



## CORAL ISLANDS - SUP

A Unique Lodge-to-Lodge Stand Up Paddleboard and Snorkel Journey in Belize's Southwater Caye Marine Reserve

**Duration:** 6 Nights  
**Starts:** Belize City  
**Finishes:** Dangriga  
**Guides:** 1-2 Leaders

**Habitats:** Barrier Reef & Tropical Savannah  
**Activity level:** ●●●●○ [4] Paddling experience required

**Accommodations:** Tropical Education Center, Tobacco Caye Paradise, IZE Belize

**Activities:** Stand Up Paddleboarding, Snorkeling, Fishing, Birding, Photography, Natural History Interpretation.  
(Optional: cost not included in trip price - Nocturnal Zoo Tour & Scuba Diving.)

**\$2559 USD**  
(Includes taxes & fees)

Price per Person based on Double Occupancy  
**\*Single & Will-Share Supplement Available\***

**Visit our website for departure dates**

**Package includes:** Accommodations, meals, transfers, guided activities and equipment (as per itinerary).  
All government taxes and park fees

**Package does not include:** Int'l airfare, gratuities, medical/travel insurance, snorkel/fishing/scuba gear, additional activities, costs incurred by flight delays



A one of a kind tropical SUP adventure paddling both Glover's Reef Marine Reserve and the Southern Barrier Reef. Stay at a unique atoll Basecamp and over-the water Cabanas at Tobacco Caye Paradise. Snorkel Belize's most pristine coral reefs. Experience the true island culture of Belize in an area that remains unspoiled. Select departures also feature yoga teachers. Include Yoga Schedule

**Norm Hann Expeditions®: SUP coach, instructor and expedition paddler Norm Hann joins select departures as Guest Instructor and Trip Coordinator ([www.normhann.com](http://www.normhann.com))**

**"Basecamping":** sleeping in wall tented cabanas. These spacious safari style tents have ample headroom to walk around and are on raised wooden floors, with real wood-framed beds (6 inch foam mattress) configured with either double or single beds. All bed linen is provided.

## Typical Daily Itinerary:

**Day 1:** On arrival in Belize you connect for a scenic 20-minute flight south to the coastal town of Dangriga. Our first night is at Pelican Beach Resort. Your guides and group gather for a seaside cocktail followed by a pre-trip welcome meeting and dinner in the dining room. (Domestic Flight included)

**Accommodation: Pelican Beach Resort**

**Meals: Dinner**

**Day 2-4:** This morning we travel by boat charter 38 miles offshore of the mainland to Glovers Reef Atoll basecamp. Your trip leader begins with reviewing fundamental skills of paddleboarding and throughout the trip works with each individual to fine tune existing skills. Efficient forward stroke development, downwinding, and touring techniques are all covered.

We head out each day to explore the wild beauty of Glover's Reef; the waters are shallow and clear and you will see a tremendous variety of marine life, including southern stingrays, eagle rays, grouper, nurse sharks, and more.

**Accommodation: Glover's Reef Basecamp**

**Meals: Breakfast, Lunch, Dinner**

**Day 5-6:** For the next stage of the adventure we head to the 17,000 acres Southwater Caye Marine Reserve on the Southern Barrier Reef. Based from Tobacco Caye Paradise Lodge, our playground for the next two days is a fairy-tale setting of palm trees, coral islands, mangrove forests and abundant coral reefs. Each evening, back at our lodge, we take in the friendly laid-back 'Island Culture' of Belize.

**Accommodation: Tobacco Caye Paradise**

**Meals: Breakfast, Lunch, Dinner**

**Day 7:** In the morning we return by water taxi back to the mainland where our trip finishes in time to make domestic or international flight connections. Any extra luggage that was stored at our Operations Base will be returned to you to repack. Taxis can be arranged for transfers to the Belize International Airport, or to local bus stations to continue exploring Belize on your own.

**Accommodation: None**

**Meals: Breakfast**

*"This was my first adventure trip. Thank you for a wonderful experience! The guides are skilled and talented - they shared so much knowledge with us. Their love and respect for Belize, the environment, ocean, reef and marine life was presented so enthusiastically. I have the upmost respect for all three and you are lucky to have them guiding your tours. Both lodges were wonderful and charming, a real Belizean, Caribbean experience! ."*

*Ann - NY USA*

**Travel Notes:** For travelers who will be leaving Belize on Day 7, international connections out of the country require a departure after 11:30 am. To connect with Friday afternoon departures from Belize, a short domestic flight is required. This flight is from Dangriga to the Belize International Airport. Please call for details - our office can confirm pricing and book your domestic flight.

This is one of our most adventurous trips. Weather conditions can greatly affect paddling conditions and may increase the level of difficulty. Because of the distances traveled on this trip, previous paddleboarding experience is recommended. We also believe that variability of conditions are what make this trip the best of its kind in Belize.

This itinerary is a 'guide' and must remain flexible and open to changes at the trip leaders' discretion. We hope you bring a spirit of adventure with you, we cannot direct the winds but we can adjust our sails.