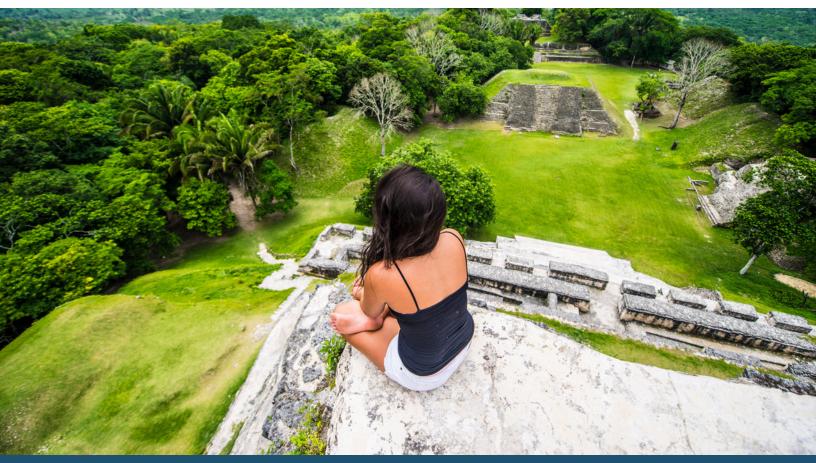


# BikeHike Adventures Inc.

## connecting the world through active travel



# BELIZE

### THE BELIZE BLAST! BY KAYAK, CAVE, INNERTUBE, RAPPEL, HORSEBACK & FOOT 9-DAYS

This week-long Belize adventure vacation highlights the best this tiny country offers. This multi-sport adventure tour includes climbing the steps of the Xunantunich ruins, riding horses through tangled jungles, floating peacefully on inner-tubes through Mayan caves, rappelling safely into the depths of the jungle, and paddling kayaks on a calm and pristine river. The final days of your adventure vacation are spent on the relaxing beaches of Placencia where you'll have the option to snorkel in translucent seas with opportunities to see manatees, nurse sharks, and stingrays, amongst other tropical marine life.

### Day 1 BELIZE CITY ARRIVAL

Upon arrival into The Belize International Airport you will will will be met by one of our representatives and transferred to a cozy Jungle Resort located in Cayo, alongside the Belize River. If you arrive early enough, there is an option to stop at the Belize Zoo en route. Once at our jungle lodge you'll check in and have the remainder of the afternoon to get acquainted with the grounds and your group. The remainder of the evening is at leisure.

Meals: Dinner Accommodation: Hotel





Day 2 SAN IGNACIO - XUNANTUNICH RUINS HORSEBACK RIDING & RUINS

Today we have a double dose of adventure! We begin on horses cantering through fertile agricultural regions and small quaint villages. We'll break for lunch midday and before heading to San Ignacio to view the Xunantunich ruins, a major ancient Maya site of Belize. We'll climb the steps of El Castillo, the largest pyramid, and have a panoramic view of the Cayo District. In the afternoon we return to our jungle lodge for the night.

**Meals:** Breakfast, Lunch, Dinner **Accommodation:** Hotel

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#### Day 3 MAYA MOUNTAINS RIVER KAYAKING

Today we have an adventurous day of cave kayaking, paddling into a landscape of karst limestone terrain, hundreds of miles of carved and sculpted cave systems that are concealed from much of the world. We'll start with a 30 minute drive, venturing deep into the Five Blues Lake Nature Reserve, before reaching our put-in. Even the drive towards the kayaking trip is a scenic adventure in itself, crossing rivers and overgrown fields. Once there, our guide will lead us through a safety briefing and then gear us up with kayaks, paddles, life jackets and headlights. With the help of experienced jungle guides, we will spend the day kayaking downstream on this beautiful jungle river to explore three majestic cave systems. On this three-cave kayaking trip, we will experience an unspoiled part of nature that is not seen by many tourists.

The first 30 minutes we'll meander through the dense jungle terrain, our guide leading, and clearing a path with a machete through this giant tropical garden so that we can slip through the thick foliage in our sleek kayaks. Soon a mountain wall will appear and the river plunges underground becoming one with the mountains. We're now paddling along a river of caves with hanging stalactites looming above us. At times, we'll see glittering formations reflecting light back at us through thousands of miniature calcite crystals. We'll have a full day of fun and then we'll transfer back to our accommodation for the night. This three-cave kayaking day trip is a physically strenuous tour, not suitable for young children, or for those with injuries or physical issues. You will need to climb in and out of the kayak on several spots.

A wonderful picnic lunch will be served on the river bank, an overturned kayak as our table. After returning to our accommodation, we'll have a home cooked dinner with time to relax around the poolside under the stars in the evening.

# **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Hotel

### Day 4 BLACK HOLE DROP HIKING & RAPPELLING

Prepare for an incredible adrenaline rush today. This expedition starts off with a vigorous hike into the foothills of the Maya Mountains to the edge of the Actun Loch Tunich sinkhole. We call this the Black Hole drop, a sinkhole 300 feet deep and 200 feet above the rainforest canopy. Our fully trained caving guides rig a system of rappelling ropes for our decent deep into the basin. The sinkhole is not actually black, but the bottom isn't visible from the start of the rappel. Once we reach terra firma we head back to our base for a welldeserved cold beer.

# **Meals:** Breakfast, Lunch, Dinner **Accommodation:** Hotel



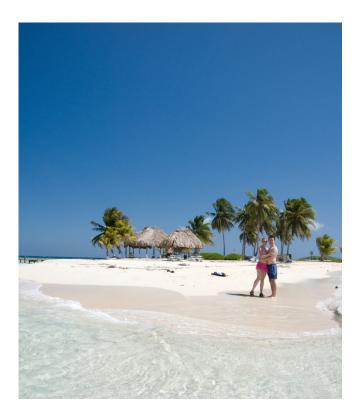
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### Day 5 ACTUN TUNICHIL MUKNAL CAVES CAVING

After breakfast we transfer to an archaeological site near San Ignacio. We trek for 45 minutes through dense Jungle in the Tapir Mountain Nature Reserve before entering the ATM caves. Prepared with the necessary equipment, we hike, crawl, and swim 1 km (0.62 mi) into the cave witnessing ceramics, stoneware, and untouched human skeletons remaining from Maya rituals centuries ago. We have lunch in the jungle before another short hike out of the jungle. Overnight at the same jungle lodge.

Meals: Breakfast, Lunch, Dinner Accommodation: Hotel



### Day 6 CAYO DISTRICT - PLACENCIA INNER-TUBING & CAVING

After a hearty breakfast in a pristine tropical setting we'll prep for our second caving adventure. Today we'll venture deep underground into the mystic cave world, the most sacred area of the ancient Maya. The adventure begins with a drive through orange plantations until we reach the entrance to a Maya Ceremonial Cave. Here with some stamina, we'll paddle inner-tubes upstream, past massive stalagmites through one of the most extensive underground river cave systems in the country. The only source of light is beaming headlamps guiding you through the darkness of the cave. Inside we'll visit the ancient Maya ceremonial centers, left untouched for over 2,000 years. The day ends with a transfer to Belize City to catch a short ight to the tropical island of Placencia. Overnight in a comfortable hotel.

Meals: Breakfast, Lunch Accommodation: Hotel

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#### Day 7 PLACENCIA FREE DAY

Today is the first of two days free to spend as you wish. There are many tours you can book locally such as manatee watching, snorkelling the Belize Barrier Reef, diving, monkey river tour, etc. You can also spend the day relaxing at the beach with a good book. Overnight at same hotel in Placencia.

#### Meals: none Accommodation: Hotel



#### Day 8 PLACENCIA FREE DAY

This is another day free to spend as you wish. There are many tours you can book locally such as manatee watching, snorkelling the Belize Barrier Reef, diving, monkey river tour, etc. You can also spend the day relaxing at the beach with a good book. Overnight at same hotel in Placencia.

#### Meals: none Accommodation: Hotel



Day 9 PLACENCIA - BELIZE CITY DEPARTURE

Today you'll be transferred to the airstrip in Placencia to catch a flight to The Belize International Airport to connect with your International flight home.



# **TRIP INCLUSIONS**

#### **Trip Includes**

All accommodation (twin shared), meals as indicated, all internal transportation including two domestic flights, airport transfers, equipment and English-speaking guides.

#### **Not Included**

International airfare, airport taxes, gratuities, meals not included and items of a personal nature.

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