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Multisport Honduras

7 days / 6 nights, daily from San Pedro Sula to La Ceiba
Approach: Nature & Multisport Activities

Day 1: San Pedro Sula – Cerro Azul Meambar NP

You are met by your guide in your hotel and transferred to Cerro Azul Meambar National Park. En route we visit Pulhapanzak Waterfall, the most impressive waterfall in the country, where we have time for a brief swim in the refreshing mountain stream. Afterwards we continue to Cerro Azul Meambar National Park, located at the eastern side of Lake Yojoa. The tropical rainforest and cloud forest in the park are home to many bird species, such as quetzals, toucans, parrots, turkeys and motmots. We set off to explore parts of the national park. Overnight Cerro Azul Meambar Visitor's Centre.

Day 2: Cerro Azul Meambar NP – Tela

The visitor's centre is located at 850m a.s.l. at the entrance to the national park and the unspoiled rain forest. Visitors in good condition can hike to the interchange zone between the tropical rainforest and the cloud forest enjoying impressive views of the lake. After an early nature observation hike we pack and drive to Lake Yojoa. We continue on to Tela at the Caribbean coast. On our way we visit the Botanical Garden Lancetilla. This park was founded in the 1920s and houses plant species from all over the world. Explore the bamboo forest and the colourful orchid garden and try some exotic fruits fresh from the tree. 3 overnights in Tela.

Day 3: Punta Izopo National Park

In the morning we leave for Punta Izopo National Park. This park contains various types of ecosystems: Mangrove forests, lagoons, coastal canals with saltwater from the Caribbean and fresh water, tropical rainforest and swampy grasslands can be found here. Today's excursion involves kayaking through the maze of mangrove creeks and rivers. The kayaks offer the perfect mode of transport to explore the mangroves and silently sneak up on the many animals and birds that inhabit the park. About noon we drive to the Garifuna village Triunfo de la Cruz where you've got the chance to taste a delicious lunch prepared by the Garifuna women and to relax at the beautiful beach. In the afternoon we return to Tela.

Day 4: Punta Sal National Park

In the early morning we leave by boat to explore the impressive rock formations of Punta Sal. White palm-fringed beaches, sheltered little bays, well hidden among the rocks, blue lagoons and an abundant tropical forest make up this national park. Punta Sal is one of the most biologically diverse natural reserves in Honduras. Numerous bird species, marine turtles, manatees, jaguars, ocelots, caimans, white-faced and howler monkeys as well as wild pigs inhabit the area. We take a brief hike in a sheltered bay and observe the abundant flora and fauna. The rest of the time we are free to relax on the beach or swim and snorkel in the crystal clear water. We return to Tela in the afternoon.

Day 5: Tela – La Ceiba

This morning is left free to enjoy the relaxed atmosphere in Tela. Explore the small town on your own or enjoy the sun, the light breeze and the tranquility at Tela's wide sandy beach. In the afternoon we continue to La Ceiba, one of the biggest and most vibrant cities of Honduras. La Ceiba was founded at the end of the 19th century by Pech and Garifuna people under the shadow of a giant Ceiba tree. Due to its active nightlife, diverse options of excursions and activities as well as its proximity to the Bay Islands, La Ceiba is an attractive destination. 2 overnights in La Ceiba.

For reservations or questions please contact us
sales@mesoamerica-travel.com

Day 6: La Ceiba

Your local guide awaits you in the morning at the reception of your hotel. Today it's your choice: Go rafting on the Río Cangrejal class 2 - 3 or 4 rapids or enjoy a day of hiking in the Pico Bonito National Park. With lots of drops, waterfalls, and narrow passages Río Cangrejal offers some of the best whitewater rafting in Central America. Pico Bonito National Park is one of the most beautiful and also biggest national parks in Honduras. Beginning with its coastal lands and ascending up to 2,485 m, the parks diversity of ecosystems is still mostly unexplored. It is home to a huge range of animal species. After an extensive hiking tour through rain and cloud forests, you can refresh yourself at one of the numerous waterfalls. In the afternoon you return to your hotel.

Day 7: La Ceiba – San Pedro Sula

In the morning you are transferred to the bus station for your direct bus to San Pedro Sula. Alternatively we offer a transfer to La Ceiba airport. La Ceiba is the perfect spot to combine your trip with an extension in beautiful Bay Islands. Just ask for the different options.

Services included:

- 6 nights lodging incl. breakfast
- Transfers according to itinerary
- Tours and entrances according to itinerary
- Mesoamerica bilingual guide day 1+2
- Local, bilingual guides day 3, 4+6
- 16% local taxes

Please find the rates for up to 4 participants on our web.

Wholesalers and groups 5+ please inquire special conditions at

sales@mesoamerica-travel.com

