

“Honduras’s best-known hotel and one that has single-handedly put the country on the eco-tourist map”
Conde Nast Traveller

Description of 7-night Ruins to Rainforest to Reef Package

| | <u>Standard Cabin</u> | <u>Standard Plus Cabin</u> | <u>Superior Cabin</u> |
|------------------------|-----------------------|----------------------------|-----------------------|
| May 1 – Dec. 20, 2009 | \$1,358 (\$1,541) | \$1,468 (\$1,667) | \$1,564 (\$1,777) |
| Dec. 21 – Jan. 3, 2010 | \$1,509 (\$1,714) | \$1,619 (\$1,840) | \$1,729 (\$1,966) |
| Jan. 4 – Apr. 30, 2010 | \$1,468 (\$1,667) | \$1,592 (\$1,808) | \$1,702 (\$1,934) |

Per person including gratuities, based on double occupancy.
(\$ in parenthesis) – Price with all package taxes.
Price is not guaranteed until reservation is made and deposit accepted.
Standard cabin has either 2 double or 2 queen beds. Standard Plus cabin has air conditioning.
Superior cabin has a single king bed and air conditioning.

Copan - 2 Nights

Greeting and drop-off at San Pedro Sula airport, transfers in an air-conditioned van, 2 nights at a hotel in Copan, 2 breakfasts, and full day of touring the ruins (all entrance fees included) with a bilingual guide.

Lodge at Pico Bonito - 5 nights

Airfare between San Pedro Sula and La Ceiba airports, greet and drop-off at La Ceiba airport, 5 nights in a secluded cabin with a private bath and veranda, 5 breakfasts, one lunch (part of white-water rafting activity), guided rainforest hike, and white-water rafting down the Cangrejal River.

Day of Snorkeling on the Bay Islands of Honduras

Transportation to/from the Bay Islands and a day of snorkeling with lunch.

Summary

2 nights room accommodations in Copan with breakfasts

5 nights cabin accommodations at The Lodge at Pico Bonito with breakfasts

2 lunches per person (white water rafting and snorkeling excursions)

Roundtrip van transfers 1) between San Pedro Sula airport and Copan and 2) between La Ceiba airport and The Lodge

Roundtrip air transfers 1) between San Pedro Sula and La Ceiba

Guided tour of the ruins of Copan

Guided rainforest hike

Guided white water rafting trip

Day of snorkeling on the Bay Islands

Activity Descriptions

Ruins

Touring the Ruins of Copan

The extensive Mayan Ruins of Copán are stunningly beautiful and wonderfully preserved. These ruins gained international attention recently with discoveries of hidden tombs and buildings buried by the Mayans themselves. Tunnels let you go under the impressive ruins to see discoveries, explaining many mysteries of these ancient people. Copán, known as the Athens of the Mayan world, is one of the most important Mayan ruins due to the exquisite detail of its carved stelae and well-preserved temples. Numerous smaller archeological sites provide further opportunities for exploration by foot and horseback. The new Copán Sculpture Museum is said to be the best of its kind in Central America.

Rainforest

The Lodge at Pico Bonito and Pico Bonito National Park

The Lodge at Pico Bonito, a member of Small Luxury Hotels of the World, is the best nature/adventure lodge in Central America. The Washington Post Travel Section listed it as one of the 10 hot international destinations to visit in 2004. Outside Magazine in its Traveler's issue listed a visit to The Lodge as one of its 40 Dream Trips. In the New York Times Sunday Travel Section, it was part of the cover story on Wild Outposts in Central America, and can be read on-line at:

<http://query.nytimes.com/search/article-page.html?res=9B0DE4D71330F93BA25752C0A9629C8B63>

The Lodge consists of 22 cabins; a gourmet restaurant serving breakfast, lunch and dinner; a fully-stocked bar; landscaped outdoor pool; wildlife viewing towers and decks; a working commercial butterfly farm; a system of trails into one of the largest and pristine rainforests of Central America; and on-site naturalists and guides. Within minutes our guests can explore tropical jungles by horseback, canoeing amongst crocodiles, rafting class IV rapids or simply bathing beneath cascading waterfalls. The Lodge is designed for both the leisure traveler wanting relaxation in a spectacular setting and the adventure traveler looking for challenging activities and excitement.

Bordering The Lodge at Pico Bonito is the Pico Bonito National Park, Honduras' largest and most beautiful national park with over 100,000 hectares of virgin rainforest and cloudforest. Seven different ecosystems exist within its borders. The Park is home to over 300 species of birds as well as jaguars, tapirs, deer, puma, white-faced and spider monkeys. Mountain rivers and streams provide wonderful opportunities for swimming in deep crystal clear natural pools and under small waterfalls. It is possible to visit virgin rainforest and crystal clear swimming holes all within a short walk from The Lodge.

Guided Rainforest Hike

This excursion crosses the Corinto River and takes our guests through coffee and cacao plantations before entering the Pico Bonito National Park. Almost immediately you enjoy excellent bird watching. As the hike continues into the tropical cloud forest, the foliage thickens and the going gets slower but our guests are rewarded with great wildlife sighting opportunities. The hike's ultimate objective is Unbelievable Falls, a spectacular double drop waterfall that descends almost 100 feet into a huge and irresistible swimming hole. The more adventuresome can scurry up the rocks and swim in a pool between the two drops. This guided hike lasts about 4 hours.

White Water Rafting along the Cangrejal River

The Río Cangrejal is one of Central America's most accessible and beautiful rivers. Flowing from the depths of the cloudforests of the Pico Bonito National Park down to the Caribbean Sea, the 20-mile river has become known as a world-class whitewater destination. With rapids ranging in difficulty from class II to class V, the Cangrejal River offers something for everyone from the first time rafter to experienced kayak enthusiasts. Generally the river runs highest from September to February, but is runnable almost all year.

Cuero y Salado Boating Trip (Instead of White Water Rafting or for an Additional Charge)

Named for two rivers that feed this estuarine mangrove forest wildlife refuge, the Cuero y Salado Wildlife Refuge is famous for its abundant wildlife and birding opportunities. Your trip into the refuge starts on a narrow gauge rail car that takes you to the river's edge. From here motorized skiffs and canoes are available for guided tours through the complex of estuaries and mangrove forests where one can expect to see howler and white-faced monkeys, iguanas, crocodiles, dozens of species of birds, and -with a little luck- manatees.

Reef

Snorkeling on the Bay Islands

Honduras' Bay Islands have been long known as one of the premier dive and sailing locations of the world. The islands offer unparalleled coral reefs and white sand beaches and are the perfect complement to a stay in the rainforest. The Lodge offers a great snorkeling trip to the Bay Islands' Cayos Cachinos. A true paradise, the Cayos Cochinos is a group of 15 small, remote keys located about 9 miles north of the Honduran mainland and due south of the larger Bay Island of Roatan. The Cayos Cachinos and its surrounding coral reef is a biological reserve and is managed by a private NGO which operates a research station on one of the larger keys. The Cayos is reached by a 26-foot outboard motor boat or "lancha", and takes about 45 minutes in calm seas. The snorkeling trip includes lunch at a Garifuna village.

Optional Activities from The Lodge at Pico Bonito (Additional Charges Apply)

Botanical Gardens

In 1925, the famous American explorer and pioneer tropical botanist Wilson Popenoe established the Lancetilla Botanical Gardens, about an hour's drive from The Lodge. It was started by the United Fruit Company (Chiquita Brands) as an experimental station where tropical fruit and wood trees were to be established and tested for commercial viability. Today with over 40 square kilometers of area under cultivation or protection, Lancetilla boasts the world's largest collection of Asian fruit trees. While fruit and timber were the primary focus of the Gardens, it has grown to include significant orchid and ornamental collections as well as an area of protected tropical broadleaf forest. A wonderful local-style seafood lunch is arranged in the small beach city of Tela.

Horseback Riding along the Coast

A short 20 minute drive takes you to the small seaside community of Bonitillo where you will meet Sylvia, your guide for this excursion. After a short ride through the village, the open beach allows opportunities to run, gallop and canter to your heart's content. The trail then heads west for a couple of kilometers, crossing two small rivers, to the coastal town of El Porvenir which provides an opportunity to stop and have a soda or beer at the local beach-front cantina. After a picnic lunch, the return to Bonitillo is via a back route through agricultural and rural residential areas.

Rural Village Visit with the Adelante Foundation

The La Ceiba based Adelante Foundation (www.AdelanteFoundation.org) is doing its part to eliminate poverty by providing "micro-credit" loans to poor villagers in rural Honduras who never before had access to money. These borrowers use the money to start their own businesses. The Lodge has developed a unique and educational excursion where guests travel into the backcountry of Honduras, a place rarely seen by tourists, with an English speaking Adelante staff person. Guests attend an "Assembly" where borrowers meet to learn new business skills and important health or nutrition information. Then guests stop by a borrower's business. The courage and warmth of these villagers are inspirational and you will come away optimistic that poverty can be overcome. A portion of your fees is donated to the foundation.

Night Hike

Join one of The Lodge's guides for this nocturnal adventure and learn about the animals that hide by day and roam by night. Start by setting up an insect attracting light on the first observation tower and then head off on the trail to the moist gallery forest along the Coloradito River. Search for nocturnal mammals, reptiles, and insects guided by flashlights and the experienced eyes of James before returning to the observation tower to see what the insect light has brought in. Although nothing is guaranteed in nature, it is



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common to see tree frogs, kinkajous, numerous species of bats, possums, as well as a veritable potpourri of beetles and moths.