

Belize Paradise Islands Sea Kayaking

PIONEER Expeditions





ITINERARY

Belize • Paradise Islands Sea Kayaking

Ladyville – Maya Mountains – Glovers Reef Atoll – Tobacco Caye – Southwater Caye – Dangriga

7 DAYS • 6 NIGHTS

Optional: Rainforest Canopy Extension Crooked Tree Wetlands, The New River and the Ruins of Lamanai

HIGHLIGHTS

- Explore the stunning reefs and cayes
- Paddle in this pristine environment
- Experience snorkeling and fishing
- Enjoying marine life of the Caribbean Sea
- The perfect adventure and beach mix An unforgettable experience

PARADISE ISLANDS • BELIZE

On this 7 day kayaking journey we discover the world of tropical islands and coral reefs teeming with life, whilst we explore Belize's Southwater Caye. There are plenty of opportunities to snorkel in this stunning underwater world whilst kayaking from island to island and spending the nights in lodges looking out to sea. An activity filled trip which is perfect for sun and sea enthusiasts looking for something different.



TOUR ESSENTIALS

Tour Style	Sea Kayaking
Tour Start	Belize City
Tour End	Belize City
Accommodation	Lodge
Included Meals	6 Breakfasts, 5 Lunches, 6 Dinners
Difficulty Level	Medium
Group Size	Maximum of 12 people

BELIZE an overview

Belize may play a small role in Central America in terms of size but this heavenly country is packed with culture, spectacular scenery and adventure. An intriguing blend of Latin America and the Caribbean can be expected with a fascinating, unique merge of various cultures. Sparsely populated Maya Mountains, thick tropical forests, dazzling white sandy beaches and incredible sea life are all waiting to be explored. Boasting the second largest coral reef on Earth, the Belize Barrier Reef is known to be the country's pride and joy, for good reason. Heading into the pristine clear seas, encounter a medley of exotic coral, fish and turtles and investigate underwater caves and walls. The thriving underwater life circles the stretches of exquisite cayes running parallel with the mainland, situated in the pristine Caribbean Sea. The cayes are perfect for some paradise-based activities/adventure s, as well as some relaxation. Furthermore, Belize doesn't disappoint in terms of nature, displaying some outstanding forms of wildlife including toucans, spider monkeys, howler monkeys, peccaries, coatimundis, gibnuts and green iguanas; wild cats can also be found hidden in the depth of its Jungles , including jaguars and ocelots. Belize is a truly understated paradise, wildlife-haven and adventure capital.

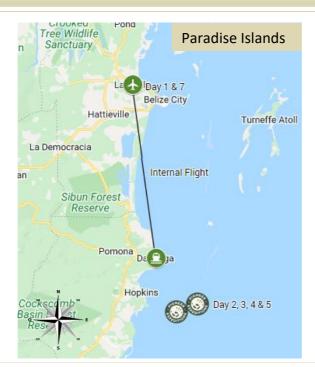
WHY PIONEER EXPEDITIONS?

Pioneer Expeditions are one of the few specialists that really *do* off the beaten track and unique adventures. The team have a real passion for wildlife and adventure travel which we love to share with our clients. We delight in searching the world for new destinations, new experiences and creating the most incredible adventures.

We like to introduce our clients to unique, the different, and the incredible. Whether it is through wildlife tracking, sea kayaking, snorkelling, trekking, rafting, cycling or observing wildlife in its natural environment, we want to give you the real Pioneer experience.

From the moment you choose to travel with Pioneer Expeditions until you return back home, you are supported by our dedicated team. We listen to what you want and can create an itinerary around your specific needs, working with your budget and with a commitment to responsible travel. Alternatively, our small group tours have a maximum of 12 people, making it a much more personal experience.

ITINERARY





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DAY 1: Arrive in LADYVILLE and transfer to the COASTAL TOWN OF DANGRIGA

Arrive at the Belize International Airport where you will connect for a scenic 20 minute flight to the coastal town of Dangriga. You'll then be met by an Island Expeditions' representative and transferred by road to Bocawina Rainforest Lodge in the foothills of the Maya Mountains. After checking into our accommodations we enjoy a 'Welcome to Belize Dinner' with our fellow travellers and our Belizean guide team. Tonight, we dine in the rainforest at the acclaimed Wild Fig restaurant. This day is your day to arrive before the trip starts, meet your fellow travellers, and acclimatize to your new tropical environment. Transfers from the airport and lodging are included.

Overnight in Bocawina Rainforest Lodge



DAY 2-4: Glovers Reef Atoll

Waking up to the sounds of the tropics is a pure delight with the chatter of parrots and parakeets flying overhead, the fresh morning air scented with tropical blossoms, and the expectation of an exciting adventure filled day ahead. After breakfast we travel! by boat charter 38 miles offshore of the mainland, to Glovers Reef Atoll. We check into our furnished tent cabanas, enjoy lunch al fresco, then guides provide professional instruction - teaching sea kayaking, SUP, snorkeling, and safety in tropical seas, before heading out on the water. From here we explore the Atoll by SUP and sea kayak with motorboat support. For the next 3 days, you can expect to be pampered by our staff with delicious food and



enjoy perfect days of turquoise clear waters, coral reefs, and a full range of activities to choose from each day.

Overnight in Glover's Reef Basecamp





DAY 5-6: SOUTHWATER CAYE

For the next stage of the adventure we head to the 17,000 acres Southwater Caye Marine Reserve on the Southern Barrier Reef. Based from Tobacco Caye Paradise Lodge, our playground for the next two days is a fairy-tale setting of palm trees, coral islands, mangrove forests and abundant coral reefs. Each evening, back at our lodge we take in the friendly, laid-back 'Island Culture' of Belize.

Meals:

B, L, D

Overnight in Tabacco Caye Paradise

Overnight:

Lodge





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Distance:

N/A

DAY 7: Travel via water taxi to DANGRIGA and transfer to Belize International Airport

After an early breakfast our water taxi carries us back to the mainland and the town of Dangriga. Any extra luggage that you have stored at our Operations Base will be made available to you to repack and you can catch the connecting flight to the Belize International Airport.





OPTIONAL: EXTENSION IN DANGRIGA MOHO RIVER AND REMOTE MAYAN VILLAGES 5 DAYS/4 NIGHTS

The Wild South journeys to the last remaining untouched region of Belize. Stay overnight in Toledo at the comfortable Lodge at Big Falls. Embark on an exhilarating four day white water paddling trip using inflatable kayaks. You'll navigate the rainforest valleys of the Moho River, camp in the jungle, and visit remote Mayan villages. This trip is ideal for the adventurer who wants to explore the rivers and rainforests of Southern Belize, experiencing the traditional village life of the Maya people.



OPTIONAL: EXTENSION AT CROOKED TREE WETLANDS, THE NEW RIVER AND THE RUINS OF LAMANAI - 3 DAYS/2 NIGHTS

Highlights Rainforest, River, Mayan Ruins and Wildlife in natural habitat. Also the birding promises 60 species and more. Our trip begins with the ancient Mayan city of Lamanai on the New River Lagoon. Lamanai, which roughly translates to 'Submerged Crocodile', was one of the most important trading and ceremonial centres in the Caribbean lowlands. Occupied for over 3000 years, from 1500 B.C until 1600 A.D., the ruins are unique as they illuminate a period of history that encompasses the early formative years of Mayan civilization through to initial European contact and colonization. With structures ranging from pre-classic temples to the Spanish colonial-era; with jungle trails, refreshing swimming holes and an excellent on-site museum, Lamanai is one of the most charming of all Mayan sites in Belize. After our day of exploring, we travel from Lamanai by boat winding our way through the wildlife rich wetlands of the New River on the way to our waterfront lodge within the Crooked Tree Wildlife Sanctuary. Crooked Tree provides a special opportunity for viewing, close at hand, the astounding diversity of birds and wildlife for which Belize is renowned. By boat we explore Spanish Creek, Revenge Lagoon and the surrounding wetlands where we can see many birds including northern jacanas, white ibis, wood storks and the huge jabiru stork. In the afternoon we travel to another of Belize's Maya ruins, Altun Ha, known for the impressive temple of the Sun God.

OPTIONAL: RAINFOREST CANOPY EXTENSION - 3 DAYS/2 NIGHTS

Highlights Rainforest, waterfalls, unexcavated ruins, birding and zip line or repelling.

A Three Day Zipline, Hiking and Waterfall Adventure in the Rainforests of Southern Belize. Until only recently, Belize was a forgotten corner of the Caribbean. With no plantation history and few if any economic bonanzas there were minimal incentives for settlement and development over the last 200 years. This legacy of neglect has resulted in a modern day treasure trove of virgin forests laced with mountain clear rivers. The region is characterized by moderate to heavy rainfall during the wet season (June through November) and drier, sunnier weather from December through May. The Bocawina Reserve where our trip takes place has five waterfalls within hiking distance of our lodge. The population is primarily Maya. Scattered small villages border the green hills rising into the highest peaks of the Maya Mountains.



OPTIONAL: BOCAWINA RAINFOREST RESORT EXTENSION

This amazing eco-resort is located in the Stann Creek District, completely surrounded by the lush tropical rainforest of the Mayflower Bocawina National Park. Bocawina Rainforest Resort is only 30 minutes away from the beaches of Hopkins and Dangriga and is perfect for families, couples or individual travellers looking to experience the tropical jungles of Belize. On-site activities include the longest zip-line course in Central America, waterfall rappelling at three different waterfalls, bird watching (more than 230 species of birds identified in the park) and hiking. Bocawina Resort also offers various off-site tours including Mayan Ruins, Cave Tubing, Wildlife and Cultural Tours, Snorkelling, Fishing and Diving.

Belize Horseback Riding in the Jungle

Enjoy the beauty of the jungle by horseback on this half day tour. Enjoy a leisurely ride whilst the experienced guide

points out the flora and fauna around you. Stop at the river for a refreshing swim before continuing on your tour. Anyone can enjoy this activity, from the experienced rider to the absolute beginner. The horses are very well trained and the guides will be with you throughout the tour. This is a great family tour and a very relaxing and enjoyable one.

Belize Mayan Ruins, the Inland Blue Hole & Cave Canoeing

Xunantunich + Cahal Pech Mayan Ruins + Inland Blue

This tour will take you to Xunantunich (meaning Maiden of the Rock) archaeological site, which is rich in history and

offers an introduction into the life of the Maya. Take a ride over the Mopan River on an old hand cranked ferry. Visit the onsite museum where you will have a chance to view artefacts and maps of the grounds. Your guide will escort you from temple to temple unlocking the secrets of this ancient civilization. The view from the top of the highest temple, El Castillo, is breath-taking and well worth the climb giving a clear view of Western Belize, the old waterways and Guatemala. Your next stop will be Cahal Pech (meaning Place of Ticks), the oldest-known Maya site in Western Belize was a palatial, hilltop home was the royal acropolis-palace of an elite Mayan ruling family who lived here during the Classic period. Cahal Pech was settled around 1000 BC and abandoned by 800 AD. for an elite Maya family, and though most major construction dates to the Classic period,

evidence of continuous habitation has been dated to as far back as far as 1200 BC. To complement your tour we end the day with a visit to the Inland Blue Hole a cool and refreshing place for an afternoon swim. It was formed by the collapse of an underground limestone cave. In this case, the river running through the original cavern still flows through the cave system, and forms a sapphire-coloured pool at the bottom of the cenote. Includes: guided tour from our site to the ruins, entrance fees, parking fees, lunch, guided tour of the ruins and swim at the Blue Hole.

Belize Xunantunich + Cave Canoeing at Barton Creek Cave

Combine a tour to Xunantunich Mayan Ruins with a Cave Canoeing experience at Barton Creek Cave. Canoe this ancient Maya believed to be used for ritual ceremonies. While paddling through the spectacular cave you will see some very large and colourful formations and your guide will point out skulls and artefacts as you pass between stalactites. The high ceiling, beautiful rock flows and cathedral chambers make this a beautiful place to photograph. The cave is adorned with stalactites and stalagmites. Mayan pottery shards and bones can be observed by the guide's spotlights. En-route to the cave you will drive through the traditional Mennonite village of Upper Barton Creek. Includes: Guided tours, canoe hire, entrance fees, lunch.

Belize Caracol Mayan Ruins







Caracol is the largest Maya archaeological site in Belize. The urban area of Caracol had a radius of approximately 10 kilometres around the site's epicentre. It covered an area much larger than present day Belize and supported more than twice the modern city's population. This tour is an all day tour which takes Approximately 13 hours door to door. Includes: Transport from our site to the ruins, entrance fees, parking fees, lunch, guided tour of the ruins.

Recommendations: bug-repellent, camera, sneakers

Belize Bird Watching

Birdwatching at Cockscomb Jaguar Preserve

Venture to Cockscomb Basin Jaguar Preserve to explore the trails in the world's first Jaguar Preserve. Known for its spectacular waterfalls, mountain views, nature trails, and rich diversity of Neotropical birds, this is a perfect place for a bird watching adventure. The preserve is currently operated by the Belize Audubon Society.

"The Cockscomb Basin Wildlife Sanctuary is a magical place where wonders and diversity are accessible to both the casual and serious visitor." – World Wildlife Fund Includes: Guided tour, entrance fees, lunch.

Belize Birdwatching at Sittee River (Boat Tour)

Monkey River is a coastal watercourse in southern Belize that starts in the Maya Mountains and ends in the Caribbean Sea near Monkey River Town. It is one of Belize's major rivers whose habitats and watersheds provide cover for such diverse species as the Ocelot, Jaguar, Yucatan Black Howler Monkey, Bare-Throated Tiger Heron, Morelet's Crocodile, Fer-de-lance Snake and Manatee.



Once back at the boat you will continue your enchanting river trip stopping at a well-known Manatee habitat were hopefully you'll get a chance to see them in their natural surroundings.

After the tour, you have the choice to either return to the resort or stay at Placencia for a while, shopping at the colourful gift shops, visiting local art galleries, enjoying the local restaurants and lively bars or just take some chill time on Placencia's beautiful sandy beaches

Includes: lunch, boat tour and land tour.

Belize Monkey River & Shopping at Placencia

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Belize Cave Tubing & Cave Canoeing

Cave Tubing

Much of the geological structure of Belize is porous limestone, ideal for the formation of underground caves and rivers. These caves are believed by the Maya to be the entrance to the underground world. These are registered archaeological sites and can be only accessed with a registered guide. Join us for a half day tour where we will go for a short hike before putting our tubes in the water.

Includes: Entrance fees, parking fees, lunch, guided cave tubing tour.

Cave Tubing + Xunantunich or Cahal Pech Mayan Ruins

Enjoy a guided tour to the archaeological site of either Xunantunich or Cahal Pech. The tour offers a detailed insight into the ancient Maya, their architecture, culture, religion and sacred rituals. After the ruins enjoy a delicious traditional warm Belizean lunch and head to the underground world where after a short hike you will float down the river on a tube travelling back in time through awe inspiring cave systems.

Includes: guided tour from our site to the ruins, entrance fees, parking fees, lunch, guided tour of the ruin and cave tubing tour.

Cave Tubing + Zip-Lining

Combine the fun of a Cave tubing tour with exhilaration of the Bocawina Zip-line tour, the longest zip-line course in Belize.

Includes: guided tours, entrance fees, lunch

Belize Zoo + Inland Blue Hole + Guanacaste National Park

Belize Zoo

The Belize Zoo and Tropical Education Centre was started in 1983, as a last ditch effort to provide a home for a collection of wild animals which had been used in making documentary films about tropical forests. Today, The Belize Zoo and Tropical Education Centre is set upon 29 acres of tropical savanna and exhibit over 150 animals, representing over 45 species in their natural surroundings. All animals are native to Belize and the zoo only keeps animals which were orphaned, injured, rescued, needed to be rehabilitated or were born at the zoo. No animals were taken from the wild.

A visit to the zoo is the best way to get to know and understand the diversity of animals in Belize and to understand why it is so important to protect the habitats that sustain them.

Belize Zoo, Inland Blue Hole & Guanacaste National Park

Combine your tour to the Belize Zoo with a swim at the Inland Blue Hole and the Guanacaste National Park. Guanacaste National Park is a popular getaway only two miles from the capital city of Belmopan, at the confluence of the Belize River and Roaring Creek. The park's small size allows visitors to observe wildlife and tropical vegetation a short distance from the entrance.

Learn about plants and their traditional uses, fungus farming leaf-cutter ants, or the mini-ecosystem inside a bromeliad. Habitat consists of secondary broadleaf forest, which benefits many birds and wildlife, including the shy and secretive



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"tiger cat" or jaguarundi. Includes: guided tours, entrance fees, lunch

Tikal National Park (Guatemala)

In the heart of the Guatemalan jungle, surrounded by lush vegetation, lies one of the major sites of Mayan civilization -Tikal. There are over 3,000 separate buildings dating from 600 BC to AD 900, including temples, residences, religious monuments decorated with hieroglyphic inscriptions and tombs. Although archaeological work started around 80 years ago, it's estimated that still 80% of the ruins remain unexcavated, making Tikal one of the most promising sites used to decipher some of the unknown Mayan secrets. Tikal National Park protects over 222 square Miles of rainforest, with over 2,000 plant species identified in the park area and with over fifty-four species of mammals, including the howler monkey, spider monkey, giant anteater, nine-banded armadillo, coati, kinkajou, tayra, paca, puma, margay, ocelot, jaguarundi and the mighty jaguar!

Includes: transportation, border crossing fee, PACT fee, Tikal entrance Fee, specialized Tikal tour guide, breakfast, lunch, snacks and water.

Don't forget: Passport and money for shopping (Bring US\$ because BZ\$ is not accepted in Guatemala)

Belize ATM Cave Tour (Actun Tunichil Muknal)

The ATM cave (Cave of the stone sepulcher (grave/crypt)) was a sacred place for the Maya. It is the number one cave expedition in Belize and a "must do" during you visit to the region. This sacred place contains skeletal remains, ceramics, and stoneware left by the Mayas who used the caves between AD 250 - 909. The most famous skeleton inside the cave is that of a young girl, the bones of which have been completely covered by the natural processes of the cave, leaving them with a sparkling appearance. Your adventure begins with a hike through the tropical forest at the edge of Tapir Mountain Nature Reserve.

On arrival at the hourglass entrance you will swim (PDF's provided for weak swimmers) across a deep pool to the gateway of the underworld. You will need to be at a good level of physical fitness as you will be wading through cool water, climbing over rocks and crawling through narrow passageways. You will spend several hours exploring the wonders of the Maya underworld and when in the inner chambers you will take off your shoes and explore in only your socks to prevent damage to the artefacts. All in all an unforgettable adventure.

Belize Mayan Living Experience

This tour starts with a visit to the Belize Spice Farm and Botanical Gardens where you will go on a tour of the gardens learning about the variety of spices, fruit and hardwood trees.

You will then visit the Mayan village of Big Falls and experience for yourself how the ancient peoples of this region lived in tune with the environment. This tour offers guests a fascinating glimpse into a fast disappearing world in which the local Kek'chi Maya

depended upon the jungles for everything they need. From food, building materials, furniture to medicine even musical instruments. You will experience how the Mayan lived fifty years ago before the modern world began to impinge. Come, learn, prepare your traditional Mayan meal and enjoy a cultural experience you will not soon forget.

To round off your day on the way back you will visit the ruins of Nim Li Punit well known for the large amount of stele found there, 26 in all. Although a smaller sight it is truly beautiful and well laid out with many plazas and terraces. Even a ball court can be found at this site. A fitting end to your Maya Living Experience Includes: Guided tour from our site to all locations, entrance fees, water, lunch, a guided tours of the ruins, Mayan living tour & Spice Farm tour.

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IMPORTANT INFORMATION

INCLUDED

- Comprehensive Pre-Trip
- Information Package
- All meals, transfers, and accommodations as described in the Itinerary
- Unlimited use of our equipment, including activities and instruction
- Waterproof dry bags
- Professional guiding services
- Marine Park Fees
- 9% Belize Hotel Tax
- 12.5% Belize Sales Tax
- Transfer back to Belize City

NOT INCLUDED

- Gratuities
- International Flights
- Airport Departure Tax
- Extra costs due to late arrivals, lost baggage and circumstances beyond our control

ADDITIONAL INFORMATION

ACTIVITY DURATION SEASON BEST TIME TO GO GROUP SIZE	2-5 hours of activities per day. You will need an average level of fitness. Nov-May Nov-May 6-12
SINGLE TRAVEL POLICY	Many of our guests travel on their own. This style of trip is ideal for single travellers, combining the benefits of group camaraderie and group security with lots of individual flexibility for what you want to do each day. Single supplement options vary by trip style. Standard trip pricing is based on double occupancy. Solo guests can request either to share twin accommodations with another traveller, or request single accommodations for an additional fee. If you are willing to share and we are able to match you up - no problem and no extra cost. If we cannot match you up then we have a £75 supplement fee. This fee will be applied at the time of booking, but will be reimbursed just before your departure if we are able to match you up. Should you prefer private accommodations, we can provide you with your own room and the following charges apply: Paradise Islands - £250 Note: The number of single rooms available on most departures is limited and may not be available at each location. If we are not able to provide you with your own room throughout the trip, we will pro-rate the supplement fee.
EXPEDITION SCHEDULE	Regular weekly scheduled departures. Dates as per website
DIFFICULTY LEVEL	Our grades have been designated based on our perception of the degree of physical activity you are likely to require to enjoy the adventure. These are only a guideline. This itinerary has a medium level (2-5 hours per day). This means that you will need to be of average level of fitness.



THE PIONEER BOOKING PROCESS

Where do you go from here? Well, you can feel free to email us at <u>info@pioneerexpeditions.com</u> if you're interested in this trip, or any of our other expeditions from around the world. Visit our website <u>www.pioneerexpeditions.com</u> to unearth all of our other equally amazing trips and destinations.

1. Contact us -

We will be happy to answer any questions or enquiries you may have. From here we will begin to plan and put together your dream adventure holiday! Alternatively, on our website you will find our booking and enquiry forms; once filled in, we will be notified of your enquiry and will get back to you ASAP.

2. Leave everything to us -

Everything will be arranged and booked by us, but we will make sure to keep you updated every step of the way. In addition, we can arrange your international flights if needed, as we have access to competitive airfares. We can also arrange any additional tours or additional night's accommodation.

3. Wait for your adventure to begin -

Sit back and count down the days until your trip of a lifetime with Pioneer Expeditions. We'll handle all of the last minute preparations and provide you with everything you need. All practical information will be sent out to you, prior to your trip.

If you feel like altering this itinerary to suit your personal preferences, we can arrange all of that and more – just get in contact with us and let us know you requirements and wishes. From here, we can simply tailor-make your dream holiday.

