



Signature Sabbatical Itinerary: Intrepid Honduras

# Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

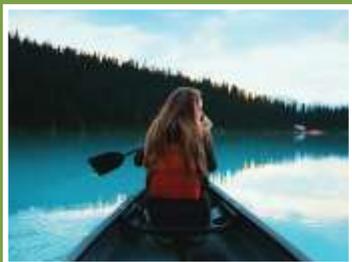
LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

[www.LiNGER.co.uk](http://www.LiNGER.co.uk) | [travel@LiNGER.co.uk](mailto:travel@LiNGER.co.uk)

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



# Introducing Honduras

Jungle clad mountains home to incredible biodiversity, rich indigenous culture and the white sandy Bay Islands make for a wonderfully off the beaten path experience in little-visited Honduras, often overlooked by visitors to Central America. Give Honduras a chance and you'll be rewarded by the impressive Mayan ruins of Copan, charming mountain villages with natural hot springs and access to the world's second largest barrier reef. Travelling through Honduras will be an adventure and a chance to stay away from the tourist trail. There is huge appeal for those curious enough to venture here.

## How to Get to Honduras

You can travel overland from neighbouring Guatemala, El Salvador and Nicaragua. If you're flying here, you'll likely arrive in San Pedro Sula, Tegucigalpa or into Roatan Island.

Flight time from the UK is approx. 11 hours; from the USA 3-8 hours. Once here, you can hop about by air (inexpensive and frequent), but most travel by road. There are 'executive' coaches plying the main routes. Explore La Moskitia, Roatan, Isla El Tigre and Las Marías via water taxis, ferries and motorised canoes.

## When & Weather – Honduras

The climate is hot and humid for most of the year. The Dry Season runs from November to April and the wet season from May to October, though the Caribbean Coast also experiences heavy rain from September to February. Hurricane season runs from June to November. Temperatures range between 14°C (26°F) and 25°C (32°F).

## Who will Honduras Appeal To?

Adventure lovers. Travelling here is still often off the beaten track, with limited tourist infrastructure. In particular, it's suited to:  
Active travellers - Tourist-trail avoiders - Solo travellers - Wildlife & birding enthusiasts - Diving & Water-sport enthusiasts.

## Accommodation

Honduras offers a range of character hotels, beach resorts, ecolodges, beach cabanas and simple homestays in remote villages.

## Off The Beaten Path

Explore the Río Plátano Biosphere Reserve by *pipante* canoe, passing remote jungle villages and hidden Mayan ruins.

Go white water rafting over Class III and IV rapids in the Pico Bonito National Park. La Ruta Lenca is a trail of remote villages along the ascent of El Cerro de las Minas, Honduras's highest mountains. As you climb you'll see Lenca women in traditional coloured headdresses working the fields.

Island hop around the Cayos Cochinos, an archipelago of perfect white-sand cays.

## Wildlife

There's fantastic birdwatching on the Lago de Yojoa, a microclimate with over 400 different species, including herons, kingfishers and hawks.

Utila is known as the whale shark capital of the Caribbean.

Endangered giant leatherback turtles nest at Plaplaya between April and June.

Jeanette Kawas National Park is home to thousands of noisy howler monkeys.

Keep your eyes peeled for colourful quetzal when hiking through cloud forest.

## Honduras Experiences you shouldn't miss

The magnificent Mayan ruins at Copan including an amazing hieroglyphic stairway.

Hiking through pristine tropical forest in Pico Bonito National Park.

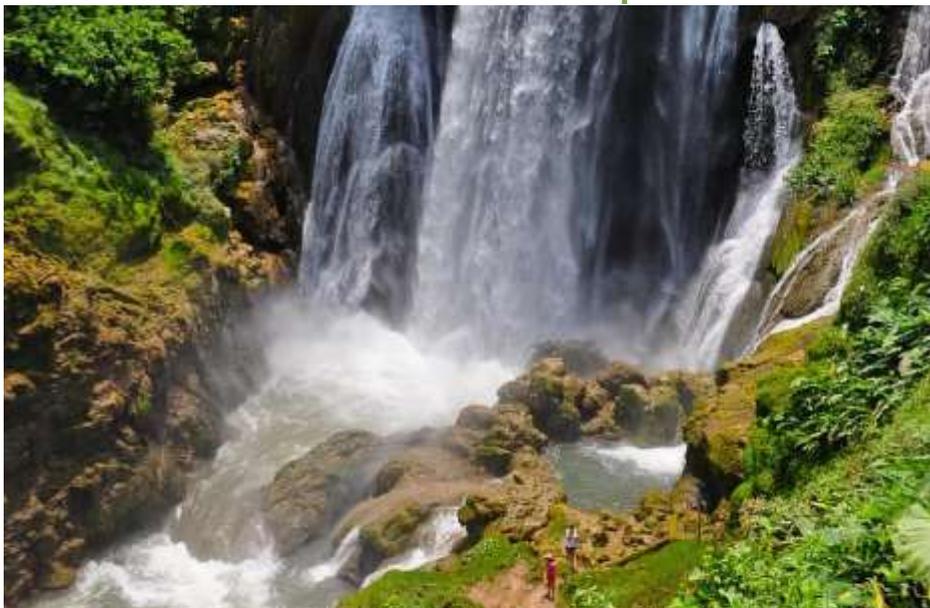
World-famous snorkelling and diving in the Islas de la Bahía.

## Giving back

The La Ceiba-based Adelante Foundation is doing its part to eliminate poverty by providing "micro-credit" loans to extremely poor women in rural Honduras who never before had access to money. The women use the money to start their own micro-businesses. Eventually as the businesses grow, their loan payments increase and over time many can work their way out of poverty. Travel into the backcountry of Honduras with English speaking Adelante staff and attend an "Assembly" which is where potential borrowers meet to learn new business skills and important health or nutrition information. Listen to the challenges faced by these women and support them in their micro-business endeavours. A portion of the proceeds will go to the Adelante Foundation which is a U.S. registered non profit foundation.



Life Experiences & Encounters in Honduras



# Honduras - Journey Map



# Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1				TEGUCIGALPA		TBC		
11		LA CEIBA		ROATAN		ECONOMY		25 MINS
14		ROATAN				TBC		

# Your trip in a nutshell

## Day 1

Arrive in Tegucigalpa, Honduras. Road transfer to your hotel in Comayagua & check in for a 2-night stay. *Hotel Casa Grande*

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## Day 2

Explore the cultural highlights of Comayagua.  
*Hotel Casa Grande*

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## Day 3

Transfer to the quaint town of Gracias via the rural villages of the Ruta Lenca.  
*Guancascos Hotel & Restaurant*

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## Day 4

Explore Gracias, Celaque National Park & enjoy the town's hot springs.  
*Guancascos Hotel & Restaurant*

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## Day 5

Road transfer to Copan via the arts hub of Santa Rosa de Copán.  
*Hacienda San Lucas*

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## Day 6

Explore Copan Mayan ruins & the tunnels which run under the site.  
*Hacienda San Lucas*

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## Day 7

Finca El Cisne cultural experience, horseback riding & traditional farm-style lunch.  
*Hacienda San Lucas*

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## Day 8

Transfer to your lodge in Pico Bonito National Park. Evening jungle walk.  
*The Lodge & Spa at Pico Bonito*

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## Day 9

Visit the Adelante Foundation & learn about their community projects.  
*The Lodge & Spa at Pico Bonito*

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## Day 10

Wildlife-spotting in the Cuero y Salado Nature Reserve.  
*The Lodge & Spa at Pico Bonito*

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## Day 11

Short flight to Roatan. Check in at your beach hotel for a 3-night stay.  
*Ibagari Hotel*

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## Day 12 - 13

Days at leisure to enjoy the beaches of Roatan.  
*Ibagari Hotel*

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## Day 14

Depart Honduras

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## Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



# The Nitty Gritty

## Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private and shared transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private excursions
- Domestic flights

## Excluded

- International flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance
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## Quotation

- From GBP £5,444.00 per person, based on two travelling together

## Booking Terms & Conditions:

[www.linger.co.uk/terms-and-conditions/](http://www.linger.co.uk/terms-and-conditions/)

## Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Honduras. Consider visiting Honduras in combination with neighbouring countries Guatemala, El Salvador and Nicaragua.

No matter how long you have to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget. Contact us to start planning a holiday or sabbatical to Honduras.

## Contact

Email: [Travel@linger.co.uk](mailto:Travel@linger.co.uk)

Telephone: +44 (0) 207 039 9240

# Financial Protection

## ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLcertificate](http://www.atol.org.uk/ATOLcertificate)



## Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This insurance has been arranged by The Travel Vault in conjunction with Towergate Travel through Zurich Insurance PLC.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>



## Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

*Julia Bysshe*



Contact

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**LINGER**  
ENRICHING LIFE THROUGH TRAVEL