

# Ecological and Cultural Heritages of Central America

**Visit these cities:** Belize City, San Ignacio, Tikal, Placencia, Maya village, and Ambergris Caye

**Led by:** Kyle Lincoln

10 days

**Travel from:** 03/14/2024 - 03/23/2024

**Enroll now:** [www.efcollegestudytours.com/2569446ec](http://www.efcollegestudytours.com/2569446ec)

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## Ecological and Cultural Heritages of Central America Itinerary

### Day 1: Fly to Belize

Meet your Tour Director at the airport  
Enjoy dinner in the Belize City region

### Day 2: Belize City

Travel by boat to the New River Lagoon, Belize's largest body of fresh water which supports exotic birds, colorful fish, and crocodiles  
With an expert guide, tour the Lamanai Ruins, whose name means "submerged crocodile"—a fact you won't forget as you discover crocodile artwork dating back to 1500 B.C.  
Visit the Old Sugar Mill, which was imported from New Orleans and has become almost entirely intertwined with the jungle  
Enjoy lunch in Lamanai  
Enjoy dinner in the Belize City region

### Day 3: Belize City | San Ignacio

Travel via Peccary Hills and Caves Branch Outpost to San Ignacio  
Participate in a jungle survival tour with expert Maya survivalists at your side to teach you the techniques that kept their ancestors alive in the jungle  
Soar through the air on a zip-line tour after your hike up to the jungle canopy  
Enjoy cave tubing and enjoy the cool waters within one of Belize's many astounding cave systems  
Enjoy lunch at the Caves Branch Outpost  
Enjoy dinner in San Ignacio

### Day 4: San Ignacio

Take an excursion to the ancient Maya site of Tikal in Guatemala  
With an expert local guide, tour Tikal, one of the largest Maya UNESCO World Heritage archaeological sites and noteworthy in its evidence of the decline of the Maya state  
Enjoy lunch  
Enjoy dinner in San Ignacio

### Day 5: San Ignacio | Placencia

Participate in a traditional cultural Maya activity and try your hand at cooking local delicacies and crafting traditional pottery wares  
Travel to the white beaches and mangrove fields of Placencia, a peninsula in the Stann Creek District

### Day 6: Placencia

Visit the Maya archaeological site of Nim Li Punit, often called "Big Hat" by the indigenous locals because of the enormous headdress found on the stone stela sculpture overlooking it  
Enjoy lunch in Placencia  
Spend a half day exploring Placencia on your own. Consult your Tour Director for recommendations!

### Day 7: Placencia | Maya village | Belize City

Travel via a local Maya village and Blue Hole National Park to Belize City  
Visit a Maya village and meet members of its community, where you'll learn about authentic Maya culture from indigenous experts, try dance moves that are as old as their civilization, and taste coffee that has been harvested and ground right in front of you  
Understand the Maya chocolate-making process with a visit to a chocolate bean farm that uses age-old techniques, and be sure to either take a bar for the road or some powder to cook with at home  
Enjoy a traditional Maya lunch  
Take a self-guided cave exploration  
Visit St. Herman's Blue Hole National Park and jump in its crystal-clear waters

### Day 8: Belize City | Ambergris Caye

Visit the Belize Zoo, a sustainably minded zoo and research center, and home to over 150 native Belizean animals  
Enjoy lunch in Belize City  
Travel by ferry to idyllic Ambergris Caye, located just off the tip of Mexico's Yucatán Peninsula  
Enjoy dinner in Ambergris Caye

### Day 9: Ambergris Caye

Enjoy snorkeling at Hol Chan marine reserve, Central America's first marine reserve  
Enjoy lunch in Ambergris Caye  
Spend time exploring Ambergris Caye on your own. Consult your Tour Director for recommendations!  
Enjoy dinner in Ambergris Caye

### Day 10: Ambergris Caye | Belize City | Depart for home

Your Tour Director assists with your return to Belize City and transfer to the airport, where you'll check in for your return flight home.