

HONDURAS

Natural and Maya Wonders with Roatán

9 DAYS | Choose your dates

About this trip

A country of sparkling coral reefs, lush forests, gushing waterfalls, and spectacular remains of the Maya civilization, democratic Honduras is a unique blend of cultures and ecosystems. This 9-day adventure focuses on some of the top highlights of Honduras, including a visit to the ruins of Copán, examining marine life at the Roatán Institute for Marine Sciences, and exploring biodiversity while snorkeling the Mesoamerican Barrier Reef. Discover the many treasures of Honduras both above and below the surface!

Your students will...

- Explore the world-famous Maya ruins of Copán.
- Visit the Roatán Institute for Marine Sciences at Anthony's Key for an up-close look at marine mammal research.
- Snorkel the crystal clear waters of Roatán while learning about the Mesoamerican Barrier Reef ecosystem and its abundant and varied wildlife.
- Learn about the history and culture of the Maya with lectures by Professor David Sedat.
- Explore the flora and fauna at Lancetilla Botanical Gardens and Experimental Station.
- Experience the thrill of whitewater rafting on Pico Bonito National Park's Cangrejal River.

Educational Connections



Marine Studies



Archaeology



Adventure Learning



Biology

What's included?

- Bilingual local guide
- Driver
- Accommodations
- Activities
- Private transportation
- Meals
- Beverages with meals
- Carbon offsetting

Itinerary

BLD = BREAKFAST, LUNCH, DINNER

DAY 1 - COPÁN

Upon arrival in San Pedro Sula, your driver will take you to Copán. Situated in western Honduras in a small valley surrounded by mountains and tropical vegetation, Copán has some of the finest carvings and architecture of the Maya world and is considered the “Athens” of the Maya civilization for its advancements in art, written language, and astronomy. Following a three-hour drive, settle into your hotel. In the evening Professor David Sedat will share information on the Maya of Copán. Professor Sedat has been recognized for his work in the underground tombs at the site and has a lifetime of knowledge of the Maya. *Overnight at Hotel La Posada. (D)*

DAY 2 - COPÁN

Today explore the well-preserved archaeological site of Copán and discover the history of the Maya with your guide. Within Copán’s 74,000-acre archaeological park, observe images of bloodletting rituals, vision quests, and human sacrifice adorning some of best-preserved stelae, altars, and ceremonial areas in Honduras. This is the place where the great ancient Maya civilization flourished and is held in high regard among archaeologists for the vast amount of carved text and hieroglyphs found throughout the site. Numerous archaeologists are working to enhance the restoration of the ruins and learn more about the Mayas through the numerous inscriptions they left behind. Recently excavated underground tunnels reveal another two levels of Maya structures below ground level. You will have time to explore the carved heads of deities, pyramid temples where kings ruled, the ball court where ancient games were played, the hieroglyphic stairway and its 63 carved steps, and the stone columns and sculptures in the central court. This evening hear a lecture at Dr. Sedat’s house about the history of cacao and its importance in the Maya world, and sample the beverage made from its beans. *Overnight at Hotel La Posada. (BLD)*

DAY 3 - LA CEIBA

In the morning depart for the Caribbean port town of La Ceiba, famous for the banana trade originated by Standard Fruit Company (also known by its brand name, Dole). The city got its name from a huge Ceiba tree that was next to the beach and provided shade to workers at the dock during hot afternoons. La Ceiba is the third largest city in Honduras and features the “Zona Viva,” with its restaurants and nightclubs along the beach. En route visit the Lancetilla Botanical Garden and Experimental Station. Initiated in 1926 by Dr. Wilson Popenoe, the founder of the United Fruit Company in Honduras, Lancetilla was a key factor in a program to diversify United Fruit’s plantings in Central America. Ultimately, it led to the promotion of new cash crops in Honduras, such as the African oil palm, eucalyptus, and teak. The gardens, turned over to the Honduran government in 1974, currently contain over 1,000 plant species on more than 2,500 acres. Birding enthusiasts favor Lancetilla for glimpsing tropical birds feeding on the fruits and seeds of the gardens. *Overnight at Hotel Paris. (BLD)*

DAY 4 - LA CEIBA

This morning take a 30-minute journey to Pico Bonito National Park and the Cangrejal River. The clear waters of the river are refreshingly cool and ideal for some of the best whitewater rafting in Central America. As you navigate the exciting class II, III, and IV rapids, you can observe some of the national park’s seven different ecosystems and get an intimate view of the lush green forests of Honduras. *Overnight at Hotel Paris. (BLD)*

DAY 5 - ROATÁN

This morning transfer to the dock and take the ferry to the island of Roatán. The largest of the Bay Islands, Roatán extends 25 miles in length, reaching almost two miles at its widest point. Beaches and cliffs surround the north shore of the island, with deep water off the coast that is protected by reefs. Along the south shore, coral formations are often just steps off the beach. Once attractive to the pirates of old, today Roatán’s coastlines appeal to snorkelers and divers. After checking into the hotel you will have the remainder of the day at your leisure to swim and relax. Spend your day basking in the sun and surf of the Caribbean coast or participate in optional activities such as sea kayaking and mountain biking (available at additional cost). This evening, dinner will be at the hotel. *Overnight at Media Luna. (BLD)*

DAY 6 - ROATÁN

This morning your guide will discuss and introduce to you the local coral reef, flora, and fauna. Roatán is home to one of the most diverse reefs in the Caribbean, with over 800 species of fish. The water is warm, visibility is high, and you can expect calm seas when you embark on your snorkeling excursion. Once underwater, explore over 100 species of coral teeming with everything from morays, octopuses, and turtles to drums, wrasse, gobies, ocean triggers, schools of blue tangs, and perhaps even eagle rays, wild dolphins, and whale sharks. The remainder of the day will be at leisure to explore the marine environments of Roatán. This evening have dinner at the hotel. *Overnight at Media Luna. (BLD)*

DAY 7 - ROATÁN

Today explore the Roatán Institute for Marine Sciences (RIMS) at Anthony’s Key, which is surrounded by approximately eight miles of protected area known as the Sandy Bay Marine Reserve. Within this area no spear fishing, trapping, or collecting of any kind is allowed. The reef is part of an ongoing long-term monitoring program licensed by the Honduran government to gain a better understanding of the ecosystem. Attend a lecture by a marine biologist on their monitoring of the coral, fish, and invertebrate populations, as well as environmental parameters over time. In the past decade, RIMS has obtained a substantial database on the status of Roatán’s reefs. By continuously observing conditions over time, they can provide important information so that timely and sound actions can be taken to sustain Roatán’s marine resources. In the afternoon explore the coastline during a private sailboat excursion. Optional snorkeling included during the sailboat ride. *Overnight at Media Luna. (BLD)*

DAY 8 - SAN PEDRO SULA

After breakfast take the morning ferry to La Ceiba, where you will meet with your driver for the three-hour drive to San Pedro Sula. After lunch at a local restaurant, visit the Guamilito market for a variety of local specialties such as coffee, vanilla, handmade wood carvings, woven baskets, and Panama hats from Santa Barbara. *Overnight at Hotel Copantl. (BLD)*

DAY 9 - DEPARTURE

Today depart for the San Pedro Sula International Airport for your flight home. *(B)*

Program pricing

\$2,047 (20 participants + 2 leaders)

\$2,347 (10 participants + 1 leader)

International airfare, gratuities, and items of a personal nature are not included. Valid for travel in 2018 and 2019.

The fine print

Rates are based on triple/quadruple occupancy for participants; complimentary leader accommodations may be single or double occupancy based on availability. International airfare is included for complimentary leaders. Holiday surcharges may apply. A \$200 per person deposit and enrollment form is due upon booking. This deposit is refundable until 95 days prior to departure excluding a \$100 cancellation fee. Final payments are due no later than 95 days prior to departure. Cancellations received less than 95 days prior to departure are non-refundable. Travel/trip cancellation insurance is strongly recommended. For more information call Travel Insured at 800-243-3174 or visit travelinsured.com. Holbrook Travel’s agency number is 15849. Mandatory group insurance can be added upon request.



This program includes optional carbon offsetting with ClimateSafe. Learn more at holbrooktravel.com/climatesafe