



Jungle & Beach - Hopkins

The best of both worlds! A lodge-based journey in Southern Belize, combining a jungle adventure with relaxation & beach-time in the Garifuna village of Hopkins

Duration: 6 nights

Starts: Dangriga

Finishes: Dangriga

Seasonal trip: May to November

Habitats: Broadleaf Rainforest & Belize Barrier Reef

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

Activities: Birding, Zip-lining, Hiking, Rappelling, Swimming, access to Kayaks & SUP, Sun Bathing and Biking in Hopkins

Package includes:

- 3-night standard accommodation in jungle
- 3-night beachfront accommodation
- Meals (as per itinerary)
- Guided jungle onsite adventures: zipline, rappelling, hiking or birdwatching
- Kayaks, bikes and SUP access at beach
- Land transfers between resorts, and local airport
- Park fees and taxes

Extra night: Add 1 more night in the jungle (includes 1 Bocawina off-site tour)

Accommodations: Bocawina Rainforest Resort, The Colonial Inn at Jaguar Reef Resort

Package does not include: International or domestic airfare, meals in Hopkins, gratuities, medical/travel insurance, additional activities, costs incurred by flight delays

Trip Highlights: Antelope Falls, the longest zipline in Belize, morning birdwatching | Beachfront resort, spa, multiple pools & the amazing "Big Dock" Ceviche Bar

Recommended for: Independent travelers, couples, honeymooners, families, LGBTQ travelers, girls trip

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



Bocawina Rainforest Resort: This unique lodge is located in the Southern Maya Mountains in the heart of the **Mayflower Bocawina National Park**. Nowhere else in Belize can you enjoy the comforts of a boutique lodge, Belizean-style dining, and a limitless selection of adventures within a National Park. Waterfalls cascading into crystal clear jungle pools, vibrant tropical birds, cheeky howler monkeys and wild cats roaming a 7000-acre National Park provide an extraordinary rainforest setting. Birdwatching enthusiasts will find themselves enchanted with more than 300 species of birds to discover. Thrill-seekers must not miss Belize's longest zipline and choose one of two great waterfall rappelling adventures.

The Colonial Inn at Jaguar Reef Resort: Situated on the edge of Hopkins Garifuna village. This enchanting waterfront resort offers rooms adorned with luxurious hardwood furnishings and all the modern comforts. Enjoy exclusive access to the full-service spa and amenities at the adjoining Lodge at Jaguar Reef. Indulge in seaside dining, relax in sun-drenched lounge chairs, and explore the azure waters with colorful kayaks, all while surrounded by the captivating beauty of swaying palms. Don't skip the amazing Big Dock Beach Bar, a favourite spot for an afternoon oceanside sip and dip, or roam the village to another award-winning restaurant.

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.

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, make a quick stop to the adventure center and get outfitted with a harness. Next you'll embark on an exhilarating and invigorating hike to Antelope Falls. This hike carries us deep into the national park, past an un-excavated 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 along the way.

At the crest of the hike, enjoy a rewarding cool off in the refreshing emerald pools above the falls. From the top of the hill, we can see past the lowland savannah all the way to the Caribbean sea - a breathtaking setting. After a break, the guides will 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 enjoy our lunch.

After lunch, you will experience Belize's longest rainforest canopy zip-line! Start back in the adventure center and get outfitted in your zip-line gear before a hike to the top of the property. After a thorough safety briefing and demonstration we cross the suspension bridge and onwards to the first platform. We cross 14 towers, on 9 different runs during this thrilling experience. After the course, return to the lodge for a well deserved "boca" and a refreshing drink.

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.



Itinerary Cont.

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.

Accommodation: Bocawina Rainforest Resort

Meals: Breakfast, Lunch, Dinner

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: Your last morning at Bocawina is completely flexible. You can stay close to the resort or follow a trail to a favourite jungle pool or waterfall. We can transfer you to Hopkins right after breakfast, or drop you off later in the day. The choice is yours! Upon reaching the beach resort in Hopkins, settle into your accommodation, and venture to the pool for a refreshing beverage and dip.

Your schedule in Hopkins is entirely up to you, explore town on a bicycle, or sign up for a massage or an optional excursion at the hotel activity desk. Dine at the hotel or explore the local culinary scene at nearby restaurants and bars. While meals are not included during your beach stay, The Paddle House Restaurant draws in guests with its creative cuisine, decadent cocktails, and casual atmosphere. In town, Hopkins offers a blend of cultures and culinary styles, featuring exceptionally talented chefs. Enjoy an evening of local Drumming, sample the Belizean cuisine, mingle with the friendly villagers and experience Hopkins' rich Garifuna culture.

Accommodation: The Colonial Inn

Meals: Breakfast

Day 5, 6: Spend the next two days relaxing by the pool, strolling along the beach, and discovering Hopkins Village and the surrounding areas. Watch the local fisherman paddle out at sunrise in dug-out canoes to catch their fish for the day. Kayaks, paddle boards and bikes are available for you to explore.

In the afternoon, make your way to the "Big Dock Ceviche Bar" a delightful two-story over-the-water cocktail bar. With a 360° view of the Caribbean Ocean, complete with an all-hammock-floor netting on the first floor and a bar on the second. Get comfortable and prepare for hours to sip and dip from your new favourite place to lounge.

Accommodation: The Colonial Inn

Meals: Not included

Day 7: Enjoy an early morning swim, or take a bike ride through the village. This last day is yours to enjoy at leisure. A return land transfer will be provided to the local airport in Dangriga, where your trip ends. Coordinate your departure with the front desk in advance if you have a connecting flight.

Accommodation: None

Meals: Not included

EXTRA NIGHT AT BOCAWINA

Add an extra night to explore the jungle and enjoy an off-site tour on the 4th day of your trip! There are many tours available at Bocawina Rainforest Resort, from chocolate making to Mayan ruins, from cave exploration to horseback riding. Connect with our Trip Planners to customize your Belize adventure!