



## Complete Honduras: San Pedro Sula, Copán Ruins, and National Parks



Jeannette Kawas Nat'l Park

This Yampu tour includes a visit to San Pedro de Sula and the Fortress of San Fernando de Omoa and Puerto Cortes. We will spend two nights in Copán, the site of a remarkable series of processional Mayan portraits in the central plaza and the nearby acropolis. We will also visit the Copán Museum and the Hacienda San Lucas. The tour includes trips to the Lancetilla Botanical Gardens, the Jeannette Kawas National Park, the Pico Bonito National Park, the Cuero y Salado Wildlife Refuge and the commercial/agricultural hub of La Ceiba.

There are no set dates for our trips, you choose your own. You also choose the type of accommodation (three star to deluxe hotels). Guests choosing deluxe hotels will stay at the luxurious Lodge at Pico Bonito. A remote, luxurious and exciting ecolodge in the buffer zone of the largest national park and rainforest in Honduras.

This tour includes airfare allowance from London (UK), on non-holiday dates. You do not need to fly via London; Yampu will fly you the most direct way to your city of destination. Depending on your travel dates and proximity of travel, we will quote you the most economical surcharge from your city or country of origin.

### Pricing

| Occupancy Type | 3-star | 4-star | 5-star |
|----------------|--------|--------|--------|
| Double/Triple  | £ 2532 | £ 2645 | £ 2760 |
| Single         | £ 3185 | £ 3313 | £ 3492 |

Prices shown above are per person, in Sterling (£).



Copan



Pico Bonito Nat'l Park

## Itinerary

### Day 1

Upon arrival in San Pedro Sula, transfer to your hotel.

### Day 2

Fortress of San Fernando de Omoa Visit the Fortress of San Fernando, built to fight the pirates that so often attacked the Caribbean area. You will be able to observe the thick walls and humid rooms as well as visit the museum and gardens. Then we transfer you to Puerto Cortes, the most important port of Central America. We also transfer you to the largest craft center of the country, located in El Progreso. Lunch included.

### Day 3

Transfer to Copán, the most artistic city of the Maya World. Visit the Copán Ruins Archeological Park, with its monumental Hieroglyphic Stairway; the Ball Court, considered to be the social center of the Maya city; and the Great Plaza, famous for its estelae, altars and tunnels. After visiting the Museum of Mayan Sculpture, lunch will be served at Nia Lola's Restaurant (included). Overnight in Copán.

### Day 4

In the morning, we visit the Copán Museum. In the afternoon, we will visit the Hacienda San Lucas, with a magnificent view of the valley. We will then enjoy a delightful and unique dinner with typical Copán flavor (included). Overnight in Copán.

### Day 5

Early wake-up call for transfer to Tela, where we will visit the Lancetilla Botanical Gardens, the second largest botanical tropical garden in the world. Afternoon, at leisure to enjoy one of the country's most beautiful beaches. Lunch included. Overnight in Tela.

### Day 6

Early morning departure by boat to visit the Jeannette Kawas National Park, one of the most important parks in Honduras due to its dimensions and biodiversity. Visit the white sands, exotic and exuberant jungles, and attractive and colorful corals. After a unique Garífuna lunch (included), we will have the remainder of the afternoon at leisure. Overnight in Tela.

### Day 7

Transfer to La Ceiba, ecotourism capital of Honduras. After lunch, we will visit Pico Bonito National Park. The park has a high biodiversity and a great variety of ecosystems from tropical humid forests to cloud forests; spectacular landscapes (one of the highest points on the Caribbean coast); great extension of virgin forests in the nucleus zone, abundance of birds, rivers for swimming, canoeing and rafting, as well as a number of waterfalls. After the excursion, we return to La Ceiba. Breakfast and lunch included. Overnight in La Ceiba.

### Day 8

Visit to the Cuero y Salado Wildlife Refuge, a paradise for bird lovers because it holds 28 percent of all the bird species of the country. You will also be able to see white-face monkeys and howling monkeys, caimans and other species. With luck, we will be able to see manatees and jaguars. Breakfast and lunch included. Overnight in La Ceiba.

### Day 9

Transfer back to San Pedro Sula and to the airport to take the flight to back home, or choose from optional add-ons in Honduras, extension to Guatemala or other Central American countries.

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## Price includes:

Prices includes international airfare from Miami to San Pedro Sula return, hotel accommodation with daily continental breakfast, guided tours in English, meals where specified, entrance fees, transportation between hotels, transfers between airport and hotel, naturalist guides and taxes. Local airport taxes that are payable in the country of destination are not included. Taxes and security fees that can be paid at time of ticketing are already included in the quote (if airfare has been included in the quote).