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Coral Islands - SUP

Explore Belize's Southern Barrier Reef on a standup paddle board and snorkeling journey along Glover's Reef Atoll South Water 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 Paddle Boarding, Rainforest Exploration, Snorkeling, Hand-Line Fishing, Lionfish Hunt, Lobster + Conk Harvest (seasonal), Inter-Tidal Exploration

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, Garifuna drums night, inter-tidal walk

Recommended for: Adults, young adults, solo travelers, couples, girls trip, LGBTQ travelers, 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.



Overview:

A one-of-a-kind tropical SUP adventure paddling both **Glover's Reef Marine Reserve** and the **Southern Barrier Reef**. Stand-up paddle boarding 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. 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 arrival at the Belize City International airport you'll check in at the Maya Island Air desk and board a plane for a short scenic flight to Dangriga. Upon arrival, rendezvous with your driver and take the 30 minute journey to Bocawina Rainforest Resort in the foothills of the Maya Mountains. Tonight where you can explore on your own. Tonight we dine in the rainforest at the Wild Fig restaurant and learn about the plan for the coming days.

Accommodation: Bocawina Rainforest Resort

Meals: Dinner

Day 2-4: Rise early for breakfast and transfer to Dangriga for an 8:00AM boat departure. We travel 36 miles by boat to our private basecamp on Southwest Caye. Expect the ride to take 1-2 hours. Upon arrival, we give you an island orientation and allow you to settle into your accommodations. Your trip leader begins by reviewing the fundamentals of paddle boarding and works with each individual throughout the trip to fine-tune existing skills. Efficient forward stroke development, down winding, 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. Evenings at Glover's Reef are filled with happy hour gatherings, games, star gazing, cold beverages, cultural presentations, and incredible Caribbean sunsets.

Accommodation: Glover's Reef Basecamp

Meals: Breakfast, Lunch, Dinner

Day 5-6: Take-in your final morning at Glover's Reef and enjoy an early lunch before a 45 minute boat charter to Tobacco Caye Paradise. The next stage of your adventure continues from here. The 17,000-acre South Water Caye Marine Reserve on the southern Barrier Reef is your playground for the next two days. This is a fairy-tale setting with palm trees, coral islands, mangrove forests, and abundant coral reefs. Experience Belize's colorful, laid-back 'Island Culture' at this unique location and toast the sunset from your private beach cabana.

Accommodation: Tobacco Caye Paradise

Meals: Breakfast, Lunch, Dinner

Day 7: After breakfast we return to the town of Dangriga via boat charter, where our trip finishes in time to make domestic or international flight connections.

Accommodation: None

Meals: Breakfast

Travel Notes: Travelers 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 SUP experience is highly 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.