

# HONDURAS

*Naturalmente tuya*



# GRACIAS, LEMPIRA

The City of Confines



**ART & CULTURE**

**SPIRITUALITY**

**TRADITIONS**

A charming town located in a magical setting, the historic city of Gracias, Lempira has preserved its squares, churches, fort, narrow cobbled streets surrounded by colonial-style houses, as well as thermal springs that attract visitors, with incredible cuisine and people with captivating traditions.

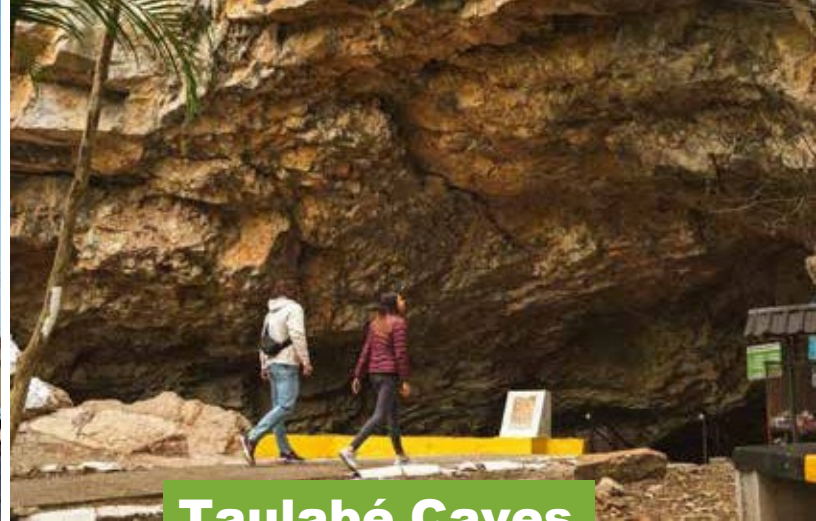
**Don't miss it!**





## Comayagua

This city is located in a valley of the same name, in the central region of Honduras. It was the capital of the province and the state from 1825, and has been an important religious and political centre for more than three centuries. Comayagua is one of the wonders of Honduras and has become a national and international tourist attraction. Every week, Comayagua welcomes more than 200 travellers interested in its colonial heritage.



## Taulabé Caves

The impressive Taulabé Caves, located in the department of Comayagua, were discovered in 1969 and are considered a natural monument of Honduras. In 1972, they captured the world's attention as the hiding place of Honduran air pirate Frederick William Hahneman, who hijacked a plane in the United States. He parachuted into the Caribbean region of his country with \$303,000, but after several days, on the advice of his family, he decided to surrender to the US authorities. According to historical records, Taulabé is an indigenous word meaning "crossroads" or "jaguar trail," and its discovery occurred while an Israeli company was working on the construction of the northern highway, a paved road that was then being built in Honduras to connect the two most important cities in the Central American country, San Pedro Sula and Tegucigalpa.



## Comayagua / Taulabé Caves

(minimum 2 people)

- 7:00 a.m. departure from Tegucigalpa (tour duration: 8 hours)
- Guided tour in Comayagua
- Visit the cathedral bell tower, museum admission, and city tours
- Lunch at Lake Yojoa (restrictions apply)
- Guided tour of the Taulabé Caves
- Tour guide service throughout the tour
- Return to Tegucigalpa, with a stop at Finca del Carmen

**FULL DAY TOURS**  
desde Tegucigalpa

**\$297.00 2 people\***  
**\$200.00 3 people\***  
**\$160.00 4-6 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.



**Márcala**



**La Paz**



**Ajuterique**



**Comayagua**

A charming municipality located in the department of La Paz in Honduras, Márcala is a tourist destination that captivates visitors with an abundance of beautiful places to explore. With its rich culture, stunning natural surroundings, and welcoming atmosphere, Márcala offers an unforgettable experience for travel lovers. Upon entering Márcala, visitors are surrounded by unparalleled natural beauty. Its mountainous landscapes, dotted with lush tropical forests and colourful coffee fields, create a stunning backdrop.

One of the oldest towns in Honduras, with documents indicating that this population was part of the Lenca indigenous group. The municipality was founded in 1650 in a place called Quelepa, a mountainous area where vestiges of ancient buildings can now be found.

This city is located in a valley of the same name, in the central region of Honduras. It was the capital of the province and the state from 1825, and has been an important religious and political centre for more than three centuries. Comayagua is one of the wonders of Honduras and has become a national and international tourist attraction. Every week, Comayagua welcomes more than 200 travellers interested in its colonial heritage.



## **Márcala / La Paz / Ajuterique / Comayagua**

(minimum 2 people)

- 7:00 a.m. departure from Tegucigalpa (tour duration: 8 hours)
- Visit to Márcala
- Coffee tasting and visit to the IHCAFE farm
- Lunch at Finca del Carmen Restaurant (restrictions apply)
- Visit to Ajuterique
- Visit to Comayagua
- Visit to the cathedral bell tower, museum admission, and guided city tour
- Accompanying guide throughout the tour
- Return to Tegucigalpa



**\$297.00 2 people\***  
**\$200.00 3 people\***  
**\$160.00 4-6 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.





## Tegucigalpa

Located in a valley surrounded by mountains, the country's capital is known for its well-preserved Spanish colonial architecture, as well as its growing urban development and modern infrastructure.

Formerly a small mining town, today, as the capital of Honduras, it is normal to find a stark contrast between colonial and modern architecture. This, combined with the presence of Spanish culture, makes it an attractive city for tourists.



## Tegucigalpa

(minimum 2 people)

- 7:00 a.m. departure from Tegucigalpa (tour duration: 8 hours)
- Guided tour of Comayagua
- Visit the cathedral bell tower, museum entrance and city tours
- Lunch at Lake Yojoa (restrictions apply)
- Guided tour of the Taulabé Caves
- Guide service throughout the tour
- Return to Tegucigalpa, with a stop at Finca del Carmen

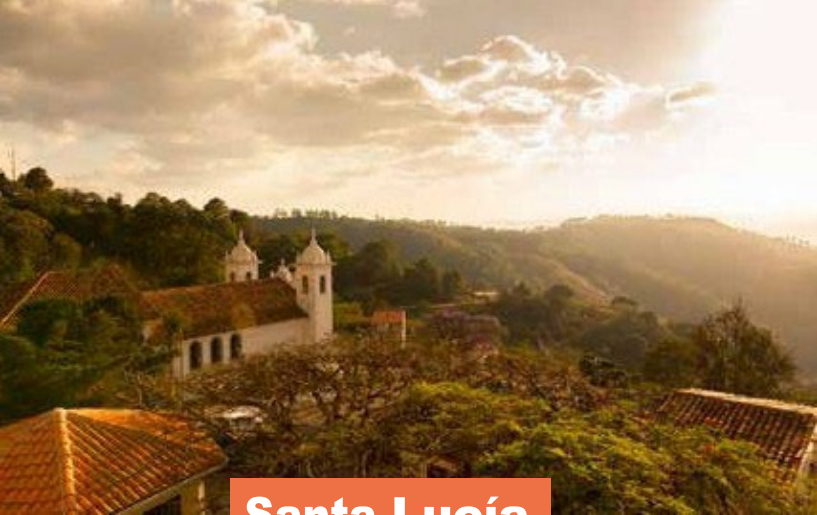
Full Day TOURS  
desde Tegucigalpa

**\$188.00 2 people\***

**\$134.00 3 people\***

**\$107.0 4-6 people\***

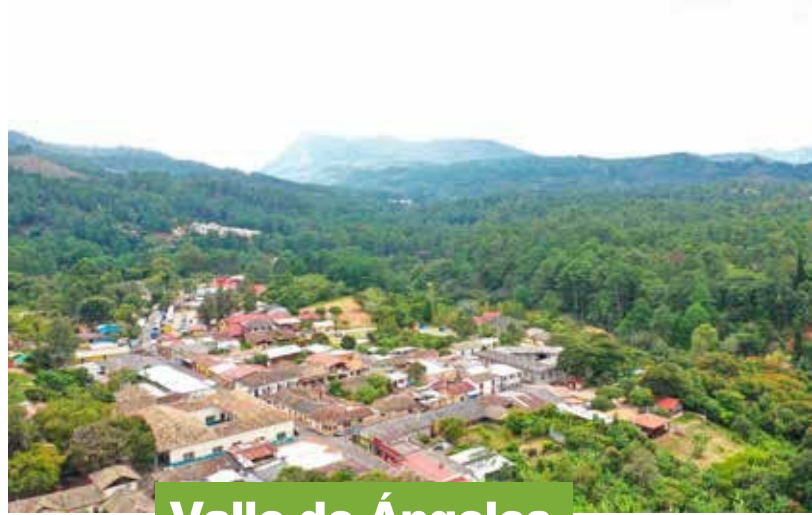
\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.



## Santa Lucía

Santa Lucía is a charming town in Honduras, located 14 km from Valle de Ángeles. It is another of the mining towns from the Spanish colonial era built on the slopes of the mountains where the mines were located. This destination invites you to stroll leisurely through its cobbled streets while admiring the old houses with red-tiled roofs. It is known as the "town of flowers", as you will find flowers of all colours on every corner, giving it a very special touch. A walk through cobbled streets, lunching on a delicious traditional dish, taking a photo in a beautiful lagoon and then savouring a delicious cup of coffee... that is undoubtedly the good life! And let's not forget that all this is accompanied by a wonderful, cool climate.

If you want to get away from the noise of the city and have some time to relax, Santa Lucía awaits you with the warmth of its people, who are now even prouder of their town since it was named one of the 30 Wonders of Honduras.



## Valle de Ángeles

A quiet, attractive town with friendly people. Valle de Ángeles is a destination that has everything you need to escape the routine and disconnect. It has natural and cultural attractions and good cuisine that attracts tourists from all over.

Not only is the town beautiful, but the journey there is also enjoyable, as you can take in the stunning mountain scenery along the way.



## Santa Lucía / Valle de Ángeles

(minimum 2 people)

- 8:00 a.m. Departure from Tegucigalpa (tour duration: 5 hours)
- Guided tour of Santa Lucía
- Guided tour in Valle de Ángeles
- Lunch at Liquidámba restaurant included
- Tour guide service throughout the tour
- Return to Tegucigalpa

Full Day Tours desde Tegucigalpa

**\$188.00 2 people\***

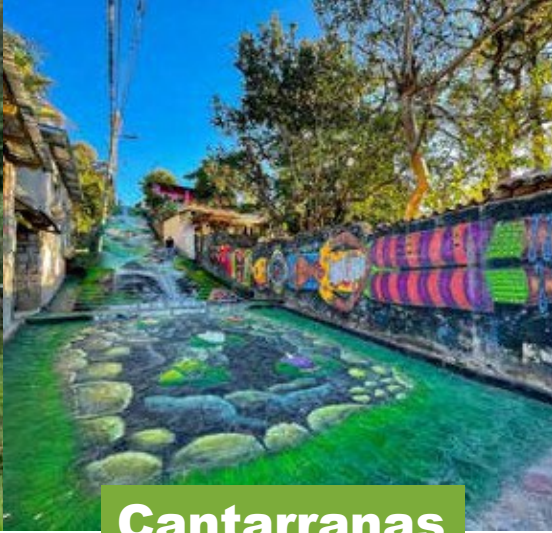
**\$134.00 3 people\***

**\$107.00 4-6 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.



**San Juancito**



**Cantarranas**



**Yuscarán**

A corner that holds important moments in the history of Honduras and a charming place that enchants its visitors, this is San Juancito, the first town in the country to have electricity. In San Juancito, small houses with a North American structure, lots of art and a rich gastronomy await you. Walking through its narrow streets is like taking a trip back in time, as the old North American essence remains intact. Its wooden buildings blend perfectly with the natural surroundings and offer beautiful views. You can also visit the ruins of the old hydroelectric power station that supplied the town with energy.

Considered a modern treasure by art-loving tourists. Currently, this corner of Honduras is also considered the perfect place for people who love photography. Here, every corner is the ideal setting for taking the perfect selfie and sharing it on social media. For this reason, this town is called "Selfie Town".

The town of Cantarranas is known for its large collection of artistic murals of different types, thanks to projects promoted by the town council, such as the Guancasco Muralista de los Pueblos del Mundo en Honduras.

Currently, Yuscarán has several attractions that draw thousands of tourists every year. Among them are the local museum Casa Fortín, the Monserrat Biological Reserve, mines and mine entrances, to name a few.

Yuscarán is home to "el guaro", one of Honduras' most famous alcoholic beverages, popularly known as *aguardiente*. The drink is produced at the "El Buen Gusto" distillery, another of the city's major attractions.



## San Juancito / Cantarranas / Yuscarán

(minimum 2 people)



- 7:00 a.m. departure from Tegucigalpa (Tour duration: 6 hours)
- Visit to San Juancito
- Guided tour of the historic district, which was the headquarters of the Rosario Mining Company; San Juancito also had the first cinema in Honduras, called Teatro de América, and is the place where the first US embassy in the country was established.
- Guided tour of Cantarranas
- Lunch in Cantarranas included (restrictions apply)
- Guided tour of Yuscarán and admission to the museum
- Tour guide service throughout the tour
- Return to Tegucigalpa

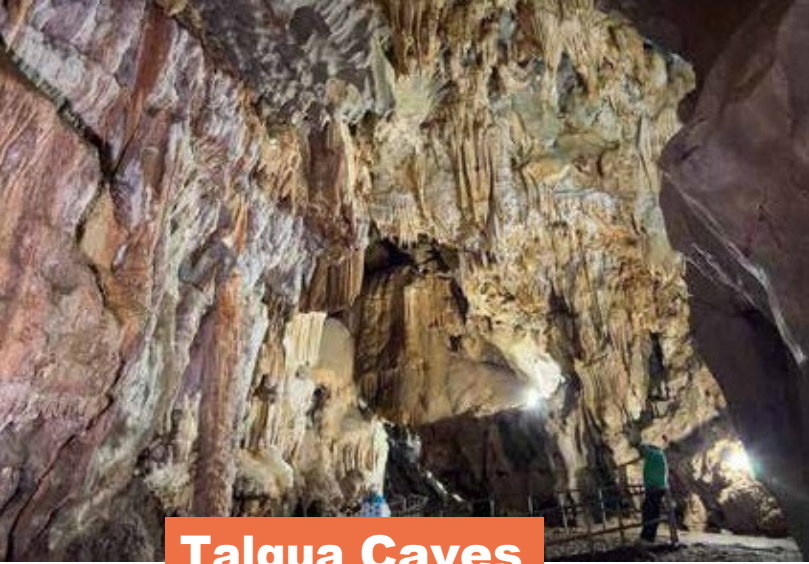
**\$238.00 2 people\***

**\$200.00 3 people\***

**\$175.00 4-6 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.





## Talgua Caves

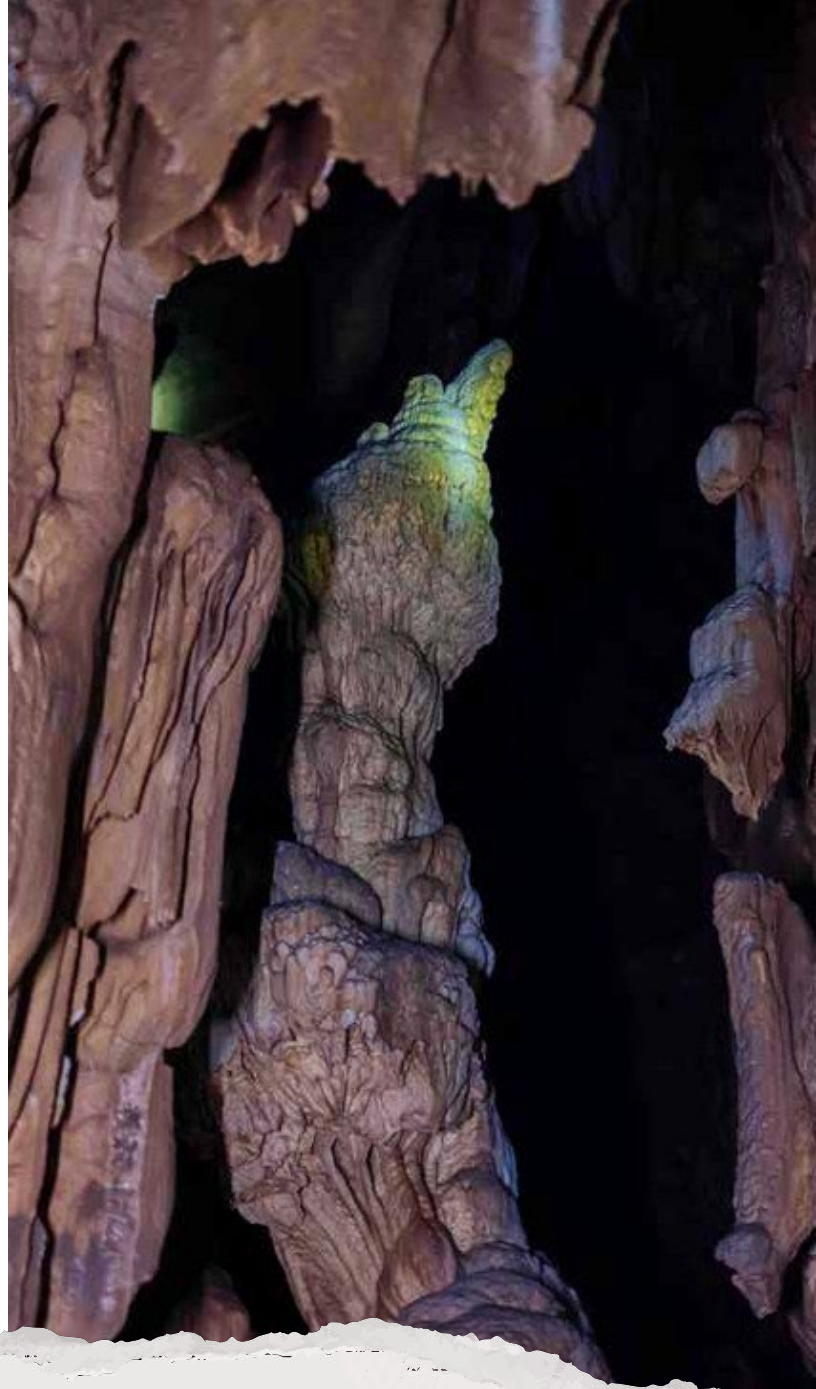
The Talgua Caves, a natural monument of Honduras, are located about 10 km from Catacamas, Olancho, and are an important archaeological site full of history and impressive natural resources. "Cámara Ritual-Las Cortinas", where you can find a shape resembling the image of Jesus, was created naturally.

They are also known as "the caves of shining skulls" due to the reflection created by the calcite deposits found on the skeletal remains deposited there.

Inside the cave are three rather peculiar rock formations, which are:

"The Cathedral", which got its name because it looks like the dome of a church.

The last formation was named "Árbol del Niño" (Child's Tree), which is a space with two branches on either side.



## Talgua Caves

(minimum 2 people)

- 7:00 a.m. departure from Tegucigalpa (tour duration: 8 hours)
- Guided tour of the Talgua Caves
- Visit to Juticalpa and the Cerrito de la Cruz viewpoint
- Lunch in Catacamas: "Tapado Olanchano" (restrictions apply)
- Tour guide service throughout the tour
- Return to Tegucigalpa

**FULL DAY TOURS**  
desde Tegucigalpa

**\$297.00 2 people\***

**\$200.00 3 people\***

**\$160.00 4-6 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.



## San Lorenzo

It is a city full of beautiful places to visit and enjoy, starting with its varied and rich cuisine based on fresh seafood, which is its speciality. It is adorned with beautiful old colonial houses, and there is a chapel dating back to the 20th century where the remains of important figures from the colonial era rest. The city is decorated with many lush mango trees, which are the main fruit produced in the area. Fish, shrimp, lobsters, crabs and *curiles* (blood clams) are caught daily from the sea and used to prepare the succulent dishes offered to visitors. You can take a tour of the extensive mangrove forests, which are home to hundreds of fish, birds and a wide variety of wild animals that are a delight to observe. You can also visit the beautiful islands of Amapala and Isla del Tigre, which are very close to San Lorenzo. Another of its biggest attractions is its Patron Saint Festival in honour of its patron saint, San Lorenzo, and its great Carnival.



## Pespire

It has a great colonial heritage that is the pride of its inhabitants and enriches the cultural history of Honduras. Its narrow, cobbled streets take you back to another era; it has a beautiful central park, the old municipal building and a beautiful 19th-century church with a spectacular dome.

It is also adorned with beautiful old colonial houses and a 20th-century chapel where the remains of important figures from the colonial era rest. The city is decorated with many lush mango trees, which are the main fruit produced in the area.



## San Lorenzo / Pespire

(minimum 2 people)

- 7:00 a.m. departure from Tegucigalpa (Tour duration: 7 hours)
- Visit to San Lorenzo
- Boat tour through the mangroves, Isla de los Pájaros, panoramic tour of Henecan Port
- Lunch at Ranchito Manglares (restrictions apply)
- 2 hours free time for swimming
- Guided tour of Pespire and pozol tasting
- Tour guide service throughout the tour
- Return to Tegucigalpa

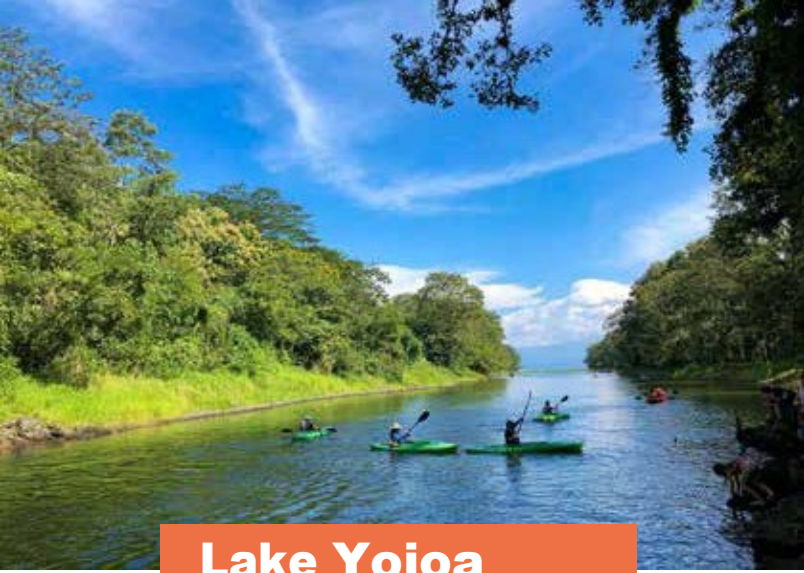
**FULL DAY TOURS**  
desde Tegucigalpa

**\$320.00 2 people\***

**\$270.00 3 people\***

**\$245.00 4-6 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.



## Lake Yojoa

Lake Yojoa is the only lake in Honduras formed by a volcanic eruption, and it is the largest freshwater reserve in the country. Seen from above, the lake is shaped like a footprint. It was once the centre of cultural development for the Lenca people, and it is where the largest collection of artefacts was recovered, most of which are now on display at the Comayagua Museum.

"El Lago" is a world-renowned attraction for bird lovers. The Yojoa Lake basin is probably the most diverse bird habitat in all of Honduras. On the shore of the lake are hotels with their own unique character, and along the roadside there are many restaurants and eateries where the main dish is fried fish "del lago" (lake style), served with plantain chips and pickled vegetables.



## Tegucigalpa / Lake Yojoa

(2-day tour)  
(minimum 2 people)

### Day 1

- Transfer from Tegucigalpa to Lake Yojoa
- Departure: 5:00 a.m.
- 7:30 a.m. Breakfast at Don Tiki Restaurant
- Taulabé Caves Tour
- Lunch
- Accommodation at Hotel La Naturaleza (includes breakfast) (Standard room)
- Boat ride on Lake Yojoa
- Dinner
- Afternoon/evening use of the hotel pool

### Day 2

- Breakfast at the hotel
- Departure to the Peña Blanca Canal
- Kayak tour
- Visit to the Pulhapanzak Waterfalls
- Tourist Centre
- Lunch at Honduyate Restaurant
- Return to Tegucigalpa

**FULL DAY TOURS**  
desde Tegucigalpa

**\$419.00 2 people \***  
**\$344.00 3 people \***  
**\$307.00 4-6 people \***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.





**Yuscarán**



**Danlí**



**El Paraíso**

Currently, Yuscarán has several attractions that draw thousands of tourists each year. Among them are the local museum Casa Fortín, the Monserrat Biological Reserve, mines and mine entrances, to name a few.

Yuscarán is home to "el guaro", one of the most famous alcoholic beverages in Honduras, popularly known as *aguardiente*. The drink is made at the "El Buen Gusto" distillery, another of the city's major attractions.

Danlí is a beautiful and peaceful Honduran city surrounded by the green hills of the Sierra de Dipilto, the Agua Fría mountain and the fertile Jamastrán Valley. This privileged geographical position is what earns it the name "City of Hills". Danlí's rich colonial history can be felt in many of the city's buildings and hidden corners. A clear example of this is the Catholic church located in the town's central square, which is over 200 years old and houses fine antique altarpieces and Baroque paintings.

In addition to all this, Danlí also offers many beautiful places to visit, such as La Piedra de Apaguiz and the community of "Mineral de Agua Fría", a landmark of the area's mining history, Los Plátanos Park, the artisan, Festiname's house, Suyatillo Park, and El Cerro San Cristóbal.

Located in eastern Honduras, about 116 kilometres from Tegucigalpa and only 15 minutes from the city of Danlí, El Paraíso is one of the richest areas in Honduras for coffee production, where you can enjoy walks through the village, learn about its history, and then taste a delicious cup of the aromatic coffee produced in the area.

In El Paraíso, families and tourists often stroll through the parks and the town square to clear their minds and enjoy the wonders that Honduras has to offer tourists.



## Tegucigalpa - Yuscarán

### - Danlí - El Paraíso (2-day tour)

(minimum 2 people)

#### Day 1

- Transfer from Tegucigalpa to Yuscarán
- Visit to Santa Elena farm (Zamorano)
- Guided tour of the historic centre of Yuscarán
- Visit to the Fortress Museum
- Cheese (potrerillo) tour, inc. a high-quality tasting of Aprisco, made from alpine goat milk
- Accommodation: simple room at the Granada Hotel in Danlí
- Free night to experience the local nightlife Danlí.

#### Day 2

- Breakfast at the hotel
- Visit to the Bella Vista viewpoint, El Paraíso
- Lunch at a restaurant of your choice in Danlí
- Coffee and tobacco tour, Óscar Valladares coffee
- Return to Tegucigalpa, technical stop at El Zamorano convenience store

**FULL DAY TOURS**  
desde Tegucigalpa

**\$444.00 2 people\***

**\$340.00 3 people\***

**\$288.00 4-6 people\***

\*Prices are valid for a specific period and are subject to change depending on the season. Prices are per person.





## Amapala

Amapala is a place of unique beauty. It covers an area of 80.7 square kilometres of Honduran territory. Its largest and best-known island is Isla del Tigre, followed by Zacate Grande and other smaller islands, several of which are uninhabited. Known as the Pearl of the Pacific, Amapala is a highly attractive destination for travellers seeking something unique. Its enchanting natural beauty is the perfect setting for relaxation and rest. It also boasts an interesting architectural heritage, a legacy of its turbulent colonial past. During this period, it came to be considered one of the most important cities in Central America, both politically and commercially.



## San Lorenzo

A city full of beautiful places to visit and enjoy, starting with its varied and rich cuisine based on fresh seafood, which is its speciality.

Fish, shrimp, lobster, crab and *curiles* (blood clams) are caught daily from the sea and used to prepare the succulent dishes offered to visitors. You can take a tour of the extensive mangrove forests, which are home to hundreds of fish, birds and a wide variety of wild animals that are a delight to observe.

You can also visit the beautiful islands of Amapala and Isla del Tigre, which are very close to San Lorenzo. Another of its biggest attractions is its Patron Saint Festival in honour of its patron saint, San Lorenzo, and its great Carnival.



## Tegucigalpa – Amapala – San Lorenzo (2-day tour)

(minimum 2 people)

- Transfer from Tegucigalpa to Coyolito
- Departure: 7:00 a.m.
- Breakfast, we recommend the restaurant in "El Ocotal"
- Departure from Coyolito
- Boarding and boat trip around Chismuyo, Isla el Conejo, Isla La Marina
- Lunch
- Accommodation in a single room at Hotel Green SL (breakfast included)
- Tour of Isla de los Pájaros
- Tour of the central square and port of San Lorenzo
- Dinner time, recommended at the restaurant "Delicias del Puerto"

- Transfer from San Lorenzo to Tegucigalpa
- Breakfast at the hotel
- Departure for the colonial city of Pespire; visit to the central park of Pespire and pozol tasting (a corn- and milk-based drink)
- Departure for the picturesque and charming village of Ojojona, with a stop at the rosquillera (ring-shaped biscuit) house in Sabanagrande
- Lunch, recommended at the restaurant "La Casona"
- Tour of Ojojona, walk through the historic centre, park and church

Full Day Tours desde Tegucigalpa

\$419.00 2 people\*

\$344.00 3 people\*

\$307.00 4-6 people\*

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

\*Transportation in air-conditioned minibus/fabric seats/insurance policy covering each occupant and third-party damage

\*Does not include tips or meals (only breakfast at the hotel) \*Appropriate clothing must be worn and scheduled times may vary depending on the activities to be carried out



## Roatán Island

Roatán is the largest island in the Bay Islands archipelago and forms part of the Mesoamerican Barrier Reef.

The island, 45 kilometres long, is geographically formed by hills covered with lush vegetation and is located 30 miles off the Honduran coast.

Its natural wealth and rich history, including the presence of the Maya and Payas, Spanish and English occupation, and piracy during and after the colonial period, has led to the development of the island, making it one of the most visited tourist destinations in Honduras and a source of pride for our country, as it is recognised as one of the world's top tourist destinations.



## Tegucigalpa / Roatán

(3-day tour)  
(minimum 2 people)

### Day 1

- Transfer from Tegucigalpa to Roatán (morning flight)
- Accommodation - single room at Infinity Bay Hotel / All-inclusive
- Tour in Gumbalimba
- Free afternoon and dinner at the hotel

### Day 2

- Dolphin encounter
- Afternoon snorkelling

### Day 3

- Free morning/use of hotel facilities
- Afternoon flight Roatán - Tegucigalpa

**Full Day Tours**  
desde Tegucigalpa

Price per person

**\$1,438.00\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

\*Airfare

\*Does not include tips or meals

\*Appropriate clothing must be worn and the scheduled times may vary depending on the activities to be carried out.



## Tela

Tela is surrounded by communities of the Garifuna ethnic group who arrived from Punta Gorda in Roatán, where the community of Triunfo de la Cruz is now located in honour of 3 May. During this period, Dr Wilson Popenoe started what is now the Lancetilla Botanical Garden, the second most important on the continent, as it is home to tropical plants from all over the world.

Tela offers white sand beaches, a variety of hotels, restaurants, Garifuna communities, hidden spots where you can enjoy nature while relaxing on a pristine, peaceful beach.



## Tegucigalpa / Tela

(3-day tour)

(minimum 2 people)

### Day 1

- Transfer from Tegucigalpa to Tela
- Departure: 5:00am
- Breakfast in Siguatepeque
- Accommodation in a single room at Hotel La Ensenada; children 5 and under stay free, children 6 to 14 pay the child rate (Senior Category)
  - Use of hotel facilities, swimming pools and beach
  - Dinner at La Ensenada
  - Evening entertainment organised by the hotel

### Day 2

- Breakfast at La Ensenada
- Visit to Punta Sal (includes lunch)
- Return to the hotel
- Use of hotel facilities, swimming pools and beach
- Dinner at La Ensenada
- Evening entertainment organised by the hotel

### Day 3

- Breakfast at La Ensenada
- Visit to Punta Sal (includes lunch)
- Return to the hotel
- Use of hotel facilities, swimming pools and beach
- Dinner at La Ensenada
- Evening entertainment organised by the hotel

**Full Day Tours desde Tegucigalpa**

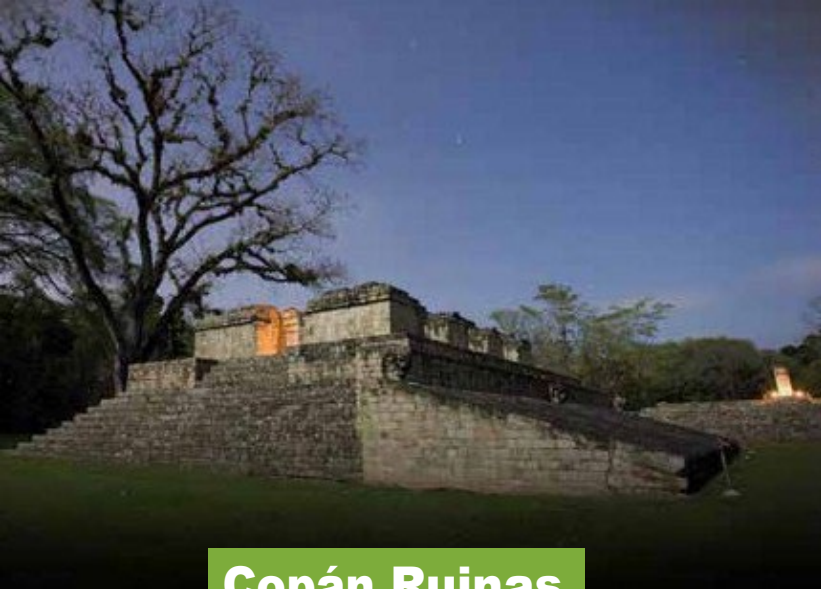
**\$1,055.00 2 people\***

**\$930.00 3 people\***

**\$868.00 4 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

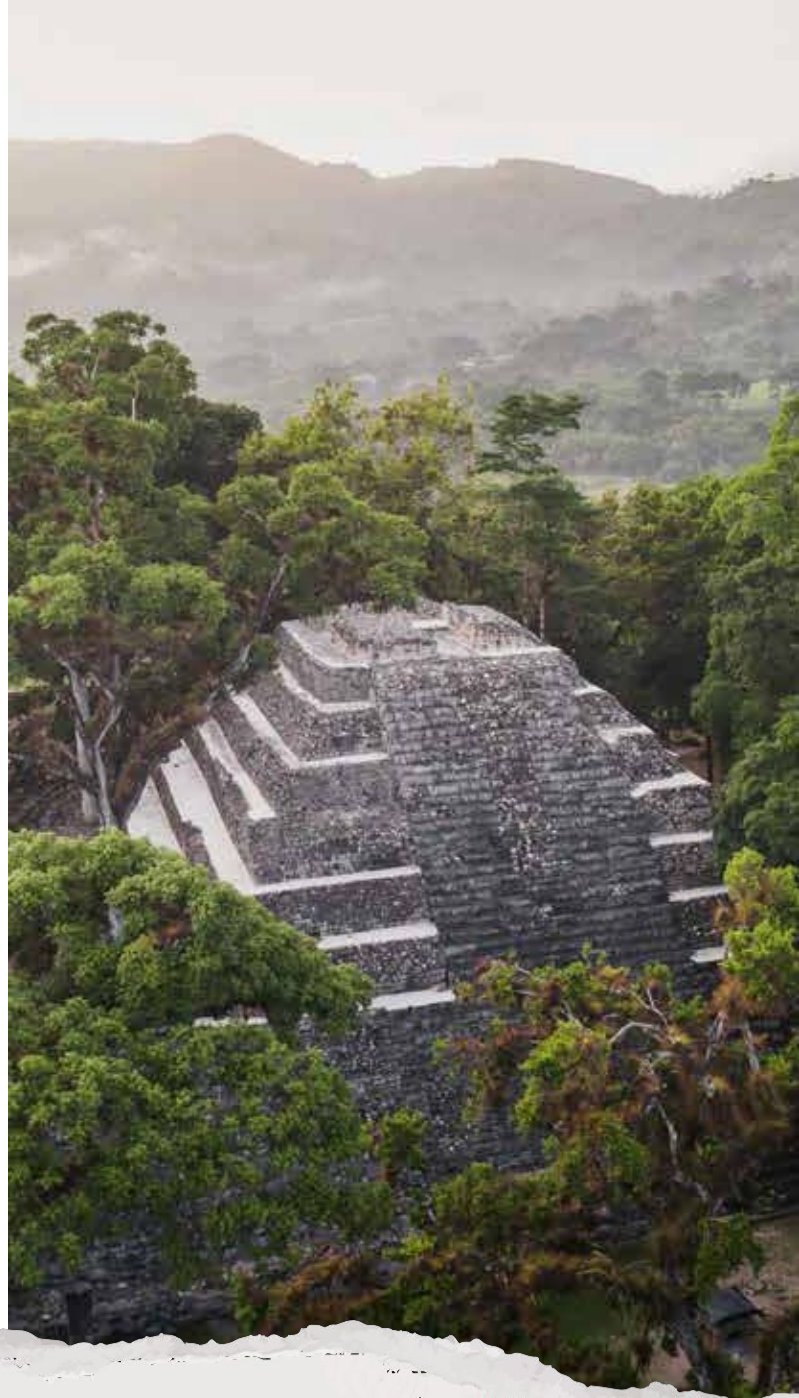
\*Transportation in air-conditioned minibus/fabric seats/insurance policy covering each occupant and third-party damage \*Tips and meals not included (breakfast at the hotel only) \*Appropriate clothing must be worn and scheduled times may vary depending on the activities being carried out.



## Copán Ruinas

Copán Ruinas is located in western Honduras, in the department of Copán, just 14 kilometres from the El Florido border with Guatemala. For many years, Copán Ruinas has been famous for its magnificent Mayan ruins, declared a World Heritage Site by UNESCO in 1980. Today, Copán Ruinas is considered the Paris of the Mayan world in Central America.

Copán Ruinas is the most important cultural destination in Honduras. Not only is it steeped in history and culture, it also offers many natural attractions such as a bird park and hot springs. In short, Copán Ruinas has something for every traveller.



## Tegucigalpa / Copán Ruinas

(3-day tour)  
(minimum 2 people)

### Day 1

- Transfer from Tegucigalpa to Copán Ruinas
- Departure: 5:00 a.m. (travel time between 6:30 and 7 hours on the road)
- Breakfast time: recommended at Don Tiki restaurant
- Departure to the city of Copán Ruinas; via Santa Bárbara with a stop at SULA
- Arrival in Copán and accommodation in a single room at Hotel Marina Copán; breakfast included
- Lunch time, recommended at Tipicos Alexandra (restrictions apply)
- Afternoon shopping (optional tours to the Luna Jaguar Hot Springs\$ 30.00 per person)

### Day 2

- Breakfast at the hotel
- Departure and visit to the archaeological park
- Lunch
- Visit to the bird park
- Visit to the Tea & Chocolate Place
- Afternoon/evening free time - hotel

### Day 3

- Breakfast at hotel
- Visits to El Puente archaeological park
- Departure for Tegucigalpa via San Pedro Sula
- Lunch time, recommended at La Naturaleza Restaurant on Lake Yojoa
- Optional nature activity: visit to the butterfly garden
- Return to Tegucigalpa, technical stop at Finca del Carmen

**FULL DAY TOURS**  
desde Tegucigalpa

**\$788.00 2 people\***

**\$663.00 3 people\***

**\$600.00 4 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices are per person.

Transportation by air-conditioned minibus/cloth seats/insurance policy covering each occupant and third-party damage \*Does not include tips or meals (only breakfast at the hotel) \*Appropriate clothing must be worn and scheduled times may vary depending on the activities to be carried out.



**La Esperanza**

Located at an altitude of over 1,700 metres above sea level, La Esperanza is the highest departmental capital and, in turn, the highest city in the country. It is renowned for its pleasant climate, which is cool by Honduran standards, and for being home to the Lenca culture. It is also known as "The City of the White Mantle" because of its foggy winter season. Among its attractions is "La Gruta," which is also a viewpoint. It is a cave located a short distance from the city centre and the Lenca Culture Museum, where visitors can find a wide variety of handicrafts and learn about the history of the Lenca culture.



**Gracias**

The city of Gracias has been emblematic since the time of the conquest, as it is where the history of the national leader, the indomitable Indio Lempira, defender of our territory, began. The city is located in the department of Lempira, in western Honduras, at the foot of the Celaque mountain. Today, Gracias is one of the country's most charming towns.



## Tegucigalpa – La Esperanza – Gracias

**(3-day tour)**  
**(minimum 2 people)**  
**Day 1**

- Transfer from Tegucigalpa to La Esperanza
- Departure: 5:00 a.m.
- Breakfast at Don Tiki Restaurant in Siguatepeque
- City of Intibucá and La Esperanza
- Guided tour of the chapels, public baths, and viewpoint.
- Artisanal pizza lunch at Restaurante Diez Cero Uno

- Departure to the city of Gracias, Lempiras
- Accommodation in a single room in Gracias, Lempira Hotel "Maria Rosa" (breakfast included)
- Departure to the Presidente Hot Springs (entrance fees included)
- Return to the city of Gracias
- Dinner, we recommend Restaurante el Candil
- Rest

### Day 2

- In the city of Gracias
- Breakfast at the hotel
- Guided city tour, visiting the Fortress, Casa Galeano, Loredeana pickles, San Sebastián Church
- Lunch, recommended at El Guancasco Restaurant
- Rest at the Maria Rosa hotel
- Guided tour of the squares and churches

- Return to the hotel
- Night out (local nightclub)

### Day 3

- Breakfast at the Maria Rosa Hotel
- Visit to Doña Desideria's workshop in La Campa
- Departure for the city of La Esperanza
- Lunch in the city of Esperanza at Guara's Bar & Grill
- Departure for Tegucigalpa
- Return to Tegucigalpa,

- Technical stop at Finca del Carmen

**Full Day Tours**  
**desde Tegucigalpa**

**\$564.00 2 people\***

**\$439.00 3 people\***

**\$377.00 4 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

\*Transportation by air-conditioned minibus/fabric seats/insurance policy covering each occupant and third-party damage  
 \*Tips and meals not included (breakfast at the hotel only)  
 \*Appropriate clothing must be worn and the scheduled times may vary depending on the activities to be carried out



## Tegucigalpa-La Esperanza-Gracias- Santa Rosa de Copán (4-day tour)

**La Esperanza:** Located at an altitude of over 1,700 metres above sea level, it is the highest departmental capital and the highest city in the country. It is renowned for its pleasant climate, which is cool by Honduran standards, and for being home to the Lenca culture. It is also known as "La ciudad del Manto Blanco" (the city of the white mantle) because of its fog in the winter season. Among its attractions is "La Gruta," which is also a viewpoint. It is a cave located a short distance from the city centre and the Lenca Culture Museum, where visitors can find a wide variety of handicrafts and learn about the history of the Lenca culture.

**Gracias:** The city of Gracias has been emblematic since the time of the conquest, as it is where the history of the national leader, the indomitable Indio Lempira, defender of our territory, began. The city is located in the department of Lempira, in western Honduras, at the foot of the Celaque mountain. Today, Gracias is one of the country's most charming towns.

**Santa Rosa:** Founded in 1705, thanks to the vision of Don Juan García de la Candelaria, captain of the Spanish militia in the nearby city of Gracias. Located high in the mountains of western Honduras, where coffee production is at its peak. Santa Rosa de Copán is one of the gateways to Gracias, Lempira, an area populated by indigenous people.

Santa Rosa is the most important commercial and political city in western Honduras. It serves as the administrative centre for the departments of Copán, Lempira and Ocotepeque.

Santa Rosa dates back to colonial times, when the high quality of the tobacco grown in the region led the Spanish to choose the site for the Royal Tobacco Factory of the community in 1765. The Royal Tobacco Factory was responsible for distributing the seeds and tools necessary for tobacco cultivation, as well as setting the price and marketing the product. This became the main activity of the community. Santa Rosa has prospered and diversified its activities. Today, its most important activity is commerce, and more and more entrepreneurs are developing tourism in the city due to its strategic location and colonial atmosphere.

The area around Santa Rosa offers a wide range of activities for adventurers and nature lovers. Hiking, mountain biking, horse riding and swimming are all available. If you enjoy horse riding, try the tours that include visits to coffee farms, small colonial villages and tobacco plantations. La Montañita Park is a pleasant spot offering great places to spend the day, including a natural swimming area. Don't miss the Las Tres Jotas ecotourism resort, located 24 km from Gracias on the road to Gracias. Here you can enjoy thermal pools, tours of tobacco and coffee plantations, and camping areas. Fried fish is a local speciality.

# Tegucigalpa- La Esperanza- Gracias- Santa Rosa de Copán

(4-day tour) (Minimum 4 people)

## Full Day Tours desde Tegucigalpa

### Day 1

- Transfers from Tegucigalpa to La Esperanza via Marcala
- Breakfast at El Carmen farm
- Tour of coffee farms in Marcala, La Paz (coffee tasting)
- Artisanal pizza lunch at Diez Cero Uno Restaurant
- Accommodation in a single room at Cotan Ecolodge
- Tour of Chiligatoro Lagoon and weaving workshops
- Dinner at Guara's Bar & Grill restaurant

### Day 2

- Breakfast
- Transfer La Esperanza-Gracias
- Visit to the Santa Elena farm in San Juan de Intibucá
- Tour of the historic centre of Gracias
- Accommodation in a single room at the Maria Rosa Hotel
- Dinner at El Candil restaurant
- Visit the hot springs at night

### Day 3

- Breakfast
- Transfer from Gracias to Santa Rosa de Copán
- Tour of Hacienda Montecristo (horseback riding, coffee tour, history tour, and lunch)
- Accommodation in a single room at Hotel Elvir
- Visit to El Cerrito monument
- Tour of the historic centre of Santa Rosa de Copán
- Free night/nightlife in Santa Rosa de Copán

### Day 4

- Breakfast
- Tobacco tour (Flor de Copán)
- Transfer from Santa Rosa de Copán to Tegucigalpa

\*Price per person in a single room in Gracias, Lempira and Santa Rosa de Copán, at Cotan Ecolodge in 1 cabin with 2 rooms

**\$1,042.00 2 people\***

**\$822.00 3 people\***

**\$709.00 4 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

\*Transportation in air-conditioned minibus/cloth seats/insurance policy covering each occupant and third-party damage

\*Tips and meals not included (breakfast at the hotel only)

\*Appropriate clothing must be worn and the scheduled times may vary depending on the activities to be carried out.



## Tegucigalpa – Trujillo – Talgua Caves in Olancho (4-day tour)

**Trujillo, Colón:** Trujillo is a place rich in history of pirates, conquests, privateers, banana companies, with a pre-Columbian past that makes this destination uniquely attractive. Its historic centre is made up of the beautiful buildings of the San Juan Bautista Cathedral, the Fortress of Santa Bárbara, the old cemetery, and other important buildings. We cannot leave out its delicious cuisine, where you can taste coconut bars and bread, kazabe, and the traditional Garifuna drink, guifitti.

Trujillo is one of the first cities founded by the Spanish during the conquest, as the depth of the bay made it perfect for the navigation of large Spanish merchant ships.

**Talgua Caves:** The Talgua Caves, a natural monument of Honduras, are located about 10 km from Catacamas, Olancho, and are an important archaeological site full of history and impressive natural resources. They are also known as "the caves of the shining skulls" due to the reflection created by the calcite deposits found on the skeletal remains deposited there. Inside the cave there are three rather peculiar rock formations: "La Catedral" (The Cathedral), so named because it resembles the dome of a church; "Cámara Ritual-Las Cortinas" (Ritual Chamber- The Curtains), where you can find a naturally formed shape resembling the image of Jesus; and the last formation, called "Árbol del Niño" (The Child's Tree), which is a space with two branches on either side.

# Tegucigalpa- Trujillo- Gracias- Talgua Caves in Olancho

(Minimum 2 people)

## FULL DAY TOURS desde Tegucigalpa

### Day 1

- Transfer from Tegucigalpa to Trujillo
- Departure: 5:00 a.m.
- Breakfast at a Mennonite restaurant in Talanga
- Lunch at a restaurant in Trujillo Colón
- Accommodation in a single room at Hotel Casa Alemania (superior accommodation)
- Use of hotel facilities and beach
- Dinner at a restaurant of your choice
- Transfer to the hotel

### Day 2

- Breakfast at the hotel
- Tour of the bay and mangroves in the Guaimoreto lagoon
- Transfer to the hotel
- Lunch at the restaurant of your choice
- Tour of Santa Bárbara Castle and the viewpoint
- Afternoon at the beach in front of the hotel
- Dinner at Coco Pando Restaurant with live Garifuna music
- Use of the hotel swimming pool

### Day 3

- Breakfast at the hotel
- Transfer from Trujillo to Catacamas
- Arrival time in Catacamas Lunch at Corral Viejo restaurant
- Accommodation in a single room at Hotel Plaza Maria
- Tour of the Talgua caves
- Visit to the monument La Cruz (571 steps)
- Dinner and craft beer tasting at CATAK+ Restaurant

### Day

- Breakfast at the hotel
- Visit to El Sembrador school
- Departure from hotel to Tegucigalpa
- Lunch on the road

**\$872.00 2 people\***

**\$665.00 3 people\***

**\$565.00 4 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

\*Transportation in air-conditioned minibus/fabric seats/insurance policy covering each occupant and third-party damage

\*Does not include tips or meals (only breakfast at the hotel)

\*Appropriate clothing must be worn and the scheduled times may vary depending on the activities to be carried out.



## Tegucigalpa-La Ceiba-Tela-Lake Yojoa (5-day tour)

**La Ceiba:** Named the ecotourism capital or the bride of Honduras, La Ceiba transports us to a place with a festive atmosphere, surrounded by nature. Although the city was founded in 1877, its development is the result of banana cultivation in the 20th century, when it was a port city for banana exports to North America. Today, you can enjoy the renovated old pier and a boardwalk called Paseo de los Ceibeños.

**Cayos Cochinos:** This is a group of islands consisting of two small islands and 13 smaller coral cays 30 kilometres northeast of La Ceiba in Honduras.

The Cayos Cochinos Marine Sanctuary consists of a group of islands, Cayo Mayor and Cayo Menor, and 13 smaller cays or atolls (sandbanks) of coral origin, located 30 kilometres northeast of La Ceiba, on the north coast of Honduras, and 45 kilometres from Roatán. Cayo Menor is home to a scientific research station and the Visitor Centre, which provides information on the rules for using a n d behaving in the Marine Natural Monument. Laws prohibit all commercial fishing, nets and traps within the marine park.

The cays have flora and fauna more closely related to the mainland than to the Bay Islands. They are surrounded by sandy beaches, ideal for nesting sea turtles. Among the land fauna, the Boa de los Cayos Cochinos is famous for its pink colouring.

The vegetation on both cays is shrubby and in excellent condition. These cays are also famous for their abundant fishing. Their coral reefs are modest and do not form a continuous barrier around the cays.

**Tela:** Tela is surrounded by communities of the Garifuna ethnic group who arrived from Punta Gorda in Roatán, where the community of Triunfo de la Cruz is now located in honour of 3 May. During this period, Dr. Wilson Popenoe started what is now the Lancetilla Botanical Garden, the second most important garden on the continent, as it is home to tropical plants from all over the world.

Tela offers white sand beaches, a variety of hotels, restaurants, Garifuna communities, and hidden spots where you can enjoy nature while relaxing on a pristine and peaceful beach.

**Lake Yojoa:** Lake Yojoa is the only lake in Honduras formed by a volcanic eruption, and it is the largest freshwater reserve in the country. Seen from above, the lake is shaped like a foot. It was once the centre of cultural development for the Lenca people, and it is where the largest collection of artefacts was recovered, most of which are now on display at the Comayagua Museum.

El Lago is a world-renowned attraction for bird lovers. The Yojoa Lake basin is probably the most biodiverse lake basin in all of Honduras. On the lake shore, there are hotels with unique personalities, and along the road, there are many restaurants and eateries where the main dish is fried fish "del lago" style, served with plantain chips and pickled vegetables.

# Tegucigalpa- La Ceiba- Gracias- Tela- Lake Yojoa

(Minimum 2 people)

## FULL DAY TOURS desde Tegucigalpa

### Day 1

- Transfer from Tegucigalpa to La Ceiba
- Check-in, single room at the Hotel Palma Real

### Day 2

- Cayos Cochinos tour+, lunch (restrictions apply)

### Day 3

- Check-in, single room at Hotel La Ensenada
- Entrance and guided tour of the Lancetilla Botanical Garden
- Entrance and visit to the Tela Marine Aquarium

### Day 4

- Transfer from Tela to Lake Yojoa
- Check-in for a single room at the PANACAM Lodge Hotel.
- Entrance and tour of Cerro Azul Meámbar

### INCLUDES

- All-inclusive hotels in La Ceiba and Tela. (Breakfast, lunch, dinner, and unlimited domestic drinks)
- Hotel on Lake Yojoa includes breakfast only
- Cayos Cochinos tour includes transportation to the cay.

**\$1,335.00 2 people\***

**\$1,098.00 3 people\***

**\$973.00 4 people\***

\*Prices shown are valid for a specific period and are subject to change depending on the season. Prices apply per person.

\*Transportation in air-conditioned minibus/cloth seats/insurance policy covering each occupant and third-party damage.

\*Tips and meals are not included (only breakfast at the hotel)

\*Appropriate clothing must be worn and the scheduled times may vary depending on the activities to be carried out.

# HONDURAS

## *Naturalmente tuya*

A country that transcends its borders requires an image that travels with it. That is why we adapt to stay current in the minds of travellers and provide them with experiences and destinations that establish meaningful connections with them.

This is how Honduras was born, naturally yours. Our country brand inspires people to experience exciting moments that help them evolve, feel free, explore new paths, and discover life in every corner of our country.



**Marine Fauna:** Honduras' marine fauna is a treasure that positions the country as a key destination for ecotourism. Among its stars is the whale shark, the largest fish in the world, which can be spotted in the waters off Utila. With its unique patterns of spots and white lines, this ocean giant is a symbol of natural wealth, offering visitors a unique experience in direct contact with marine biodiversity.



**Mayan Heritage:** This pattern captures the distinctive shapes of Mayan monuments, hand-carved by our ancestors. The Hieroglyphic Stairway, various steles and temples weave a visual narrative that connects us with the history and splendid civilisation of the Mayans.



**Guacamaya:** We highlight the wings of our national bird, the scarlet macaw, as a symbol of freedom and an emblem of the preservation of our country's wildlife and biological diversity. Its bright red colour and skill in flight reflect majesty, beauty and pride.



**Coral:** Honduras is part of the second largest barrier reef system in the world, home to fascinating marine diversity. Coral, a tourist attraction in the northern part of the country, invites divers from all over the world to explore underwater life. Its iconography refers to the undulating shapes of coral and the waves of the sea.



**Culture:** Honduras' profound cultural diversity is evident in its main ethnic groups. Each department boasts unique traditions in music, clothing, beliefs and legends. We explore the symbolism of these cultures, capturing the varied textures of the country, from weaving to pottery decoration and painting. Vibrant colours, people and their deep-rooted traditions are an integral part of this representation.



**Embark on a journey full of authentic flavours, vibrant rhythms and unforgettable experiences. In Honduras, wonders don't just exist in your imagination, they're waiting to be discovered!**

# HONDURAS

*Naturalmente tuya*



**Contact us at  
+504 9245-0258**