JOURNEY
LATIN AMERICA



PRIVATE JOURNEYS WITH JOURNEY LATIN

ACTIVE BELIZE: JUNGLE AND REEF ADVENTURE

11 days from **£3,750pp**

BELIZE / MAYA MOUNTAINS AND JUNGLE / CARIBBEAN CAYES AND COAST



WITH OVER 40 YEARS EXPERIENCE, NO-ONE KNOWS LATIN AMERICA LIKE WE DO

EXPERIENCE SOMETHING EXTRAORDINARY

WHY US

We are the UK's No.1 specialist in travel to Latin America and have been creating award-winning holidays to every corner of the region for over four decades; we pride ourselves on being the most knowledgeable people there are when it comes to travel to Central and South America and passionate about it too.

OUR JOURNEY

As our name suggests, we are single-minded about Latin America. This is what sets us apart from other travel companies – and what allows us to offer you not just a holiday but the opportunity to experience something extraordinary on inspiring journeys throughout Mexico, Central and South America.

WE LOVE LATIN AMERICA

- A passion for the region runs through all we do
- All our Consultants have lived or travelled extensively in Latin America
- Up-to-the-minute knowledge underpinned by 40 years' experience

TRAVEL WITH CONFIDENCE

- Fully bonded and licensed
- ATOL-protected
- On your side when it matters
- Book with confidence, knowing every penny is secure

THE REAL LATIN AMERICA

- Our insider knowledge helps you go beyond the guidebooks
- We hand-pick hotels with character and the most rewarding excursions
- Let us show you the Latin America we know and love

OVERVIEW & OUTLINE ITINERARY

This exhilarating action-packed holiday in Belize offers no-holds-barred activities for seekers of soft adventure and more challenging experiences alike - along with time to lie back and relax.

DAY 1	**Arrive in Belize City, transfer to your lodge in the interior.**
DAY 2	**Visit the Actun Tunichil Muknal caves.**
DAY 3	**Travel to Rainforest Lodge.**
DAYS 4-5	**Activities at the lodge.**
DAY 6	**By road to the coast, glamping on a coral atoll.**
DAYS 7-8	**Water-based activities from the camp.**
DAY 9	**Return to Dangriga and onwards to Parrot Cove.**
DAY 10	**At leisure at the resort**
DAY 11	**Transfer to Belize City airport**

ITINERARY

Belize is fast becoming THE place to go for outdoor adventures in an exotic setting. Ever since independence, the availability of exciting new outdoor activities has mushroomed alongside the opening of jungle and coastal lodges of all standards – so, in this tiny country, the choice for lovers of nature and outdoor challenges is huge.

We're thrilled to introduce a holiday showcasing four of our favourite properties - a lodge at the foot of the Mayan mountain range, a rainforest resort, a coastal glamping site and a beachfront hotel - which between them offer hiking and rappelling, cycling, kayaking, stand-up paddling and snorkelling, as well as cultural experiences in the surrounding region. But you don't have to do it all, by any means; you can choose softer, relaxing options on site such as bird watching, manatee spotting of even just sunbathing. The combination of the locations, the friendly and professionally-run properties and the range of activities brings together the elements for a really fun and exhilarating outdoor holiday.

DAY 1

Arrive in Belize City, transfer to your lodge in the interior.



The scenic drive to the lodge Pook's Hill – set at the foot of the Mayan mountains in Cayo District – takes about two hours. This is a tightly forested region of profuse biodiversity populated by a multitude of bird, mammal and foliage species and sheltering the vestiges of Mayan temples. The misty mornings and ancient trees strangled by vines create a magical atmosphere enhanced by secret caves and shimmering streams.

DAY 2

Visit the Actun Tunichil Muknal caves.



Prepare for a real Indiana Jones adventure on this excursion into an extraordinary Mayan ceremonial cave, the 5km long Actun Tunichil Muknal. It's more than evocative of the bloodletting traditions of the Mayans: you'll actually come across gruesome skeletal remains. You'll see where the Mayans have manipulated cave formations to create the faces of men and animals, project shadows or serve as makeshift altars.

It's not all history and death though: bats flit around and tropical fish inhabit the waters. It is quite a challenging exploit: you have to swim under the arch of the cave's sweltering roof, climb over slippery rocks and spend hours in the dark. But it is a truly unique experience which you are unlikely to forget in a hurry.

DAY 3

Travel to Rainforest Lodge.



Mayflower Bocawina National Park, in the southern district of Stann Creek, hosts a carpet of lush jungle, waterfalls cascading over foliage-fringed rocky cliffs and the remains of settlements of the Mayan empire: temples, ceremonial sites and residences. Set in a natural bowl fringed by the Mayan mountains it feels remote, but is in fact only an hour or so's drive from some of the county's major towns. Living and thriving in the rainforest are an estimated 238 species of birds; troops of black howler monkeys lurk in the canopy while beneath there are walking trails to explore.

DAYS 4-5

Activities at the lodge.



During your stay at the lodge you can take part in a variety of activities and excursions. Choose from the guided Bocawina Rainforest trail hike, or, if you are up for thrills, ride the longest rainforest canopy zipline in Central America, with a birds' eye view over the forest. It takes up to two hours to complete the zip which is four km long, has 14 platforms and nine different runs. Not only is it long, offering you the opportunity thoroughly to get absorbed in the experience and spot birds and mammals high up in the branches, but you can also opt to ride the line at night…with a head torch. This is a rare chance to experience the canopy under the cover of darkness, which has a completely different feel to the daytime adventure: you may spot owls, howler monkeys and bats.

You could also choose to take a two hour walk through humid jungley vegetation to Antelope Falls. It's a bit hilly, but satisfying for that. Upon arrival you will enjoy views over the rainforest to the Caribbean Sea beyond. For the intrepid, there's the option to slowly rappel a staggering 75m down the rock-face of the waterfall to a pool of cool clear water at the bottom – a dip here will be most welcome.

Other options include a visit to the Cockscomb Basin Jaguar Reserve to explore the trails which call at spectacular waterfalls with mountain views, and have great bird-spotting opportunities. Budding historians will be attracted by the chance to visit Mayan archaeological ruins while those of you more interested in contemporary indigenous culture may visit a spice farm and see how local communities source the resources of the jungle in their daily lives for medicine, furniture and jewellery making.

Some of these options have an extra charge, paid locally.

DAY 6

By road to the coast, glamping on a coral atoll.



It's a drive of only about 30 minutes from the mountain fringe down to the Garifuna village of Dangriga on the Caribbean coast. From there you'll embark on a one and a half hour' boat ride to Glover's Reef Atoll and a protected marine park. It consists of an elliptically shaped reef measuring 32 by 11km, situated around 64km offshore. You'll be staying at a unique safari-style camp there, right on the water's edge, stepping out of your furnished tent onto pearl-white sands – magical.

DAYS 7-8

Water-based activities from the camp.



The camp is perfect for active families and couples of mixed abilities, offering flexibility and choices in daily guided activities, so that you and your travelling companions can do things together or separately. You can choose between kayaking in the mangroves, stand-up paddling on the surface of super-calm waters (or choppier seas depending on the weather), or snorkelling in the warm, glass-clear lagoon – in places it is less than a couple of metres deep, making the abundant marine life really accessible: view a plethora of dazzling tropical fish, eels and turtles, all thriving among the live coral.

It's a very relaxed place: the activities offered on any day will depend on the weather and guests' interests. There's so much to do (though not all activities are always available, check with us): sunrise yoga, fishing and kayak sailing. You'll have professional briefings and training on the activities: all of which are guided by skilled specialists in their field: among them are naturalists, fishermen, marine biologists and experienced kayakers.

DAY 9

Return to Dangriga and onwards to Parrot Cove.



Upon arrival by boat back at Dangriga you will proceed to Hopkins, a sunny low-rise village sprawling along the Caribbean coast with flour-white, palm-flecked beaches stroked by turquoise seas. It's regarded by many as the capital of the country's Afro-Caribbean Garifuna culture, and is as laid-back and informal as you might expect. It is a good spot to view manatees near the mouth of the river or in the sea early in the early morning.

DAY 10

At leisure at the resort

It's your last day: situated right on the sands, Parrot Cove is a truly low-key beach resort: kayaks and paddle boards are available as well as bikes and there is a long list of activities and excursions to choose from, but you may be tempted just to swing to and from in a hammock or laze around the intimate outdoor swimming pool.



DAY 11

Transfer to Belize City airport

It's a 3 hour drive back to Belize City, where we'll drop you off at the airport.

INCLUDED EXCURSIONS

- Guided excursion to ATM caves
- Water based activities are included at Glover's Reef
- Waterfall hikes, abseiling and ziplining at Bocawina Rainforest

ESSENTIALS

4 road journeys (longest 3.5hrs). 2 boat journeys (1.5 hours each)

For this holiday we have chosen quality, traditional Belizean style, thatched jungle lodges which blend into the natural environment with bird- and exotic foliage-filled grounds, a glamping-style tent camp and a small, friendly beach hotel with an excellent restaurant. All have plenty of adventurous activities and excursions from waterfall abseiling and ziplining to sea kayaking and snorkelling.

Breakfast daily, lunch day 2 (ATM Caves) with full board at Bocawina Rainforest Resort (3-6) and Glover's Reef Baseamp (6-9) (the latter includes some alcoholic drinks)

11 days, 10 nights: San Ignacio 2, Mayflower Bocawina National Park 3 , Glover's Reef 3, Hopkins Bay 2.

TRIP SUITABILITY

This is an active trip which falls between soft adventure and challenging activity. There are no long days of travel on this trip but there are kayaking trips that can last half a day. This holiday is suitable for active adventure enthusiasts, couples; friends; single people; families. Please check that your travel insurance policy covers you for any activities you intend to take part in.

If you have a disability or special requirements, please call us.

We carefully select our local partners, some of whom we have worked with for over 30 years. Their English-speaking guides understand the expectations of our clients very well, and are consistently singled out for praise by clients on their return.

The best weather conditions are during the dry season late November to May which is when the trip will operate. It can be cool in the highlands in winter, while the jungle areas are hot and humid all year round. There's a low risk of tropical storms or hurricanes from June to November.

We will give you a proper check list but bring plenty of light, loose and preferably cotton clothing and quick drying, breathable sports clothes. Good quality, comfortable walking shoes, sports sandals and trainers are appropriate. Recommended kit includes aqua or kayaking shoes, a dry bag, a wide brimmed hat, quick drying towel, a light sports bag, sunglasses, insect repellent, sun cream and binoculars. A portable power bank for your phone is always very handy although you will be able to charge at all destinations. Bring a good water bottle.

The unit of currency in Belize is the Belize dollar which is fixed at 2 to 1 US dollar .(US dollars also accepted).

Cash machines are available Belize City and Dangriga so taking a debit or credit card with a PIN number is the most convenient way of withdrawing money while on your trip. However, since cards can get lost, damaged, withheld or blocked, you should not rely exclusively on a card to access funds. We recommend that additionally you take a reasonable quantity of US dollars cash (no more than is covered by your insurance), which you can exchange into local currency, Dollar bills should be in good condition, soiled or torn bills may be refused.

For the majority of your trip, meals and excursions/activities are included. For other expenses a budget of around US$50 per day should cover the cost of meals not included in the holiday itinerary, drinks and the odd souvenir.

Tips are welcomed and local guides often rely on their tip as a significant proportion of their income.

Most service industry workers will expect a tip of some kind and so it is useful to have spare change for hotel porters, taxi drivers and the like. It is common to leave 10 – 12% in restaurants.

Travel insurance is essential.

IT IS IMPORTANT TO CHECK THAT YOUR INSURANCE COMPANY WILL COVER YOU FOR ALL THE ACTIVITIES ON OFFER INCLUDING ABSEILING.

Details of our recommended policy can be found on our Travel Insurance page.

There is an international departure tax of $55 to be paid but most scheduled airlines will include it. There's also a security tax of about $5 and a small conservation charge.

Preventative vaccinations are recommended against the following: polio; tetanus; hepatitis A. You should consult your GP for specific requirements, including advice on yellow fever and malaria tablets. For specific requirements you must consult your GP.

You can also find helpful information on the Masta Travel Health website.

Holders of a full British passport do not require a visa, although passports must be valid for at least 6 months after the trip begins. Anyone with a different nationality should enquire with us or check with the relevant consulate.

If flying to the US, or via the US you will need to fill in your online ESTA application.

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GET IN TOUCH WITH US...

Our friendly, knowledgeable team of travel experts are always happy to chat about holiday ideas and share helpful advice. Give us a call today and begin planning your perfect trip to Latin America.

0208 747 8315

OPENING HOURS

Monday – Friday: 9am – 6pm
Saturday & Sunday: Closed

SEND US AN EMAIL

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