# **EXPLORE!**



# Why book this trip?

This trip crosses five Central American countries in just two weeks, taking in rich wildlife, rainforests and volcanoes, as well as sacred Maya sites, revolutionary cities and local indigenous villages. From the avid people-watcher to the wildlife spotter and mountain lover, this trip will capture the imagination of all.

- Volcanoes Active and dormant volcanoes pepper this region. Discover the impressive cones overlooking the picture perfect city of Antigua, Guatemala, and see lava bubbling in Nicaragua's Masaya volcano
- Land of the Maya Take in the sights and smells of the indigenous market at Chichicastenango and the villages around Lake Atitlan, where the modern day Maya culture still thrives
- **Suchitoto** Enjoy the charms of this pretty colonial town beside the shores of Lake Suchitlan, and take the opportunity to learn the art of pupusa-making an El Salvadorean speciality





TRIP STAFF Explore Tour Leader Boat Crew Driver(s) Local Guide(s)



TRANSPORT

Bus

Boat







ACCOMMODATION TRIP PACE: Full on

**GROUP SIZE**: 12 - 18

# Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

# **Trip information**

#### **Country information**

## **Costa Rica**

#### Climate

Seasonal weather patterns can be unpredictable. Up-to-date information on the weather worldwide can be found by following the BBC weather link on this page. Costa Rica has a tropical climate with high temperature humidity and rainfall. The average temperature is 21°C in the highlands and variable in the lowlands. The rainy season is from May to November and the summer from December to April, but it does still tend to rain, usually in short bursts. Bear in mind that Costa Rica has 12 microclimates and weather can vary significantly in one day.

| Time difference to GMT | Plugs      | Religion                  | Language |
|------------------------|------------|---------------------------|----------|
| -6                     | 2 Pin Flat | Christian, Roman Catholic | Spanish  |

#### Climate

Has a tropical climate with wet and dry seasons. The Pacific lowlands are hot; the central plateau and mountain areas are more moderate. The rainy season extends from May to October. Rainfall during this season generally comes from low pressure over the Pacific and usually falls in heavy afternoon thunderstorms. From November through April, El Salvador is dry and hot.

| Time difference to GMT | Plugs      | Religion       | Language  |
|------------------------|------------|----------------|-----------|
| -6                     | 2 Pin Flat | Roman Catholic | Castilian |

# Guatemala

#### Climate

In the high plains (1524m-1981m) the climate is temperate all year round. In lower areas the climate is semi-tropical. The mountains can be cool especially at night. In general, the dry season in Guatemala lasts from Nov - April. From May to October there are often fine mornings and clear evenings but afternoon rains tend to be heavy. The Peten lowlands tend to be rainy all year round though less so from February to April.

| Time difference to GMT | Plugs      | Religion                | Language |
|------------------------|------------|-------------------------|----------|
| -6                     | 2 Pin Flat | Catholic and Protestant | Spanish  |

## Honduras

#### Climate

Climate change varies depending upon altitude. Mid range temperatures reach about 28°C. Rainfall is low to moderate with May to October being the wettest season. Temperature ranges in the lower reaches of the slopes and along the coast are more constant, with less rainfall.

| Time difference to GMT | Plugs      | Religion                      | Language |
|------------------------|------------|-------------------------------|----------|
| -6                     | 2 Pin Flat | Roman Catholic and Protestant | Spanish  |

#### Nicaragua

#### Climate

Tropical, with little seasonal variation in temperature. The heavy rainy season is May to October but it can rain at any time along the Caribbean coast of Rio San Juan. There are 3 main climactic zones, the hot tropical lowlands and the cooler hill region, which has a larger range of daily temperature.

| Time difference to GMT | Plugs      | Religion       | Language |
|------------------------|------------|----------------|----------|
| -6                     | 2 Pin Flat | Roman Catholic | Spanish  |

#### **Budgeting and packing**

# **Optional activities**

The following excursions and/or activities are usually available and may be arranged locally. Estimated

costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

Antigua - Coffee Finca - US\$ 25; Jade workshop US\$48; La Casa del Ron - Rum tasting US\$13 Copan - Macaw mountain US\$ 15, Horse riding US\$ 25, Hot Springs - USD\$ 35 Suchitoto - Indigo Dye Museum US\$ 25; Lake Suchitlan US\$ 25 (based on 4 people), Cookery classes USD\$ 12 per person (minimum 5 people) Leon - Las Penitas and Juan Venado Reserve US\$ 45; Iguana farm US\$ 25; Cerro Negro Hike US\$ 30 Granada - Boat to Las Isletas US\$ 25 based on 4 sharing, Kayak US\$ 35, Canopy/zip lining US\$ 40 San Juan del Sur - Surf lessons US\$ 35hr. Board hire US\$ 10 per half day Cano Negro - Boat trip US\$ 30 pp; Night walk US\$ 20pp (minimum 6 people) Pozo Azul - Nature walk US\$ 27, Canopy/zip lining US\$ 56, Rafting US\$ 58 Snake garden US\$ 30

# Clothing

Lightweight clothing is essential though a warmer sweater is advisable for cooler evenings in the highlands. A waterproof is essential. The jungle lowlands are hot and muggy, and it can rain at any time of year. Long trousers and long-sleeved shirts are recommended on jungle walks.

# Footwear

Comfortable walking boots or shoes and trainers or sandals.

# Luggage

20kg

# Luggage: On tour

One main piece of luggage and a day bag. Remember, you are expected to carry your own luggage - don't overload yourself. Sleeping bags are not required.

# Equipment

Bring a torch, water bottle, insect repellent, high factor sunscreen, beach towel, and a waterproof bag for your camera. Binoculars are very useful for bird and animal spotting. An umbrella can be useful in short downpours.

# Tipping

#### Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

#### Local crew

Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. In order

to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$50 for group tipping.

For all non-included services and meals on your trip please tip independently at your discretion.

#### International Departure Taxes

Please allow US\$ 30 for border crossings.

# **Costa Rica**

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

| Lunch price | Dinner price | Beer price | Water price |
|-------------|--------------|------------|-------------|
| £13         | £13          | £3         | £1.3        |

#### Foreign Exchange

**Local currency** Costa Rican Colon (CRC)

#### **Recommended Currency For Exchange**

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the CRC is approximately CRC 800 to the British Pound. USD are accepted in some shops / restaurants. We recommend you take some emergency cash in USD as the GBP exchange isn't very good. Notes should be in good condition otherwise they may not be accepted. Please check on line for up to date information

#### Where To Exchange

Your Tour Leader will advise you on arrival.

#### **ATM Availability**

ATMs can be found in the major towns and cities for cash withdrawals in Colones. Always have some cash back up as they are not always reliable

#### Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

#### **Travellers Cheques**

We do not recommend Travellers Cheques

# **El Salvador**

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

| Lunch price | Dinner price | Beer price | Water price |
|-------------|--------------|------------|-------------|
| £8          | £12          | £1.2       | £1.7        |

#### Foreign Exchange

Local currency US Dollar (USD)

#### **Recommended Currency For Exchange**

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the USD is approximately USD 1.25 to the British Pound. Please check on line for up to date information

#### Where To Exchange

Your Tour Leader will advise you on arrival. There are exchanges at the border.

#### **ATM Availability**

ATMs can be found in the major towns and cities for cash withdrawals in USD. Always have some cash back up as they are not always reliable

#### Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

#### **Travellers Cheques**

We do not recommend Travellers Cheques

# Guatemala

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

| Dinner price  | Beer price   | Water price  |
|---------------|--------------|--------------|
| £8.00 - 10.00 | £2.00 - 4.00 | £1.00 - 2.00 |

#### Foreign Exchange

#### Local currency

Quetzal (GTQ)

#### **Recommended Currency For Exchange**

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the GTQ is approximately GTQ 9.7 to the British Pound. Please check on line for up to date information

#### Where To Exchange

Your Tour Leader will advise you on arrival.

#### **ATM Availability**

ATMs can be found in the major towns and cities for cash withdrawals in Guatemalan Quetzal. Always have some cash back up as they are not always reliable

#### **Credit Card Acceptance**

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

#### **Travellers Cheques**

We do not recommend Travellers Cheques

## Honduras

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

| Lunch price | Dinner price | Beer price | Water price |
|-------------|--------------|------------|-------------|
| £7          | £10          | £1.75      | £2          |

#### Foreign Exchange

Local currency Lempira (HNL)

#### **Recommended Currency For Exchange**

You can choose to either change your money in advance or on arrival at the airport/ border. At the airport you will find both ATMs and Bureau de Change and at the border there are exchange opportunities. We recommend you take your cash in USD as the GBP are hard to exchange. Notes should be in good condition otherwise they may not be accepted. The exchange rate with the HNL is approximately HNL 30 to the British Pound. Please check on line for up to date information

#### Where To Exchange

Your Tour Leader will advise you on arrival.

#### ATM Availability

ATMs can be found in the major towns and cities for cash withdrawals in Lempira. Always have some cash back up as they are not always reliable

#### **Credit Card Acceptance**

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

#### **Travellers Cheques**

We do not recommend Travellers Cheques

# Nicaragua

#### Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

| Dinner price   | Beer price | Water price |
|----------------|------------|-------------|
| £10.00 - 12.00 | £2         | £0.8        |

#### Foreign Exchange

Local currency Cordoba (NIO)

#### **Recommended Currency For Exchange**

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the NIO is approximately NIO 42 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange isn't very good. Notes should be in good condition otherwise they may not be accepted. USD can be used in some places in Nicaragua. Please check on line for up to date information

#### Where To Exchange

Your Tour Leader will advise you on arrival.

#### **ATM Availability**

ATMs can be found in the major towns and cities for cash withdrawals in NIO. Always have some cash back up as they are not always reliable

#### **Credit Card Acceptance**

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

#### **Travellers Cheques**

We do not recommend Travellers Cheques

#### **Transport, Accommodation & Meals**

# **Transport Information**

Bus, Boat

# Accommodation notes

During this trip you will be spending one night in a fixed camp in Costa Rica. These tents are very large, walk-in tents with two large single beds in each, a fan, bedside table and lamp and duvets. Each tent has ensuite toilet and shower facilities.

#### **Essential Information**

# **FCO Advice**

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click here.

For more information from Explore about travel advice, click here

#### Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

# **Price Guarantee**

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information.Booking Conditions

# **Visa and Passport Information**

El Salvador: Citizens of the UK and most EU citizens do not require a visa. Nationals of Canada, Greece, Portugal and USA must buy a tourist card (current cost 10USD)on arrival, this is valid for 30 day from entry.

Costa Rica: Citizens from the UK, US, Canada and most EU countries do not require a visa for a stay up to 90 days. Citizen of Australia, New Zealand and the Republic of Ireland do not require a visa for stays up to 30 days.

Nicaragua: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

Honduras: Citizens from UK, New Zealand, Australia, New Zealand and most EU national do not require a visa.

Guatemala: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens.

Other nationalities should consult the relevant consulate.

All visa information is subject to change. You should confirm all visa related issues with the relevant Embassy prior to departure.

USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - https://esta.cbp.dhs.gov no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding.

You must have an electronic passport with a digital chip containing biometric information about the passport owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover.

If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel.

Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information.(Not necessary if in transit)

For further information please check out the US embassy website. Visa applications - http://london.usembassy.gov/niv/apply.html

Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: http://www.cic.gc.ca/english/visit/eta.asp Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

# **Booking conditions**

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

# Transfers

Find out more about Trip Transfer Terms and Conditions before you book.

## Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

## Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers. If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click here

# Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

Read more information about what travel insurance is required.

# **Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read more about them here.

#### **Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

#### Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport. On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

# Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim.

# **Costa Rica**

#### Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website http://travelhealthpro.org.uk/countries. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure.

The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

# **El Salvador**

## Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website http://travelhealthpro.org.uk/countries. Also on the NaTHNaC site there is a list of Countries (and

specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed

# Guatemala

#### Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website http://travelhealthpro.org.uk/countries. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

# Honduras

#### Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website http://travelhealthpro.org.uk/countries. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

## Nicaragua

#### Vaccinations

Nothing compulsory, but we recommend protection against typhoid, infectious hepatitis and polio. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website http://travelhealthpro.org.uk/countries. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended. All travellers coming to Nicaragua from the following countries (even if only in transit) must present an international certificate of vaccination: Argentina, Bolivia, Brazil, Peru, Colombia, Ecuador, French Guyana, Panamá, Paraguay and Venezuela. From the African Continent, all countries are included except Democratic Republic of Congo, Tanzania, Sao Tomé and Príncipe and Somalia. This list is regularly updated please check NaTHNaC for the most up to date list. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

#### **Additional Information**



# Why book this trip

Experience five Central American countries in just two weeks, crossing 2500km in 15 days. Learn about the Maya history and culture from ancient times at the Copan Ruins, Honduras, to present day at the colorful Maya market of Chichicastenango. Stay in the pretty colonial towns of Suchitoto in El Salvador, and Leon and Granada, Nicaragua, and view wildlife at Cano Negro Wildlife Refuge in Costa Rica.



