

Invites you to

HONDURAS FEBRUARY 2011



You may have heard of the beautiful Bay Islands and the Mayan ruins of Copán, but do you know anything else about Honduras? Lifebound Tours invites you to join our first tour of this Central American republic and experience Honduras – its friendly people, delicious tropical fruit, cultural variety, unique fauna, bustling settlements, festive holidays, and natural wonders.

Our circle tour begins on the Caribbean coast turning southeast for a cruise on the Rio Platano before entering the central mountains. Proceeding to Isla del Tigre in the Pacific Ocean the tour then turns back north to the center of native American culture in Gracias before including Copán, Lake Yojoa, and finally the crystal-clear waters of the Bay Islands.

Join Lifebound Tours as we explore Honduras. Our 19-day adventure will travel by motor coach, dugout canoe, and small aircraft. This fully-escorted, small group expedition costs only \$2750 and includes food, lodging, tours, and airfare from most US cities.

Call Rick at (760) 742-3455 or write <lifebound@hotmail.com> or PO Box 700, Fallbrook CA 92088, and reserve your seat today!

Specifics

Group size:10-16 (first come, first served)

Tour conductor: Rick Marin [CST# 2057883-40]

Required documents: Valid Passport

Contingencies: some dirt roads; warm weather; no altitudes over 6,000 ft

Payment schedule:

Reservation: \$250 (non-refundable)

4 months prior to departure: \$1000

2 months prior to departure: remainder

Discounts: \$100 if you reserve by Sep 15, 2010

\$100 for each friend you bring

Single room (if desired) supplement: \$400

Pre-trip cancellation fee: \$500 (insurance available)

Departure date: Feb. 20, 2011

Daily Highlights

Day	Activity
1 S	Fly south over the Caribbean to San Pedro Sula which lies not far from the north coast of Honduras.
2 M	Visit the 2nd largest botanical garden in the world at Lancetilla and proceed to the Cuero y Salado Wildlife Reserve to see waterfowl.
3 T	Venture by dawn into the mangrove lagoons observing monkeys, crocodile, and maybe a jaguar before traveling to Tela for a Garifuna festival.
4 W	Wend our way east through pineapple plantations to La Ceiba for a refreshing raft ride and to Trujillo to visit Isla de Pajaros.
5 T	Fly to La Mosquitia for an adventure in the Rio Platano Biosphere Reserve.
6 F	Travel by dugout canoe up the Rio Platano in search of scarlet macaws, harpy eagles, jaguars, and tapirs.
7 S	Sip coconuts in our lodge, explore the many waterways and lagoons, walk the beach, and visit with the natives.
8 S	Return to civilization for the drive south through tropical lowlands and into the scenic mountains viewing waterfalls and verdant peaks on our way to Juticalpa.
9 M	Visit La Talgua Caverns keeping alert for pre-historic luminescence before passing through pine forests as we descend to Tegucigalpa, the capital of Honduras.
10 T	Tour the Museum of the Republic, the double-towered cathedral, and the San Isidro Market among Tegucigalpa's colonial architecture and cobbled streets.
11 W	Take the highway south for a visit to the Pacific Ocean and our lodge on El Tigre Island.
12 T	Travel north to Agua Azul on gorgeous Lake Yojoa, splash in the Rio Lindo, and ride a zip line over (or just photograph) Pulhapanzak Falls.
13 F	Enter the land of the Lencas after we visit Taulabé Caverns and wind south and west through Siguatepeque and La Esperanza.
14 S	Enjoy a free day in Gracias where you may wish to take an afternoon walk into the Monte Celaque, Honduras' highest peak .
15 S	Explore the Mayan center of Copán with its hidden passages, finely carved stelea, and stair-cased pyramids surrounded by tropical verdure.
16 M	Fly over the Caribbean to the picturesque Bay Islands for the climax of our tour as we settle down in our charming seaside lodge.
17 T	Relax in a hammock, devour delicious island food, snorkel over the reefs, or kayak on the bay in this watery paradise.
18 W	Wash the white sand from between your toes after a morning swim, grab your snorkle and mask, and fly back to San Pedro Sula where we began.
19 T	Fly home via Miami with a desire to return to sunny, savory Honduras.