

TRIP ITINERARY

10-day: Honduras highlights, ancient Mayan cities, coffee farms, lush forests & tropical islands

TRIP OVERVIEW:

This 10-day trip will take you across western and northern Honduras, where you will explore ancient Mayan ruins, hike rain forest trails, immerse yourself in Honduran coffee culture, and bask in tropical island beaches. If this is your first trip to Honduras you will experience many of the country's highlights, as well as some hidden gems; that include a visit to the ancient Mayan city of Copan, a **must-see** UNESCO World Heritage Site, and the Museum of Mayan Sculpture. You will also have the opportunity to hike trails in two National Parks, Pico Bonito (*rain forest*) & Santa Barbara (*cloud forest*) and visit coffee farms in the western highlands home to the Lenca people. Last but not least, in Cayos Cochinos you will visit a Garifuna fishing village, swim and snorkel in crystal clear water, explore coral reefs and taste traditional foods. They don't have freezers so the fish is fresh caught daily!

Trip Duration: 10D/9N

Day 1: San Pedro Sula – Copan Ruinas

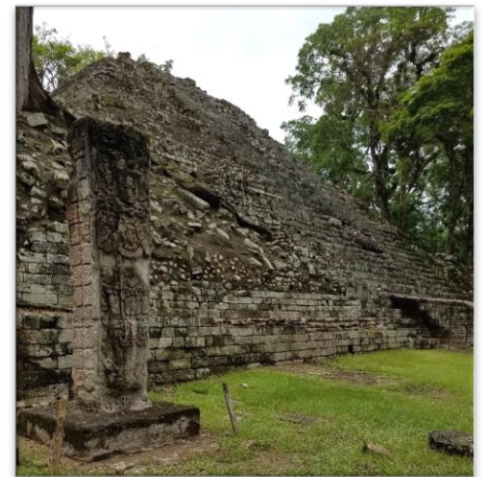
- Meet & greet in San Pedro Sula airport (**airport code: SAP**)
- Transfer to Copan Ruinas (*approx. 4 hours from airport*)
- Overnight in Copan (*Hotel Copan Colonial or similar*)

Day 2: Copan Ruinas

- Breakfast (included in hotel)
- AM: Guided visit of the Copan Archaeological Site, including the tunnels under the temples and the Museum of Mayan Sculpture
- PM: Horseback ride in the Copan River Valley surrounding the town, including the Maya-Chorti village of La Pintada
- Overnight in Copan (*Hotel Copan Colonial or similar*)

Day 3: Copan Ruinas – Gracias, Lempira

- Breakfast (included in hotel)
- La Laguna Birding walk
- Transfer to Gracias, Lempira (*approx. 3.5 hours*)
- Santa Rosa de Copan, quick rest stop
- Overnight in Gracias (*Hotel Guancascos or similar*)



Day 4: Gracias – Caiquin – La Campa

- Breakfast (included in hotel)
- San Marcos de Caiquin town & coffee farm visit
- Lenca pottery workshop demonstration in La Campa
- Overnight in Gracias (*Hotel Guancasco or similar*)

Day 5: Gracias – La Esperanza – Lake Yojoa

- Breakfast (included in hotel)
- Transfer to La Esperanza, Intibuca (*approx. 1.5 hours*)
- Walking tour of La Esperanza, Intibuca
- Transfer to Lake Yojoa (*approx. 2 hours*)
- Overnight Lake Yojoa (*D&D Brewery or similar*)



Day 6: El Cedral – La Ceiba

- Breakfast (included in hotel)
- Santa Barbara National Park cloud forest hike & organic garden
- Transfer to La Ceiba (*approx. 5 hours*)
- Overnight Rio Cangrejal (*Villa de Soledad, or Omega Tours or similar*)



Day 7: La Ceiba (Cangrejal River area) – Cayos Cochinos

- Early breakfast
- Boat trip to Cayos Cochinos Marine Reserve
- Activities: coral reef snorkelling, island exploring
- Lunch in Cabanas Laru Beya
- Boat return to La Ceiba
- Overnight Rio Cangrejal area (*Villa de Soledad, or Omega Tours or similar*)



Day 8: Rio Cangrejal - Tela

- Breakfast
- Your choice of: Sendero Guaruma hike in Pico Bonito National Park or River snorkelling in Nombre de Dios National Park
- Afternoon transfer to Tela (*approx. 1.5 hours*)
- Overnight in Tela (*Playa Bonita or similar*)

Day 9: Tela – botanical garden - beach – Garifuna villages

- Breakfast (included)
- Activities: walking & birding Lancetilla Botanical Garden, and afternoon visit to beach in Garifuna village
- Overnight in Tela (*Playa Bonita or similar*)

Day 10: Tela – San Pedro Sula Airport

- Breakfast (included in hotel)
- Transfer to San Pedro Sula airport (SAP) (*approx. 1.5 hours*)

The trip price includes:

- 9 nights accommodations in double occupancy rooms
- Breakfast daily (menu options vary in each hotel)
- Lunch in Cayos Cochinos (Day 7)
- All ground transfers between destinations as specified
- All boat transfers as specified
- The activities specified in the itinerary
- Honduran sales tax

The trip itinerary does NOT include:

- Airfare
- Tours, and activities not specified
- Equipment rentals
- Tips, Gratuities
- Alcoholic beverages
- Meals (other than specified above)
- Airport departure tax
- Trip insurance (travel nor medical)
- Any other incidentals

Estimated Prices:

US\$ 3159/person (based on 2 travelers)

US\$ 1989/person (based on 4 travelers)

US\$ 1659/person (based on 6 travelers)

**Prices subject to change without notice.

Contact us for a custom quote: info@choosehonduras.com

