

Index

See also Accommodations and Restaurant indexes, below.

GENERAL INDEX

AARP, 37

Aba Iseni (Punta Gorda), 204

Above and Beyond Tours, 36

Access-Able Travel Source, 36

Access America, 31

Accessible Journeys, 36

Accommodations, 1. *See also*

Accommodations Index;

Camping

Ambergris Caye, 140–146

Belize City, 89–92

Belmopan, 218–221

best budget hotels, 17–18

best luxury hotels and

resorts, 14–16

best moderately priced

hotels, 16–17

Caye Caulker, 159–162

Corozal Town, 123–125

Dangriga, 177–178

El Remate, 262–263

Hopkins Village, 185–188

Mountain Pine Ridge area,
242–245

outer cayes, 180–182

Placencia, 195–199

price categories, 48

Río Bravo Conservation Area,
117–118

San Ignacio, 229–231

Santa Elena/Flores, 270–272

saving on, 48–49

Tikal, 258–260

tips on, 47–49

Turneffe Island Atoll, 167–168

Web surfing for, 39

Action Belize, 69, 98

Active vacations, 64–79

ecologically oriented volunteer and study programs, 78–79

health, safety and etiquette tips, 77–78

Actun Tunichil Muknal,
216–217

Acupuncture & Yoga Center
(Placencia), 195

Adventure Bound, 65

Aggressor Fleet, 71

AirAmbulanceCard.com, 36

Airfares

surfing for, 38

tips for getting the best,
42–43

Airlines

Ambergris Caye, 128, 130

bankrupt, 31

Caye Caulker, 152, 154

commuter, 47

Dangriga, 171–172

Hopkins Village, 183–184

Placencia, 190

Punta Gorda, 202

Santa Elena/Flores, 266

Tikal, 247, 250

Airport security, 42

Air Tickets Direct, 43

**Aktun Kan (near Santa
Elena), 268**

Altun Ha, 12, 106–107, 140

Ambar (Ambergris Caye), 140

**Ambergris Caye, 13–14,
127–152. *See also* San Pedro
accommodations, 140–146**

getting around, 132

getting there and departing,
128, 130

nightlife, 151–152

orientation, 132

restaurants, 147–151

shopping, 140

sights and activities, 134–140

Ambergris Golf Cart

Rental, 132

**Ambergris Maya Jade & History
Museum (Ambergris
Caye), 140**

American Airlines, 41

American Airlines Vacations, 44

American Express, 52

Belize City, 85–86

emergency number, 54

traveler's checks, 28

American Foundation for the

Blind (AFB), 36

American Plan (AP), 49

Amigos del Mar, 135

Amigos Wreck, 156

Amphibians, 312–314

Anteaters, 74, 99, 182,

268, 296

Aqua Dives, 135

ARCA (Flores), 268

Archaeological sites and ruins

Actun Tunichil Muknal,

216–217

Altun Ha, 12, 106–107, 140

best, 12–13

Cahal Pech, 224–225

Caracol, 12, 239, 242

Cerro (Cerro Maya), 122

Chechem Ha, 225–227

Cuello, 113

El Ceibal, 269

El Pilar, 12

El Zotz, 270

Lamanai, 12, 114–116

Lubaantun, 205–206

Mayflower Bocawina National
Park, 183

Nim Li Punit, 206

Noh Mul, 113

San Ignacio, 224–227

Santa Rita, 122

suggested itinerary, 61–62

Tikal, 12–13, 254–258

Topoxté, 269

Uaxactún, 269

Xunantunich, 12, 225

Yaxhá, 268–269

**Archaeology Department of
the University of Belize**

(Belmopan), 214–215

Architecture, 281

Area codes, 52

Armadillos, 74, 76, 182, 217, 284, 296
Art, 281
Art galleries
 Belize City, 102
 Caye Caulker, 159
 Dangriga, 177
 Placencia, 195
 San Antonio, 242
Art 'N' Soul (Placencia), 195
The Art of Touch (Ambergris Caye), 139
Arts & Crafts of Central America (San Ignacio), 229
Asia Garden Day Spa (Ambergris Caye), 139
Atlantic Bank
 Ambergris Caye, 133
 Caye Caulker, 155
 Corozal Town, 120
 Placencia, 192
 San Ignacio, 223
ATMs (automated teller machines), 25–26
The atolls, 5
Australia
 Belize High Commission, 24
 customs regulations, 25
 health-related travel
 advice, 33
 passports, 54
Avis, 45
Avis Rent a Car, for customers with special travel needs, 36

Bacalar Chico National Park & Marine Reserve, 74, 123, 139

Bacalar Lagoon (Mexico), 124
Backroads, 38
Baird's tapir, 182, 295
Banana Bank Lodge (near Belmopan), 70, 219
Banco Industrial (Santa Elena), 267
Banks. See also Names of specific banks
 Corozal Town, 120
 Santa Elena/Flores, 267
Banquetzal, 253, 267
Banquitas House of Culture (Orange Walk Town), 112
Banrural (Santa Elena), 267
Barefoot Beach Bar (Placencia), 201
Barefoot Iguana (Ambergris Caye), 20, 152
Barefoot Rentals (Placencia), 191

Baron Bliss Day, 29
Baron Bliss Memorial (Belize City), 97
Barracks Road (Belize City), 84
 accommodations, 90
 restaurants, 94
Barracudas, 69, 135, 280, 284, 309
Barranco, 208
Barrier reef, 5, 137
 Placencia, 193
Bars. See also Nightlife
 Belize City, 104
Barton Creek Cave, 228
Basilisk, 318
Bat Palace (Tikal), 256
Bats, 270, 298
Battlefield Park (Belize City), 97
Bay of Chetumal (Corozal Bay), 121
Beach Bazaar (Placencia), 195
Beaches, Placencia, 192
Bee stings, 34
Belicolor Photo Services
 Belmopan, 214
 Orange Walk Town, 112
 San Ignacio, 224
Belikin Beer, 118
Belizean Arts (Ambergris Caye), 140
Belize Arts Council (Belize City), 281
Belize Audubon Society, 68, 109, 167, 182, 217, 218
Belize Bank
 Ambergris Caye, 133
 Belize City, 86
 Belmopan, 214
 Corozal Town, 120
 Dangriga, 174
 at the international
 airport, 25
 Orange Walk Town, 112
 Punta Gorda, 204
 San Ignacio, 224
Belize Botanic Gardens, 228
Belize By Naturelight, 20
Belize City, 80–104
 accommodations, 89–92
 airport, 41, 42, 81
 accommodations near, 92
 American Express, 85–86
 arriving in, 81
 brief description of, 21
 business district, 84
 accommodations, 90–91
 restaurants, 94–95
 drugstores, 86

 emergencies, 87
 getting around, 85
 layout of, 81, 84
 neighborhoods in brief, 84
 nightlife, 103–104
 outdoor activities, 100–101
 restaurants, 92–95
 road distances from, 46
 safety, 88
 shopping, 101–103
 side trips from, 104
 sights and activities, 95–100
 suggested itinerary, 62–63
 visitor information, 81
 walking tour, 97–98
 what's new in, 1

Belize Department of Immigration and Nationality, 24
Belize Diving Services (Caye Caulker), 156
Belize Dry Cleaners & Laundromat (Belize City), 87
Belize Eco Tours, 224
The Belize Forums, 20
Belize Global Travel Services Ltd., 52, 85
Belize Kriol, 20
Belize Magazine, 20
Belize Marine Terminal Land Taxi Association (Belize City), 85
Belize Medical Associates, 32, 53
 Belize City, 86, 87
Belize News, 20
Belize Photo Lab (Belize City), 86, 88
Belize River Lodge, 100
Belize Tourism Board, 22, 54
 Corozal Town, 120
 retirement and incentive
 program, 37
Belize Tourism Village (Belize City), 97, 102, 103
Belize Tourist Board, 20, 81, 87, 204
Belize Transfer & Tours, 120
Belize Ultralight Flying Adventure (Placencia), 195
Belize Underwater Video (Ambergris Caye), 140
Belize Zoo (near Belize City), 13, 98–99, 214
Belmopan, 212–221
 accommodations, 218–221
 getting around, 214
 getting there and departing,
 213–214
 nightlife, 221

- orientation, 214
 restaurants, 221
 sights and activities, 214–218
- Belmopan Hospital, 214**
- Beverages, 284–285**
- Big Daddy's (Ambergris Caye), 152**
- Bike Hike Adventures, 65**
- Biking and mountain biking, 66–67**
- Ambergris Caye, 132
 - El Remate, 262
 - Mountain Pine Ridge, 241
 - Placencia, 191
 - Punta Gorda, 204
 - San Ignacio, 229
- Biotopo Cerro Cahú (near El Remate), 261**
- Birds and bird-watching, 67–68, 299–304**
- Bacalar Chico National Park & Marine Reserve, 139
 - best, 11–12
 - boat-billed heron, 304
 - books about, 50
 - Caracol, 242
 - cattle egret, 303
 - Cockscomb Basin Wildlife Sanctuary, 182
 - Crooked Tree Wildlife Sanctuary, 73
 - frigate birds, 179, 301
 - Half Moon Caye National Monument, 167
 - jabiru stork, 11, 67, 73, 109, 176, 280, 299
 - keel-billed toucan, 182, 238, 280, 299
 - laughing falcon, 304
 - Man-O-War Caye, 179
 - Monkey Bay, 218
 - ocellated turkeys, 67, 300
 - ospreys, 109, 302
 - pygmy owl, 304
 - red-footed boobies, 167, 301
 - roseate spoonbill, 303
 - San Ignacio, 224
 - scarlet macaws, 67, 182, 280, 300
 - Shipstern Nature Reserve, 122
- Birds of Belize (Jones), 67**
- Birds Without Borders, 224**
- Bliss, Baron, 98**
- Bliss Institute of Performing Arts (Belize City), 96, 98, 104**
- Blogs and travelogues, 39**
- Blue Creek, 206**
- Blue Hole (Lighthouse Reef Atoll), 13, 135, 156, 167**
- Blue Hole National Park, 10, 76, 217–218**
- Boa constrictor, 194, 280, 315**
- Boat-billed heron, 304**
- Boat charters and rentals, 9.**
See also Fishing; Sailing
 Placencia, 194
- Boating. *See* Boat charters and rentals; Canoeing; Kayaking; Sailing**
- Boat travel and cruises, 47, 68–69**
- Ambergris Caye, 130
 - Caye Caulker, 154, 158
 - Corozal Town, 120
 - Dangriga, 172–173
 - Flores, 268
 - guided day trips, from Placencia, 194
 - Monkey River, 194–195
 - Punta Gorda, 203–204
 - river tours, 227
 - yacht outfitters, 69
- Bode's Place Bar & Grill (San Ignacio), 233**
- Bonefish, 9**
- The Book Center (Belize City), 86**
- Books, recommended, 50–51**
- Bookstores, Belize City, 86**
- Botanical gardens**
- Belize Botanic Gardens, 228
 - Toledo Botanical Arboretum, 207
- Bowen, Barry, 118**
- Brain coral, 311**
- Branch Mouth, 227–228**
- Brodie James & Co. Ltd. (Belize City), 86**
- BTL, 87**
- Bucket shops, 42–43**
- Budget (car-rental company), 45**
- Bugs and bites, 34–35**
- Bullfrog Inn (Belmopan), 221**
- Business hours, 52**
- Bus travel, 47**
- Belize City, 81
 - Belmopan, 214
 - Corozal Town, 119–120
 - Dangriga, 172
 - Hopkins Village, 184
 - Mountain Pine Ridge, 239
 - Orange Walk Town, 110
 - Placencia, 190–191
 - Punta Gorda, 202
 - San Ignacio, 222
 - Santa Elena/Flores, 266
 - Tikal, 250
- Butterflies, Green Hills Butterfly Ranch & Botanical Collection, 241**
- Butterfly Jungle, 1, 138**
- Caana (Caracol), 242**
- C.A. Coin Laundromat (Belize City), 87**
- Caesar's Place (San Ignacio), 229, 233**
- Cahal Pech, 224–225**
- Calendar of events, 29–31**
- Camera repair and photographic needs, 55**
- Belize City, 86, 87–88
 - Belmopan, 214
 - Dangriga, 174
 - Orange Walk Town, 112
 - San Ignacio, 224
- Camping**
- Caye Caulker, 160
 - Gales Point, 176
 - Glover's Reef Atoll, 9
 - near San Ignacio, 230
 - Tikal, 260
- Canada**
- Belizean embassy in, 24
 - customs regulations, 25
 - health-related travel advice, 33
 - passports, 55
- Canoeing, 10, 70**
- El Remate, 262
 - La Ruta Maya Belize River Challenge, 29
 - Ruta Maya Belize River Challenge, 227
- Canopy Tour Tikal, 258**
- Capricorn Travel, 44**
- Caracol, 11–12, 239, 242**
- Caracol Archaeological Reserve, 76, 242**
- Caribbean Colors Art Gallery (Caye Caulker), 159**
- Caribbean Connection Internet Café (Ambergris Caye), 133**
- Carnival, 29**
- San Pedro, 141
- Car-rental insurance, 46–47**
- Car rentals, 45–46**
- Placencia, 191
 - San Ignacio, 222
 - Tikal, 253
 - Web surfing for, 39
- Car travel, 45–47**
- Belize City, 81, 85
 - Belmopan, 214
 - Corozal Town, 120
 - Dangriga, 172

- Car travel (cont.)**
 El Remate (Guatemala), 261
 Hopkins Village, 184
 Mountain Pine Ridge, 240
 Orange Walk Town, 110–111
 Placencia, 191
 Punta Gorda, 203
 San Ignacio, 222
 Santa Elena/Flores, 266, 267
 Tikal, 251–253
- Carysha's Internet (Punta Gorda), 204**
- Cashew Festival, 30**
- Cashews, 109**
- Casinos**
 Ambergris Caye, 152
 Belize City, 104
 San Ignacio, 233
- Cattle egret, 303**
- Cave of the Serpent (near Santa Elena), 268**
- Caves and caving, 8, 68**
 Actun Tunichil Muknal, 216–217
 Barton Creek Cave, 228
 Belize City, 100
 Blue Hole National Park, 217–218
 Caves Branch River cave system, 215–216
 Rio Frio Cave, 241
- Caves Branch River and region, 9–10, 14, 68, 100**
 cave system, 215–216
- Cave Carts (Placencia), 191**
- Caye Caulker, 8, 152–165**
 accommodations, 159–162
 excursions on the mainland, 159
 getting around, 154–155
 getting there and departing, 152, 154
 nightlife, 164–165
 orientation, 155
 restaurants, 162–164
 shopping, 159
 sights and activities, 155–159
- Caye Caulker Condos, 159**
- Caye Caulker Cyber Café, 155**
- Caye Caulker Forest Reserve, 158**
- Caye Caulker Health Clinic, 155**
- Caye Caulker Mini-Reserve, 158**
- Caye Caulker North Cut, 156**
- Caye Caulker Rentals, 159**
- Caye Caulker Water Taxi Association, 130**
- Caye Chapel, 139, 165**
- The cays, 5**
- Cayo Adventure Tours, 224, 240, 253**
- The Cayo District and western Belize, 22, 212–245**
 for families with children, 14
 parks and bioserves, 76
 what's new in, 2
- Cayo Rentals (San Ignacio), 222**
- Cayo Taxi Association, 222, 240**
- Celebrity Cruises, 43**
- Cellphones, 40–41**
 Belize City, 86
- Cenotes, Five Blues Lake National Park, 175**
- Centers for Disease Control and Prevention, 33**
- Central Acropolis (Tikal), 257**
- Centro de Información sobre la Naturaleza, Cultura y Artesanía de Petén (Flores), 267–268**
- Cerros (Cerro Maya), 13, 122**
- Cha Cha Boo (Hopkins Village), 188**
- Chactemal (Chetumal), 122**
- Chan Chich, 118**
- Chechem Ha, 225–227**
- Chetumal (Mexico), 124**
- Chicken drop, 4, 151**
- Children, families with**
 best destinations for, 13–14
 information and resources, 37
 suggested itinerary, 59–61
- Chocolate's Boutique (Caye Caulker), 159**
- Cholera, 34**
- Cholo's Golf Cart Rental (Ambergris Caye), 132**
- Cinderella Plaza Taxi Stand (Belize City), 85**
- Coati-mundis, 73, 74, 99, 109, 182, 254, 268, 295**
- Cobo's Taxi (Placencia), 191**
- Cockscomb Basin Forest Reserve, 5, 8, 10, 11**
- Cockscomb Basin Wildlife Sanctuary, 5, 8, 74, 76, 182–183**
- Coconuts Hotel (Ambergris Caye), casino at, 152**
- Coco Plum Caye, 180**
- Coleman, Rudy, 185**
- Commercial Center (Belize City), 97, 103**
- Community Baboon Sanctuary, 99–100**
- Complex N (Tikal), 255**
- Complex P (Tikal), 255**
- Connection kit, 40**
- Conservation International, 35**
- Consolidators, 42–43**
- Continental Airlines, 41**
- Continental Airlines Vacations, 44**
- Continental Plan (CP), 49**
- Coral, 311**
- Coral Gardens, 156**
- Cornerstone Foundation, 78**
- Corozal Bay (Bay of Chetumal), 121**
- Corozal Hospital (Corozal Town), 120**
- Corozal House of Culture, 121–122**
- Corozal Taxi Association, 120**
- Corozal Town, 119–126**
 accommodations, 123–125
 getting around, 120
 getting there and departing, 119–120
 nightlife, 126
 orientation, 120
 restaurants, 125–126
 sights and activities, 120–123
- Cosmos Camping, 230**
- Costa Maya Festival (San Pedro), 30**
- Crafts and souvenirs**
 Belize City, 102
 San Ignacio, 229
- Credit cards, 26–27**
- Creole terms, 289–290**
- Crocodiles, 73, 74, 109, 115, 122, 194, 262, 264, 269, 319**
- Crooked Tree Wildlife Sanctuary, 5, 11, 73, 109–110**
- Cruise Company, 43**
- Cruise ships, 43**
- Crystal Auto Rental, 45, 252**
- Crystal Cave, 100, 216**
- Crystal Cruises, 43**
- Crystalline Cave, 10, 218**
- Cuello, 113**
- Cuisine, 282–284**
- Culture, Belizean, 281–282**
- Currency and currency exchange, 25, 26**
 Belize City, 86
 Guatemala, 253
- Customs regulations, 24–25**
- Cybercafes, 39**
- Daisy's (Placencia), 199**
- Dangriga, 169–183**
 accommodations, 177–178
 getting around, 172–173
 nightlife, 179
 orientation, 173
 restaurants, 178–179
 sights and activities, 174–177

- Dangriga Hospital, 174**
Dangriga Photo Plus, 174
David's Adventure Tours, 227
Day spas and spas, 72–73
 Ambergris Caye, 139
 Belize City, 101
 Placencia, 195
 San Ignacio, 229
- Deer Dance (San Antonio), 207**
Deer Dance Festival (San Antonio), 30
Delta Vacations, 44
Dengue fever, 34
DHL, 54
 Belize City, 87
- Día de San Pedro (Ambergris Caye), 30**
Dietary red flags, 34
DigiCell, 40, 86
Dining. See also Restaurants Index
 Ambergris Caye, 147–151
 Belize City, 92–95
 Belmopan, 221
 best, 18–19
 Caye Caulker, 162–164
 Corozal Town, 125–126
 Dangriga, 178–179
 Hopkins Village, 188
 Placencia, 199–201
 Punta Gorda, 210–211
 San Ignacio, 232–233
 Santa Elena/Flores, 272–273
 Tikal, 260
 tips on, 49–50
- Directory assistance, 56**
Disabilities, travelers with, 36
Discovery Expeditions, 66, 81, 95, 98, 104, 252
The Divers Alert Network (DAN), 32
Diving, 71–72
 Ambergris Caye, 134–136
 Belize City, 101
 best, 8–9
 Caye Caulker, 156–158
 Dangriga, 175
 Hopkins Village, 185
 night, 19
 Placencia, 192–193
- Dolls, Garifuna, 177**
Dolphins, 35, 309
Drinks, 284–285
Driving, 45–47
 Belize City, 81, 85
 Belmopan, 214
 Corozal Town, 120
 Dangriga, 172
 El Remate (Guatemala), 261
 Hopkins Village, 184
- Mountain Pine Ridge, 240
 Orange Walk Town, 110–111
 Placencia, 191
 Punta Gorda, 203
 San Ignacio, 222
 Santa Elena/Flores, 266, 267
 Tikal, 251–253
- Drugs, 35**
Drugstores, 52
 Belize City, 86
 Belmopan, 214
 Placencia, 192
- Drum Making and Maroon Creole Drum School (Gales Point), 176**
Drums and drumming
 Dangriga, 177
 Gales Point, 176
 Lebeha Drumming Center (Hopkins Village), 185
- Drums of My Father (Dangriga), 172**
- E**
Earthwatch Institute, 78
Easy Rider (San Ignacio), 228
Eco Escuela de Español (San Andrés), 270
Ecotourism, 35
Ecotravel.com, 35
The Elbow, 166
El Castillo (Xunantunich), 13, 225
El Ceibal, 269
Elderhostel, 37
ElderTrek, 37
Electricity, 52
Elkhorn coral, 310
El Mirador, 268
El Mundo Perdido (Tikal), 257
El Pilar, 12
El Remate (Guatemala), 260–264
ELTExpress, 43
Elvis Taxi Service (Belmopan), 214
El Zotz, 270
Embassies and consulates, 52
Emergencies, 53
Entry requirements, 24
Escorted tours, 44–45
Etiquette and customs, 53
Etiquette tips, 77–78
European Plan (EP), 49
Eva's Restaurant (San Ignacio), 224
Excalibur Tours, 140
Exitto Travel, 43
Eyeglasses, Belize City, 87
- F**
Families with children
 best destinations for, 13–14
 information and resources, 37
 suggested itinerary, 59–61
- Family Travel Files, 37**
Family Travel Forum, 37
Family Travel Network, 37
FedEx, 54
 Belize City, 87
- Felix Taxi (Ambergris Caye), 132**
Fer-de-lance, 315
Festivals and special events, 29–31
Fido's Courtyard (Ambergris Caye), 152
Fido's Watersports (Ambergris Caye), 138
Field Guides, 67
Films, recommended, 51
Fine Arts (Belize City), 102
Fire department
 Ambergris Caye, 132
 Belmopan, 214
 Caye Caulker, 155
 Corozal Town, 120
 Dangriga, 174
 Orange Walk Town, 111
 Punta Gorda, 204
 San Ignacio, 224
- Fishing, 69**
 Ambergris Caye, 138
 Belize City, 100
 Caye Caulker, 158
 Dangriga, 175
 Hopkins Village, 185
 International Billfish Tournament, 29
 offshore cayes and Glover Reef Atoll, 180
 Placencia, 193–194
- Fishing lodges, 69**
Fishing San Pedro, 138
Five Blues Lake National Park, 76, 175, 218
Five Sister Falls, 241
Flores, 264–273
FlyCheap, 43
Fly-fishing, 9
Flying Wheels Travel, 36
Fort George (Belize City), 84
 accommodations, 89–90
 restaurants, 93–94
- Fort George Lighthouse (Belize City), 97**
Frenchie's Diving (Caye Caulker), 156
Frequent-flier clubs, 43

Frigate birds, 179, 301

Frogs, 312–314

Frommers.com, 39

Gabriel's Fishing Trips (Caye Caulker), 158

Gales Point, 176

Galvez's Taxi Travel & Tour Service (Punta Gorda), 204

Garcia Sisters (near San Antonio), 229

Garifuna people and culture (Garinagu), 170

Dangriga, 177

Gulisi Garifuna Museum (near Dangriga), 2, 174

staying with a Garifuna family, 4–5, 207–208

Garifuna Settlement Day, 177

Gay and lesbian travelers, 36–37

Gay.com Travel, 36

Gaz Cooper's Dive Belize, 135

Geckos, 317–318

Gem's Photo (Dangriga), 174

Gibnuts (pacas), 95, 99, 283–284, 294

Gladden Spit, 9, 193, 280

Glass-bottom boats, Ambergris Caye, 137

Glover's Reef Atoll Marine Reserve, 9, 76, 180

Golf, 69–70

Belize City, 100

Caye Chapel, 139

Golf cart rentals, Caye Caulker, 155

Golf-cart rentals, Ambergris Caye, 132

Go-Tees (Belize City), 102

Government House (Belize City), 98

Grayline Belize, 66, 81, 95, 98, 104, 252

Great Britain. *See* United Kingdom

Great Plaza (La Milpa), 117

Great Plaza (Tikal), 256–258

Great Pyramid (Tikal), 257

Green Dragon (San Ignacio), 224

Green Hills Butterfly Ranch & Botanical Collection, 241

Green iguanas, 194, 280, 318

Grupo Taca, 41

GST (goods and services tax), 1

Guanacaste National Park, 10, 76, 217

Guatemala. *See also* Tikal National Park

safety, 252

telephone tip, 250

Guatemala's Petén province.

See Tiukal National Park

Gulisi Garifuna Museum (near Dangriga), 2, 174

Guzmán, Porfilio, 158

Habitat for Humanity International, 78–79

Half Moon Caye National Monument, 11, 74, 167

Half Moon Caye Wall, 167

Handicrafts and souvenirs

Belize City, 102

San Ignacio, 229

Haulover Creek, 84

Health concerns, 32–35

in the wilderness, 77–78

Health insurance, 31–33

Herbal Tribe (Caye Caulker), 165

High Temple (Lamanai), 115

Hikes and nature walks. *See also specific trails*

best, 10–11

Biotopo Cerro Cahui (near El Remate), 261

Blue Hole National Park, 10

Cockscomb Basin Forest Reserve, 10

Five Sister Falls, 241

Guanacaste National Park, 217

Mayflower Bocawina National Park, 183

Rio Frio Cave, 241

Tikal National Park, 10–11

History of Belize, 274–279

Hol Chan Marine Reserve, 8, 74, 136, 157

Holidays, 29

Holland America, 43

Homestays, Gales Point, 176

Honey Camp Lagoon (Orange Walk Town), 112–113

Hopkins Village, 183–188

Horseback riding, 70

Cayo District, 10

El Remate, 262

Mountain Pine Ridge, 240–241

San Ignacio, 228

Hospitals, 53

Belize City, 87

Corozal Town, 120

Orange Walk Town, 111

Hospitals and medical care

Belmopan, 214

Dangriga, 174

Placencia, 192

Punta Gorda, 204

San Ignacio, 224

Hotels and resorts, 1. *See also*

Accommodations Index;

Camping

Ambergris Caye, 140–146

Belize City, 89–92

Belmopan, 218–221

best budget hotels, 17–18

best luxury hotels and resorts, 14–16

best moderately priced hotels, 16–17

Caye Caulker, 159–162

Corozal Town, 123–125

Dangriga, 177–178

El Remate, 262–263

Hopkins Village, 185–188

Mountain Pine Ridge area, 242–245

outer cayes, 180–182

Placencia, 195–199

price categories, 48

Rio Bravo Conservation Area, 117–118

San Ignacio, 229–231

Santa Elena/Flores, 270–272

saving on, 48–49

Tikal, 258–260

tips on, 47–49

Turneffe Island Atoll, 167–168

Web surfing for, 39

Hot spring, near Big Falls, 206

House of Culture (Belize City), 98

Howler monkeys, 11, 13, 73, 109, 194, 254, 268, 280, 297–298

Community Baboon Sanctuary, 99

Hoy Eye Center, 87, 174, 224

Hugh Parkey's Belize Dive Connection, 101

Hummingbird Highway, 174 attractions on, 175

Hustler Tours, 137, 138, 140

Ian Anderson's Caves Branch, 14, 35, 61, 68, 100, 216, 220

I&I Bar and Cafe (Caye Caulker), 165

ICan, 36

Iguanas, 76, 109, 217, 234, 283, 284, 318

- Independence Day, 30–31
 Inguat (Flores), 267
 Inner tubing, 9–10
 Insect bites, 34–35
 Inside Flyer, 43
 Insurance, 31–32
 car-rental, 46
 InsureMyTrip.com, 31
 International Association for Medical Assistance to Travelers (IAMAT), 33
 International Billfish Tournament, 29
 International Costa Maya Festival (San Pedro), 134
 International Expeditions, 65
 International Gay and Lesbian Travel Association (IGLTA), 36
 International Society of Travel Medicine, 33
 International Student Identity Card (ISIC), 38
 International Travel Maps and Books, 46
 International Youth Travel Card (IYTC), 38
 International Zoological Expeditions, 79
 Internet access, 39–40, 53
 Ambergris Caye, 133
 Belize City, 87
 Caye Caulker, 155
 Placencia, 192
 San Ignacio, 224
 InTouch USA, 40
 IPass network, 40
 Ireland, passports, 55
 Isla Bonita Designs (Ambergris Caye), 140
 Island Boy Rentals (Caye Caulker), 155
 Island Expeditions, 9, 65, 70, 181
 Island Ferry (Ambergris Caye), 132
 Island Guides Tours, 137, 138
 Island Mini Golf (Ambergris Caye), 139
 Island Scooters (Ambergris Caye), 132
 Island Supermarket (Ambergris Caye), 147
 Island Taxi (Ambergris Caye), 132
 Itineraries, suggested, 57–63
 I2room, 40
 Ix Chel Farm, 51
- J**abiru stork, 11, 67, 73, 109, 176, 280, 299
 Jaguars, 74, 182, 268, 280, 291
 Jaguar's Temple Club (Ambergris Caye), 152
 Jaguarundi, 217, 280, 292
 Jah, Joy, 185
 James Bus Line (Punta Gorda), 202
 Jasmine Cart Rentals (Caye Caulker), 155
 J. Avila & Sons River Tours (Orange Walk Town), 113
 Jewelry, Belize City, 103
 Joe's Bike Rental (Ambergris Caye), 132
 Jogging, Belize City, 101
 Jones, Bob, 223, 240, 253
 Journey Latin America, 65
 Journeys International, 65
 Jungle River Tours (Orange Walk Town), 113
- K**arl Heusner Memorial Hospital, 32, 53, 87
 Kayaking, 10, 70
 Caye Caulker, 158
 El Remate, 262
 Glover's Reef Atoll, 9
 Placencia, 194
 Keel-billed toucan, 182, 238, 280, 299
 Kingfisher Adventures (Placencia), 194
 Kinich Ahau, 106
 Kinkajous, 74, 76, 182, 217, 297
 Krem New Year's Cycling Classic, 29
 Kriol Museum (Punta Gorda), 204
- L**abour Day, 30
 La Inmaculada Church (Orange Walk Town), 112
 Lamanai, 12, 114–117
 La Milpa, 117
 Language, 53
 La Ruta Maya Belize River Challenge, 29
 Las Puertas (Flores), 273
 Latin America Network Information Center, 20
 Latin American Vacations, 44
 Laughing Bird Caye, 193
 Laughing falcon, 304
- Laundromats, 53
 Laundry and dry cleaning
 Belize City, 87
 Caye Caulker, 155
 Punta Gorda, 204
 Lazy Lizard (Caye Caulker), 165
 Leaf-toed gecko, 317
 Lebeha Drumming Center (Hopkins Village), 185
 Lighthouse Reef, 135, 156
 Lighthouse Reef Atoll, 8, 166–167
 Línea Dorada/Mundo Maya bus line, 2–3, 250–251, 266
 Liquor, Belize City, 103
 Liquor laws, 53
 Literature, 50–51, 282
 Lithic Museum (Tikal), 258
 Lobster, 201
 Lobster Festival (Caye Caulker), 30
 Lobster Festival (Placencia), 30
 Loggerhead sponge, 310
 Lola's Art Gallery (Placencia), 195
 Lost and found, 53–54
 Lost-luggage insurance, 32
 The Lost World (Tikal), 257
 Lubaantun, 205–206
- M**acal River, 10
 Magaña Zaactunich Art Gallery, 242
 Mail, 54
 Mail Boxes Etc., 54
 Belize City, 87
 Majestic Taxi (Belize City), 85
 Malaria, 33–34
 Maler Causeway (Tikal), 255
 Manatee Lagoon, 176
 Manatee Road, 174
 Manatees, 74, 78, 122, 305
 Ambergris Caye, 136–137
 Caye Caulker, 157
 Southern Lagoon (Gales Point), 176
 Man-O-War Caye, 11, 179
 Manta rays, 305
 Maps, 54
 Belize City, 87
 Margays, 182, 280, 293
 Marie Sharp's (Pomona Village), 175
 Marie Sharp's Hot Sauce, 101
 Marine reserves
 Bacalar Chico National Park & Marine Reserve, 74, 123, 139
 Glover Reef Atoll, 180

- Marine reserves (cont.)**
 Glover's Reef Atoll Marine Reserve, 9, 76, 180
 Hol Chan Marine Reserve, 8, 74, 136, 157
 South Water Caye Marine Reserve, 180
- Marine Terminal**
 Ambergris Caye, 130
 Caye Caulker, 154
- Maritime Museum (Belize City), 96**
- Markets, Belize City, 103**
- Market Square Drug Store (Belmopan), 214**
- Martha's Guesthouse (San Ignacio), 224**
- Martsam Travel, 268**
- Mask Temple (Lamanai), 115**
- MasterCard**
 ATM Locator, 41
 emergency number, 54
 traveler's checks, 28
- Mata Rocks, 134**
- Maya Island Air, 47**
 Ambergris Caye, 128
 Caye Caulker, 152
 Corozal Town, 119
 Dangriga, 171
 Placencia, 190
 Punta Gorda, 202
 St. Georges Caye or Caye Chapel, 165
 Tikal, 247
- Maya Jade (Belize City), 103**
- Maya Mountains, 280**
- Mayan ruins and artifacts**
 Actun Tunichil Muknal, 216–217
 Altun Ha, 12, 106–107, 140
 best, 12–13
 Cahal Pech, 224–225
 Caracol, 12, 239, 242
 Cerros (Cerro Maya), 122
 Chechem Ha, 225–227
 Cuwlo, 113
 El Ceibal, 269
 El Pilar, 12
 El Zotz, 270
 Lamanai, 12, 114–116
 Lubaantun, 205–206
 Mayflower Bocawina National Park, 183
 Nim Li Punit, 206
 Noh Mul, 113
 San Ignacio, 224–227
 Santa Rita, 122
 suggested itinerary, 61–62
 Tikal, 12–13, 254–258
 Topoxté, 269
- Uaxactún, 269
 Xunantunich, 12, 225
 Yaxhá, 268–269
- Maya people and culture**
 books about, 50–51
 International Costa Maya Festival (San Pedro), 134
 staying with a Mayan family, 4–5, 207
- Maya Princess Café (Flores), 273**
- Maya Research Program at Blue Creek, 79**
- Mayflower Bocawina National Park, 183**
- M-Business Solutions (Belize City), 87**
- Measurements, 54**
- MEDEX Assistance, 32**
- MediAlert identification tag, 33**
- Medical insurance, 31–33**
- Mennonites, 112**
- Metho's Camping (Gales Point), 176**
- Mexico Rocks, 134**
- Mi Amor Hotel (Orange Walk Town), 114**
- Minivans and collective taxis**
 El Remate, 261
 Santa Elena/Flores, 266, 267
 Tikal, 247, 250, 251, 253
- Mirador del Duende (El Remate), 262**
- Modified American Plan (MAP), 49**
- Moncho's Rental (Ambergris Caye), 132**
- Money matters, 25–28**
- Monkey Bay, 76**
- Monkey Bay Nature Reserve, 218**
- Monkey Bay Wildlife Sanctuary, 79, 218**
- Monkey River, 194–195**
- Moon jelly, 311**
- The Moorings, 9, 69, 101**
- Mopan River, 10**
- Moray eels, 74, 135, 136, 280, 308**
- Morelet's crocodiles, 319**
- MossRehab, 36**
- Mountain Equestrian Trails (MET), 10, 70, 228, 244**
- Mountain Pine Ridge Forest Reserve, 66, 238–245**
- Municipal Airport (Belize City), 47**
- Museo de la Cultura Maya (Chetumal), 124**
- Museum of Belize (Belize City), 96**
- Music, 282**
 recommended, 51–52
- Music stores, Belize City, 103**
- Mussurana, 316**
- National Agriculture & Trade Show (Belmopan), 30**
- National Garifuna Council of Belize, 177**
- National Handicraft Center (Belize City), 102**
- National parks and nature reserves**
 Bacalar Chico National Park & Marine Reserve, 74, 123, 139
 Blue Hole National Park, 10, 76, 217–218
 Five Blues Lake National Park, 76, 175, 218
 Guanacaste National Park, 10, 76, 217
 Mayflower Bocawina National Park, 183
 Tikal National Park. *See* Tikal National Park
- Natural environment, 279–281**
- Nature walks and hikes. *See also specific trails***
 best, 10–11
 Biotopo Cerro Cahui (near El Remate), 261
 Blue Hole National Park, 10
 Cockscomb Basin Forest Reserve, 10
 Five Sister Falls, 241
 Guanacaste National Park, 217
 Mayflower Bocawina National Park, 183
 Rio Frio Cave, 241
 Tikal National Park, 10–11
- Neal's Taxi (Dangriga), 172**
- Neal's Taxi (Hopkins Village), 184**
- Nellie's Laundromat (Ambergris Caye), 133**
- New River Lagoon, 11, 13**
- Newspapers and magazines, 54, 87**
- New Zealand**
 customs regulations, 25
 passports, 55
- Next Wave Sailing (Placencia), 194**
- Nicholas, Benjamin, 177**

Nightlife

- Belize City, 103–104
- Belmopan, 221
- best, 19–20
- Caye Caulker, 164–165
- Corozal Town, 126
- El Remate, 264
- Hopkins Village, 188
- Placencia, 201
- Punta Gorda, 211
- San Ignacio, 233
- Tikal, 260

Nim Li Punit, 206**Noh Mul, 113****North Acropolis (Tikal), 256****Northern Belize, 105–126**

- brief description of, 21
- parks and bioserves, 73–77
- what's new in, 1

Northern cays and atolls, 8–9, 127–168

- brief description of, 21–22
- parks and bioserves, 74
- what's new in, 1–2

North Long Caye Wall, 167**Norwegian Cruise Lines, 43****Now, Voyager, 36****Nurse sharks, 8, 74, 135, 136, 307****O**
Oceanside Bar (Caye Caulker), 165**Ocean View Bar (Punta Gorda), 211****Ocellated turkeys, 67, 300****Ocelots, 182, 280, 293****Old Belize (Belize City), 1, 96–97****Olivia Cruises & Resorts, 36****Oltsil Day Spa (Belize City), 101****Orange Walk Hospital, 111****Orange Walk Town, 110–114****Ospreys, 109, 302****Otters, 74, 182, 294****Outer Atoll Flats, 9****The outer atolls, 166–168****Outer cays, 179–182****P**
ackage tours, 44**The Palace (Ambergris Caye), 152****The Palapa Bar (Ambergris Caye), 151–152****Paradise Down Scuba (Caye Caulker), 156****Paradise Expeditions, 68****Paranda, 282****Parasailing, Ambergris****Caye, 138****Paslow Building (Belize City), 97****Passports, 54–55****Patojo's Scuba Center, 135****Peccaries, 74, 99, 182, 296****Peninsula Star Taxi (Placencia), 191****Permit, 9****Petencito Zoo (Flores), 268****Petén province (Guatemala), 22****Peter Hughes Diving, 72****PG Sports Bar (Punta Gorda), 211****Pharmacies, 52**

- Belize City, 86
- Belmopan, 214
- Placencia, 192

The Pharmacy (San Ignacio), 224**Philip S. W. Goldson International Airport (Belize City), 41, 42, 81**

- accommodations near, 92

Photographic needs, 55

- Belize City, 86, 87–88
- Belmopan, 214
- Dangriga, 174
- Orange Walk Town, 112
- San Ignacio, 224

Photography, underwater, 72**Pier Lounge (Ambergris Caye), 151****Placencia, 188–201**

- accommodations, 195–199
- getting around, 191
- nightlife, 201
- orientation, 191–192
- outdoor activities, 192–195
- restaurants, 199–201
- shopping, 195
- spas and bodywork, 195
- traveling to, 190–191

Placencia Information**Center, 192****Placencia Medical Center, 192****Placencia Office Supply, 192****Placencia Sidewalk Arts Festival, 195****Plaza of the Seven Temples (Tikal), 257****Police, 55**

- Ambergris Caye, 132
- Belize City, 88
- Belmopan, 214
- Caye Caulker, 155
- Corozal Town, 120

Dangriga, 174**Orange Walk Town, 111****Placencia, 192****Punta Gorda, 204****San Ignacio, 224****Santa Elena/Flores, 267****Porous coral, 311****Post offices**

- Ambergris Caye, 133
- Belize City, 88
- Caye Caulker, 155
- Dangriga, 174
- Placencia, 192
- Punta Gorda, 204
- San Ignacio, 224
- Santa Elena/Flores, 267

Prescription medications, 33**Princess Casino (San Ignacio), 233****Princess Cruises, 43****Programme for Belize, 117****Pumas, 182, 280, 292****Punta, 282****Punta Gorda, 201–211**

- getting around, 204
- getting there and departing, 202
- nightlife, 211
- orientation, 204
- restaurants, 210–211
- shopping, 208
- sights and activities, 204–208

Punta Gorda Hospital, 204**Punta Gorda Laundry Services, 204****Punta Rock, 282****The Purple Parrot (Ambergris Caye), 152****Purple Space Monkey (Placencia), 2, 192****Pusilha (Aguacate), 206****Pygmy owl, 304****Pyramid Flats, 156****R**
adisson Seven Seas Cruises, 43**Raggamuffin Tours (Caye Caulker), 157–158****Rainfall (average monthly), 29****Rainforest Medicine Trail, 228–229****Rattlesnake, 316****Red brocket deer, 298****Red-footed boobies, 167, 301****Regions of Belize, 21****Rendezvous Point, 166****Reptiles, 314–323**

- Requena's Charter Service (Punta Gorda), 203–204**
- Resorts and hotels, 1. See also Accommodations Index; Camping**
- Ambergris Caye, 140–146
 - Belize City, 89–92
 - Belmopan, 218–221
 - best budget hotels, 17–18
 - best luxury hotels and resorts, 14–16
 - best moderately priced hotels, 16–17
 - Caye Caulker, 159–162
 - Corozal Town, 123–125
 - Dangriga, 177–178
 - El Remate, 262–263
 - Hopkins Village, 185–188
 - Mountain Pine Ridge area, 242–245
 - outer cayes, 180–182
 - Placencia, 195–199
 - price categories, 48
 - Rio Bravo Conservation Area, 117–118
 - San Ignacio, 229–231
 - Santa Elena/Flores, 270–272
 - saving on, 48–49
 - Tikal, 258–260
 - tips on, 47–49
 - Turneffe Island Atoll, 167–168
 - Web surfing for, 39
- Restaurants. See also Restaurants Index**
- Ambergris Caye, 147–151
 - Belize City, 92–95
 - Belmopan, 221
 - best, 18–19
 - Caye Caulker, 162–164
 - Corozal Town, 125–126
 - Dangriga, 178–179
 - Hopkins Village, 188
 - Placencia, 199–201
 - Punta Gorda, 210–211
 - San Ignacio, 232–233
 - Santa Elena/Flores, 272–273
 - Tikal, 260
 - tips on, 49–50
- Restrooms, 55**
- Belize City, 88
- Rhumba Room (San Ignacio), 233**
- Rio Bravo Conservation Area, 5, 73–74, 117**
- Rio Frio Cave, 241**
- Rio On Pools, 8, 241**
- RoadPost, 40**
- Rocky Point, 135**
- Rodríguez, Austin, 177**
- Roots & Herbs Taxi Service (Punta Gorda), 204**
- Roseate spoonbill, 303**
- Royal Caribbean, 43**
- Rufescent salamander, 312**
- Rum, 103, 285**
- Ruta Maya Belize River Challenge, 227**
- Sabal, Mercy, 177**
- Safety concerns, 35**
- Belize City, 88
 - in Guatemala, 252
 - in the wilderness, 77–78
- Sailing. See also Boat charters and rentals**
- Ambergris Caye, 137–138
 - Belize City, 101
 - Caye Caulker, 158
 - Placencia, 194
- Sail Sports Belize, 73, 138**
- St. George's Caye, 165**
- St. Herman's Cave, 217**
- St. John's Cathedral (Belize City), 97, 98**
- Sand flies ("no-see-ems"), 35**
- S&L Taxi (Placencia), 191**
- S & L Travel and Tours, 66, 81, 95, 98, 104, 253**
- San Ignacio, 221–238**
- accommodations, 229–231
 - getting around, 222–223
 - getting there and departing, 222
 - nearby lodges and retreats, 234–238
 - nightlife, 233
 - orientation, 223
 - restaurants, 232–233
 - shopping, 229
 - sights and activities, 224–229
- San Ignacio Hospital, 224**
- San Ignacio Taxi Stand, 222**
- San Pedro (Ambergris Caye), 127–144**
- accommodations, 140–144
 - restaurants, 147–150
- San Pedro Family Fitness Club (Ambergris Caye), 139**
- San Pedro Health Clinic (Ambergris Caye), 132**
- San Pedro Water Taxi (Ambergris Caye), 132**
- Santa Elena, 264–273**
- Santa Rita, 122**
- Sarteneja, 122–123**
- Satellite phones, 41**
- SATH (Society for Accessible Travel & Hospitality), 36**
- Scarlet macaws, 67, 182, 280, 300**
- Scoters**
- Ambergris Caye, 132
 - Placencia, 191
- Scotiabank**
- Belmopan, 214
 - Corozal Town, 120
 - Dangriga, 174
 - Orange Walk Town, 112
 - Placencia, 192
 - San Ignacio, 223–224
- Scuba diving, 71–72**
- Ambergris Caye, 134–136
 - Belize City, 101
 - best, 8–9
 - Caye Caulker, 156–158
 - Dangriga, 175
 - Hopkins Village, 185
 - night, 19
 - Placencia, 192–193
- Seabourn Yachts, 43**
- SEAduced, 140**
- Seahorse Dive Shop (Placencia), 193**
- Sea kayaking, 10, 70**
- Caye Caulker, 158
 - El Remate, 262
 - Glover's Reef Atoll, 9
 - Placencia, 194
- Sea life, 305–311**
- barracudas, 69, 135, 280, 284, 309
 - coral, 310–311
 - dolphins, 35, 309
 - manatees, 74, 78, 122, 305
 - Ambergris Caye, 136–137
 - Caye Caulker, 157
 - Southern Lagoon (Gales Point), 176
 - manta rays, 305
 - moray eels, 74, 135, 136, 280, 308
 - nurse sharks, 8, 74, 135, 136, 307
 - sea turtles, 135, 147, 284, 307–308
 - stingrays, 74, 136, 306
 - whale sharks, 9, 71, 180, 193, 280, 306
- Seasons, 28–29**
- Sea turtles, 135, 147, 284, 307–308**
- Seaweed shake, 4, 192**
- Secret Garden Day Spa (Placencia), 195**
- Senior travel, 37**
- Shark-Ray Alley, 8, 136, 157**

- Shiny skink, 317**
Shipstern Nature Reserve, 11, 74, 122
Shopping
 Ambergris Caye, 140
 Belize City, 101–103
 Caye Caulker, 159
 Hopkins Village, 185
 Mountain Pine Ridge area, 242
 Placencia, 195
 Punta Gorda, 208
 San Ignacio, 229
Sierra Club, 65
Silky anole, 317
Single travelers, 38
Sittee River Village, 183, 184, 188
Sleeping Giant, 175
Slickrock Adventures, 9, 65, 70, 181
Smithsonian Institute of Marine Research (South Water Caye), 179
Smoking, 55
Smooth gecko, 318
Snakes, 34, 182, 315, 316
Snapping turtles, 314
Snorkeling, 71–72
 Ambergris Caye, 134–137
 Bacalar Chico National Park & Marine Reserve, 123
 Belize City, 101
 best, 8–9
 Caye Caulker, 156–158
 Dangriga, 175
 Hopkins Village, 185
 Placencia, 192–193
Soulshine Resort & Spa (Placencia), 195
South Acropolis (Tikal), 257
Southern Belize, 169–211
 brief description of, 22
 parks and bioserves, 74, 76
 what's new in, 2
Southern Lagoon, 176
Southern Transport Limited
 Dangriga, 172
 Hopkins Village, 184
 Placencia, 190–191
South Water Caye, 179
South Water Caye Marine Reserve, 180
Souvenirs and crafts
 Belize City, 102
 San Ignacio, 229
Spanish, 286–289
Spanish classes, San Andrés, 270
Spas and day spas, 72–73
 Ambergris Caye, 139
 Belize City, 101
 Placencia, 195
 San Ignacio, 229
Special events and festivals, 29–31
Spider monkeys, 254, 268, 297
The Split (Caye Caulker), 155
Sponge Avenue, 156
Stargazing, 19
STA Travel, 38, 43
Stelae Museum (Tikal), 258
Stingrays, 74, 136, 306
The Stork Club (San Ignacio), 233
Student travel, 38
Study programs, ecologically oriented, 78–79
Sugar Reef Lounge (Placencia), 2, 20, 201
Sun exposure, 35
Sunsets and sunrises, Tikal, 257
Supreme Court building (Belize City), 97
Swimming
 Ambergris Caye, 134
 Belize City, 101
 Blue Hole National Park, 217–218
 Punta Gorda, 206
Swing Bridge (Belize City), 97
Sylvanus G. Morely Museum (Tikal or Ceramic Museum), 258
T
Tabarini Rent A Car (Tikal), 253
Tackle Box, 134
Tanah Mayan Art Museum (near San Antonio), 242
Tapirs, 74, 182, 268, 280, 295
Tarpon, 9
Taxes, 55, 88
Taxi Garage Services (Belize City), 85
Taxis. See also Minivans and collective taxis
 Ambergris Caye, 130, 132
 Belize City, 85
 Belmopan, 214
 Corozal Town, 120
 Dangriga, 172
 El Remate (Guatemala), 261
 Hopkins Village, 184
 Mountain Pine Ridge, 240
 Placencia, 191
 San Ignacio, 222–223
 Santa Elena/Flores, 267
 Tikal, 253
Telephones, 56
 access charges, 28
 area codes, 52
 Guatemalan numbers, 250
Temperatures, average monthly, 29
Temple III (Temple of the Great Priest; Tikal), 255
Temple IV (Temple of the Two-Headed Serpent; Tikal), 255
Temple VI (Temple of the Inscriptions; Tikal), 257–258
Temple A-6 (Altun Ha), 106
Temple of the Masonry Altars (Altun Ha), 106
Tennis, Ambergris Caye, 139
Thrifty (car-rental company), 45
Tide Tours (Punta Gorda), 205
Tikal National Park (Guatemala), 10–13, 77, 246–260
 accommodations, 258–260
 books about, 51
 brief description of, 22
 exploring, 254–258
 getting around, 253
 getting there and departing, 247, 250–253
 moon rise at, 20
 museums, 258
 nightlife, 260
 orientation, 253–254
 restaurants, 260
 what's new in, 2–3
Tikal Tours, 268
Time zone, 56
Tipping, 56
Tipsy Tuna Sports Bar (Placencia), 201
Titanic Bar (Punta Gorda), 211
TMM Charters, 9, 69, 101, 137, 194
Toads, 313–314
Tobacco Caye, 179
Toledo Botanical Arboretum, 207
Toledo District, 22, 170, 202, 207
Toledo Ecotourism Association (TEA), 5, 207, 208
Toledo Institute for Development and Environment, 79
Toni's River Adventures, 227
Topoxté, 269
The Toucan Trail (website), 20
Tourist police, Placencia, 192

- Tour operators**
 Belizean, 65–66
 North American-based, 64–65
 U.K.-based, 65
- Tours**
 escorted, 44–45
 package, 44
- Town Hall (Corozal Town), 121**
- Tozzer Causeway (Tikal), 256**
- Transportes Fuentes del Norte, 266**
- Travel Assistance International, 32**
- Travel Buddies Singles Travel Club, 38**
- TravelChums, 38**
- Travel CUTS, 38**
- Traveler's checks, 27–28**
- Traveler's Insurance Services, 31**
- Travel Guard International, 31**
- Traveling Internationally with Your Kids, 37**
- Travel insurance, 31–32**
- Travel Insured International, 31**
- Tread Lightly, 35**
- Trek Stop, 227**
- Tres Cocos, 134**
- Trip-cancellation insurance, 31**
- Triple J, 130, 154**
- Trip 'N Travel (Placencia), 194**
- Tropic Air, 47**
 Ambergris Caye, 128, 130
 Caye Caulker, 152, 154
 Corozal Town, 119
 Dangriga, 171
 Placencia, 190
 Punta Gorda, 202
 St. Georges Caye or Caye Chapel, 165
 Tikal, 250
- Tropical Education Center (near Belize City), 99**
- Tropical illnesses, 33–34**
- Tropical Wings Nature Center (near San José Succotz), 229**
- Tubing, 9–10**
- Turneffe Flats, 9, 69, 138**
- Turneffe Island Atoll, 8–9, 135, 156, 166**
- Turtles, sea, 135, 147, 284, 307–308**
- Tutti Frutti Ice Cream Shop (Placencia), 199**
- U**
Uaxactún, 269
- Ultralight flying, Placencia, 195**
- Underwater photography, 72**
- Underwater videos, 140**
- United Kingdom**
 Belize High Commission, 24
 customs regulations, 25
 health-related travel advice, 33
 High Commission, 52
 passports, 55
 tour operators based in, 65
- United States**
 Belizean embassy in, 24
 customs regulations, 25
 Embassy, 52
 health-related travel advice, 33
 passports, 55
- United Vacations, 44**
- US Airways, 41**
- U.S. Customs & Border Protection (CBP), 25**
- USIT, 38**
- Uxbenka (near Santa Cruz), 206**
- V**
Vaca Falls, 227
- Vega Inn & Gardens (Caye Caulker), 160**
- Venus Taxi Service (Corozal Town), 120**
- Viajes Don Pedro, 269**
- Vicky's Ice Cream Parlour (Punta Gorda), 210**
- Victor Emanuel Nature Tours, 67**
- Videos, underwater, 140**
- Views, best, 13**
- Visa**
 ATM Locator, 41
 emergency number, 54
 traveler's checks, 28
- Visas, 24**
- Visitor information, 22, 24**
 Belize City, 81
- Volunteer and study programs, ecologically oriented, 78–79**
- W**
Walkingstick Fine Art & Sculpture Gallery (Belize City), 102
- Walks and hikes. See also specific trails**
 best, 10–11
 Biotopo Cerro Cahuí (near El Remate), 261
 Blue Hole National Park, 10
 Cockscomb Basin Forest Reserve, 10
 Five Sister Falls, 241
 Guanacaste National Park, 217
 Mayflower Bocawina National Park, 183
 Rio Frio Cave, 241
 Tikal National Park, 10–11
- Waluco's (Punta Gorda), 211**
- Water, drinking, 56, 285**
 Belize City, 88
 Caye Caulker, 162
- Waterfalls, Mountain Pine Ridge area, 241**
- The Watering Hole (Hopkins Village), 188**
- Waterports. See also specific sports**
 Ambergris Caye, 134–138
 Caye Caulker, 156–158
 Placencia, 192–193
 Punta Gorda, 206
- Water taxis, Ambergris Caye, 130, 132**
- Weather, Belize City, 89**
- Websites**
 best, 20
 traveler's toolbox, 41
- Western Belize (Cayo District), 22, 212–245**
 for families with children, 14
 parks and bioreserves, 76
 what's new in, 2
- Western Spirit Cycling Adventures, 67**
- Western Union, 54**
- Wet Willy's (Ambergris Caye), 151**
- Whale and Dolphin Conservation Society, 35**
- Whale sharks, 9, 71, 180, 193, 280, 306**
- Wi-Fi access, 40**
- Wildlife and wildlife viewing, 291–324. See also Birds and bird-watching; Marine reserves; National parks and nature reserves**
 anteaters, 74, 99, 182, 268, 296
 armadillos, 74, 76, 182, 217, 284, 296
 bats, 270, 298
 books about, 50
 coati-mundis, 73, 74, 99, 109, 182, 254, 268, 295
 crocodiles, 73, 74, 109, 122, 194, 262, 264, 269, 319
 frogs and toads, 312–314
 glibnuts (pacas), 95, 99, 283–284, 294

- health and safety concerns, 34–35
- howler monkeys, 11, 13, 73, 109, 194, 254, 268, 280, 297–298
- iguanas, 76, 109, 217, 234, 283, 284, 318
- jaguars, 74, 182, 268, 280, 291
- kinkajous, 74, 76, 182, 217, 297
- margays, 182, 280, 293
- ocelots, 182, 280, 293
- otters, 74, 182, 294
- peccaries, 74, 99, 182, 296
- pumas, 182, 280, 292
- red brocket deer, 298
- searching for wildlife, 77
- snakes, 182, 315, 316
- spider monkeys, 254, 268, 297
- tapirs, 74, 182, 268
- Windsurfing, 73**
Ambergris Caye, 138
- Wings, 68**
- World Wide Cruises, 43**
- Xibalba, 215**
- Xunantunich, 12, 225**
- Yaxhá, 3, 268–269**
- Young, Emmet, 176
- Yute Expeditions, 224, 240, 253
- Zoos, Belize Zoo (near Belize City), 214**
- ACCOMMODATIONS**
- Auxillou Beach Suites (Caye Caulker), 160
- Bakadeer Inn (Belize City), 92
- Belcove Hotel (Belize City), 17, 91
- Belizean Dreams (Hopkins Village), 185
- Belize Lodge & Excursions (near Indian Creek), 208
- Belize River Lodge (Belize City), 92
- Belmopan Bed & Breakfast, 219
- Belmopan Hotel, 218–219
- Best Western Belize Biltmore Plaza (Belize City), 91–92
- Bird's Eye View Lodge (Crooked Tree), 109
- Black Rock Jungle River Lodge (near Benque Viejo), 236
- Blancaneaux Lodge (Mountain Pine Ridge Reserve), 2, 16, 242–244
- Blue Crab Resort (Seine Bight Village), 16, 197–198
- Blue Marlin Lodge (South Water Caye), 180
- Blue Tang Inn (San Pedro), 141
- Bonefish Hotel (Dangriga), 178
- Bullfrog Inn (Belmopan), 219
- Cahal Pech Village Resort (San Ignacio), 17, 230
- Camino Real Tikal (El Remate), 262–263
- Capricorn Resort (Ambergris Caye), 145
- Captain Morgan's Retreat (Ambergris Caye), 15, 145–146
- Casa Blanca Guest House (San Ignacio), 231
- Casa Blanca Hotel (Corozal Town), 123
- Casa de Doña Tonita (El Remate), 263
- Casa Elena (Santa Elena), 271
- Caye Chapel Island Resort, 70, 100, 165
- Cayo Espanto, 146
- Cayo Espanto (off Ambergris Caye), 15
- Chaa Creek (near Benque Viejo), 14, 15, 72, 229, 234
- Chabil Mar (Placencia), 196
- Chan Chich Lodge (Gallon Jug), 4, 118–119
- Charlton's Inn (Punta Gorda), 210
- Chateau Caribbean (Belize City), 90
- Chiminos Island Lodge, 269
- Clarissa Falls Resort (near Benque Viejo), 18, 237
- Coco Plum Island Resort, 2, 180
- Cohune Palms River Cabanas, 238
- Coningsby Inn (Belize City), 91
- Copa Banana (Corozal Town), 123
- Coral House Inn (Punta Gorda), 2, 16, 209
- Corozal Bay Inn (Corozal Town), 123–125
- Crystal Paradise Resort (Cristo Rey Village), 245
- De Real Macaw (Caye Caulker), 17, 161
- D'Nest Inn (Belize City), 92
- DuPlooy's (Cayo District), 2, 235–236
- D*Victoria Hotel (Orange Walk Town), 114
- Ek' Tun, 234
- El Pescador Fly Fishing Resort (Ambergris Caye), 138, 145
- El Pescador South (Punta Gorda), 15, 69, 208
- El Pilar (near San Ignacio), 238
- El Rey Inn (Belmopan), 219
- Fantasy Point Resort (near Corozal Town), 126
- Fernando's Seaside Guesthouse (Sarteneja), 122
- Five Sisters Lodge (Mountain Pine Ridge), 244
- Global Village Hotel (Belize City), 1, 92
- Glover's Atoll Resort, 181
- The Great House (Belize City), 89–90
- Hamanasi (Hopkins Village), 72, 186
- Hickatee Cottages (near Punta Gorda), 2, 209
- Hidden Valley Inn (Mountain Pine Ridge), 244
- Hi-Et (San Ignacio), 231
- Hok'ol K'in Guesthouse (Corozal Town), 17, 125
- Hopkins Inn (Hopkins Village), 187
- Hotel de la Fuente (Orange Walk Town), 1, 114
- Hotel Del Patio (Santa Elena), 270
- Hotel Gringo Perdido (near El Remate), 263
- Hotel Isla de Flores, 270
- Hotel Mon Ami (El Remate), 263
- Hotel Mopan (Belize City), 90–91
- Hotel Petén (Flores), 271
- Hotel Petén Espléndido (Santa Elena), 270–271
- Hotel San Pedrano (San Pedro), 143
- Hotel Santana (Flores), 3, 18, 271–272
- Ian Anderson's Caves Branch (near Belmopan), 220
- Ignacio's Beach Cabanas (Caye Caulker), 161

- Iguana Reef (Caye Caulker), 160
 The Inn at Robert's Grove (Placencia), 14, 72, 196
 International Zoological Expeditions (near Blue Creek), 208
 Jaguar Inn (Tikal), 259–260
 Jaguar Inn Santa Elena (Santa Elena), 272
 Jaguar Paw (near Belmopan), 14, 15, 68, 216, 220
 Jaguar Reef Lodge (Hopkins Village), 14, 186
 Julia & Lawrence's Guesthouse (Placencia), 198
 Jungle Jeanie's By The Sea (Hopkins Village), 2, 16, 187
 Jungle Lodge (Tikal), 259
 Kanantik (Hopkins Village), 186–187
 La Casa de Don David Hotel (near El Remate), 263
 La Casa de la Isla (Flores), 272
 La Casona del Lago (Santa Elena), 3, 271
 La Lancha Resort (Lago Petén Itzá), 16, 262
 Lamanai Outpost Lodge (Indian Church Village), 13, 116–117
 La Mansión del Pájaro Serpiente (El Remate), 263
 La Milpa Field Station (Rio Bravo Conservation Area), 117–118
 Lazy Iguana Bed & Breakfast (Caye Caulker), 16, 160–161
 Lighthouse Reef Resort, 72, 167
 Lily's Hotel (San Pedro), 143
 The Lodge at Big Falls (near Big Falls), 209
 Log Cab-Inns (Benque Viejo), 236
 Los Finados (near Benque Viejo del Carmen), 235
 Lydia's Guesthouse (Placencia), 198
 Macal River Jungle Camp (near Benque Viejo), 236–237
 Mama Noots Jaguar Lodge, 183
 Manatee Lodge (Gales Point), 176
 Martha's Guest House (San Ignacio), 231
 Maruba Resort Jungle Spa, 14–15, 72–73, 107–109
 Mata Chica (Ambergris Caye), 1, 146
 Mata Rocks (Ambergris Caye), 144
 Midas Tropical Resort (San Ignacio), 18, 231
 Mirador del Duende (El Remate), 263
 Mopan River Resort (Benque Viejo del Carmen), 234–235
 Nature's Way Guest House (Punta Gorda), 210
 Nautical Inn (Placencia), 197
 New Balmoral Hotel (San Ignacio), 230
 Pal's Guest House (Dangriga), 178
 Parrot's Nest (Bullet Tree Falls), 238
 Pelican Beach Resort (Dangriga), 177–178
 Pelican's Pouch (South Water Caye), 181
 Pine Ridge Lodge (Mountain Pine Ridge), 245
 The Placencia Hotel, 196
 Plaza Hotel (San Ignacio), 230
 Pleasure Island Resort (St. George's Caye), 165
 Pook's Hill (near Belmopan), 220–221
 Princess Hotel & Casino (Belize City), 90, 104
 Radisson Fort George Hotel & Marina (Belize City), 14, 89
 Ramon's Village (San Pedro), 141–142
 Ranguana Lodge (Placencia), 198
 Reef's End Lodge (Tobacco Caye), 181
 Ruby's (Ambergris Caye), 17
 Ruby's (San Pedro), 143–144
 St. Christopher's Hotel (Orange Walk Town), 114
 Saks at Placencia, 2, 197
 San Ignacio Resort Hotel, 2, 229–230
 San Pedro Holiday Hotel (Ambergris Caye), 16, 142
 Sea Beezzz (Caye Caulker), 161–162
 Seaclift Bed & Breakfast (Dangriga), 178
 Sea Front Inn (Punta Gorda), 209–210
 Seascape Guesthouse (Placencia), 198
 Seaside Cabanas (Caye Caulker), 2, 160
 Seaside Guest House (Belize City), 91
 Sea Spray Hotel (Placencia), 198–199
 Shirley's Guest House (Caye Caulker), 161
 Singing Sands Inn (Placencia), 198
 Sunbreeze (San Pedro), 142
 Sun Creek Lodge, 208
 Tate's Guesthouse (Punta Gorda), 210
 Tides Beach Resort (San Pedro), 16, 143
 Tikal Inn (Tikal village), 3, 259
 Tina's Backpacker's Hostel (Caye Caulker), 161
 Tipple Tree Beya (Hopkins Village), 17, 187–188
 Tobacco Caye Paradise, 2, 182
 Tony's Inn & Beach Resort (Corozal Town), 125
 Toucan Sittee (Hopkins Village), 188
 Tradewinds (Placencia), 17, 199
 Tree Tops Guest House (Caye Caulker), 17, 162
 The Trek Stop (San José Succotz), 237–238
 Trends Beachfront Hotel (Caye Caulker), 162
 Turneffe Flats, 167
 Turneffe Island Lodge (Turneffe Island Atoll), 167–168
 Turtle Inn (Placencia), 15, 196–197
 Tutuil Nah Cottages (Cockscomb Basin Wildlife Sanctuary), 182
 Victoria House (Ambergris Caye), 1, 15, 144
 Villa Boscardi (Belize City), 92
 Xanadu Island Resort (Ambergris Caye), 145

RESTAURANTS

- Ambergris Delight (San Pedro), 149
 Amigos (near Belmopan), 221
 Amor y Café (Caye Caulker), 164
 Aunt J's Restaurant (Punta Gorda), 210
 Bella Beya (Hopkins Village), 188
 Big Daddy's Diner (Belize City), 94–95
 Blue Water Grill (San Pedro), 147

- Bob's Bar & Grill (Belize City), 94
- Bode's Place Bar & Grill (San Ignacio), 232
- Bullfrog Inn (Belmopan), 221
- The Burger King Restaurant (Dangriga), 179
- Cactus Plaza (Corozal Town), 125–126
- Café Sol (San Ignacio), 232
- Capitán Tortuga (Flores), 272–273
- Capricorn Restaurant (Ambergris Caye), 151
- Caramba (San Pedro), 147
- Casa Picasso (San Pedro), 147
- Cat's Claw Café (Placencia), 199
- Celi's Deli (San Pedro), 147
- Celi's Restaurant (San Pedro), 148
- Chan's Mini-Market (Caye Caulker), 164
- Cheers (near Belmopan), 221
- Chon Saan Palace (Belize City), 95
- De'Tatch Seafood Beach Bar & Grill (Placencia), 200
- The Diner (Orange Walk Town), 113
- Dit's Saloon (Belize City), 95
- Don Corleone (Caye Caulker), 162–163
- El Mirador Restaurant (Santa Elena), 272
- Elvi's Kitchen (San Pedro), 18, 149
- Emery's (Punta Gorda), 210
- Erva's (San Ignacio), 232
- Estel's Dine By the Sea (San Pedro), 149
- Eva's Restaurant & Bar (San Ignacio), 232
- Glenda's (Caye Caulker), 164
- Gomier's Foods (Punta Gorda), 210
- Grace's Restaurant (Punta Gorda), 210
- Habanero Mexican Café & Bar (Placencia), 200
- Habaneros (Caye Caulker), 19, 163
- Hannah's (San Ignacio), 233
- Harbour View (Belize City), 18, 93
- Hotel Mon Ami (El Remate), 262
- Innies Restaurant (Hopkins Village), 188
- Iris's Restaurant (Hopkins Village), 188
- Jambel's Jerk Pit (Belize City), 94
- J. B. Watering Hole (near Belmopan), 221
- King Cassava (Hopkins Village), 188
- La Luna (Flores), 19, 273
- Macy's (Belize City), 95
- Mambo (Ambergris Caye), 19, 150
- Mare (Placencia), 199–200
- Marian's Bayview (Punta Gorda), 2, 19, 210–211
- Marin's Restaurant & Bar (Caye Caulker), 164
- Martha's Restaurant & Pizza House (San Ignacio), 233
- Maxim's Chinese Restaurant (San Ignacio), 232
- Maya Princess Café (Flores), 273
- Nerie's (Belize City), 94
- Omar's Diner (Placencia), 201
- Palmilla (Ambergris Caye), 18, 150
- Papi's Diner (San Pedro), 149–150
- Patty's Bistro (Corozal Town), 1, 126
- Pelican Beach Resort (Dangriga), 179
- Pickled Parrot (Placencia), 200
- Pizzeria Picasso (Flores), 272
- Rainbow Grill & Bar (Caye Caulker), 163
- Rasta Pasta Rainforest Café (Caye Caulker), 19, 163
- Rendezvous Restaurant & Winery (Ambergris Caye), 150–151
- Restaurant El Tucán (Flores), 273
- Ristorante Puccini's (Belmopan), 221
- Riverside Café (Dangriga), 179
- Rojo Lounge (Ambergris Caye), 150
- Ruby's Cafe (San Pedro), 147
- Running W Steak House & Restaurant (San Ignacio), 232
- Sand Box Restaurant (Caye Caulker), 164
- Sanny's Grill (San Ignacio), 232
- Serendib Restaurant (San Ignacio), 233
- The Smokey Mermaid (Belize City), 18, 93
- Stained Glass Pub (San Pedro), 148
- Sumathi (Belize City), 94
- Sweet Basil Gourmet Café (Ambergris Caye), 151
- Syd's Restaurant & Bar (Caye Caulker), 164
- Tastes of Thailand (San Pedro), 148
- Trattoria Placencia (Placencia), 200–201
- Wendy's (Placencia), 200
- Wet Lizard (Belize City), 18, 93–94
- Wild Mangos (Ambergris Caye), 1, 19, 148
- Y-Not Bar & Grill (Corozal Town), 125