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EXPEDITIONS

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Coral Islands - SUP

Explore Belize's Southern Barrier Reef on a standup paddleboard and snorkeling journey along Glover's Reef Atoll Southwest Caye Marine Reserve.

Duration: 6 Nights

Starts: Belize City

Finishes: Dangriga

Seasonal Trip: November to April

Habitats: Barrier Reef & Tropical Rainforest

Activity level: ●●●●○ [4] Paddling experience required

Activities: Stand-up paddleboarding, snorkeling, handline fishing **Optional:** Scuba Diving (fees apply)

Package includes:

- 1-night standard accommodations in the jungle
- 3-night "basecamping" accommodations
- 2-night accommodation in beach cabana
- Meals (as per itinerary)
- Land and boat transfers between locations
- 1 domestic flight Belize City to Dangriga
- Guided activities and equipment (as per itinerary)
- Park fees and taxes

Accommodations: Bocawina Rainforest Resort, Glover's Reef Basecamp on Southwest Caye, Tobacco Caye Paradise

Package does not include: International airfare, post-trip domestic flight Dangriga to Belize City, gratuities, medical/travel insurance, snorkel/fishing/scuba gear, additional activities, costs incurred by flight delays

Trip Highlights: Rainforest walkabout, paddling and snorkeling in crystal clear waters night snorkel, fishing for dinner Belizean style, Garifuna drums night

Recommended for: Adults, young adults, solo travelers, couples, friends and groups, experienced SUPers, SUP enthusiasts

Pairs well with: Rainforest Canopy Extension, Rainforest Wildlife Extension, Cayo Caves & Temples, Caracol Ruins & Sacred Caves

Pricing based on Double Occupancy. Single supplement subject to availability. Contact our Trip Planners for details.



A one-of-a-kind tropical SUP adventure paddling both Glover's Reef Marine Reserve and the Southern Barrier Reef. Stand-up paddleboarding is one of North America's hottest new sports, and the sheltered lagoons and turquoise waters of the Southern Barrier Reef are ideal for paddlers of varying abilities. Norm Hann Expeditions SUP expert Norm Hann joins select departures as Guest Instructor and Trip Coordinator (www.normhann.com).

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

Typical Daily Itinerary:

Day 1: Upon arriving at the International Airport, connect for a scenic 20-minute flight to the coastal town of Dangriga and then by road to Bocawina Rainforest Resort in the foothills of the Maya Mountains. Tonight, we dine in the rainforest at the acclaimed Wild Fig restaurant.

Accommodation: Bocawina Rainforest Resort

Meals: Dinner

Day 2-4: This morning, we travel by boat 38 miles offshore of the mainland to Glovers Reef Atoll basecamp. Your trip leader begins by reviewing the fundamentals 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 Glover's Reef's wild beauty. 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-acre Southwater Caye Marine Reserve on the Southern Barrier Reef. Based on Tobacco Caye Paradise, our next two-day playground is a fairy-tale setting of palm trees, coral islands, mangrove forests, and abundant coral reefs. At this beautiful location, we take in Belize's friendly, laid-back 'Island Culture'. Each evening, you can toast the sunset from your private beach cabana.

Accommodation: Tobacco Caye Paradise

Meals: Breakfast, Lunch, Dinner

Day 7: In the morning, we return by water taxi to the mainland, where our trip finishes in time to make domestic or international flight connections. Luggage previously stored at our Operations Base will be returned to you for repacking.

Accommodation: None

Meals: Breakfast

Travel Notes: Travellers leaving Belize after this trip (day 7) require a short domestic flight from Dangriga to Belize International Airport (BZE). International connections require a departure after 1:30 p.m. This trip is one of our most adventurous. Weather conditions can significantly affect paddling conditions and may increase the level of difficulty. Because of the distances traveled on this trip, previous paddleboarding experience is recommended.

All itineraries are subject to change depending on weather and safety considerations.

As our international guest, flexibility is key to an unforgettable and un-BELIZE-able experience.