



# Belize: Blue Caribbean to Lush Rainforest



LEARN SERVE INSPIRE

# 8 DAYS

## BELIZE: EXPLORING OUR BLUE PLANET



### INCLUDED IN PROGRAM FEE:

- Full Time Tour Guide
- Accommodations
- Flights and Transportation
- All Taxes
- Fees For All Activities Not Listed As Optional
- Meals
- T-shirts
- 1 Free Chaperone For Every 8 Paid Students
- Does not include snorkel gear rental

\*Order itinerary occurs in may vary.

Belize blends the best of two worlds, lush tropical rainforest and blue Caribbean Sea. Offshore, kayakers glide from one sandy, palm-dotted islet to another, while snorkelers swim through translucent seas, gazing at a kaleidoscope of coral, fish, dolphins, and turtles. Inland, explorers investigate ruins of ancient civilizations, and birders aim their binoculars at some 570 species. Between national parks, wildlife sanctuaries, and marine reserves, more than 40% of the country's area is protected in one form or another, creating a haven for countless creatures of land, sea, and sky.

#### Day 1 • Arrive in Belize City

Your Appleseed Expeditions guide will meet you upon arrival in Belize City. After an orientation, you will be able to familiarize yourself with the city. If time permits we will volunteer at a local orphanage.

#### Day 2 • Visit Lamanai Ruins

We will visit Belize's most famous Mayan ruins. Lamanai means "submerged crocodile" in the Maya language and it's also the name of the third largest, and possibly most interesting, archeological site in Belize.

#### Day 3 • Cave Tubing & Belize Zip Ride at Caves Branch Outpost

We will explore the Caves Branch River and its winding waterway through the ancient caves via inner tubes. Thousands of years ago these caves were inhabited by the Maya. Become a "Zip rider" today as you connect to a series of overhead cables criss-crossing the rainforest canopy. Hike through the rainforest with a naturalist

who will discuss symbiotic relationships and ecological diversity.

#### **Day 4 • Visit the Xunantunich Ruins**

Its name means “Stone Woman” in the Maya language, and, like many names given to Maya archaeological sites, is a modern name; the ancient name is currently unknown. The “Stone Woman” refers to the ghost of a woman claimed by several people to inhabit the site, beginning in 1892.

#### **Day 5 • Kayaking Ambergris Caye**

Spend the day exploring the amazing mangrove lagoons of Ambergris Caye. You will spend the day kayaking through mangrove trees that stand on thick fingerlike roots that appear to walk on water. These thickets of mangrove nurture tiny organisms and supply a

along side the Audubon staff to help restore and preserve fragile ecosystems that are endemic to this region.

#### **Day 8 • Belize City and Flight Home**

After shopping in Belize City we will fly home.

**“Lifes most persistant and urgent question is: What are you doing for others?”** **Dr. Martin Luther King**

feeding area for birds and fish. Osprey, Kingfishers, Rosette spoonbills, Cormorants, Herons, and Egrets are just a few of the birds that you are bound to see.

#### **Day 6 • Kayaking and Snorkeling**

Kayak and snorkel at the reef at Hol Chan Reserve. The reef at Shark Ray Alley and other coral gardens can provide a euphoric experience. Snorkel in 3 ft. of water with brightly colored parrotfish or drift over 60 ft. of Caribbean Sea outside the reef and marvel at the whole other world this marine paradise presents.

#### **Day 7 • Volunteer with the Belize Audubon Society**

- Through an agreement with the Government of Belize, Audubon manages eight parks and protected areas including Cockscomb, Crooked Tree, Half Moon Caye and Tapir Mountain. Our group will work





*“Seeding a Revolution of Change Through Service”*



[www.appleseedexpeditions.com](http://www.appleseedexpeditions.com)

For more information contact us:  
[info@appleseedexpeditions.com](mailto:info@appleseedexpeditions.com)  
877-889-7150