

Destination Fact Sheet: Belize

Worldwide region:	Central America
Capital City:	Belmopan (GMT - 6hrs)
Environment:	Jungle, mountains, Caribbean coast
When to go:	Feb - July
Itineraries:	Explorer, Expedition
Highlights:	Lamanai, Indian Creek, Cockscomb Basin, Mountain Pine Ridge
Essentially:	A stunning location offering the chance to trek through pristine rainforest and explore the Mayan archaeology and natural ecology of a small but diverse nation.



About the country

A former British colony, Belize is a beautiful Caribbean country with abundant jungle covered mountains and sandy Caribbean shoreline. Boasting a huge assortment of flora and fauna inland, including the five major cat species, it is only a little larger in size than Wales and home to a stretch of the world's largest living barrier reef.

Not only does the country offer some of the most stunning and varied scenery in the whole of Central America, but its ancient culture is one of the most prolific and fascinating too. Dating back to its Mayan ancestors, the country is littered with staggering community constructions, including sites such as Xunantunichh, Caracol and Lamanai.

Explorer Programmes

The Cockscomb Basin Wildlife sanctuary in the south provides an excellent location for a period of acclimatisation whilst learning all the essential skills for jungle living. From here you will embark upon your jungle trek, either follow the course of the beautiful Indian Creek River through pristine jungle and impressive cave systems or experience the only pine forest in the Central America by trekking in the Mountain Pine Ridge Reserve.

Expedition Programmes

For groups who are keen to gain a more in-depth insight into the country's cultures and traditions, a longer stay is advised, during which an expedition programme would visit the important Mayan site of Caracol as well as canoeing down a portion of the traditional Mayan trade route between San Ignacio and Belize City. In addition you will spend time enjoying the magnificent natural wonders offered by the Belizean jungle.

In summary

Belize is a superb jungle destination for adventurous school groups who wish to experience a colourful terrain and ancient culture. Groups should be experienced with outdoor adventures and must undergo a fitness programme in the UK in order to be physically prepared for the itinerary.



To discuss the variety of options for tailor making a trip to Belize for your group, please telephone us on **0845 634 4670 or visit our website at **www.schoolsworldwide.co.uk****