four nights. From Tela, we search out howler monkeys and hummingbirds, snorkel in the turquoise waters of a coral reef, kick back and relax in true Caribbean-style on the beach of Cocalito, enjoying a typical lunch of fresh fish, plantains and fried rice and beans, prepared with coconut milk.

Another day is spent kayaking through the mangrove channels of Punta Izopo, where the butterflies have to be seen to be believed. A third day takes us to a lagoon where over 350 species of birds have been sighted, and where we can meet with Garifuna villagers. The Garifunas, a coastal fishing community, originally African in origin, traditionally live in thatched huts and their dances and food are something not to be missed.

Then it's a short drive down the coast to La Ceiba, jumping-off point for the virgin white beaches of Cayos Cochinos, a marine reserve consisting of a small archipelago of coral cays where the snorkelling is superlative and where we can swim with wild dolphins. A day is also spent exploring nearby Cuero y Salado Wildlife Refuge, where there are manatees, alligators and a variety of monkeys.

The final part of this wonderful experience is a few days relaxation on the paradise Caribbean island of Roatan. Roatan is the largest of the bay islands in the Caribbean. It is home to pristine white sandy beaches, stunning tropical jungle and a diverse and unique reef system.



Day-by-Day Itinerary

- Day 1 Arrive San Pedro Sula and transfer to Mayan Ruins of Copan, overnight at the Casa de Cafe for two nights.
- Day 2 Guided tour of Copan and Sculpture Museum.
- Day 3 Trek to Ruby waterfall, before an afternoon drive to Santa Rosa de Copan, staying at the Hotel Elvir for two nights.
- Day 4 Early departure to the cloud forest of Celaque National Park for 4-5 hrs trekking, in afternoon visit Lenca village of La Campa.
- Day 5 Visit Pulhapanzak waterfall and lunch at Lake Yojoa, in afternoon transfer to Tela, staying at the Hotel Mayavista for the next four nights. In the evening, enjoy a Garifuna dinner and dancing.
- Day 6 Boat tour to Punta Sal National Park.
- Day 7 Kayak trip to Punta Izopo, Rio Platano, beach picnic and Garifuna village.

- Day 8 4 x 4 to village of Miami then by boat to Los Micos Lagoon.
- Day 9 Transfer to La Ceiba for the boat trip to Cayos Cochinos, before returning to La Ceiba for two nights at a local hotel.
- Day 10 Visit manatee wildlife refuge of Cuero y Salado. In the afternoon we take the ferry to Roatan (1hr) and transfer to the Pura Vida Resort for the next 3 nights
- Day 11/12 Roatan is the largest of the bay islands in the Caribbean. It is home to pristine white sandy beaches, stunning tropical jungle and a diverse and unique reef system. The next two days will be at your leisure to explore this beautiful island above and below the water.
- Day 13 Today we catch the ferry back to La Ceiba and transfer to San Pedro Airport for your flight home



Key information

Trip Comments and Style:

This adventure is physically a relatively undemanding introduction to the natural splendours of Honduras. The various activities, such as kayaking, rafting and trekking, are all within the capabilities of most people and do not require special skills, as expert assistance will be on hand. There are also plenty of opportunities for relaxation and wildlife watching. The trip is fully escorted by English speaking local guides and makes the most of local accommodation where possible.

Food:

Mix of local and western food, with plenty of occasions to sample local dishes.

Joining Details:

Your final instructions and any relevant tickets will be sent to you approximately 4 weeks before date of travel, after full payment has been received.

International Flights:

We can help you organise and book your flights if departing from the UK, if you have not already done so. Please contact us for information and a quote.

Kit List:

A kit list relevant to each trip can be sent to you upon payment of your deposit at your request, otherwise a copy will be sent with your final documents approximately 4 weeks before date of travel.

Insurance:

Travel and medical insurance is compulsory for this trip, and it is highly recommended to include emergency air evacuation as standard. Travelling without insurance can result in extremely high medical or repatriation charges in the event of an accident; check your policy inclusions and exclusions carefully.

Passport and Visa information:

It is your responsibility to ensure that your passport has a minimum of 6 months validity at the date of your return from travel and that your visa requirements are met. If you would like some advice on where to find up to date information for each country's entry requirements and how to organise your visas, please do not hesitate to contact us.

Immunisation:

Required vaccinations and health risks can vary greatly from country to country and region to region. It is strongly recommended that you arrange a visit to your GP, or ideally a specialist travel clinic, prior to your trip. Although we are happy to point you in the right direction for your inoculations, we are unfortunately not qualified to advise you on specific medical requirements. Taking along a copy of your itinerary can be helpful for doctors to identify the areas you may visit.