

8-day: Honduras Highlights, ancient Mayan cities, coffee farms, lush forests & secluded tropical beaches

TRIP OVERVIEW:

This 8-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 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, Jeannette Kawas (*rain forest*) & Santa Barbara (*cloud forest*) and visit coffee farms in the western highlands home to the Lenca people. Last but not least, in Punta Sal swim and snorkel in crystal clear water, explore coral reefs and enjoy a beach picnic-style lunch.

Trip Duration: 8D/7N

Day 1: San Pedro Sula – Copan Ruinas

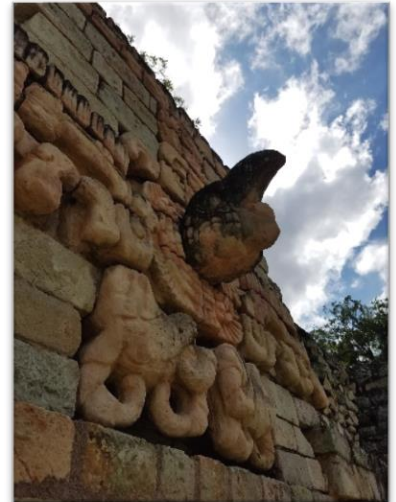
- Meet & greet in San Pedro Sula airport (**airport code: SAP**)
- Transfer to Copan Ruinas (*approx. 4 hours from airport*)
- Overnight in Copan (*Hotel Copan Colonial or similar*)

Day 2: Copan Ruinas

- Breakfast (included in hotel)
- AM: Guided visit of the Copan Archaeological Site, underground temple tunnels, 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 – Tela

- Breakfast (included in hotel)
- Santa Barbara National park cloud forest hike, and visit orchid garden & coffee farm
- Transfer to Tela (*approx. 3 hours*)
- Overnight Tela (*Playa Bonita or similar*)

Day 7: Tela – Jeannette Kawas-Punta Sal beach

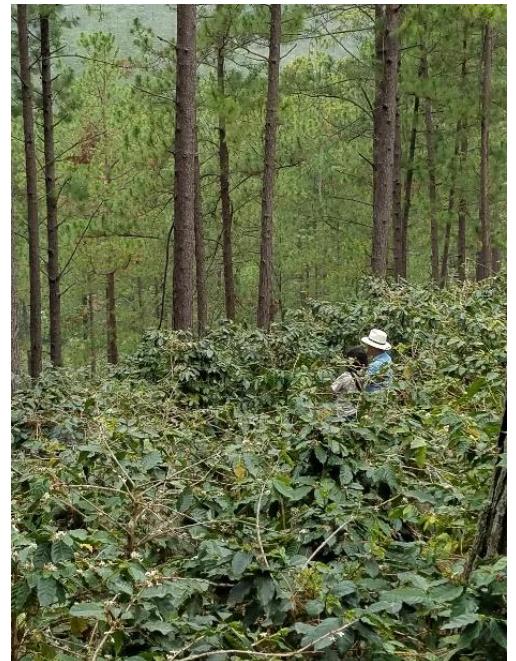
- Breakfast (included)
- Boat trip to Punta Sal, snorkel, beach picnic
- Overnight in Tela (*Playa Bonita or similar*)

Day 8: Tela – San Pedro Sula Airport

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

The trip price includes:

- 7 nights accommodations in double occupancy rooms
- Breakfast daily (menu options vary in each hotel)
- Lunch in Punta Sal (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



Pricing:

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

US\$ 1549/person (based on 4 travelers)

US\$ 1249/person (based on 6 travelers)

**Prices subject to change without notice.

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

