

DATE	ACTIVITY	DEPARTURE TIME	DISTANCE/DRIVE TIME	PRICE (U.S)	NOTES	SUPPLIES NEEDED
Friday July 26	Arrive Belize City a] 10:35 a.m; b] 12:00 noon / Drive from Philip Goldson International Airport to Dangriga		170km / 90 minutes (Arr Dangriga a] 1:00 p.m; b] 2:30 p.m.)		TRANSPORTATION FOR THE DURATION: Two self-driven Rental Vans with shared driver responsibilities	N/A
	Check-in to Pals On the Beach in					
	1) Dinner at Island Breezes Restaurant in Dangriga; 2) Welcome from Dangriga's Mayor;	5:00 p.m.	N/A	Dinner approx \$15.00	Deputy Mayor Liberato Tiwul will meet with group to welcome you.	N/A
Saturday July 27 <b>**CHRIS** 7 BOXES [2VEG; 3CHICK; 2FISH] 23 DRINKS; 8:15a.m. P-UP COOLER</b>	Billy Barquiedier ("Back a Deer") Falls: DETAILS: 20-minute drive to a Steep 45 minute trail to an amazing lookout point and waterfall; An optional easy hike to a spectacular waterfall and swimming hole where we will have lunch.	9:00 a.m.	27kmX2	\$5.00 Admission; Tamales and Boxed Lunches		Paper Plates/ Forks /Napkins/ Water from Distibutors / Hiking poles; water shoes; swimwear towels; hats; change of dry clothes optional; repellent, sunscreen

	Return to Dangriga	3:00 p.m.				
	DINNER & DRUMMING at Hopkins -Driftwood Beach Bar and Pizza Shack (Tues/Sat	5:30 p.m.		Dinner OYO approx \$15.00		N/A
Sunday July 28	Tour down South to Punta Gorda / Spice Farm / <b>BUFFET</b> <b>LUNCH AT</b> <b>Pearleen's Café in</b> <b>Big Falls (OYO) /</b> DINNER OYO	<b>9:00 a.m.</b>	165kmX2 / 1 1/2 hrs (To Tour down South)	<b>LUNCH OYO approx</b> <b>\$10.00 / DINNER</b> <b>OYO \$15.00</b>	<b>WE WILL DO A</b> <b>SHORT STOP AT</b> <b>MAYAN WORLD TO</b> <b>PAY A MANDATORY</b> <b>NON-REFUNDABLE</b> <b>DEPOSIT FOR</b> <b>TOMORROW'S</b> <b>ACTIVITIES.</b>	Comfortable clothing; no hiking gear
Monday July 29	Day at Mayan World: Hiking; ATV Off-Road; Horseback Riding; Waterfall Swimming	8:00 a.m. - 3:00 p.m.	82kmX2 / 45 minutes; <b>LEAVE AT</b> <b>7:15 a.m.</b> <b>BREAKFAST</b> <b>BURRITOS</b>	(Catered)	<b>PAYMENT FOR</b> <b>ACTIVITIES IS</b> <b>HIKER'S</b> <b>RESPONSIBILITY</b>	Hiking poles; water shoes; swimwear towels; hats; change of dry clothes repellant, sunscreen
	Dinner On Your Own (OYO)			Dinner OYO approx \$15.00		

Tuesday July 30	<p>St Herman's Blue Hole. / Early rerturn to Pals <b>Tuesday 3:30 p.m. - 5:30 p.m. - Shopping for Supplies for Tiger Fern //</b></p> <p>6:00 p.m. Garifuna Experience in Dangriga, DETAILS: Hosted by the Dangriga Urban Farmers (DUF): *3hr event* Presentation of Garifuna Songs and dances, Oral History of the Garifuna, and Traditional Garifuna cuisine, followed by a Q&amp;A Session</p>	9:00 a.m.	70kmX2 / 30 - 40 mins (Blue Hole)	<p>St. Herman's Blue Hole \$4.00; LUNCH CATERED</p>		<p>Hiking poles; water shoes; swimwear towels; hats; change of dry clothes; repellent, sunscreen</p>

<b>Wed July 31</b> <b>**BOXED</b> <b>LUNCH</b> <b>DELIVERY @</b> <b>NOON**</b>	Day 1 of Tiger Fern Hike / Overnight Camping at the top <b>DETAILS: *SEE TIGER</b> <b>FERN ITINERARY*</b>	9:00 a.m.	33kmX2 / 40 mins		Tents and hammocks at the top / Cabins at the Base; <b>BRING</b> <b>YOUR OWN</b> <b>DINNER AND</b> <b>B'FAST</b> ; FRIDGE AND STOVE AVAILABLE AT BASE CAMP BUT "MAJOR COOKING" NOT RECOMMENDED <b>**PIT LATRINE</b> AT TOP/NO DOORS - HIKER'S DELIGHT!**	<b>FOOD</b> ; Hiking poles; water shoes; swimwear towels; hats; change of dry clothes; repellant, sunscreen

<b>Thursday</b> <b>August 1 LUNCH</b> <b>BY MAYA</b> <b>LADIES</b>	Day 2 of Tiger Fern. <b>HIKE BACK DOWN</b> <b>TO BASE FOR SOME;</b> Return to Maya Center Base, Opportunity to tour center and interact with Maya; Maya Lunch; Return to Pals	8:30 A.M. FROM TIGER FERN TOP TO BASE CAMP; 10:00 A.M. FROM BASE CAMP TO MAYA CENTER		<b>DINNER AT</b> <b>HAVANA</b> <b>SOUTH BEACH</b> <b>BAR AND</b> <b>RESTAURANT</b> <b>(CHEF SHYNE)</b> <b>approx \$15.00</b>	Bring your own breakfast supplies, and each person brings their own plate/fork/cup or mug with them from STX to save on garbage volume.	<b>FOOD (B'fast); Hiking poles;</b> <b>water shoes; swimwear</b> <b>towels; hats; change of dry</b> <b>clothes; repellent, sunscreen</b>
<b>Friday August 2</b>	Cayo River Pontoon and Waterfall Tour	<b>6:00 A.M.!!</b>	126km / 2 Hrs	<b>CATERED</b>		<b>Water shoes; swimwear</b> <b>towels; hats; change of</b> <b>dry clothes optional</b> <b>repellent, sunscreen</b>
	Overnight in San Ignacio at Mana Kai Camping and Cabins / Group Dinner at Hodes Place, San Ignacio			<b>DINNER OUT OF</b> <b>POCKET, APPROX</b> <b>\$15.00</b>		

<b>Saturday August 3</b>	1. Saturday Morning breakfast in San Ignacio Market; Souveneir Shopping / 2. Tour of Xunantunich / 3. Late Lunch-Early dinner at Benny's Kitchen ON YOUR OWN	8:30 A.M.	11km / 30 mins	<b>B'fast OYO approx \$10.00 /</b> Xunantunich admission \$5.00 / <b>LUNCH OYO APPROX\$10.00</b>		<b>Water shoes; swimwear towels; hats; change of dry clothes optional repellent, sunscreen</b>
	Return to Dangriga / Dinner On Your Own OR Garifuna Dinner Experience	3:00 p.m.	135km / 2hrs: 30 mins	<b>Dinner OYO approx \$15.00</b>		
<b>Sunday August 4</b>	Breakfast / Depart for Philip Goldson Int'l Airport, Belize City	8:00 a.m.	170km / 90 minutes			<b>SUITCASES!!</b>
			<b>Total: 1,366km</b>			
				<b>TOTAL OYO BUDGET: approx \$145.00</b>		