



Rainforest Canopy Extension

An Active Adventure, ziplining and rappelling waterfalls in
Southern Belize's Mayflower Bocawina National Park

Duration: 2 or 3 Nights

Starts: Dangriga

Finishes: Dangriga

Season: Year-round based on hotel availability

Habitats: Broadleaf Tropical Rainforest

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

Activities: Hiking, Zipline, Waterfall Swimming and Rappelling, Trail Walks, Birding, Wildlife Viewing

Optional: Night Zipline, Off-Site Tours **-fees apply**

Package includes:

- 2 or 3-night standard accommodations
- Meals (as per itinerary)
- Land transfers Bocawina/Dangriga or Hopkins
- Guided on-site adventures (as per itinerary)
- Park fees and taxes

Accommodations: Bocawina Rainforest Resort

Package does not include: International or domestic airfare, gratuities, off-site tours, medical/travel insurance, additional activities, costs incurred by flight delays

Trip Highlights: Longest zipline in Belize, hiking trails to 7 waterfalls, Antelope Falls summit and swimming in natural pool on top, morning birdwatching, sounds of the rainforest

Recommended for: Solo travelers, couples, families with young or older children, active travelers, girls trip, LGBTQ travelers

Pairs well with: Paradise Scuba Adventure, Glover's Getaway, Lighthouse Reef Adventure, Paradise Islands, Coral Islands SUP

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



Overview:

The **Rainforest Canopy Extension** travels to an off-the-grid jungle resort within the 7000 acre **Mayflower Bocawina National Park**, in Southern Belize. **Bocawina Rainforest Resort** will be your base for this exciting extension. Journey through the rainforest canopy on Belize's longest zip-line, with 14 platforms and 9 different runs (the longest single run being 2,300 feet). Hike along lush rainforest trails to waterfalls and un-excavated Mayan ruin sites. Descend an exhilarating 250ft waterfall rappel down Antelope Falls (optional). Swim in natural emerald jungle pools

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. You may want to sign up for the optional afternoon activities or a nocturnal hike.

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.

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.

"This extension of our trip was an excellent addition. The stay here was great, the food delicious, the excursions the best! The Zipline is incredible as is the jungle hike, the waterfall rappel and the Mayan Ruins. I would recommend this to anyone staying an extra few days."

Gary - NY USA

Itinerary Cont.

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.

For those that are up for it, a walk in the rainforest at night is a magical experience. The fireflies start glimmering in the fields, and the click beetles blink as they disappear into the canopy. Explore the moonlit trails and listen to the calls of cicadas, frogs, and birds.

Accommodation: Bocawina Rainforest Resort

Meals: Breakfast, Lunch, Dinner

Day 3: For those departing on day 3, after a hearty breakfast, you can request transportation to Dangriga or Hopkins after check-out.

For those staying an extra night, we recommend exploring deeper into the Mayflower Bocawina National Park. The parks captivating network of trails offer something for everyone. The park features the family-friendly Bocawina Falls Trail or the Bird Loop, ideal for a leisurely hike. Adventure seekers can test their limits on the strenuous Big Drop Falls Trail, leading to a spectacular waterfall.

For the thrill seekers who experienced zip-lining during the day - we suggest the AfterDark zip-line adventure. It's exhilarating and a bit spooky but immensely enjoyable. Please book this adventure at least 24 hours in advance; a small fee applies as this is not an adventure on the regular schedule.

Accommodation: Bocawina Rainforest Resort

Meals: Breakfast (Lunch, Dinner on 3-night trips)

Day 4: You can stay close to the resort or follow a trail to a favourite pool or waterfall. We also highly recommend a morning birdwatching tour. With over 300 species identified on the property, this National Park is ideal for birding enthusiasts. After breakfast, you can request transportation to Dangriga or Hopkins after check-out.

Accommodation: None

Meals: Breakfast

Travel Notes: On this itinerary, you will have free time to explore or relax at your leisure. Nearby swimming holes, waterfalls, un-excavated Mayan ruins (mounds), and forest trails can be explored without guides. Bocawina National Park offers seven waterfalls that can be accessed from the eco-resort. Optional off-site tours can also be organized at an additional cost through the resort.

If you are adding this trip extension to an existing IE trip, transportation must be arranged to one of the rendezvous points in Dangriga. If you arrive late or leave early, we'll make arrangements to accommodate the activities in this itinerary.

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