

8-day: Immerse yourself in tropical forests & coral reefs

TRIP OVERVIEW:

This 8-day trip is offered by local, community-based service providers affiliated to LARECOTURH, a local NGO, that promotes conservation and economic development through tourism in communities in or around natural protected areas. Accompanied by local guides you will explore tropical forests in two national parks, snorkel rivers and coral reefs, canoe the mangroves of Cacao lagoon, learn how to fish with traditional handlines, visit artisan workshops, and eat & sleep in locally owned and operated lodging establishments. Amazing experiences and stories await you.

Trip Duration: 8D/7N

Day 1: Welcome to Honduras: San Pedro Sula – La Ceiba

- Meet & greet in San Pedro Sula airport (**airport code: SAP**)
- Ground transfer to the Cangrejal River area near La Ceiba (*approx. 2.5 hours from airport*)
- Dinner in Cabanas del Bosque
- Overnight in Rio Cangrejal area (Cabanas del Bosque Cabins)



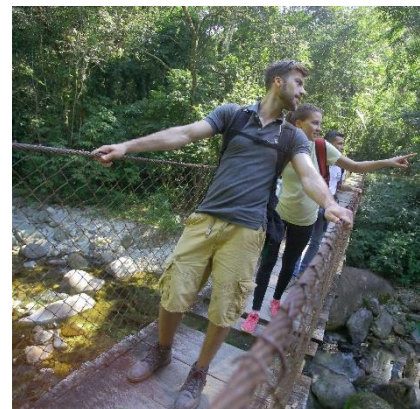
Day 2: Las Mangas – Nombre de Dios National Park

- Breakfast
- River snorkeling in Nombre de Dios National Park
- *El Olvido* trail, and visit to local artisan workshop
- Lunch and dinner
- Overnight in Rio Cangrejal area (Cabanas del Bosque Cabins)



Day 3: Las Mangas – Laguna El Cacao

- Early Breakfast
- Ground transfer to Jutiapa
- Canoe tour in Laguna El Cacao, for wildlife watching
- Lunch and dinner
- Overnight in Rio Cangrejal area (Cabanas del Bosque Cabins)



Day 4: Las Mangas – Pico Bonito National Park

- Breakfast
- Hiking El Bejuco Trail in Pico Bonito National Park
- Lunch and dinner
- Overnight in Rio Cangrejal area (Cabanas del Bosque Cabins)

Day 5: Las Mangas – Sambo Creek - Cayos Cochinos

- Early breakfast
- Ground transfer to Sambo Creek on the beach for boat to Cayos Cochinos
- Boat trip to East End in Cayos Cochinos
- Walking trail to El Playon for beach time
- Lunch and dinner
- Overnight in East End (*Laru Beya Cabins*)

Day 6: East End, Cayos Cochinos

- Breakfast
- Artisanal fishing tour with a local fisherman
- Lunch and dinner
- Garifuna Cultural presentation by the East End community
- Overnight in East End (*Laru Beya Cabins*)

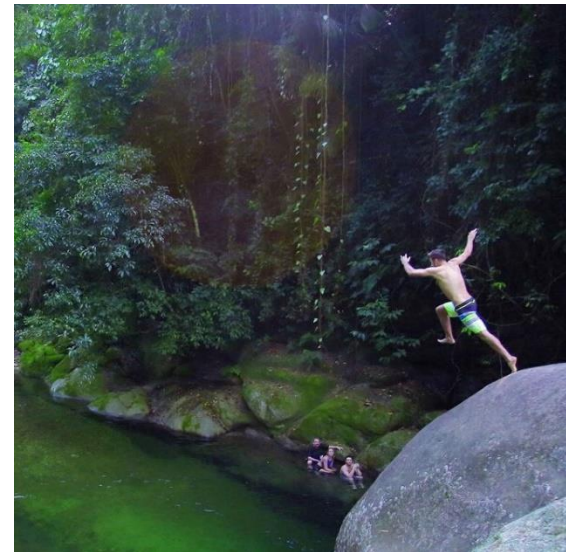


Day 7: East End – Sambo Creek – La Ceiba

- Breakfast, lunch
- Free time on the beach before boat trip back
- Boat trip back to the mainland, Sambo Creek
- Transfer to La Ceiba
- Overnight in La Ceiba (Las Hamacas Hotel or similar)

Day 8: La Ceiba – San Pedro Sula Airport

- Breakfast
- Transfer to San Pedro Sula airport (SAP) (*approx. 2.5 hours*)



Trip itinerary Prices:

US\$ 1529/person (for groups of 2 travelers)

US\$ 1025/person (for groups of 4 travelers)

US\$ 899/person (for groups of 6 travelers)

*based on double occupancy rooms in Rio Cangrejal and La Ceiba, and dorm style rooms in East End.

Prices subject to change without notice.

If you would like to modify, add, or change activities or any other itinerary details, contact us for a custom quote:
info@choosehonduras.com

The trip price includes:

- 7-nights accommodation in double occupancy rooms in Cabanas del Bosque (Las Mangas) and Las Hamacas (La Ceiba), and dorm style bunks in Laru Beya Cabins (East End)
- Breakfast, lunch, and dinner daily (menu options vary, vegetarian options upon request please inform preference during booking)
- All ground transfers between destinations as specified
- All boat transfers as specified
- The activities specified in the itinerary
- Local guide, bilingual (Spanish-English)
- Honduran sales tax

The trip itinerary does NOT include:

- Airfare to and from San Pedro Sula, Honduras
- Tours and activities not specified
- Tips, Gratuities
- Alcoholic beverages
- Airport departure tax
- Trip insurance
- Any other incidentals

