

7-day: Honduran coffee farms, Mayan ruins, lush nature & secluded tropical beaches

TRIP OVERVIEW:

This 7-day trip will take you across western and northern Honduras, where you will immerse yourself in the landscape of Honduran coffee production, explore ancient Mayan ruins, and bask in secluded tropical beaches. If this is your first trip to Honduras you will experience many of the country's highlights, as well as some hidden gems. The trip highlights 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 visit coffee farms in Copan, Veracruz and Marcala, a region that boasts the 1st Denomination of Origin seal for coffee grown in Central America. Last but not least, in Punta Sal National Park you will swim and snorkel in crystal clear water and explore colorful coral reefs.

Trip Duration: 7D/6N

Day 1: San Pedro Sula – Copan Ruinas

- Meet & greet in San Pedro Sula airport (**airport code: SAP**)
- Transfer to Copan Ruinas (*approx. 4.5 hours from airport*)
- **OPTIONAL** after dinner presentation: Honduras & trip details
- Overnight in the town of Copan Ruinas



Day 2: Copan Ruinas

- Breakfast (included in hotel)
- AM: La Laguna birding walk on route to the coffee farm
- AM: Visit a working coffee farm. High altitude coffee located 1250-1450masl with several coffee varieties. Coffee tasting on-site
- Overnight in the town of Copan Ruinas



Day 3: Copan Ruinas – Veracruz, Copan

- Breakfast (included in hotel)
- AM: Guided tour of the Copan Archaeological Site and the Museum of Mayan Sculpture
- On route, lunch and coffee farm tour in [Finca Santa Isabel](#)
- Transfer to Hacienda Montecristo in Veracruz, Copan (*approx. 2.5 hours*). Time for walk around the farm before dinner.
- Overnight in Hacienda Montecristo, a 100+ year old estate farm



Day 4: Veracruz – Marcala

- Breakfast (included in hotel)
- Hacienda Montecristo coffee farm tour and roasting room visit (1200masl, Varieties: Pacamara, Parainema, Maragpgype, Caturra, Red Catuai, Yellow Catuai, Ovata, IHCAFE-90, Lempira, Marsellesa)
- Transfer to Marcala (*approx. 3 hours*)
- Overnight n the town of Marcala
- Marcala is the first region in Central America to have a Designated Denomination of Origin Seal for its coffee



Day 5: Marcala – Tela, Atlantida

- Breakfast (included)
- AM: Local coffee farm tour, led by the farmer. Farm is high altitude, tree-shade grown coffee.
- After lunch, cupping session with local specialty coffees, led by Exotico's Café and Finca Los Catadores
- Transfer to Tela on the Caribbean coast (*approx. 5 hours*)
- Overnight Tela Beach ([Hotel Playa Bonita](#) or similar)



Day 6: Tela – Punta Sal National Park - Tela

- Breakfast (included)
- Boat trip to Punta Sal National Park, coral reef snorkeling, and free time in secluded beaches, picnic lunch included
- Overnight Tela ([Hotel Playa Bonita](#) or similar)

Day 7: Tela – San Pedro Sula Airport

- Breakfast (included in hotel, depending on departure time to airport)
- Transfer to San Pedro Sula airport (SAP) (*approx. 1.5 hours*)



The trip price includes:

- Transportation vehicle with professional driver for duration of trip
- 6 nights accommodations, in double occupancy rooms. All of our lodging partners are independent, locally owned hotels.
- Breakfast daily (menu options vary in each hotel¹)
- Lunch in Punta Sal (Day 6)
- Boat tour and transfers as specified (Day 6)
- The activities specified in the itinerary
- Honduran sales tax



The trip itinerary does NOT include:

- Airfare
- OPTIONAL Tours, and activities not specified
- Tips, Gratuities
- Alcoholic beverages
- Meals (other than specified above)
- Airport departure tax
- Trip insurance
- Any other incidentals



Estimated Prices:

US\$ 2499/person (based on 2 travelers)

US\$ 1699/person (based on 4 travelers)

US\$ 1499/person (based on 6 travelers)

**based on double occupancy rooms. Prices subject to change without notice. Final price is based on accommodations you prefer (tourist class, standard, or budget)

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

¹ At time of booking please let us know if you have special dietary needs or preferences. We will try our best to accommodate.