

# EXPLORE!

**Family Belize Adventure**  
14 days

Belize - Trip code FBZ



## Family Belize Adventure

Belize is now one of the world's leading ecotourism destinations, offering swathes of untouched rainforest, mangrove coasts, and one of the most splendid coral reef in the western hemisphere, second only in size and grandeur to Australia's Great Barrier Reef. Add to that ancient monuments (over 900 ancient Mayan ruins are located in the country) and fantastic beaches and you have an ideal family adventure destination.

Experience the historic and living culture of the Maya as we travel through jungles to discover ancient pyramids, visit local markets, stay on tropical islands and jungle lodges and appreciate its magnificent and well preserved natural history.

We include two tropical islands on this trip. On the Caribbean Island of Caye Caulker, we have the opportunity to relax and snorkel with a wide variety of marine life including stingrays and turtles on the largest barrier reef in the western hemisphere. We also spend a night on Tobacco Caye, staying in delightful rustic beach front cabins where you can wake up to the sound of the ocean breaking.

## Trip highlights

- ★ **Wildlife** - Opportunities to see howler monkeys, spider monkeys, toucans, parrots, crocodiles and much more in the tropical forests
- ★ **Crooked Tree Wildlife Sanctuary** - Spot the many types of birds on a boat trip through Crooked Tree Lagoon wetland habitat
- ★ **Jaguar Sanctuary** - Stay in a jungle lodge in the Cockscomb Basin Jaguar Sanctuary, a rainforest reserve.
- ★ **Mayan sites** - Visit the ancient temples of Xunantunich, and journey by boat through the jungle along New River to the site of Lamanai.
- ★ **Mesoamerican Barrier Reef** - Experience Caribbean island life. Opportunities to snorkel over the corals of the longest barrier reef in the western hemisphere

#### ACCOMMODATION GRADE:

##### Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

#### TRIP PACE:

##### Full on

Full on paced trips are for travellers who like their holidays packed with activities and experiences, moving on quickly from place to place with lots of early starts and long, busy days. Some may find them tiring, but others get a buzz from packing their precious holiday-time as chock-a-block full of new experiences as possible!

#### GROUP SIZE:

##### 10 - 16

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

## Itinerary

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

### DAY 1 - Arrive Belize City

Land only clients arrive to Belize City and check-in at hotel. Belize City was the capital of Belize until 1970 at which time it moved to Belmopan and is a typical Caribbean town. Parts of the town are still largely built of wood and galvanised iron, with many of the original colonial style houses in an elegant state of disrepair. There is also a canal system through the old part of town and a hand cranked colonial swing bridge that spans the Haulover creek separating the north and south side of the city from where the local lobster fishing boats and canoes depart. Creole English is widely spoken. Clients on the group flight from London will spend this first night in the United States, usually in Houston.



**Accommodation: Comfort Suites Bush Intercontinental Airport** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: None

### DAY 2 - Visit Community Baboon Sanctuary. Drive to Crooked Tree Wildlife Sanctuary

This morning is free in Belize City. We then drive along the northern highway to pick up the people joining from London at the international airport, before stopping at the Community Baboon Sanctuary. Here we have a chance of up close encounters with the

world's second loudest land mammal - the Yucatecan black howler monkeys in their natural habitat and we learn about the close relationship these animals have with local people who benefit from their protection - confusingly the local people call the monkeys 'baboons'.

Later in the afternoon, we arrive at Crooked Tree Wildlife Sanctuary, an important wetland habitat where we settle down for two nights enjoying the hospitality of our local hosts on the shores of the Crooked Tree Lagoon. Established in 1984, this maze of waterways and lagoons supports a wonderful variety of wetland species. For our first close up encounter with Belize's famed wildlife it's possible to use the hotels kayaks for an afternoon paddle in the lagoon. If the weather is fine we may take a sunset cruise on the lagoon in search of Green Iguanas and numerous wetland species including several species of kingfisher, heron, waders and raptors.



**Accommodation: Birds Eye View Lodge** (or similar)



Standard Lodge



Meals Provided: Breakfast & Dinner

## DAY 3 - Boat trip to jungle Mayan site of Lamanai

If we failed to do the sunset cruise yesterday we can rise early this morning to explore the lagoon by boat if we were unable to the day before. In this birdwatchers paradise we may spot wood stork, boat-billed heron, vultures, kingfishers, grebes, hawks, snail kites, jacanas and, perhaps most notable of all, the rare jabiru - the largest flying bird in the hemisphere with a wingspan of up to 4 metres. We return to the lodge for breakfast and then set off by vehicle to the New River and Tower Hill bridge for the boat ride upstream to the 2000 year old jungle ruins of Lamanai. Water birds are abundant in the ancient rainforest cover and freshwater crocodiles may be spotted lurking along the river bank. Lamanai, the original name of these Maya ruins, means 'Submerged Crocodile', which helps to explain the numerous carved crocodile representations at the site. The ruins are only partially cleared, most of the structures are still consumed by the surrounding rainforest with its thick canopy of huge trees, the humid atmosphere adds an aura of mystery to the scattered and overgrown relics. There is some evidence that the Maya practised human sacrifice here.



**Accommodation: Birds Eye View Lodge** (or similar)



Standard Lodge



Meals Provided: Breakfast, Lunch & Dinner

## DAY 4 - Explore Crooked Tree village and lagoon. Drive to San Ignacio

This morning we can explore Crooked Tree further on foot or by boat depending on the weather. This was one of the first settlements the British made in the area in the early 17th century. Testimony to this is the many Scottish titles and surnames that still exist! The extraction of logwood for textile dyes is what brought the original settlers here and we can still see the logwood tree growing commonly along the shores today. After breakfast we leave by bus to San Ignacio, a traditional Belizean town and an ideal place to base ourselves for the next couple of days. Straddling the Macal River which was once a critical transportation artery for the Maya and later the European settlers, it is now a centre for visiting ancient Mayan sites, caves and canoeing which are all on offer from this scenic town surrounded by jungle.



**Accommodation: Cassia Hill Resort** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 5 - In San Ignacio; visit to Xunantunich

Today we make a visit to the great classical Maya site of Xunantunich, Mayan for 'Rock Stone Maiden'. We travel the short distance to the area by bus, then cross the River Macal by traditional hand-winchd ferry to arrive at the site. Occupied until about 850 AD, the main plaza is dominated by an awesome structure called El Castillo - a massive pyramid which rises to 40 metres. On the top is a partially restored stucco frieze representing the Sun God and astronomical signs of the Moon and Venus. The superb view from the summit looks out over the forest with the Maya mountains to the south and the lowlands of Guatemala to the west. The afternoon is free to explore the local area, including the Mayan underworld on an optional cave canoeing adventure.



**Accommodation: Cassia Hill Resort** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 6 - Free day with optional tours around the area including Tikal, a UNESCO World Herital Site

San Ignacio is at the heart of Belize's (small) inland tourism and offers many different activities. Today you can choose from several different optional tours in the surrounding area. The UNESCO World Heritage Site of Tikal just over the border in Guatemala is one of those options. Set in one of the America's greatest forest reserves known as "The Maya Biosphere", Tikal and the surrounding forest are also home to many endangered animal species that are often seen here, living amongst one of the most impressive archaeological sites in the world. Abandoned in the 10th century and rediscovered 900 years later, this huge site lies amongst an example of more than 1000 years of undisturbed tropical forest regrowth. The ancient site provides an atmospheric backdrop to some superb wildlife spotting, its possible to spot hummingbirds flycatchers and honeycreepers, all to the chorus of Howler Monkeys roaring in the distance.

Other optional tours include a visit to the archaeological site of Cahal Pech. You may instead wish to visit the Belize botanical gardens and jungle lodge where we can tour the gardens, lunch, and then paddle back to San Ignacio along the Macal River, rich in birdlife, butterflies and iguanas.



**Accommodation: Cassia Hill Resort** (or similar)



Standard Hotel



Swimming pool available



Meals Provided: Breakfast

## DAY 7 - Travel to the Blue Hole National Park and Green Valley Project Organic Farm. Boat to Tobacco Caye

Today we head south along one of Central America's most scenic highways - the Hummingbird highway. Our first stop will be at the Blue Hole National Park operated and run by the Belize Audobon conservation society, here broad leaf semi deciduous rainforests cover the limestone cliffs and many of the caves in the region, we hope to be able to visit a large cave complex and swim in a crystal clear limestone sink hole surrounded by lush jungle. Continuing along the highway through orange and cacao groves we will stop at a local organic farm and tree planting project for lunch. We can learn about local food products and may even have the opportunity to plant a tree on our visit and help to keep Belize green.

Our final destination is the tropical island of Tobacco Caye, located 10 miles off the coast, a 20 minute boat ride from Dangriga Town. As one of the smallest island in Belize, Tobacco Caye has an intimate, relaxed feel with a host of activities to choose from. We stay in cabins right on the reef's edge overlooking the ocean at the delightful Joe Jo's by the reef resort.



**Accommodation: Joe Jo's by the beach** (or similar)



Standard Hotel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 8 - Free day on Tobacco Caye with optional trips including snorkelling in the Belize barrier reef system

Tobacco Caye measures just 200 feet wide and 400 feet long. Optional trips include visiting the small coral cayes, such as Bird Island a renowned local bird sanctuary. There are excellent snorkeling opportunities in the World Heritage Site of the Belize barrier reef system off the island as well as fishing tours, manatee watching and tours to nearby islands. A full list of costs of these activities is provided in the optional excursion section. Alternatively you can play beach volleyball, use one of the hotels kayaks or simply unwind in a hammock overlooking the ocean.



**Accommodation: Joe Jo's by the beach** (or similar)



Standard Hotel



Meals Provided: Breakfast, Lunch & Dinner

## DAY 9 - To Cockscomb Basin Wildlife Reserve, home of jaguar. Walk reserve trails and stay in jungle lodge

We return to the mainland by boat, heading to Cockscomb Basin Wildlife Reserve. Southern Belize has a low population density and high forest cover, ideal conditions for one of the world's rarest big cats - the Jaguar. The reserve is the only one of a few throughout the world, and is a protected area designated especially for the protection of this elusive creature. It is thought that the area is home to one the densist populations of Jaguars in the America's. Although we are unlikely to see them their prints are commonly found and numerous other animals make the National Park their home. Staying in the heart of this jungle environment is

a unique experience, getting to know both the forest and the local Mopan Maya population that today protect it and benefit from the tourist industry around the park.



**Accommodation: Cockscomb** (or similar)



Simple Lodge



Meals Provided: Breakfast & Dinner

## DAY 10 - Cockscomb Basin Jaguar Sanctuary

Today we explore the park and its numerous trails. The park is considered the best inland national park in the country owing in part to the extensive network of trails through out. There are marked trails as short as 15 minutes and as long as four days in length! We intend to explore a number of the trails along the creeks and rivers as well as climbing to view points that offer stunning views of the expanse of green tropical forest throughout this mountainous area. In the evening we will explore by night through this enchanting location. As we walk we will be looking for the wildlife hiding amongst the vegetation and searching for jaguar footprints.



**Accommodation: Cockscomb** (or similar)



Simple Lodge



Meals Provided: Breakfast, Lunch & Dinner

## DAY 11 - Drive to Belize City, water taxi to Caye Caulker

We leave the park this morning and head towards Belize City to take a water taxi to Caye Caulker. Once a pirate lair, this tiny but enchanting tropical island lies 34km northeast of Belize City and about 1.6km inside the greatest barrier reef in the western hemisphere. The water taxi transfer takes about an hour and is a highlight in itself, speeding through the turquoise waters. The island remains uncrowded and unluxurious, with relatively modest prices in restaurants and bars, owned and run by the friendliest of local people. The local fishermen catch lobster, conch, fish and crab to supply the domestic and foreign markets, so fresh seafood is readily available. (Lobster is the best buy when in season from Jun to Feb). There's time to relax - our hotel has a small beach with can accommdate volley ball and basketball courts. The location is ideal to enjoy a number of optional trips. You may take a snorkelling trip out to the nearby Hol Chan Marine Reserve & 'Shark and Ray Alley', or take a full day trip out to Swallow Caye to observe the manatees in their natural mangrove habitat. Scuba diving is also available. (All optional).



**Accommodation: Anchorage Resort** (or similar)



Standard Hotel



Meals Provided: Breakfast

## DAY 12 - Free time on Caye Caulker

A free day to do as much or as little as you wish, and enjoy the relaxed atmosphere of Caye Caulker. The island remains uncrowded and unluxurious, and the local fishermen catch lobster, conch, fish and crab to supply domestic and foreign markets. It's a popular

place with backpackers, so there is a proliferation of good, reasonably priced restaurants. There's time to relax or enjoy a number of optional trips. You may take a snorkelling trip out to the nearby Hol Chan Marine Reserve and Shark and Ray Alley, or take a full-day trip out to the Manatee Reserve to observe manatee in their natural mangrove habitat. Scuba diving is also available.



**Accommodation: Anchorage Resort** (or similar)



Standard Hotel



Meals Provided: None

## DAY 13 - Free time in Caye Caulker

Another free day to relax or enjoy the optional activities available. Caye Caulker is surrounded by coral reefs and excellent swimming and snorkelling opportunities along the reef. You may like to take one of the free sea kayaks from the hotel to explore mangrove forests rich with birdlife, alternatively it's possible to hire bikes to explore the island at your own leisure taking in the fine views of the crystal clear Caribbean ocean, coral sand beaches and swaying palm trees. For those looking to kick back and relax the hotel has a fine beach front location with stunning views of the Caribbean Sea.



**Accommodation: Anchorage Resort** (or similar)



Standard Hotel



Meals Provided: None

## DAY 14 - Tour ends Belize City

Today we return in the morning to Belize City by water taxi, where our tour ends.



Meals Provided: None

# Family information





Caye Caulker

**Beach time:** A highlight of our Family Belize Adventure are the four nights we spend on two tropical islands along the way. Our first island is Tobacco Caye, a picture postcard island located just 12 miles from the coast. We stay at Joe Jo's By The Reef in cabins right on the beach, a truly fantastic property which gets great reviews and has an ideal location to explore the island. Our second island stop at the end of the trip is Caye Caulker known for its fine beaches, laid back atmosphere, good snorkelling and diverse birdlife. A perfect spot to spend quality family time together and kick back and relax before your flight home.

**Triple Rooms:** This trip allows the option for triple rooms to be included within the booking on a selected number of night stops within the holiday. If you would like this option, a discount may be applicable on the cost of the trip - please ask our Sales team for further information.

**Average Age:** As a guide we have identified the actual average age of the children who have travelled on this trip over the last 5 years, to help you decide whether it's the right one for your family. The average age on this trip is 13 years old, this trip is suitable for children of all ages from 7 upwards.

**Minimum age**

11



## Why book this trip

This adventure is for families who want an unusual family destination that is easy to travel around and is relatively untouched by mass tourism and allows for included visits to Mayan sites, walks in lagoons, viewing wildlife in sanctuary's and reserves, stays in jungle lodges and time at the end to relax by a barrier reef. An adventure with a difference and a time that will be remembered....

## What's included?



**Included meals**

- Breakfast: 10
- Lunch: 4
- Dinner: 6



**Transport**

- Bus
- Boat



**Trip staff**

- Explore Tour Leader
- Boat Crew
- Driver(s)
- Local Guide(s)



**Accommodation**

- 10 nights standard hotel
- 2 nights standard lodge
- 2 nights simple lodge



# Trip information

## Country information

### Belize

#### Climate

Sub-tropical with a brisk prevailing wind from the Caribbean. Summer highs are rarely above 35°C, winter lows rarely below 15°C. Annual rainfall ranges from 107cm in the north to 364cm in the south and humidity can be high at any time of year. The rainy season extends from June through October with a short dry period in August, but some rain can be expected throughout the year.

#### Time difference to GMT

-6

#### Plugs

2 Pin Flat

#### Religion

Christian

#### Language

English

## 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.

San Ignacio (day 5): Barton Creek Canoe trip - \$40 USD

San Ignacio (day 6): Cahal Pech archaeological site - \$5USD

San Ignacio (day 6): Non escorted/non guided; full day trip to Belize Botanical Gardens - \$60 USD

San Ignacio (day 6): Visit the botanical gardens, lunch included, and paddle on the River Macal; Iguana breeding programme - \$ tbc USD

San Ignacio (day 6): Full day trip to Tikal inc. transport, entry, guide and lunch - \$145 USD (based in min. 3 persons)

Tobacco Caye (days 7,8): Fishing trips - \$30 USD per hour per person (minimum 3 persons)

Tobacco Caye (days 7,8): Boat trip in search of Manatee's in the mangrove lagoon, including time to snorkel off Carrie Bow Field Station - \$40 USD per person

Tobacco Caye (days 7,8): Canoeing and kayaking - free of charge (3 kayaks are available, its possible to hire more locally for \$15 USD per kayak per hour)

Tobacco Caye (days 7,8): Snorkel gear - free of charge

Caye Caulker (day 12): Caye Caulker Marine reserve snorkel Trip - \$40 USD per person

Caye Caulker (day 13): Boat trip to Hol Chan Marine Reserve and snorkel trip - \$70 USD per person

Caye Caulker (day 13): Boat trip to North Island Reserve \$35 Adult \$17.5 (under 15 yrs)

### Clothing

Bring lightweight, informal clothing suitable for jungle activities. A jumper or fleece is advisable for cool evenings and you'll need a good lightweight waterproof jacket all year round or a poncho or small umbrella. Long sleeved shirtsnorkel shirt and long trousers give protection against thick forest growth and insects on jungle walks. A swimming costume and sun hat are essential.

### Footwear

Lightweight trail boots are preferable for jungle paths, and you'll want to bring sandals. Bring shoes you don't mind getting wet for exploring caves and wet beach landings.

### Luggage

20kg

## Luggage: On tour

One main piece of luggage and a daysack. Remember, you are expected to carry your own baggage so don't overload yourself.

## Equipment

Insect repellent, a torch, water bottle, and suncream. Binoculars are essential for bird and animal watching.

## Tipping

### Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

### Local crew

In this region, tipping is a recognised part of life across the service industry. Local staff will look to members of the group for personal recognition of particular services provided.

To assist with this your Explore Leader may organise a group tips kitty for included activities and meals, they will then account for kitty use throughout the tour.

For this we suggest US\$40 per family member.

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

## Country Information

### Belize

#### 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

£13

##### Dinner price

£20

##### Beer price

£1.5

##### Water price

£1

#### Foreign Exchange

##### Local currency

Belize Dollar

##### Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling. We recommend to take a minimum of US\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange. USD are legal currency in Belize and can be used to pay everywhere

##### Where To Exchange

Most major towns - your Tour Leader will advise you on arrival.

##### ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

##### Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

##### Travellers Cheques

We do not recommend Travellers cheques, they are difficult to exchange.

## Transport, Accommodation & Meals

### Transport Information

Bus, Boat

### Accommodation notes

#### Booking a Single Room

All of our group tours are planned and operated on a twin-share basis, meaning that the standard cost is based either on individual travellers sharing accommodation with another group member of the same sex, or people who book together sharing accommodation. Please refer to the tour notes where the single room option availability is detailed on a night by night basis for this tour, and the price for the available nights is detailed on the dates & prices tab by departure date. For Self-Guided trips the Single Room supplement offers the option of a single room each and is charged per person. The Single Room supplement also applies to the third person in a party of three that will be accommodated in a single room.

Our first few days' accommodation in Belize is located on the shores of the Crooked Tree Lagoon in one of the oldest European settlements in Belize. This area is rich in wildlife and especially birds. All of the rooms are ensuite and have air conditioning and fans with included meals served at the lodge. We then head to the Cahal Pech Resort for three nights which is perched on top of a hill and next to an ancient Mayan site. The location offers beautiful views of the lush rolling hills of the Maya Mountains and San Ignacio. The hotel is set in manicured tropical gardens with two swimming pools, outdoor bar and dining area. All of the rooms have balconies and are ensuite with air conditioning and fans. Days 7 and 8 are on the tropical island of Tobacco Caye where we stay in a beach hut located right next to the Caribbean Sea which is just a few feet away from your room! Our most basic and adventurous accommodation is in the Cockscomb Basin Jaguar Reserve on Days 9 and 10 which is a protected area that is thought to have one of the densest populations of cat species in the America's. Our accommodation is in bunk houses deep within the forest at the parks head-quarters. The lodge has a number of rooms which have three bunk beds per room with shared facilities. While in the jungle, local Mayan ladies cook delicious meals in the kitchen while we explore the forest, rivers and waterfalls. We then drive back to Belize City, using the local water taxi, to the Coral Caye Island of Caye Caulker. This charming island is 32 miles north east of Belize City and just a mile away from the breaking waves on the world's second longest barrier reef. Our hotel for three nights is set in a quiet location with a private beach and complete with hammocks, sun loungers, a thatched shade area, beach volley ball and a basketball court. A pier leads to deeper water which is ideal for cooling off or perhaps fishing. All rooms have fridges and microwaves, ensuite facilities, air conditioning and fans, balconies and outside seating. A perfect location for the end of the tour and to relax at the beach or take snorkelling excursions before returning by water taxi to Belize City.

### Family swimming

The hotels in San Ignacio and Belize City have pools and there is snorkelling by the barrier reef

## 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

Belize: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Guatemala: Visas are not required for UK, New Zealand, Australian, US and Canadian citizens. Other nationalities should consult the relevant consulate. 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 to 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 consider applying through Explore's recommended visa service in the UK, Travcour. See [www.travcour.com](http://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 transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. 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.

## Non refundable permits

### Belize

#### Vaccinations

Nothing compulsory, but we recommend protection against typhoid, tetanus, TB, 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.

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