

Hidden Trails

Ph. 1-888-9-TRAILS

Outdoor Vacations
- on & with Hidden Trails

About Hidden Trails



Explore the World on & with Hidden Trails

Hidden Trails is owned and operated by nature enthusiasts who love the outdoors and adventure activities. We have been involved with outdoor vacations for over 20 years. We have collected the best outdoor vacation destinations all over the world in some hidden places we would like to share with you.

These vacations are about forging rivers, biking along canals and through forests, hiking along age-old trails, gazing at beautiful vistas and encountering foreign cultures. But most of all, these trips are about getting away from the cycle of too much work and never enough free time.

Escape from the rituals, which long ago froze our nights and days into little more than routine and away from the worries of our new tense times. It is so satisfying when we take the plunge of adventure - it's unfortunate that we invent so many reasons to put aside living our dreams of adventure. It is sometimes a tangled web that we weave through life. Some of the threads reveal a work-a-day world of commitments, duties and obligations. Other threads are of a quiet fabric of hope, responsibility and refreshment.

On our adventures you see the real country, its back country and meet the locals. The love for the outdoors has no boundaries but possesses a common language we all speak and understand.

You will experience new countries and their customs and make new friends.

These trips have been tested by our staff or associates and received our stamp of approval. If you are considering a special outdoor vacation anywhere in the world, call us first and let our experienced consultants match the perfect trip with your dream. We will listen to you and give you objective advice to help you choose the best destination and adventure.

Your vacation is the most precious time of the year and we are committed to making it the most memorable time of your life. Wherever you go, have a great time and bring back some peace of mind.

Thank you for your continued support.

Ryan Schmidt
Hidden Trails

Hidden Trails

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from within the USA or Canada or

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659A Moberly Road, Vancouver BC Canada V5Z 4B3

4406 Tennyson Road, Wilmington, DE USA 19802

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Ph: 0- 808 189-0420

Fax: 0-808-280-1860

Toll Free Worldwide:

Skype: hiddentrails

Glovers Reef & River of Caves - Belize, Central America

Tour Code: ZZ-BESK07
8 days / 7 nights ~\$2,500.00
Dates: Jan-Apr & Nov-Dec

Trip Rating: ●●●●●
Difficulty: ●●●●●
Lodging: 🏠🏠

Tack: --
Horses: --
Pace: Moderate fitness recommended.

Airport: Belize International Airport (BZE)



Introduction

Belize Coast, Belize

This trip combines five days at our island Basecamp within spectacular Glover's Reef Atoll (a United Nations' World Heritage Site) with a day of inland discovery. With optional extension, explore the limestone formations and large number of Mayan artifacts in the Che Chem Ha Cave system (not available in 2024+) and then onto the Ancient Mayan site of Xuantunich and an evening exploring the vibrant town of San Ignacio. Then travel 36 miles offshore to one of Belize's premier kayaking and snorkeling destinations. Explore this awesome marine environment with our amazing local guides and renowned camp chefs. Come and experience Glover's Reef with the experts!

Glover's Reef is part of the world famous Belize Barrier Reef, a protected marine park and designated world heritage site thirty-six miles off the shore of mainland Belize. Perfect for active families and couples of mixed abilities, this adventure Basecamp offers flexibility and choices in daily guided activities, so traveling companions can do things together or separately.

- Stay at a unique, Adventure Basecamp on Southwest Caye, a remote 13 acre island. Sleep in comfortable tent-walled cabanas and dine on fresh seafood, tropical fruit and local fare
- Kayak or SUP around this pristine group of tropical islands set within a turquoise lagoon
- Snorkel some of Glover's 700 patch reefs in its thriving coral reef system
- Fly fish for bonefish or tarpon on the saltwater flats and adjoining deep waters
- Venture inland for a Mayan ruin and cave exploration through lush rainforest

Accommodation



Accommodations

You will be spending 3 nights at Bocawina Rainforest Lodge and 4 nights at our base camp. Triple occupancy is possible based on availability (please inquire).

Night 1 to 3: Bocawina Rainforest Lodge

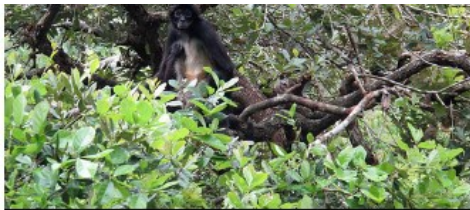
This boutique lodge in the midst of a 7000 acre National Park offers guests a quintessential tropical rainforest experience. Over 150 species of birds, howler monkey, wild peccary, jaguars and ocelots have been recorded in close proximity to the lodge.

The rooms are simple but comfortable and they all feature private facilities and Wi-Fi access. Note that there is no AC at the resort but all rooms are equipped with fans.

Enjoy the beautiful tropical landscaping and dine in style at the acclaimed restaurant.



Night 4 to 7: Southwest Caye Basecamp



At Southwest Caye, we are "base camping", sleeping in tent-walled cabanas. These spacious safari-style tents are have ample headroom to walk around and are on raised wooden floors with double or single beds. On the island, we have a fully equipped kitchen, fresh-water collection system for drinking water, access to fresh-water showers and modern composting toilets. We also have a large dining area, resource library lounge.

Our toilet is a modern composting system. These areas are washed and cleaned daily by your guides. This method is approved by the Coastal Zone Management Unit of Belize and is in keeping with the tenets of minimal impact camping. The showers are located in the center of camp and are fed with rainwater. Wash basins are located near the toilet and shower. The rainwater is collected in cisterns, so there is no guarantee that the showers will be warm. A small mirror is helpful for contact lenses, shaving, etc.

For those who choose to bathe in the ocean, using salt-water soap is also a very effective way to clean and there is no waiting for the shower.

We have potable water stations in plenty of areas for access. Guests will need to bring along their own water bottle for filling up.

There is a generator that is run a few hours each night for guests to charge batteries.



Meals

All meals are included in this program from dinner on Day 1 to breakfast on the last day.

On sea kayaking adventures, both Belizean and international cuisine is prepared by your guides and our cooks. Many of our main courses such as lobster (in season), conch and many varieties of fish are gathered fresh from the sea each day. On lodge-based tours, we enjoy picnic lunches while in the field and specially prepared meals at lodges and local restaurants. Meals, while camping in the rainforest, are ample and nutritious but are usually more simple fare than our basecamp and lodge based sea kayak and snorkel trips due to size and weight limitations of what we can carry with us on the river.

Please let us know in advance if you have any special dietary requirements. We have experience with vegetarian, allergy specific and gluten-free diets. We pride ourselves on serving wholesome, fresh ingredients, however if you have specific dietary requirements we will make sure to discuss with you before your trip.



Riding

Trip Preparation

It is good to begin exercises a minimum of two weeks before your scheduled departure. To facilitate paddling, the following is a list of exercises for wrist, arm, and upper body strength.

- Sit-ups: 5 to 20 per session - 1-3 times daily
- Push-ups: (min. of 10 per session - 1-3 times per day)
- Wrist-curls: 2-3 per session - 1-3 times per day. To perform: take a 2 ft. long rounded baton (a stick, dowel or cut-off broom handle will do), attach a length of sturdy rope (measuring 2-3 ft.) in the middle of the baton, to this tie a light weight bag filled with sand or a rock (approx. 2lbs) to the end of the rope. Grasp baton with both hands on either side of rope, straight out from your body, and wind the weight up and down, turning the baton alternately in one hand and the other, until the rope is wound around the baton and then unwound
- To improve your snorkeling ability, some time at a swimming pool is encouraged. Practice swimming, not only lengths, but also legs-only. Furthermore, it is important to try out your snorkeling equipment in the pool to ensure comfort if you have not used the equipment before.

Sea Kayaking in the Tropics



Sea Kayaking in the Tropics

A typical day will include paddling and sailing from one island to another or to patch reefs within the atoll. Whenever possible we take advantage of the northeasterly trade winds to fill our sails as we travel. The protection of the reef wall and shallow inshore waters provides one of the best places in the world for sea kayaking.

Our main concerns while on the water are protection from sun (both above and reflected off the water), dehydration, and the effects of salt. Protection from the sun and dehydration are easily managed by wearing a wide brimmed hat, using a good waterproof sunscreen (SPF 15-35), and wearing light-colored clothing and, of course, drinking plenty of fluids.

As for salt, the high salinity of the Caribbean Sea can dry your skin and cause blisters on hands (paddling) and feet (snorkeling). Skin lotion or moisturizer for your skin, gloves to protect your hands (cotton garden gloves or cycle gloves work very well), and socks for your feet while snorkeling are recommended.

The Company

Transformational travel might be the latest buzzword, but we've been practitioners, and believers, that experiential travel changes lives, since establishing Island Expeditions in 1987.

We introduced the modern sea kayak to Belize in 1987, and 20 years later, brought the first stand-up paddleboards to the country's seldom explored coral reefs and tropical cayes.

For the first 15 years of our operation, we worked intimately with the local community, to build lasting relationships. We recruited dive fisherman and bush hunters, with no background in tourism, to work as our guides.

It's a pleasure to continue to collaborate closely with the local community, and employ the next generation of guides – skilled instructors, fully qualified Swift Water Rescue technicians, Belizeans who are adept at bridging the world they grew up in - cooking over open fires and sleeping in hammocks with their siblings - with your world and expectations of comfort and leisure.

Named by National Geographic Adventure as one of the Best Adventure Travel Companies on Earth, our trips have been acclaimed by Outside Magazine and the Globe and Mail. And just as importantly, 30,000 guests, and counting. Be part of a 30 year tradition of seeking out timeless and unspoiled places. Let Belize and Island Expeditions rekindle your wonder and coax your inner adventurer into the wild.

Your Leaders

Our leaders, far and away the most experienced in Belize, are consummate professionals taking great pride and personal pleasure in sharing and creating memorable travel experiences for you. With backgrounds as naturalists and teachers, photographers, fishermen and explorers, they provide invaluable insights into the areas and cultures we travel.

All wilderness trips are led by the most experience leaders in the business. This ensures that you are venturing into the wilds of Belize with Belizean guides, who have a wealth of experience and skills relating to the environments, languages and customs of their native land, along with North American leaders who accompany the group, and are trained to North American standards in Wilderness First Aid, Swiftwater Rescue and Kayaking Instruction. Perhaps most important, IE guides' consideration for your safety, and their enthusiasm, good nature and dedication help to set the tone for each trip... where learning and exceptional adventures go hand in hand.

Itinerary



Sample Itinerary - subject to changes

Please note all itineraries are subject to change depending on weather or safety considerations. Flexibility as our guest and as an international traveler is the key to an awesome experience.

Day 1: Arrival

Upon arriving at the International Airport, connect for a scenic 20 minute flight to the coastal town of Dangriga and then by road to Bocawina Rainforest Lodge, the only lodge situated within a 7000 acre National Park. Tonight, we dine in the rainforest at the acclaimed Wild Fig restaurant.

Accommodations: Bocawina Rainforest Lodge

Meals included: Dinner

Day 2 & 3: Maya Mountains

The rainforests of the Maya Mountains are a stunning backdrop for two days of incomparable adventure.

Stepping out your front door you have a kaleidoscope of adventures awaiting within what feels like our private 7000 acre National Park. We'll hike to the top of Antelope Falls and take in majestic views of pristine rainforest stretching to the Caribbean Sea, zipline through the jungle canopy, rappel down a waterfall, visit a Spice Farm, or venture out on the jungle trails with our resident naturalists. Each night, we return to Bocawina for sunset, happy hour and a delicious dinner.

Accommodations: Bocawina Rainforest Lodge

Meals included: Breakfast, Lunch & Dinner

Day 4 to 7: Kayaking

Bid farewell to the rainforest and welcome the turquoise waters of the Caribbean. Our motorboat charter takes us 36 miles offshore to the sun-drenched cayes of Glovers Reef Atoll.

We settle into our tent cabanas, then after lunch, guides provide professional instruction - teaching sea kayaking, snorkeling, and safety in tropical seas before heading out on the water. Each day is packed with activity choices. You can expect to be pampered by our staff with delicious food and perfect days of sun, turquoise clear waters, coral reefs and a full range of adventure sports to choose from each day.

Accommodations: Glover's Reef Basecamp

Meals included: Breakfast, Lunch & Dinner

Day 8: Departure

Our boat charter departs mid morning to take you back to the mainland. Your trip finishes in the Garifuna town of Dangriga, where our logistics and support staff will coordinate your land or air connections.

Meals included: Breakfast

Note: For travelers who will be leaving Belize on Day 8, international connections out of the country require a departure after 3:00 pm. To connect with Sunday afternoon departures from Belize a short domestic flight is



separate and one pin to connect them. Sunday afternoon departure from Belize & short someone might be required.

This flight is from Dangriga to the Belize International Airport. Our office can confirm pricing and book your domestic flight. For guests who would like to spend an extra night in Belize we offer a Flight & Hotel Package.

Other Info

Meeting: Dangriga

Airport: Belize International Airport (BZE)

Train station: --

Transfer: Belize International Airport (BZE)

Pick-up is from the Belize International Airport (BZE) between 1:00-4:00pm on Day 1.

On the last day, transfers back to the airport are not included.

Tack: --

Horses: --

Pace: Moderate fitness recommended.

Level: 🐾🐾🐾🐾 (2 to 4 out of 5) Moderate

Riders: Min 6 riders Max 22 riders

Rates and Dates 2024 - ZZ-BESK07

Rates include: Accommodations, Most meals, Activities as mentionned in the program & Pick-up from Belize International Airport

Packages and Options

Season	Description	~US\$
A 2024	8 day trip	\$2500

Tax:\$ 210

Transfer Option

Description

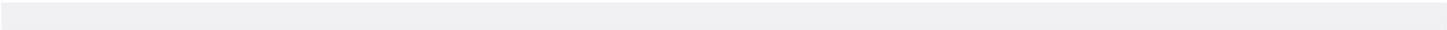
2024	Pick-up from Belize International Airport included	
2024	Single supplement	\$450
2024	Transfer back to Belize airport, pp ~	\$110

Tour Dates

Season	Tour Dates		
A 2024	11/24/2024 - 12/01/2024	8d / 7n	8 day trip
A 2024	12/01/2024 - 12/08/2024	8d / 7n	8 day trip
A 2024	12/08/2024 - 12/15/2024	8d / 7n	8 day trip
A 2024	12/15/2024 - 12/22/2024	8d / 7n	8 day trip
A 2024	12/22/2024 - 12/29/2024	8d / 7n	8 day trip
A 2024	12/29/2024 - 01/05/2025	8d / 7n	8 day trip

Min/Max: 6/22

Rates do not include:Dinner on day 2 and 3, Drop off to Belize International Airport, Fishing licenses, Scuba diving, Departure tax, Gratuities & Extra costs due to late arrivals, lost baggage, and other circumstances beyond our control



Reservation Form

Hidden Trails Outdoor Reservation Form

Tour : _____ **Code #:** _____ **from:** _____ **to :** _____

The Travelers (Last Name, First Name)	Male Female	Single room/ or tent	Birth Date MM/DD/YY	Height	Weight*	Special diets**	Allergies	Medical Con.	Excellent	Good	Moderate	Poor	Fitness Level	Need to rent equipment
1.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
2.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
4.		<input type="checkbox"/>	___/___/___			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

* If more than 200 lbs we need to reconfirm with our partners first

** Details on dietary needs on separate sheet, please.

Special Diets: _____

How often do you exercise? _____ Describe your experience: _____

Have you been on other riding tours? No ☐ Yes ☐ last trip when? _____ Trip: _____

If Hidden Trails offers a transfer from the local airport/station: I would like the transfer to be included: YES ☐ NO ☐

In an emergency, name and phone number of contact: _____

Attention: Please, if there is more than one participant, all have to sign the reservation form - make copies if needed

With my signature I confirm my reservation of the listed program(s) under the Hidden Trails Booking Conditions. I'm aware, and I made all participants aware of the risk involved with these outdoor adventure activities. All participants have read and agree with the Hidden Trails *Booking Conditions* and the Hidden Trails *Recreational Activity Release and Indemnity Agreement* in this brochure or as listed on the Internet.

I (we) will sign and forward the *Recreational Activity Release and Indemnity Agreement* at least 8 weeks before trip starting date.

Last Name and First Name (The Traveler) _____

Street _____ **e-mail** _____

City _____ **State** _____ **Postal/Zip Code** _____

Phone (wk) _____ **(hm)** _____ **Fax** _____

Date _____

Signature (mandatory)

1.

Please, charge a 25% deposit (minimum \$ 350 per person) now and full payment 10 weeks before starting date to my credit card.

For payments by **VISA** ☐ or **Mastercard** ☐ (no debit cards)

Cardholder:

Card #

-----3 digit Security # -----

Exp.Date:

Signature:

Billing Address for Credit Card (if different than mailing address):

I have enclosed a check for the deposit ☐

Additional Signatures:

2.

3.

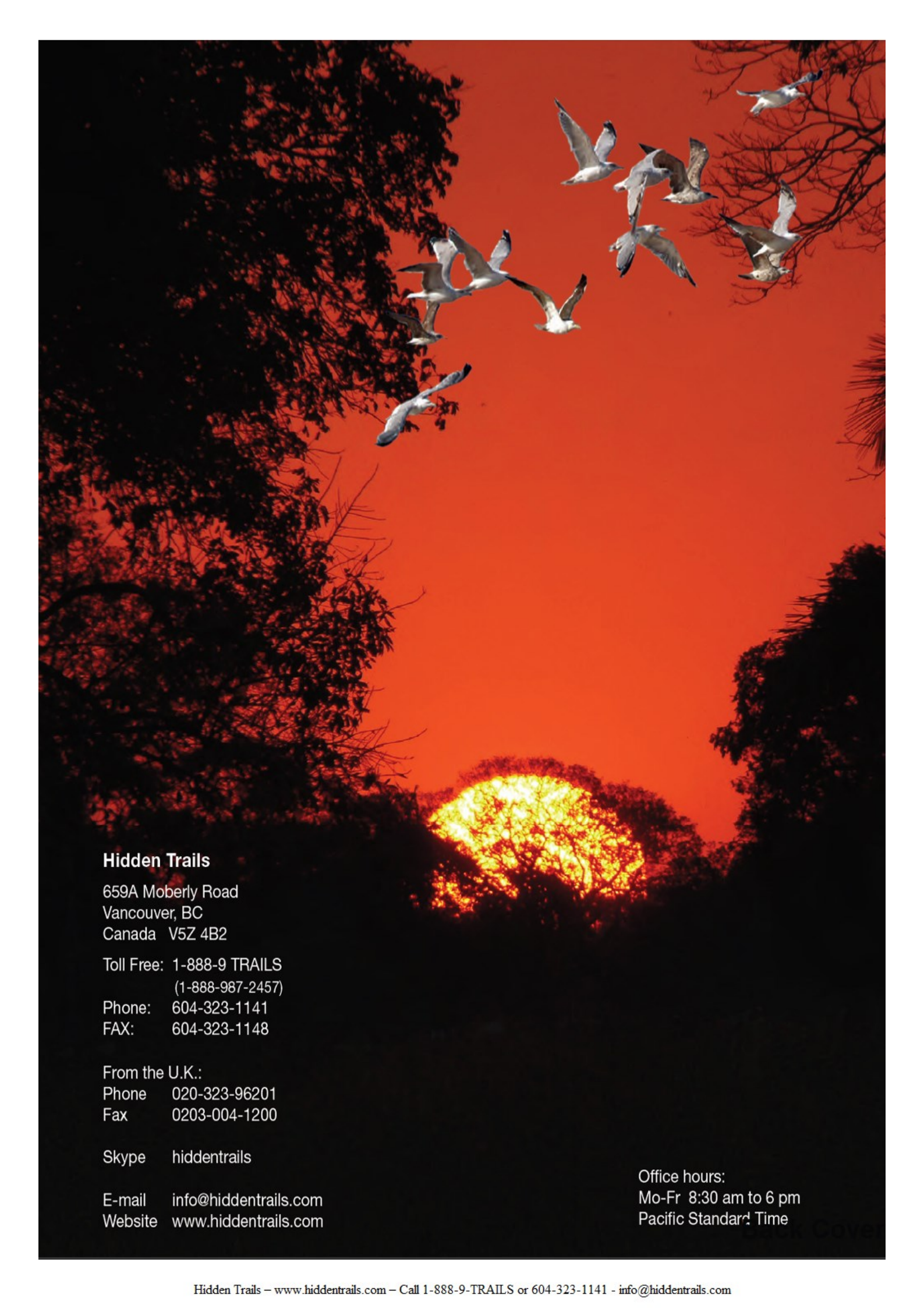
4.

Travel Cancellation Insurance Credit Card required

Sign me (us) up ☐ initial _____

No, we will provide our own ☐ initial _____

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