

## Traveling to Belize

We are so happy you are considering a journey to Belize to join us for class! Many of our students hope to explore the country a bit, either before or after class, and we encourage this. Note that the class time is dedicated to learning the material, processing and taking time to rest, journal, read, and get to know your fellow students. You will stay in clean accommodation, either in a bedroom in the main building or large canvas tent houses with beds in the garden with access to flush toilets, electricity, real mattresses, running water and hot showers. All rooms are double rooms, though occasionally due to enrollment we may have a single available.

Weather can be cold to hot in February and March, but generally as we move into March it is hot and humid with cooler evenings. Natural breathable fabrics for layering are best, with a light jacket available to shield from passing showers or wind in the evening.

Tours to temples and to see the country are best planned as additional days of your trip or in between classes, in case you stay for a second class, as our focus will be on course material and spending free time on the farm. There are lots of things to do on the farm, including swimming in the saltwater pool, exploring the garden grounds, watching the sunrise/sunset, visiting grandmother ceiba tree, and chilling in a hammock while journaling, reading, or napping.

We are not travel agents but are happy to put you in touch with Katie Valk, who is a long-time resident of Belize and travel agent, who can help you with mid-range to luxury bookings and inter-island flights. If you would like to engage her for services, you can contact her at [info@belize-trips.com](mailto:info@belize-trips.com). Her website is: <https://belize-trips.com/index.html>

We recommend <https://www.belizeadventure.ca/belize-on-the-cheap/> for budget travel options

Some highlights that students have enjoyed when spending additional time in Belize include tours into the mountain Pine Ridge to explore caves, like Barton Creek Cave or Rio Frio Cave and the Rio On pools.

Beach/Island time favorite spots:

Caye Caulker

Hopkins

Placencia

San Pedro/Ambergris Caye

activities include snorkeling or diving, swimming, boating, fishing

## **Mayan Temples:**

Cahal Pech (in San Ignacio)  
Caracol (in the Mountain Pine Ridge, a day trip)  
Tikal (Guatemala, a day trip)  
Xunantunich (close to Succotz)  
Lamanai (in Orange Walk district)  
Altun Ha (North of Belize City)

ABDOMINAL  
THERAPY  
COLLECTIVE

If you want to visit temples, we recommend staying in or near San Ignacio and taking day trips from there. All but Lamanai temples are most convenient from San Ignacio. There are various tour companies in San Ignacio, and we can recommend tour guides for temple tours.

While everyone is different in terms of what they want in accommodation, the following have been popular with previous students:

### **Caye Caulker:**

Blue Iguana  
Tropical Paradise  
Iguana Reef Inn  
Sandy Lane

### **Hopkins:**

Funky Dodo Backpackers Hostel  
Hamanasi Resort  
Jaguar Reef Lodge  
Cosmopolitan Guesthouse  
All Seasons Guesthouse

### **Placencia:**

Chabil Mar Villas  
Maya Beach Hotel  
Naia Resort  
Singing Sands Inn

### **San Ignacio:**

Vanilla Hills Lodge  
Cahal Pech Resort  
Chaa Creek  
Good Stays  
Midas  
Ka'ana  
Sweet Songs Jungle Lodge

### **San Pedro/Ambergris Caye:**

Victoria House Resort  
Xanadu Island Resort  
Sunbreeze Hotel  
Sandbar Hotel

We recommend doing some research on Trip Advisor to get a better sense of the different districts and reviews of hotels and tours available in the areas you are considering. Some of these hotels offer tours as well.