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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 (SUP) experience required

Activities: Rainforest Exploration - Snorkelling - Stand-Up Paddleboarding - Hand Line Fishing - Wildlife Viewing - Inter-Tidal Night Walk - Conk/Lobster Harvest (seasonal) - Lionfish Hunting - Beach Games - Drumming

Optional: Scuba diving - please inquire

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

What Makes it Special: Cultural Immersion - 3 Different Locations - Private Island "Glamping" - Sleeping next to the Sea - Caribbean Sunsets - Fresh Local Seafood - Fishing for Dinner - Stargazing - Basecamp Happy Hour - Rainforest Walkabout - Island Hopping - Octopus Encounters - Night-Snorkeling - Cultural Drumming - Belize's Best Guides

Trip Highlights: Glover's Reef Atoll, South Water Caye Marine Reserve

Pairs well with: Rainforest Canopy Extension, Maya Moho River Expedition, Rainforest Wildlife Extension

Not Included: airfare, gratuities, medical/travel insurance, snorkel gear rental, scuba diving, costs incurred by flight delays

Pricing: Per person, based on double room occupancy. Single supplement is subject to availability. Please contact our trip planners for more 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 comfortable wood-framed beds (6-inch foam mattresses). Tents can be configured with either double or single beds. All bed linen is provided.

Glover's Reef Atoll: At approx. 20 miles long and 8 miles wide, Glover's Reef is home to over 800 coral patch reefs. 5 coral islands are semi-protected along the atolls Southeast crest - providing excellent kayaking and SUP opportunities for both beginner and experienced paddlers.

Southwest Caye: A remote 13-acre private tropical island surrounded by over 17,000 acres of marine protected waters including mangrove areas, intertidal zones, sea grass beds, and coral reefs.

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



Tobacco Caye: Located approx. 10 miles off the coast of Dangriga - this small laid-back island is known for its colorful local inhabitants and proximity to the South Water Caye Marine Reserve.

Southwater Caye Marine Reserve: This Marine Protected Area (MPA) is part of the Belize Barrier Reef System - a UNESCO World Heritage Site. It is the second largest MPA in Belize and features excellent snorkeling, thriving mangrove ecosystems and many islands that act as sanctuaries for both resident and migratory birds.

Itinerary Cont.

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.

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