

# EXPLORE!

## TRIP NOTES



### Family Belize Adventure (FBZ 2018)



TRIP DURATION  
**14**  
DAYS



**Tour Style:** Classic  
**Tour Pace:** Full On

**Tour Type:** Small Groups  
**Accommodation**  
**Grade:** Standard

**Trip Code:** FBZ

#### Trip Highlights - Family Belize Adventure

- ✓ Wildlife - Opportunities to see howler monkeys, spider monkeys, toucans, parrots, crocodiles and much more in the tropical forests
- ✓ Crooked Tree Wildlife Sanctuary - Spot the many types of birds on a boat trip through Crooked Tree Lagoon wetland habitat
- ✓ Jaguar Sanctuary - Stay in a jungle lodge in the Cockscomb Basin Jaguar Sanctuary, a rainforest reserve.
- ✓ Mayan sites - Visit the ancient temples of Xunantunich, and journey by boat through the jungle along New River to the site of Lamanai.
- ✓ Mesoamerican Barrier Reef - Experience Caribbean island life. Opportunities to snorkel over the corals of the longest barrier reef in the western hemisphere

#### Trip Essentials

**Accommodation:** 9 nights Standard Hotel  
2 nights Simple Lodge

**Included Meals:** 10 breakfasts, 4 lunches, 6 dinners

**Start Point:** Join trip: Belize City

**End Point:** Trip ends: Belize City harbour

**Transport:** Bus, Boat

**Countries:** Belize

**Minimum Age:** From 7 years

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## Family Belizean Adventures

Belize is home to very diverse cultures, an array of exciting wildlife and numerous animals that inhabit its rainforests and seas. Experience the historic and living culture of the Maya as we travel through jungles to discover ancient pyramids and visit local markets. On the Caribbean Island of Caye Caulker, we have the opportunity to relax and snorkel with a wide variety of marine life including stingrays and turtles on the largest barrier reef in the western hemisphere.

### TRIPLE ROOMS

This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

### Why Book this trip

This adventure is for families who want an unusual family destination that is easy to travel around and is relatively untouched by mass tourism and allows for included visits to Mayan sites, walks in lagoons, viewing wildlife in sanctuary's and reserves, stays in jungle lodges and time at the end to relax by a barrier reef. An adventure with a difference and a time that will be remembered....

### Suitability

We've given each of our tours a comfort rating and a tour pace, walking or cycling grade to give you a general idea about the level of activity on each tour and the standard of accommodation you will be staying in at the end of your day's adventure.

Often you'll stay in different styles of accommodation during your tour; so we make an average rating across the entire tour. For more information on where you'll stay each night, please refer to the day by day tour itinerary.

### Accommodation Grade: Standard

Our mid-range accommodation offers a good level of service often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en-suite facilities.

### Tour Style: Classic

Packed with adventure, these tours offer inspiring destinations and authentic travel experiences at a reasonable price. Using all kinds of transport and accommodation, we'll take you off the beaten track to discover the true heart of the people and places you visit.

### Tour Pace: Full On

These fast paced tours move on quickly from place to place and with lots of early starts and long busy days, they're packed with experiences.

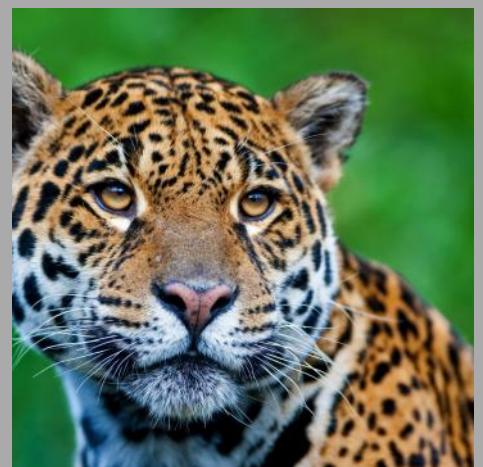
## Your trip itinerary

### Tour itinerary notes

While our intention is to adhere to the day-by-day itinerary as printed below, a degree of flexibility is built in. Overnight stops may vary from those suggested.

### Your Tour Leader

A Tour Leader is an integral part of any Explore tour and your tour will be led by one of our experienced Tour Leaders who have been handpicked and expertly trained. We believe that our Tour Leaders are the key to the success of our tours; they are passionate travellers who are bursting with first-hand local knowledge which they love to share. Your Tour Leader will also take care of all the planning and organisation throughout your journey. Their passionate approach will make this tour fun and inspiring, bringing the destination to life whether you're travelling alone or with others.



## DAY 1 Arrive Belize City

Land only clients arrive to Belize City and check-in at hotel. Belize City was the capital of Belize until 1970 at which time it moved to Belmopan and is a typical Caribbean town. Parts of the town are still largely built of wood and galvanised iron, with many of the original colonial style houses in an elegant state of disrepair. There is also a canal system through the old part of town and a hand cranked colonial swing bridge that spans the Haulover creek separating the north and south side of the city from where the local lobster fishing boats and canoes depart. Creole English is widely spoken. Clients on the group flight from London will spend this first night in the United States, usually in Miami.

Overnight: **Standard Hotel**



**Included Meals:** None

## DAY 2 Visit Community Baboon Sanctuary. Drive to Crooked Tree Wildlife Sanctuary

This morning is free in Belize City. We then drive along the coastal road to pick up the people joining from London at the international airport, before stopping at the Community Baboon Sanctuary. Here we have a chance of up close encounters with the world's second loudest land mammal - the Yucatecan black howler monkeys in their natural habitat and we learn about the close relationship these animals have with local people who benefit from their protection - confusingly the local people call the monkeys 'baboons'. Later in the afternoon, we arrive at Crooked Tree Wildlife Sanctuary, an important wetland habitat where we settle down for two nights enjoying the hospitality of our local hosts on the shores of the Crooked Tree Lagoon. If the weather is fine we may take a sunset cruise on the lagoon in search of Green Iguanas and countless birds.

Overnight: **Standard Hotel**



**Included Meals:** Breakfast, Dinner

## DAY 3 Boat trip to jungle Mayan site of Lamanai

If we failed to do the sunset cruise yesterday we can rise early this morning to explore the lagoon by boat if we were unable to the day before. In this birdwatchers paradise we may spot wood stork, boat-billed heron, vultures, kingfishers, grebes, hawks, snail kites, jacanas and, perhaps most notable of all, the rare jabiru - the largest flying bird in the hemisphere with a wingspan of up to 4 metres. We return to the lodge for breakfast and then set off by vehicle to the New River and Tower Hill bridge for the boat ride upstream to the 2000 year old jungle ruins of Lamanai. Water birds are abundant in the ancient rainforest cover and freshwater crocodiles may be spotted lurking along the river bank. Lamanai, the original name of these Maya ruins, means 'Submerged Crocodile', which helps to explain the numerous carved crocodile representations at the site. The ruins are only partially cleared, most of the structures are still consumed by the surrounding rainforest with its thick canopy of huge trees, the humid atmosphere adds an aura of mystery to the scattered and overgrown relics. There is some evidence that the Maya practised human sacrifice here.

Overnight: **Standard Hotel**



**Included Meals:** Breakfast, Lunch, Dinner

## DAY 4 Walk trails around Crooked Tree and lagoon. Visit Belize Zoo. Drive to San Ignacio

This morning we can explore Crooked Tree village further, walking some of the lagoon and village trails. This was one of the first settlements the British made in the area in the early 17th century. Testimony to this is the many Scottish titles and surnames that still exist! The extraction of logwood for textile dyes is what brought the original settlers here and we can still see the logwood tree growing commonly along the shores today. After breakfast we leave by bus and travel west via the Belize Zoo, home to many of the regions exotic animals. The Zoo is a rescue centre for sick and injured as well as illegally confiscated animals. It is a wonderful opportunity to get up close to many of the forest's more elusive animals and learn about their behavior and habitat. We then continue on to San Ignacio, a traditional Belizean town and an ideal place to base ourselves for the next couple of days. Straddling the Macal River which was once a critical transportation artery for the Maya and later the European settlers, it is now a centre for visiting ancient Mayan sites, caves and canoeing which are all on offer from this scenic town surrounded by jungle.

Overnight: **Standard Hotel**

**Swimming Pool Available** 



**Included Meals:** Breakfast

## DAY 5 In San Ignacio; visit to Xunantunich

Today we make a visit to the great classical Maya site of Xunantunich, Mayan for 'Rock Stone Maiden'. We travel the short distance to the area by bus, then cross the River Macal by traditional hand-winchered ferry to arrive at the site. Occupied until about 850 AD, the main plaza is dominated by an awesome structure called El Castillo - a massive pyramid which rises to 40 metres. On the top is a partially restored stucco frieze representing the Sun God and astronomical signs of the Moon and Venus. The superb view from the summit looks out over the forest with the Maya mountains to the south and the lowlands of Guatemala to the west. The afternoon is free to explore the local area, including the Mayan underworld on an optional cave canoeing adventure.



Overnight: **Standard Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast

**DAY 6** Free day with optional tours around the area including Tikal, a UNESCO World Herital Site

San Ignacio is at the heart of Belize's (small) inland tourism and offers many different activities. Today you can choose from several different optional tours in the surrounding area. The UNESCO World Heritage Site of Tikal just over the border in Guatemala is one of those options. Set in one of the America's greatest forest reserves known as "The Maya Biosphere", Tikal and the surrounding forest are also home to many endangered animal species that are often seen here, living amongst one of the most impressive archaeological sites in the world. Abandoned in the 10th century and rediscovered 900 years later, this huge site lies amongst an example of more than 1000 years of undisturbed tropical forest regrowth. Other optional tours include a visit to the archaeological site of Cahal Pech or a trip through the Mountain Pine Ridge area includes stops at beautiful waterfalls and pools for swimming as well as informative walks through the jungle. You may wish to visit the Belize botanical gardens and jungle lodge where we can tour the gardens, lunch, and then paddle back to San Ignacio along the Macal river, rich in birdlife, butterflies and iguanas


Overnight: **Standard Hotel**

**Swimming Pool Available** 

 **Included Meals:** Breakfast


**DAY 7** Travel to the Blue Hole National Park and Green Valley Project Organic Farm, boat to Tobacco Cave.

Today we head south along one of Central America's most scenic highways - the Hummingbird highway. Our first stop will be at the Blue Hole National Park operated and run by the Belize Audobon conservation society, here broad leaf semi deciduous rainforests cover the limestone cliffs and many of the caves in the region, we hope to be able to visit a large cave complex and swim in a crystal clear limestone sink hole surrounded by lush jungle. Continuing along the highway through orange and cacao groves we will stop at a local organic farm and tree planting project for lunch. We can learn about local food products and may even have the opportunity to plant a tree on our visit and help to keep Belize green. Our final destination is the tropical island of Tobacco Caye, located 10 miles off the coast, a 20 minute boat ride from Dangriga Town. As one of the smallest island in Belize, Tobacco Caye has an intimate, relaxed feel with a host of activities to choose from. We stay in cabins right on the reef's edge overlooking the ocean at the delightful Joe Jo's by the reef resort.

 **Included Meals:** Breakfast, Lunch, Dinner

**DAY 8** Free day with optional trips including snorkelling in the Belize barrier reef system

Tobacco Caye measures just 200 feet wide and 400 feet long. Optional trips include visiting the small coral cayes, such as Bird Island a renowned local bird sanctuary. There are excellent snorkeling opportunities in the World Heritage Site of the Belize barrier reef system off the island as well as fishing tours, manatee watching and tours to nearby islands. A full list of costs of these activities is provided in the optional excursion section. Alternatively you can play beach volleyball, use one of the hotels kayaks or simply unwind in a hammock overlooking the ocean.

 **Included Meals:** Breakfast, Lunch, Dinner

**DAY 9** To Cockscomb Basin Wildlife Reserve, home of jaguar. Walk reserve trails and stay in jungle lodge

We return to the mainland by boat, heading to Cockscomb Basin Wildlife Reserve. Southern Belize has a low population density and high forest cover, ideal conditions for one of the world's rarest big cats - the Jaguar. The reserve is the only one of a few throughout the world, and is a protected area designated especially for the protection of this elusive creature. It is thought that the area is home to one the densist populations of Jaguars in the America's. Although we are unlikely to see them their prints are commonly found and numerous other animals make the National Park their home. Staying in the heart of this jungle environment is a unique experience, getting to know both the forest and the local Mopan Maya population that today protect it and benefit from the tourist industry around the park.

Overnight: **Simple Lodge**

 **Included Meals:** Breakfast, Dinner

**DAY 10** Cockscomb Basin Jaguar Sanctuary

Today we explore the park and its numerous trails. The park is considered the best inland national park in the country owing in part to the extensive network of trails through out. There are marked trails as short as 15 minutes and as long as four days in length! We intend to explore a number of the trails along the creeks and rivers as well as climbing to view points that offer stunning views of the expanse of green tropical forest throughout this mountainous area. In the evening we will explore by night through this enchanting location. As we walk we will be looking for the wildlife hiding amongst the vegetation and searching for jaguar footprints.

Overnight: **Simple Lodge**

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 **Included Meals:** Breakfast, Lunch, Dinner

## DAY 11 Drive to Belize City, water taxi to Caye Caulker

We leave the park this morning and head towards Belize City to take a water taxi to Caye Caulker. Once a pirate lair, this tiny but enchanting tropical island lies 34km northeast of Belize City and about 1.6km inside the greatest barrier reef in the western hemisphere. The water taxi transfer takes about an hour and is a highlight in itself, speeding through the turquoise waters. The island remains uncrowded and unluxurious, with relatively modest prices in restaurants and bars, owned and run by the friendliest of local people. The local fishermen catch lobster, conch, fish and crab to supply the domestic and foreign markets, so fresh seafood is readily available. (Lobster is the best buy when in season from Jun to Feb). There's time to relax - our hotel has a small beach with can accommodate volley ball and basketball courts. The location is ideal to enjoy a number of optional trips. You may take a snorkelling trip out to the nearby Hol Chan Marine Reserve & 'Shark and Ray Alley', or take a full day trip out to Swallow Caye to observe the manatees in their natural mangrove habitat. Scuba diving is also available. (All optional).

Overnight: **Standard Hotel**

 **Included Meals:** Breakfast

## DAY 12 Free time on Caye Caulker

A free day to do as much or as little as you wish, and enjoy the relaxed atmosphere of Caye Caulker. The island remains uncrowded and unluxurious, and the local fishermen catch lobster, conch, fish and crab to supply domestic and foreign markets. It's a popular place with backpackers, so there is a proliferation of good, reasonably priced restaurants. There's time to relax or enjoy a number of optional trips. You may take a snorkelling trip out to the nearby Hol Chan Marine Reserve and Shark and Ray Alley, or take a full-day trip out to the Manatee Reserve to observe manatee in their natural mangrove habitat. Scuba diving is also available.

Overnight: **Standard Hotel**

 **Included Meals:** None

## DAY 13 Free time in Caye Caulker

Another free day to relax or enjoy the optional activities available. Although the hotel does not have a restaurant, cafes, bakeries and shops are all a short walk away in the town itself. You have to choice to dine here or return to the hotel with its beach front location from where you can eat while watching the stunning views of the Caribbean Sea and white sandy beaches.

Overnight: **Standard Hotel**

 **Included Meals:** None

## DAY 14 Tour ends Belize City

Today we return in the morning to Belize City by water taxi, where our tour ends.

 **Included Meals:** None

## Ability to swim required

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

## Accommodation and Meals

### Accommodation Notes

Our first few days' accommodation in Belize is located on the shores of the Crooked Tree Lagoon in one of the oldest European settlements in Belize. This area is rich in wildlife and especially birds. All of the rooms are ensuite and have air conditioning and fans with included meals served at the lodge. We then head to the Cahal Pech Resort for three nights which is perched on top of a hill and next to an ancient Mayan site. The location offers beautiful views of the lush rolling hills of the Maya Mountains and San Ignacio. The hotel is set in manicured tropical gardens with two swimming pools, outdoor bar and dining area. All of the rooms have balconies and are ensuite with air conditioning and fans. Days 7 and 8 are in Placencia where our hotel is located right next to the Caribbean Sea which is just a few feet away from your room!. The rooms all have private facilities and air conditioning. Our most basic and adventurous accommodation is in the Cockscomb Basin Jaguar Reserve on Days 9 and 10 which is a protected area that is thought to have one of the densest populations of cat species in the America's. Our accommodation is in bunk houses deep within the forest at the parks head-quarters. The lodge has a number of rooms which have three bunk beds per room with shared facilities. While in

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the jungle, local Mayan ladies cook delicious meals in the kitchen while we explore the forest, rivers and waterfalls. We then drive back to Belize City, using the local water taxi, to the Coral Caye Island of Caye Caulker. This charming island is 32 miles north east of Belize City and just a mile away from the breaking waves on the world's second longest barrier reef. Our hotel for three nights is set in a quiet location with a private beach and complete with hammocks, sun loungers, a thatched shade area, beach volley ball and a basketball court. A pier leads to deeper water which is ideal for cooling off or perhaps fishing. All rooms have fridges and microwaves, ensuite facilities, air conditioning and fans, balconies and outside seating. A perfect location for the end of the tour and to relax at the beach or take snorkelling excursions before returning by water taxi to Belize City.

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## Food & Drink

Included meals: 10 breakfasts, 4 lunches, 6 dinners included in the price of this trip. Please be prepared to pay for non-included meals. Please note that costs for drinks and meals can vary depending on location.

## Budgeting for your Trip

You will need some extra money to cover meals and drinks not included in the trip price, any optional sightseeing, souvenirs and items of a personal nature such as laundry.

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### Food

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

#### Belize

**Lunch £:** 13.00

**Dinner £:** 20.00

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### Drink

The prices for drinks can vary greatly depending upon location and the prices detailed below are an average guide. In general you would expect that drinks purchased in a supermarket or local bar to be less expensive, whilst drinks in an upmarket bar or restaurant may be more expensive.

#### Belize

**Bottle of Beer £:** 1.50

**Water £:** 1.00

### Other Sightseeing & Activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations.

Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

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### Optional Excursions

San Ignacio (day 5): Barton Creek Canoe trip - \$40 USD

San Ignacio (day 6): Cahal Pech archaeological site - \$5USD

San Ignacio (day 6): Non escorted/non guided; full day trip to Belize Botanical Gardens - \$60 USD

San Ignacio (day 6): Visit the botanical gardens, lunch included, and paddle on the River Macal; Iguana breeding programme - \$ tbc USD

San Ignacio (day 6): Full day trip to Tikal inc. transport, entry, guide and lunch - \$145 USD (based in min. 3 persons)

Tobacco Caye (days 7,8): Fishing trips - \$30 USD per hour per person (minimum 3 persons)

Tobacco Caye (days 7,8): Boat trip in search of Manatee's in the mangrove lagoon, including time to snorkel off Carrie Bow Field Station - \$40 USD per person

Tobacco Caye (days 7,8): Canoeing and kayaking - free of charge (3 kayaks are available, its possible to hire more locally for \$15 USD per kayak per hour)

Tobacco Caye (days 7,8): Snorkel gear - free of charge

Caye Caulker (day 12): Caye Caulker Marine reserve snorkel Trip - \$40 USD per person

Caye Caulker (day 13): Boat trip to Hol Chan Marine Reserve and snorkel trip - \$70 USD per person

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### Tipping - Tour Leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

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### Tipping - Local Crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$40 for group tipping. 10-15% is expected in restaurants.

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## Foreign Exchange

### Belize

**ATM Availability:** Available in Major towns. Always have some cash as back-up as they are not always reliable

**Credit Card Acceptance:** Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

**Travellers Cheques:** We do not recommend Travellers cheques, they are difficult to exchange.

**Local Currency:** Belize Dollar

**Recommended Currency for Exchange:** Carry all your funds in US cash NOT Sterling. We recommend to take a minimum of US\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange. USD are legal currency in Belize and can be used to pay everywhere

**Where to Exchange:** Most major towns - your Tour Leader will advise you on arrival.

## Joining your Trip

### Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

### Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found on our website at [www.explore.co.uk](http://www.explore.co.uk), in the tour specific dates and prices section.

You may also be eligible for the Free Explore Transfer. For more information please refer to <https://www.explore.co.uk/transfers>.

### Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer please refer to <https://www.explore.co.uk/transfers>.

### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

## Important Information

### Travel Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

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DIRECT TRAVEL INSURANCE



Travel Insurance is essential. If you have not already arranged cover, please contact our recommended Travel Insurance providers [www.campbellirvinedirect.com/Explore](http://www.campbellirvinedirect.com/Explore) who offer Travel Insurance specifically designed to cover travel with Explore or call **Campbell Irvine Direct** on Tel: 020 7938 1734

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## Travel Aware

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office Advice follow the link at [www.explore.co.uk/travel-safety](http://www.explore.co.uk/travel-safety)

We strongly advise that you register with the FCO to receive updates to the travel advice for your chosen destination. A hard copy of the current FCO Travel Advice for your chosen destination is available by contacting [cr@explore.co.uk](mailto:cr@explore.co.uk) or 01252 379438.

## Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

## Visa Information

Belize: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Guatemala: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. You should confirm all visa related issues with the relevant Embassy prior to departure.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely to be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html>

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp>

Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://www.travcour.com) to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on **0208 5431846**.

## Lone Parents

### Belize

Single parents or other adults travelling alone with children should be aware that some countries require documentation confirming that the individual has authority to travel with the minor. It is crucial that you contact the Belize embassy for further information on exactly what may be required.



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## Vaccinations & Protection

### Belize

Nothing compulsory, but we recommend protection against typhoid, tetanus, TB, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.

## Preparing for your Trip

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### Climate

#### Belize

Sub-tropical with a brisk prevailing wind from the Caribbean. Summer highs are rarely above 35°C, winter lows rarely below 15°C. Annual rainfall ranges from 107cm in the north to 364cm in the south and humidity can be high at any time of year. The rainy season extends from June through October with a short dry period in August, but some rain can be expected throughout the year.

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### Clothing

Bring lightweight, informal clothing. A jumper or fleece is advisable for cool evenings and you'll need a good lightweight waterproof jacket all year round or a poncho or small umbrella. Long sleeved shirts/snorkel shirt and long trousers give protection against thick forest growth and insects on jungle walks. A swimming costume and sun hat are essential.

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### Equipment

Insect repellent, a torch, water bottle, and suncream. Binoculars are essential for bird and animal watching.

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### Footwear

Lightweight trail boots are preferable for jungle paths, and you'll want to bring sandals. Bring shoes you don't mind getting wet for exploring caves and wet beach landings.

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### Luggage: On Tour

One main piece of luggage and a daysack. Remember, you are expected to carry your own baggage so don't overload yourself.

Luggage allowance on trip: 20kg

## General Information

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### Country details

#### Belize

**Population:** 333,200

**Size of Country:** 22,966

**Major Language:** English

**Religion:** Christian

**Time Difference to GMT:** -6

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### Electric Supply & Plugs

#### Belize

2 Pin Flat

## Why Choose Explore

We've been creating award-winning pioneering adventure holidays for over 30 years, earning the trust of thousands of delighted customers, who feel safe in our hands. Our tour leaders have expert local knowledge and our tours are designed to take you off the beaten track to see the most exotic, inspiring and dramatic places in the world.

- With over 30 years' experience, we are passionate about what we do.
- Pioneering small group adventures, self-guided, private journeys & tailor-made holidays.

- Award winning tour leaders who you can trust.
- Responsible travel is and always has been one the driving principles of Explore.

Our adventure holidays are full of exciting things to see and do, exploring in small groups travelling by bus, boat, plane, rickshaw, camel, or any number of unusual forms of transport. Often you will stay in family run hotels and village houses and enjoy authentic local cuisine. In this way, it's easy to discover the true heart of the people and the place you travel to – and make some new friends along the way. Each tour is uniquely different, so please feel free to browse through our tours to see what may whet your appetite.

### Cool Earth

Explore are proud to support Cool Earth in their effort to reduce global carbon dioxide levels through the prevention of deforestation in the South America rainforest. Cool Earth focus on areas in immediate danger of deforestation, supporting local communities to be forest guardians. To date 350,000 acres of rainforest has been protected. Saving rainforest also protects rare animals and plants, allows local forest communities to maintain their way of life, and protects a major source of oxygen and fresh water. When you travel on an Explore holiday we make a donation to Cool Earth that exceeds the impact of our customers flights each year.

### Earth Matters

We are passionate about sustainable travel and work hard to create tours where your holiday delivers real benefits to the local communities. We minimise our impact by travelling in small groups, respecting local cultures, reducing waste and offsetting 100% of the CO2 from our flights.

When you travel with Explore, you are directly contributing to local economies and helping empower the people you meet. We currently support a range of charities and good causes, including: Toilet Twinning (helping to flush away poverty), Lone Buffalo Foundation (a community project based in Laos providing creative skills for young people) and have recently supported women's cooperatives in Borneo and Morocco. We are a member of Tourism Concern's Ethical Tour Operator Group ([www.tourismconcern.org.uk](http://www.tourismconcern.org.uk)) and support their campaign for fair and ethical tourism. We also care passionately about the world's wildlife and actively support and promote the Born Free Organisation and Mahouts Elephant Foundation.

## Booking Your Holiday

### Peace of mind - book with confidence

You can book your Explore holiday with confidence, as all monies paid to us for your trip are fully protected. Explore is a fully bonded tour operator licensed by the Civil Aviation Authority (CAA) and by ABTOT.

The air holiday packages (Tours including flights) that we advertise are ATOL protected, since we hold an Air Travel Organiser's Licence granted by the Civil Aviation Authority. Our ATOL number is ATOL 2595. In addition, As a member of the Association of Bonded Travel Organisers Trust Limited (ABTOT), Explore has provided a bond to meet the requirements of the Package Travel, Package Holidays and Package Tours Regulations 1992. Please note that packages booked outside the UK are only protected when purchased directly with Explore.

### Reserving your place

To reserve your place on this tour you will need to check availability on the Explore website or through our dedicated call centre based in the UK where you can. Our tours can fill up quickly so you are advised to book as early as possible. If your chosen date is 'Available' or 'Guaranteed' we will be able to provisionally hold you a space for up to 48 hours.

For Self-Guided holidays and Private Journeys simply choose your date of travel and let us know so we can confirm all ground services.

The easiest way to confirm your booking is through our website. When you are ready to book, we normally require a 10% non-refundable deposit, but for some holidays this may be more to cover such items as permit fees, internal flights or other non-refundable services. If your travel starts within 60 days of booking, full payment will be required at the time of booking

### 100% No Surcharge Guarantee

The price paid for our holidays is no longer subject to change. Once booked and confirmed we will guarantee the price you pay will not increase, whatever the circumstances. You will not be approached to pay fuel surcharges unlike the vast majority of other adventure tour operators. The price guarantee applies to all new bookings departing between 1st January 2016 and 31st December 2017.

### Trip Itinerary Versions

Itinerary details may vary depending on departure date and alternative itineraries for this tour may exist. Please refer to the dates and prices page on our website to check which itinerary operates on each departure date.

Please ensure that you have an up-to-date copy of these tour notes immediately before you travel, as from time to time our itineraries may be amended, either for operational reasons or in response to feedback from customers. You will be informed of any major changes to your tour but small changes may just be added to these tour notes.

Please note: 2018 itinerary versions are applicable to tours departing in 2018. 2019/20 itinerary versions are applicable to tours departing from 1st January to 31st December 2019.

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