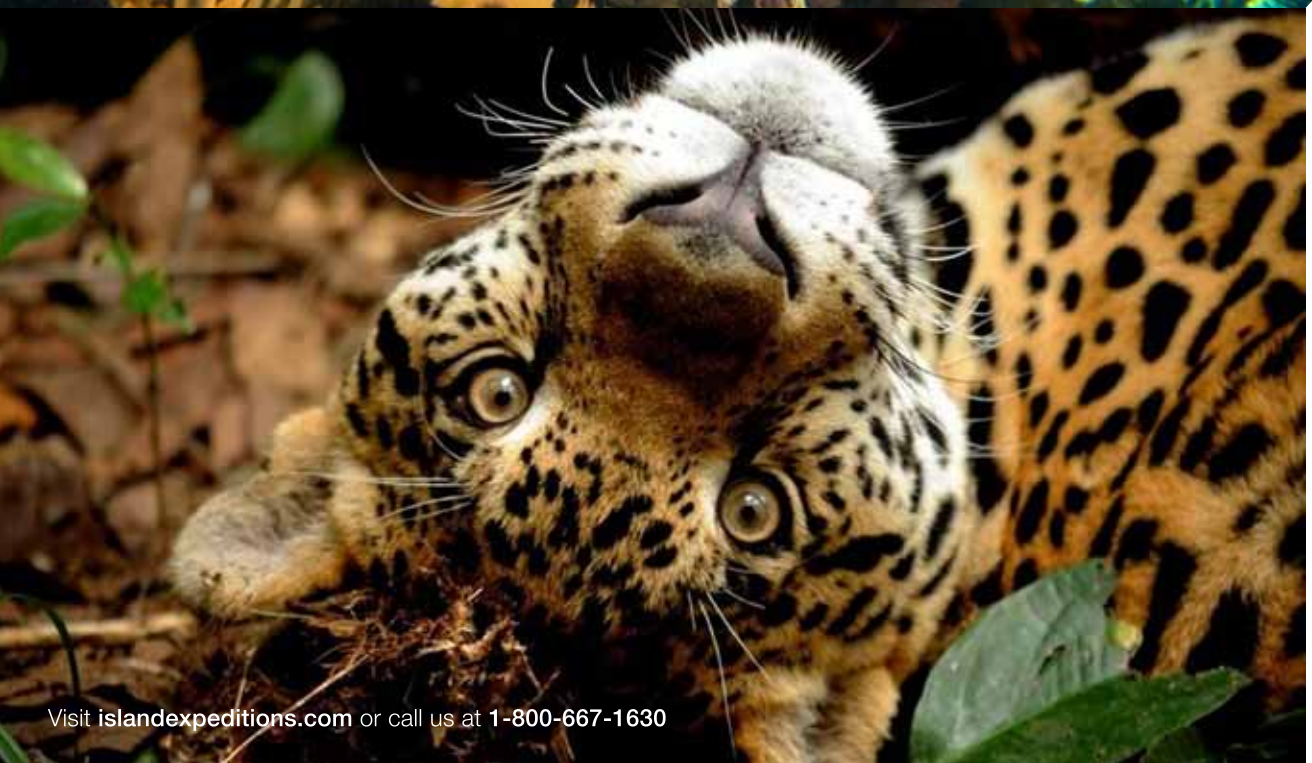
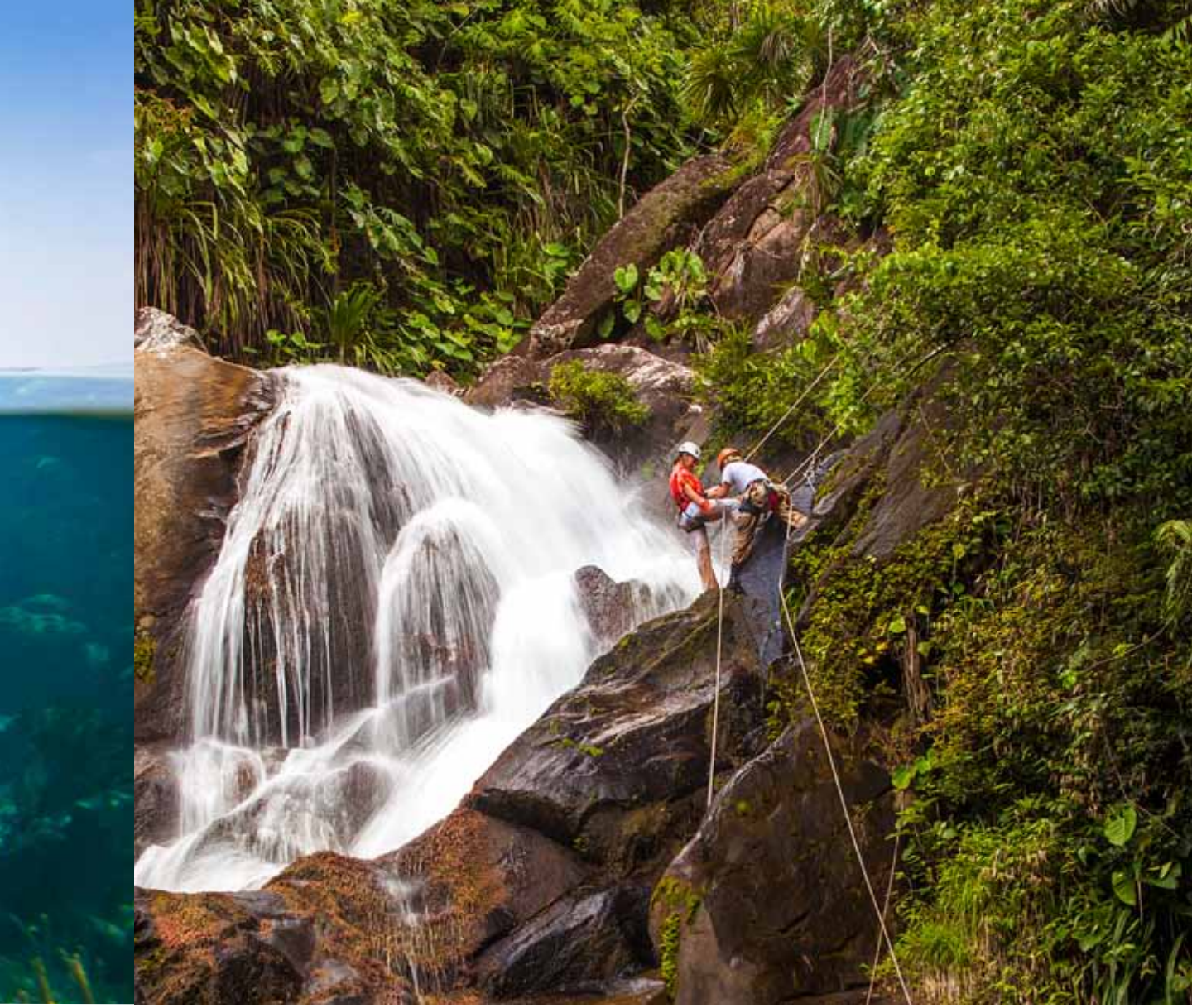

For your next holiday,
don't just change
your location.
Island
Expeditions.com



Change how you look at the world.



Visit **islandexpeditions.com** or call us at **1-800-667-1630**



Let us show you Belize.

**THIRTY YEARS AGO, WE FELL IN LOVE WITH THIS PLACE.
WE THINK YOU'LL FALL IN LOVE WITH IT, TOO.**

Island Expeditions invites you on an extraordinary adventure. From idyllic hidden beaches to the emerald waters of the Moho River, we'll lead you on an unforgettable journey through the natural wonders of Belize, its diverse cultures and its fascinating history.

Our guides aren't just outdoor adventurers – they have backgrounds in marine biology, archaeology or tropical ecology. They're also part of the community here. So they'll fill your days with enriching experiences that go beyond standard adventure travel to include genuine interaction with the Mayan, Creole and Garifuna people of Belize.

Since establishing Island Expeditions in 1987, we've given more than 20,000 guests the experience of a lifetime. Whether you're looking for exciting physical challenges or a more relaxed pace, we're here for you. Comfortable accommodations, gourmet food and caring staff ensure your pleasure around the clock.

Dive in.

TAKE A DEEP BREATH AND IMAGINE A WORLD OF ASTONISHING BEAUTY.

Belizeans respect their environment and remain deeply connected to it. They're proud of their country's pristine waters and rich rainforests, among the most remarkable on the planet. As their guest, imagine paddling along the Mesoamerican reef, a UNESCO World Heritage Site, gazing down on luminous tropical fish as they dart between banks of coral, shallow reefs and mangrove ranges.

Tropical rainforests are the oldest intact ecosystems on Earth, containing 50 per cent of the planet's species. As you explore the Belizean jungle, it's alive with howler monkeys, birdsong and creatures like the "mountain cow" (Baird's Tapir). Deep in that jungle are limestone caves that are living museums of Mayan culture. Picture yourself dazzled, floating along green rivers, or dropping into remote river canyons for a wild ride on roiling white water rapids.




Explore.


Enjoy.

Make yourself at home.



Visit **islandexpeditions.com** or call us at **1-800-667-1630**



YOU'LL BE SURROUNDED BY NATURE, BUT YOU WON'T BE ROUGHING IT.

Depending on the trip options you select, you might be staying off the grid in the Maya Mountains at Bocawina Rainforest Resort; in a waterfront Tent-Cabana with an ocean breeze at our Atoll Basecamps; in a small, family-owned seaside lodge on Belize's southern barrier reef; or in a freestanding tent under the rainforest canopy.

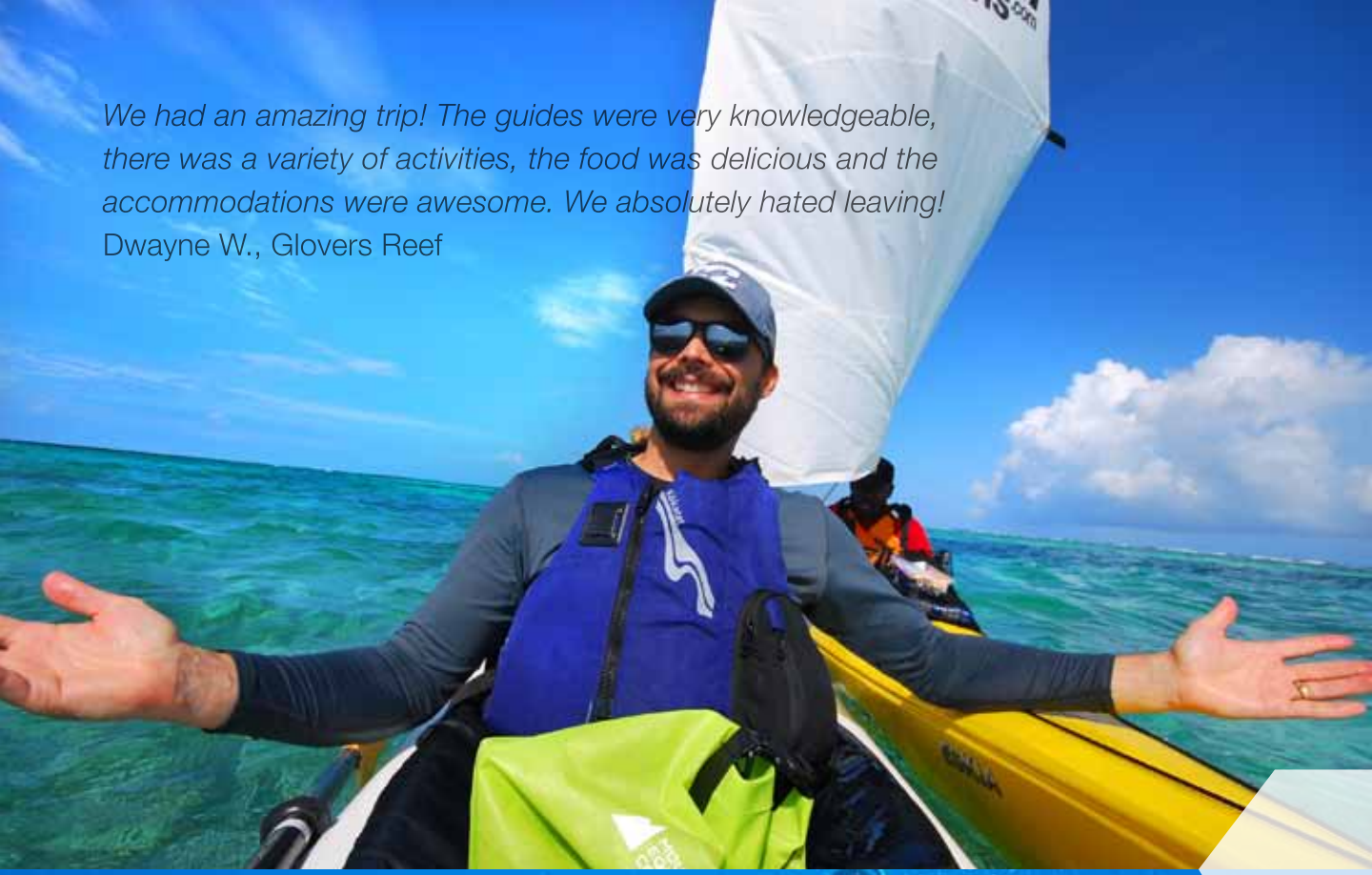
Like you, we consider great food to be a crucial element of travel. Dietary restrictions can be accommodated. Our cooks use the freshest ingredients and a wide range of culinary traditions to come up with dishes like coconut baked hogfish, vegetarian couscous, Belizean conch fritters and key lime pie.





For more about the places we stay,
visit **www.lodgesinbelize.com**

We had an amazing trip! The guides were very knowledgeable, there was a variety of activities, the food was delicious and the accommodations were awesome. We absolutely hated leaving!
Dwayne W., Glovers Reef





Be playful.





Visit **islandexpeditions.com** or call us at **1-800-667-1630**





ONCE HERE, LIFE'S A GREAT BIG ADVENTURE – YOU WON'T WANT TO MISS A THING.

Stretch your mind and your body with a morning yoga class. Learn a phrase in the Garifuna language over breakfast. Spot a flurry of glittering fish from your kayak and dive in for a close-up. Navigate a bottle-green rainforest river as your guide points out the orchid so delicate that it only blooms one day a year. Identify birdcalls from creatures you once didn't know existed. Send a ball over a beachside net. Laugh and wonder with your fellow travelers over your phenomenal day under a sky more starry than you ever thought possible.





To find out why creepy crawlies aren't so creepy after all, go to **www.creepycrawliesinbelize.com**



This was the best adventure EVER and we are so happy we found Island Expeditions. The memories we have from this trip are priceless.
Kiki N., Ultimate Adventure



Visit **islandexpeditions.com** or call us at **1-800-667-1630**



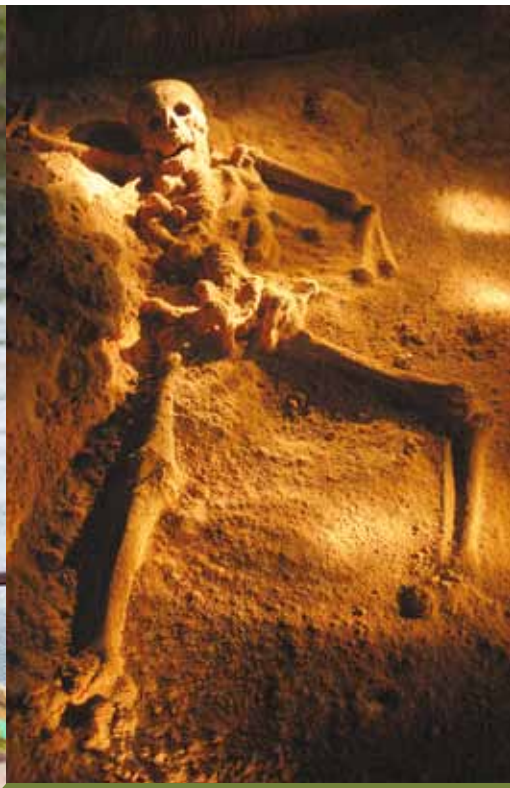


WE WANT TO SHAKE UP YOUR OUTLOOK AND OPEN YOUR MIND.

Ours is one classroom where you'll want to take a seat. Soak in the learning that is happening all the time. With Island Expeditions you are connected with people who want to share their knowledge with you. It can be as simple as sharing a story with a groundskeeper, or getting the scoop on the best local beer, or as involved as gaining an in depth understanding of why the ancient Mayas abandoned their cities. What do you want to learn about on your holiday? Will you come home richer than before?

As the day draws to a close, don't pull down the covers and fluff the pillow quite yet. Instead, grab your gear and join your guides on a night snorkel to experience the amazing nocturnal world of the coral reefs.





For more about the cultures of Belize,
visit **www.thepeopleofbelize.com**



Belize Weather Profiles

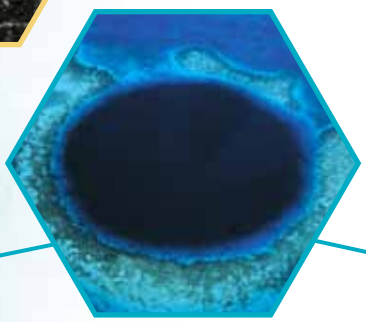
We offer exciting trip itineraries in every one of these regions of Belize. Find out more at **www.belizevacations.travel**

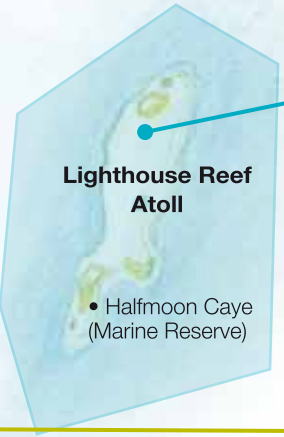
Regions of Diversity



Northern Belize

The North is the driest region and produces all of Belize's sugar cane. Two stellar attractions are the extensive freshwater lagoons of the Crooked Tree Wildlife Sanctuary, which support large populations of birds and wildlife, and the ruins of Lamanai. Situated on the New River, Lamanai is one of Belize's finest archaeological sites.





Atolls – Lighthouse Reef

Lighthouse Atoll is on the outer edge of the Belize Reef System. Top-rated in the Caribbean for snorkeling, the Lighthouse Reef area contains over 10,000 acres of protected coral reefs and cayes. Half Moon Caye and the underwater caves of the Blue Hole are scenic and ecological highlights.



Cayo Region – Gateway to Guatemala

This diverse region is known for its Pine Ridge highlands, caves, Mayan ruins and happening tourist scene, with the town of San Ignacio as a hub. Cayo is also the gateway to Guatemala and the renowned Mayan site of Tikal.



Atolls – Glovers Reef

Glover's Reef teems with aquatic life, including bonefish, sea turtles, lobster and conch. Its sheltered waters and many patch reefs are ideal for standup paddleboarding and kayaking.





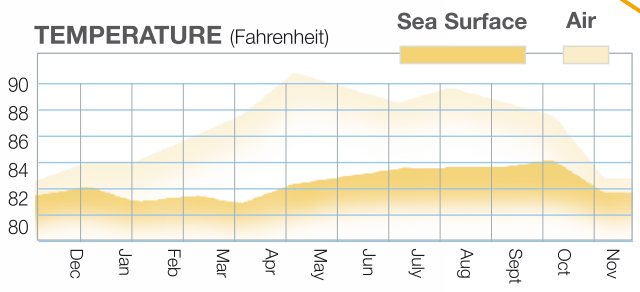
Maya Mountains – Belize's Tropical Rainforests

Little-known by travelers, this wild natural playground offers spectacular hikes, waterfalls and the country's longest jungle zipline. The Cockscomb Jaguar Reserve, Bladen Reserve and Bocawina National Park are ecological wonders that combine to form some of the largest remaining tracts of pristine rainforest in Central America.



Southern Barrier Reef and Coast

Belize's premier sea kayaking, snorkeling and standup paddleboard destination offers a charming mix of small locally run island lodges, fishing camps and uninhabited cayes. Garifuna cultural traditions thrive here, including music and dance.



The Wild South - Homeland of the Maya

See and experience traditional Mayan village life, the way few still encounter it. Lush rainforests, wildlife and the country's best whitewater rivers are special attractions in the far south of Belize.





It seems like a dream – a glorious, warm, fun, playful dream. My body is here but my brain is still tingling with all of the wonderful sights, sounds, tastes and sensations that I experienced over the last two weeks.
Dawn J., Glovers Reef

Visit **islandexpeditions.com** or call us at **1-800-667-1630**



Reflect.

BE RESTFUL.

Your Island Expeditions adventure is all-encompassing. You step outside what you're used to – because that's why you're here – and you also re-charge your metaphorical batteries. You have your own space, and plenty of like-minded, intrepid company when you want it, whether you're single, a couple, or part of your own group. If non-stop action is your idea of a perfect day, we're more than happy to accommodate you with all sorts of activities. But time out to absorb your surroundings and revitalize is essential.

So don't worry – there are hammocks. When you choose to relax, you'll have lots to dream about while you sway, smiling, under the shade of a palm tree.





For more about the experiences and activities available on our trips, visit **www.activebelizevacations.com**







Visit **islandexpeditions.com** or call us at **1-800-667-1630**

Expand your horizons.

**WITH EXPERT INSTRUCTORS AND GREAT GEAR ON HAND,
THIS IS YOUR CHANCE TO TRY NEW THINGS AT YOUR OWN PACE.**

Go beyond your norm and sail your kayak over turquoise waters. Rappel down a waterfall. Develop your skill on a paddleboard over shallows teeming with fish. Dive deep with a conch fisherman. Float through a cave in an inner tube. For all the different activities on our trips, we provide specialized equipment with which to do it – that's one of the many advantages of travelling with Island Expeditions. That extends to the kids in the group, who get cool-looking PFDs that fit them properly, and lightweight paddles tailored to their smaller size.







Go deeper.

LIVE THE LIFE AQUATIC IN THIS OCEAN PARADISE.

Our “playgrounds” are two wild, remote coral atolls and the southern Barrier Reef. They represent the very best of Belize. Not only is the entire area a designated UNESCO World Heritage Site, the places we go are specially protected marine reserves, brimming with life and diversity.

At over 600 miles long, the Mesoamerican reef spans four countries – Mexico, Belize, Guatemala and Honduras – with the waters of Belize the heart of the entire system. From the mainland coast of Belize, you can’t see the barrier reef; 10 to 20 miles offshore, it stretches parallel to the coast in a continuous line – a wall of corals. Further east again, after travelling over the deep blue of the open sea, you soon encounter the amazing coral atolls, of which only four exist in the Western Hemisphere. Cerulean blue waters, protected shallow lagoons, brilliant white sand flats, waving beds of turtle grass and myriad patch reefs define this aquatic habitat.



Visit **islandexpeditions.com** or call us at **1-800-667-1630**





It's time to drop your sail, secure your paddle, adjust your mask and slide into the water. The undersea world now reveals itself as a concentration of life and color that could never exist above the surface – pure heaven for snorkelers and divers. More than 500 species of tropical fish, 200 varieties of corals and countless other bizarre creatures and plants await your discovery.

Our guides were the perfect storm of personable, fun and professional.
The organization and logistics ran like clockwork without ever feeling rushed.
So impressed with everything about Island Expeditions!
Kim W., Glovers Reef

To find out more about the Mesoamerican reef and Belizean efforts to keep it a thriving ecosystem go to **www.conservationinbelize.com**



Connect.



GUESTS WHO BEGIN OUR TRIPS AS STRANGERS OFTEN MAKE LIFELONG FRIENDS.

It's much easier to connect with fellow travelers and local people when you have the time. The pace of our tours is relaxed and your needs are anticipated and served, which means you'll have plenty of opportunity to socialize. Shared experiences, like watching that flock of scarlet macaws startled from the forest canopy, or a successful fishing expedition, have a funny way of bringing people together, whether they're new friends or intimate companions.







Be well.

THE PACE HERE IS SLOWER, LIFE IS SIMPLER.

Salute the rising sun at dawn with a yoga class, take in an early morning bird walk, or from your bed, just watch the waves roll in to shore. Be offline and play a game of cards or read your book when it rains. Go for a paddle and come back to a delicious lunch. Activity and wholesome meals nourish your body and ease your mind. Food is important to your experience, and whether it's a cup of tea or a lesson on how to make Creole bread in the kitchen, the cooks make sure you feel at home. As a part of our family, ours is a place where your wellness is a priority.









WHEN YOU COME TO BELIZE WITH US, THE EFFECTS ARE POSITIVE AND LASTING.

Our romance with Belize embraces its Creole, Maya and Garifuna peoples as warmly as it does the country's physical beauty. We've grown deep roots during our 30 years here and our commitment to the community has inspired us to create programs like our acclaimed Sponsor a Student initiative for Belizean youth. We financially support conservation and education and partner with organizations like the Belize Audubon Society and the Belize Zoo. By travelling with Island Expeditions, you are contributing to the wellbeing of a country that welcomes and delights you.

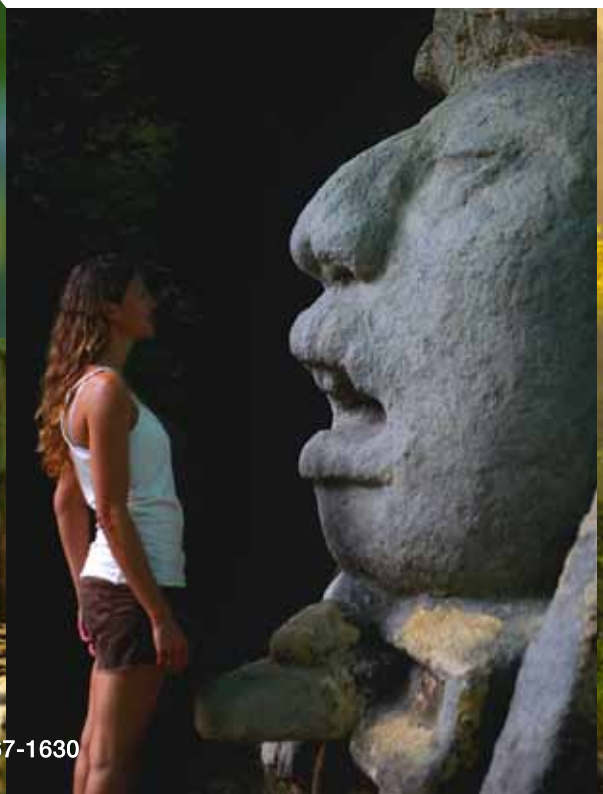
BELIZE AUDUBON SOCIETY

THE INTERNATIONAL ECOTOURISM SOCIETY

Proud Institutional Member









Visit **islandexpeditions.com** or call us at **1-800-667-1630**



To learn more about the incredible work Belize has done to protect its coral reefs and rainforests and our student programs that link up with these efforts go to **www.conservationinbelize.com**

BRING YOUR FAMILY, BRING YOUR SCHOOL, COME WITH YOUR FRIENDS.

Create the experiences you want with a customized itinerary. Bring your family and friends together for a trip to talk of and remember for years to come. Challenge your students and engage them with other cultures for a view into another world. Island Expeditions works with community leaders, researchers, biologists and non-profit organizations because we believe that learning and adventure go hand-in-hand.











Live the dream. Book your Island Expeditions Belize vacation today.

IMAGINE YOUR PERFECT ADVENTURE – WE'LL MAKE IT HAPPEN.

Your guides greet you when you arrive in Belize and your Island Expeditions adventure begins. We supply kayaks, paddleboards and other gear, plus the expert training you need to enjoy them safely. Then, depending on which of our many trips you choose, we give you the insider's view of this marvelous country, the hidden spots and the locals' secrets.

You can opt for a trip with one basecamp, or journey between islands on a sea kayak or SUP expedition along the reef. You can trek into the jungle for river runs, or explore ancient Mayan cities and hidden ceremonial caves. If you like, you can also add one trip to another. Island Expeditions offers custom itineraries, school programs as well as self-guided trips and kayak rental packages.

Visit our website or call us for details. You'll reach people who know Belize and can help you create your dream trip.

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