



Rainforest & Reef - Tobacco Caye

Enjoy the best of both worlds! Embark on a journey that takes you from the pristine tropical rainforest to a secluded island on the Belize Barrier Reef.

Duration: 6 Nights

Starts: Dangriga

Finishes: Dangriga

Season: Year around based on hotel availability

Habitats: Barrier Reef & Tropical Rainforest

Activity level: ●●○○○ [2] No experience required

Activities: Ziplining, hiking, rappelling, birding, self-guided sea kayaking, stand-up paddleboarding, and snorkeling,

Optional: Scuba diving, off-site tours (fees apply)

Package includes:

- 3-night standard accommodations in the jungle
- 3-night over-water cabana on the reef
- Meals (as per itinerary)
- Land and boat transfers between locations
- Guided inland adventures, island gear and equipment (as per itinerary)
- Park fees and taxes

Accommodations: Bocawina Rainforest Resort & Tobacco Caye Paradise

Package does not include: Airfare, gratuities, medical/travel insurance, scuba diving and off-site tours, costs incurred by flight delays, taxi post-trip

Trip Highlights: Longest zipline in Belize, Antelope Falls hike, paddling in the Barrier Reef, snorkeling off the beach,

Recommended for: Solo travelers, couples, families, off-grid adventurers, girls trip, LGBTQ travelers, international backpackers, scuba divers

Pairs well with: Cayo Caves & Temples Extension, Sacred Ruins & Caves Extension, Glover's Getaway

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



Enjoy the best of both worlds! Start your journey in the untouched beauty of Mayflower Bocawina National Park's tropical rainforest for 3 Days of all-inclusive guided adventures at Bocawina Rainforest Resort. Then escape for 3 nights to Tobacco Caye Paradise on the Belize Barrier Reef, for your own flex time. Two of our favourite spots in Belize!

Typical Daily Itinerary:

Day 1: Your adventure starts with a pick up in the coastal town of Dangriga, and a short 30 minute drive into the southern Maya Mountains. Situated in the middle of Mayflower Bocawina National Park, Bocawina Rainforest Resort is the perfect location to experience the broadleaf tropical rainforest and the amazing flora and fauna. You'll start your trip by settling in and learning about the property and the experiences that lie ahead in the surrounding mountains and rainforest.

Accommodation: Bocawina Rainforest Resort

Meals: Dinner

Day 2: Rise with the first light of day emerging through the jungle mist, and experiencing the sounds of the tropics is a pure delight, with the chatter of parrots and parakeets flying overhead. Finding a quiet spot to sip a coffee with binoculars close at hand is a sure way to soak in the essence of the rainforest.

After a hearty breakfast, we will make a quick stop to the adventure center and get outfitted with a harnesses. This exhilarating and invigorating hike to Antelope Falls carries us deep into the national park, past an unexcavated Maya trading center and up steep rainforest trails. We make a slow and steady pace up towards the falls, stopping to learn about the jungle flora and fauna from the guides.

At the crest of the hike, there is a rewarding cool off in the refreshing emerald pools at the top of the falls. From the top of the hill, we can see past the lowland savannah to the Caribbean Sea. Just a breathtaking setting. After a break, the guides set us up to rappel down Antelope Falls. This is optional and highly recommended for those looking for a thrill. Guests are welcome to hike back down rather than rappel down. We hike back to the restaurant to our pre-ordered lunch.

Note: Antelope Falls is a 2 pitch, 250 foot drop. A minimum of 100lb per participant. An alternative for families with children and those looking for a less strenuous experience, we recommend Bocawina Falls hike and rappel.

After lunch, you will experience Belize's longest rainforest canopy zipline! You start back in the adventure center, to get outfitted in your zipline harness. You will hike to the top of the property for a thorough safety briefing and demonstration from your guides. Then, we cross the suspension bridge to the first platform, where the zipline through the canopy begins. We cross 14 towers, on 9 different runs on this thrilling experience. We return to the lodge for a well deserved "boca" and a drink.

Accommodation: Bocawina Rainforest Resort

Meals: Breakfast, Lunch, Dinner

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.

"Staying here was exactly what we hoped for: lovely walk-in snorkeling, stunning encounters with all manner of tropical fish, rays, octopi, squids, a nurse shark, etc, and sipping on drinks while watching the sunset. The vibe was quiet and relaxed, and everyone we met—staff and fellow guests—was friendly and fun with great stories to share. I highly recommend joining the night snorkel—an unforgettable experience exploring the underwater world beneath the stars"

Carrie - Kentucky USA

Itinerary Cont.

Day 3: The choice is yours. A free day in the rainforest. Dawn a backpack, a cool drink and head out for a hike through one of the many rainforest trails throughout the park. We suggest a hike to Bocawina falls to start and see if you would like to hike the great loop through 5 different waterfalls, returning to the lodge for dinner.

Accommodation: Bocawina Rainforest Resort

Meals: Breakfast, Lunch, Dinner

Day 4-6: After breakfast, we travel to the coastal town of Dangriga to meet with a boat charter waiting to take you to Tobacco Caye Paradise, on the Central Barrier Reef. Known as Belize's best-kept-secret, Tobacco Caye is unlike any other along the Belize Barrier Reef. This palm-fringed, five-acre island is home to thirty year-round residents and is part of the South Water Caye Marine Reserve – a marine wonderland for snorkelers and paddlers.

Tobacco Caye Paradise is a picturesque tiny lodge with 6 over the water cabanas, designed so you relax on your deck in a hammock overlooking turquoise tropical seas. This is one of the few islands in Belize where you can snorkel right off the beach; you are in the heart of the Belize Barrier Reef.

Three square meals a day are provided, but you have all the flexibility to design your day the way you see fit. Speak with the island staff to use kayak, SUP and snorkel gear at any time. Guided activities and Scuba diving are available for an additional charge. End each day at one of the few sunset bars, recounting stories of the day's adventures.

Accommodation: Tobacco Caye Paradise

Meals: Breakfast, Lunch, Dinner

Day 7: For your last morning on the reef, you can grab a mask, snorkel, and fins to explore your favorite patch reefs or enjoy walking the island. You can also swing in a hammock or relax on your over-the-water porch for a slower pace. A motor boat will take you back to Dangriga after breakfast, where you can continue with your travel plans.

Accommodation: None

Meals: Breakfast

Contact our Trip Planners for Flight & Hotel Packages or to extend your Belize itinerary by combining this trip with another Island Expeditions adventure.



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