



# COPAL TREE LODGE

## Welcome!

Thank you for choosing  
Copal Tree Lodge, a Muy'Ono Resort.

Belize sits on the Caribbean coast, nestled between Mexico and Guatemala. Copal Tree is located in Southern Belize and is an adventurer's paradise. We invite you to explore the best of Belize. Fishing, agri-tourism, snorkeling, birding, and exploring Mayan ruins can fill your days. Belize offers an incredibly diverse habitat for all types of exploration, both inland and on the water. Then again, you can stay right here at the resort and spend your time sunning, swimming, hiking, kayaking, biking, eating, drinking, napping, and reading.

### CONTENTS

- 2 LODGE MAP
- 3 LODGE INFORMATION
- 8 COPAL TREE STORY
- 10 DINING
- 13 ADVENTURE BOOK
- 23 SPA MENU



# muy'ono

ADVENTURE IN LUXURY

Muy'Ono Hospitality offers one-of-a-kind resorts throughout Belize. Our mission is to deliver unforgettable vacations from start to finish, so you can also book the top excursions in the country with us. Each Muy'Ono resort and tour business operates to provide exceptional experiences showcasing the best of Belize. Earn points for each stay at a Muy'Ono resort and get special offers by signing up at [muy-ono.com/rewards](https://muy-ono.com/rewards).

## SHARE YOUR EXPERIENCE

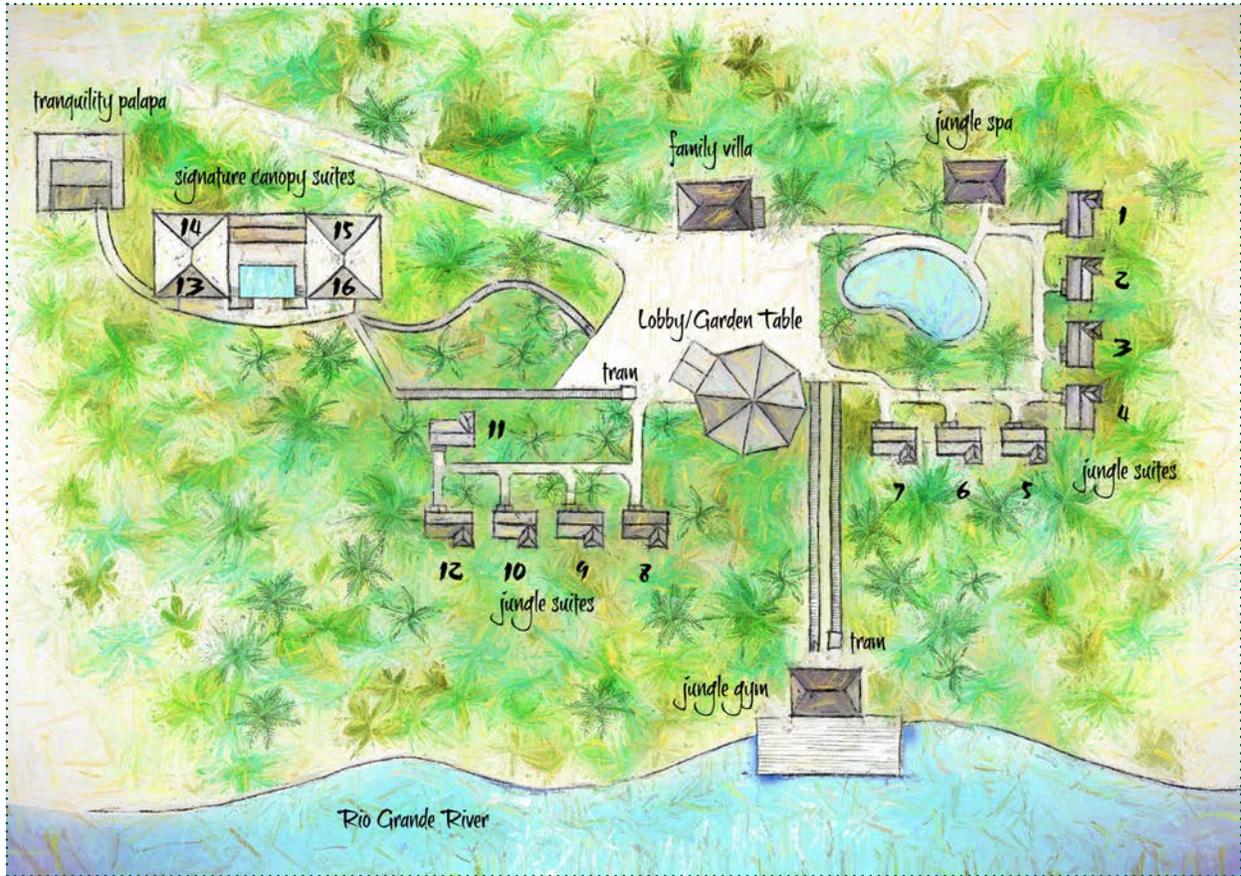
Share your Copal Tree Lodge experience by tagging #copaltreelodge on Instagram, Facebook, and Twitter. The best posts will be shared on our social media accounts!



@copaltreelodge

Don't forget to enter our contest for a free stay after you leave! You will receive an email from the company Flip.to with instructions on how to enter.

# Lodge Map



## HOURS

Front desk is available daily from 5:30am to 11:00pm

Restaurant is open daily from 6:00am to 9:00pm and the bar closes daily at 11:00pm

The Fly & Gift Shop is open daily from 5:30am to 11:00pm

The Jungle Gym is open daily from 6:00am to 6:00pm, but keys are available for after-hours use

The swimming pools are open daily from 6:00am to 10:00pm

## PHONES

- Front Desk: 0
- Adventure Desk: 0
- Garden Table: 0
- Security: 0
- Room to Room: 1 + Rm #

# Lodge Information

## AMENITIES

Copal Tree is a jungle lodge, organic farm, and a 12,000 acre nature reserve. We are a full-service resort with two swimming pools, a guest lounge, spa, farm-to-table restaurant, fitness center, yoga palapa, rum distillery, organic coffee, cacao and sugar farms, and more. Guests enjoy complimentary wifi, kayaks, stand-up paddle boards, and bikes. Each of the seventeen suites has a breathtaking jungle view. Copal Tree Lodge offers all-inclusive packages, allowing guests to indulge in all the resort has to offer.

## CHECK IN & CHECK OUT

Check in time is 3:00pm and check out time is at noon (12:00pm). For a late check out, please see the front desk.

## CONTACT INFORMATION

Mailing address: P.O. Box 135, Punta Gorda Town, Toledo District, Belize, Central America

Lodge Phone Number: dial access code +501-722-0051

Lodge Email: [reservations@copaltreelodge.com](mailto:reservations@copaltreelodge.com)

## CURRENCY

The local currency is the Belize dollar. US dollars are accepted at most locations in Belize, but we can exchange currency for you at the front desk if needed. \$1 USD equals \$2 BZD. Copal Tree Lodge accepts Visa, Master Card, and American Express.

## ELECTRICITY

Belize uses 110 volt, 60 cycle electricity, which is the same as North America. North American guests will not need a converter or adapter. Guests from other parts of the world may need an adapter.

## ENVIRONMENTAL CONSERVATION

We invite you to help us conserve water by using your linens and towels more than once. In addition to decreasing water and energy consumption, this will reduce the amount of detergent waste water that must be recycled within our community. Kindly turn off all lights, televisions, radios, and air conditioners when not in use or prior to leaving your room. Thank you for your cooperation.





# Lodge Information

## **FLY & GIFT SHOP**

Our Fly and Gift shop is located off the lodge near the pathway to Rooms 8-12. We carry a range of flies, leaders, tippets, clothing, and sunblock as well as a selection of souvenirs, locally made products, and toiletries that you may have forgotten. Simply take your purchase to the front desk and we will add the charges to your room bill. Loaner fly rods and reels are available at no cost. Please let the front desk know so that we can set up everything for you.

## **GRATUITIES & SERVICE CHARGE**

For the convenience of our guests, we add a 10% service charge to all your food & beverage purchases. If you wish to leave additional cash or credit card gratuity for the entire team or a specific team member, please let us know.

## **INTERNET & WIRELESS CONNECTION**

We are pleased to offer complimentary wireless connectivity throughout the lodge, in the suites, and on the canopy. There are no passwords required. Signal is strongest in the lobby.

## **JUNGLE ENVIRONMENT**

Because we are located in the heart of the jungle, you may find some insects or geckos in your room. To keep this to a minimum, we suggest leaving all the main lights off in your room if you are out for the evening, as the brighter lights attract bugs. For this reason, we do not offer room service and we request that you do not take food to your room.

## **JUNGLE GYM**

The fitness center is located at the edge of the river and can be accessed by stairs or the river tram. Please ask if you need assistance.

## **LAUNDRY SERVICE**

We are pleased to offer laundry service to our guests for \$20 USD per load. You will find a laundry bag in the wardrobe in your room. If you would like your laundry to be done, kindly place it in the bag and leave it near the front door for housekeeping to collect.

## **MEDICAL INFORMATION**

Please inform us if you have any serious medical conditions that may require special precautions. In most cases, we can help you obtain a replacement for misplaced or forgotten medication at the local pharmacy.



## **NON-SMOKING**

There is no smoking allowed in the rooms, on your terrace, in the lodge, or near the entrance to any structure. Smoking in your room will result in a \$500 USD cleaning fee.

## **RIVER DECK**

Just down the hill is the Rio Grande River where we have an air-conditioned gym, bathrooms, and a river deck. This is where the kayaks and canoes are located. Guests are welcome to walk down or ride on the tram and explore. Let the front desk know if you would like to go kayaking or canoeing so that a guide can set everything up for you.

## **SAFES**

There is a small safe in your room for your convenience. Press any four digits that you will remember and the pound (#) sign to lock it up. Just enter the same four digits to open the safe.

## **SWIMMING POOL**

The tranquil main pool is located on the far side of the lodge, just in front of the spa entrance. Towels are available at the pool in a basket. Pool-side beverage service is available at the main pool throughout the day. A second infinity pool is available to guests staying in the Signature Canopy Suites only (inquire for suite upgrade availability).

## **TURN-DOWN SERVICE**

Every evening we offer turn down service. Please let us know if you would prefer not to have turn-down service.

## **WAKE UP CALLS**

If you would like a wake up call, please ask at the front desk or inquire with your server at dinner. If you would like early morning coffee and tea service with your wake up call please let us know.

## **WATER**

As a part of our commitment to conservation, we are proud to have a new state of the art, gravity fed rainwater collection and filtration system. During the dry season from March to May, we appreciate your efforts to help us conserve rainwater by reusing your towel and using water wisely. If you would like your towel changed, please leave it in your shower. Bed linens are routinely changed every 3 days. For drinking water, please fill your complimentary water bottle with filtered water from your room or various locations around the lodge.

An aerial photograph of a tropical river winding through a dense, lush forest. The river is a light brownish-green color, contrasting with the vibrant green of the surrounding vegetation. The forest is composed of various types of trees, including many palm trees. In the background, there are rolling hills and mountains under a hazy, orange-tinted sky, suggesting a sunset or sunrise. The overall scene is a beautiful representation of a tropical landscape.

## LOCATION

Belize is situated at the base of the Yucatan Peninsula in Central America and borders Mexico and Guatemala, with the Caribbean Sea to the east. Copal Tree Lodge is located along the coast in Southern Belize.

## HISTORY

The region was at the heart of the Mayan empire, which collapsed between AD 1000 and 1500. Archaeologists estimate that at its peak, one to two million Maya lived within the borders of present day Belize. The country's modern history began when Belize, formerly British Honduras, was occupied by the British in 1638 and was formally recognized as a British colony in 1862. The country achieved full independence in 1981.

## GEOGRAPHY

The size of Belize is 8,866 square miles, including numerous small islands (cayes) off the coast. More than 65 percent of the country is forested. To the south and west is the Maya mountain range. The shallow offshore cayes to the east straddle a coral barrier reef second only in size to Australia's Great Barrier Reef.



## POPULATION

Total Belize population is approximately 375,000. Punta Gorda is home to about 5,000 people while approximately 20,000 people reside in the capital, Belmopan. Just over 60,000 reside in Belize City.

## LANGUAGE

English is the official language. Spanish, Garifuna (Carib), Maya, and Creole are also spoken, as well as a German dialect by the Mennonites.

## TIME ZONE

Belize is five hours behind GMT (same as CST) and does not observe daylight savings time. During daylight savings time, Belize is six hours behind GMT (same as MST).



# The land surrounding Copal Tree Lodge

has a record of human inhabitation dating back to the Classic Maya period—around 600 AD—when the Maya people used the Rio Grande River as an important transportation route to the sea. In the 1860's, Confederates from Alabama and Texas settled in the region to grow sugar cane, raise cattle, and produce rum. Ms. Marie Louise Young, a Confederate descendant born in Belize and our own Captain Jackie Young's grandmother, eventually bought the property where the Lodge is located and raised cattle and 80-acres of sugar cane. She produced aged Argicole rum and started a distillery called "Rocky Run Rum" on the property. The original cane press can be seen at the heart of our Farm Center. In 2001, the property was sold to the owners of El Pescador in San Pedro and construction began on El Pescador South, a new fly fishing lodge.



## OUR STORY

In 2005, Todd Robinson purchased the fishing lodge. An avid marine conservationist, he became involved in regional environmental conservation. In 2009, Anya Fernald, CEO of Belcampo, partnered with Robinson to launch Copal Tree Lodge and develop it into an agri-tourism destination, producing the keystone organic crops of sugar cane, cacao, coffee, and vanilla. The farm provides guests with programs that share and study these amazing ingredients at their origin. In only a few short years, Copal Tree Lodge has grown from pioneering the ideas of sustainable food production and agri-tourism to an award-winning, world-class destination. With 17 suites, including four canopy suites with a gravity fed rainwater catchment and filtration system, we welcome discerning conscientious travelers from around the globe.

# From the preservation of an intact 12,000 acre nature reserve

to the implementation of daily practices that reduce the operation's carbon footprint, Copal Tree Lodge is committed to conservation and local economic development.

---

**70% of the food we serve** in the restaurant is organically produced on the farm.

---

**We use sustainable line-caught** seafood purchased directly from local day boat fishermen.

---

**We are helping to save Belize's indigenous agriculture** by growing native crops on the 3,000-acre organic farm.

---

**We are building a sustainable economic return for Mayan products** through enterprising partnerships.

---

**We make furniture & building** materials on site from our own forest dead fall or sustainable harvested tropical hard woods.

---

**We plant thousands of trees** each year as part of an extensive agroforestry program that also supports local wildlife.

---





### **RESTAURANT HOURS**

Breakfast: 6:30am - 10:00am

Lunch: 11:30am - 3:00pm

Fill the Gap: 3:00pm - 6:00pm

Dinner: 6:00pm - 9:00pm

# **Farm-to-Table Philosophy**

We only use local, humanely raised meats. We butcher and cure our own meats, including breakfast sausage and bacon that is smoked over cinnamon and allspice cuttings. We only use sustainable seafood, supporting small scale, local day boat fishermen and strictly adhere to seasonal fishery openings. We serve all of the lion fish we can get because it is an invasive species. Eating it protects the Belize Barrier Reef, the second largest in the world, from species and habitat loss. We only use wild shrimp, or shrimp from a well-researched, land-locked sustainable shrimp farm in nearby Placencia. We love to talk to guests about our food and approach - don't hesitate to ask!

# Dining

At the heart of Copal Tree Lodge is Copal Tree Farm, the first certified organic farm in Belize, growing indigenous crops such as coffee, cacao, sugar cane, and vanilla. Guests can enjoy the produce of the farm at our locally-inspired restaurant, Garden Table where more than 70% of the food we serve comes from the farm.

Delicious, authentic food is at the core of the Copal Tree experience. The Farm-to-Table All Inclusive Package is the best way to fully experience the jungle lodge. Enjoy three farm-to-table meals per day, snacks, and local alcoholic and non-alcoholic beverages - all at one packaged price. We cater to any dietary needs. Just let us know what you require. With an abundance of fresh local fruits, vegetables, and corn tortillas, it is easy to eat vegetarian, gluten-free, or dairy-free while staying at Copal Tree Lodge.

Using seasonal produce, we seek to prepare foods that are culturally significant, fresh, flavorful, and satisfying. Influenced by the culturally-rich Belizean heritage, our meals are a blend of Mayan, East Indian, Creole, Garifuna, Latin, and Indo-Caribbean-inspired fare and are prepared using traditional and modern cooking techniques.

We use wild and seasonal foods, such as heart of Cahune palm, oyster mushrooms, jippy jappa, and fruits such as Mali apple, velvet apple, and Surinam cherry. With seasonal excesses, we freeze and can marmalades and pickled veggies. We make our own hot sauce. We love to cook with local ingredients, including chocolate, vanilla, cane sugar, and rum. As we wait on our own farm's coffee plants to mature, we are currently sourcing organic coffee from Guatemala and roasting it on site.

# Rum Bar

Located in the heart of the lodge, the Copal Tree Rum Bar is the place to relax and unwind at the end of each day. The central lounge is surrounded by cool shaded decks perched within the jungle canopy. Here you will find complimentary wifi, a collection of culinary and botanical books, as well as magazines and games for the occasional rainy day. Freshly squeezed juices, coconuts, limes, exotic fruits, and fresh herbs are combined with spirits with an emphasis on our own Copalli Rum.



## THE FARM - THE HEART OF COPAL TREE

Copal Tree is dedicated to developing lasting economic stability in Southern Belize through agriculture. Sugar cane, cacao, and coffee are being grown organically by local people. We produce more than 70% of the food we serve to guests. With extensive gardens, tropical fruit trees, and livestock, the day-to-day food production is a year-round hive of activity. Join the farm team for a visit to the egg mobile. Visit the Cocktail Garden where we grow limes, coconut and pitaya. Explore the Flavor Garden to see, taste, and smell the diverse range of tropical flavors that can be custom blended during the bean-to-bar chocolate tour.

**FARM TOUR** Ask our front desk team about our daily farm tours

## ORGANIC CACAO PLANTATION

Located behind the main vegetable garden and tucked under the shade of a large thatched roof palapa is our Cacao Nursery, full of thousands of grafted cacao plants. Each cacao tree is grown in preparation to be planted in the jungle understory surrounding the lodge. Managed by Kenny Ramos and his crew, the nursery is a must see for any visitor to Copal Tree. Like planting a vineyard, organic cacao requires a 3 to 5 year wait for the first harvest. In 2013, one hundred twenty acres of organic Criollo cacao were planted, making Copal Tree the largest cacao plantation in Belize and the largest Criollo cacao plantation in Central America. In addition to cacao, the nursery is growing spices such as cardamom, nutmeg, vanilla, and allspice.





# Activities

## DISCOVER THE BEST OF BELIZE

We invite guests to explore Copal Tree and the surrounding nature reserve through complimentary self-guided tours

## Complimentary

### CANOE/KAYAK ON THE RIO GRANDE

Copal Tree's 12,000-acre nature reserve is bordered by the winding Rio Grande River. Its gentle current allows for easy paddling up or downstream. You can spot iguanas, howler monkeys, tropical birds, and rolling tarpons among the plethora of indigenous jungle creatures.

**GUIDED CANOE/KAYAK AVAILABLE FOR A FEE**

### ON-SITE HIKING

Copal Tree has several moderate hiking trails to points of interest throughout the property. Trails on the farm include the Chocolate Trail through the cacao plantation and Sugar Cane Run, which extends around the sugar cane fields outside of the gates. Hiking with a guide at least once is highly recommended as they are overflowing with information on the flora and fauna and are experts at spotting wildlife. Along the trails, you will see birds, mammals, reptiles, amphibians, and tracks of larger nocturnal animals, such as tapirs and jaguars, as well as various medicinal and edible plants and mushrooms.

**MAP AVAILABLE AT FRONT DESK. GUIDED HIKING AVAILABLE FOR A FEE**



### THE JUNGLE GYM

An air-conditioned "Jungle Gym" is located near the river dock where you will find free weights, a treadmill, and a stationary bike as well as yoga mats, straps, exercise balls, and resistance bands.

**SCHEDULE** 6:00am - 6:00pm

Keys are available at the front desk for after-hours use

### MOUNTAIN BIKES

A selection of mountain bikes and classic cruisers provide superb maneuverability through the narrow streets of Punta Gorda. Biking through town offers a unique perspective of the sights and sounds of the area while offering a fun fitness tour.

**ASK THE FRONT DESK OR A GUIDE FOR BIKE KEYS & HELMETS**



# Agri-tourism

## Farm-to-Flask

### MIXOLOGY CLASS

Let our resident experts in the art of mixing cocktails show you how to combine our farm fresh ingredients with rum, distilled on-site. Learn to make three different cocktails with an expert bartender. Of course, you'll be drinking all of the cocktails you learn to make!

### RUM DISTILLERY IMMERSION

We're excited to welcome spirit enthusiasts to Belize's newest rum distillery, where you will be guided through the sugar cane rum-making process of Copalli Rum. Crafted with passion and sustainability at its core, Copalli Rum is made with just three ingredients -- non-GMO heirloom sugar cane, pure rainforest canopy water, and organic yeast -- sourced from 22,000 acres of pristine rainforest in Belize.

From farm to flask, you'll experience each step that goes into making single-origin sugar cane rum and learn what makes it unique. Start by touring the organic cane fields and harvesting your own sugar cane, before heading to the on-site distillery to learn the basics of rum-making and its evolution over time. Tour the entire distillery and bottling facility before heading to the Agricultural Center. Here, experts at Copal Tree Lodge will teach you how to taste spirits correctly and the science behind the practice. Finish the experience with a delicious lunch paired with Copalli Rum cocktails and Copal Tree chocolate. This is a tour that shouldn't be missed.





# Seed-to-Cup

## COFFEE CUPPING

Coffee beans are grown throughout Central America but surprisingly, instant coffee has become a staple in most Belizean homes. With a rigorous training program, the very best roasting and brewing equipment, and top quality organic beans sourced from Central America, we are proud to serve delicious, freshly roasted coffee. We are also working with coffee sourcing experts to source low altitude coffee varietals to plant on our farm. The most important measure of coffee quality is flavor and we have sourced the best Central America has to offer. Join us at the coffee bar for an in-depth coffee tasting, or “cupping.”



# Bean-to-Bar

## CHOCOLATE MAKING

Join our talented team as they take you through a tour of the beautiful nursery which houses fine flavor grafted cacao, coffee, vanilla, cardamom, all spice, and cinnamon. Let a guide show you how to properly graft a delicate Criollo to a hardy Trinitario root stock or crack a pod open and taste the tangy sweet pulp. After visiting the nursery, tour the entire 3000-acre farm in an open cockpit vehicle to see a number of the planting blocks. Finally, make your way to the newly built Farm Center where we will guide you through the entire process of making a chocolate bar from scratch, including roasting, winnowing, conching, and tempering. In the end you'll walk away with an in-depth knowledge of how much work and passion goes into making your very own chocolate bar and a few chocolate bars of your own, of course.



# Complete Culinary Tour

## AGRITOURISM AT ITS FINEST

Enjoy all that Copal Tree Farms has to offer with the Complete Culinary Tour, a combination of three of our top agri-tourism experiences. Learn to make chocolate in the Bean-to-Bar tour in the fully equipped Chocolate Workshop. Learn the art of coffee roasting and cupping with the Seed-to-Cup Coffee Cupping Class. Learn the history of rum and craft your own jungle cocktails with the Farm-to-Flask Mixology Class. Can be done same day or in multiple days throughout your vacation.



# World Class Fly Fishing

## FLY FISHING FOR PERMIT

Copal Tree's prime location on the Rio Grande, just minutes upstream from the Caribbean Sea, provides numerous options for anglers. Both experienced and novice anglers alike are at home with Copal Tree's highly trained guides. Most anglers visit for the world-class permit fishing, however the area around Copal Tree Lodge also has very healthy populations of tarpon, bonefish, and snook. Cast for tarpon and snook on the river and in the mangroves, fish the flats for permit, or when the weather permits, head out to the white sand beaches for bonefish. The majority of fishing takes place in protected marine reserves and national parks. Copal Tree's guides are all local to the Southern Belize region and are happy to accommodate your fishing preference and style. They are extremely patient and professional and can customize your experience to make it memorable. Reservations are based on availability of fishing guides.



# River Fishing

## FISHING ON THE RIO GRANDE

Join Captain Jack as he takes you along the Rio Grande on our pontoon boat looking for the roll of the tarpon, listening for the call of the howler monkey or the splash of a crocodile. Try your luck trolling for snook, snapper, or jack fish. Tour lasts 3 hours.

# Dive & Snorkel

## SNORKEL WITH THE CHEF

Copal Tree offers a delicious adventure you don't want to miss. This guided day-cruise to the Gulf of Honduras takes place on our quiet, comfy catamaran with seating for up to 8 guests. We'll start from the dock and proceed down the river, fishing along the 45-minute ride to Moho Caye, where you'll enjoy snorkeling in the warm, clear Caribbean Sea. You'll see an impressive array of sea life and coral while you and the crew dive for conch, lobster, crab, and possibly lionfish, an invasive species we eradicate by eating!

The shaded boat is outfitted with tables, benches, and a grill with easy access steps into the water so you can spend as much time on board, in the sun, or in the water as you wish. After snorkeling, the onboard crew will mix you a tropical drink, offer you a cold Belikin beer, or glass of crisp white wine. Toast to the good life while one of our talented cooks prepares an incredible lunch featuring the catch of the day. Tour includes marine reserve park fees, snorkeling gear, freshly cooked lunch, and all local beverages.

## HALF DAY SNORKEL

The snorkeling and reef tour takes guests to the southern end of the Port of Honduras Marine Reserve to see a variety of aquatic species including sea fans, coral, colorful tropical fish, seahorses, rays, eels, and turtles. This tour will take about 3-4 hours.

## TWO TANK DIVE

Copal Tree offers divers access to numerous sites, including the Belize Barrier Reef. PADI certified instructors and dive masters provide services suitable for beginners to experts. Price includes two dives, all dive equipment, lunch, and bottled water. Other beverages are available on request.



# Bird Watching

## RIGHT AT THE LODGE

Situated on a 1,000 acre parcel of land comprised mostly of lowland broad leaf forest, Copal Tree offers many opportunities for the serious and the beginning birdwatcher. The Rio Grande River flows through the property and a further 30,000 acre parcel of protected land comprises the eastern boundary. From its vantage point atop Big Hill, uninterrupted jungle surrounds the birdwatcher and affords an excellent view of soaring raptors throughout the day, such as King Vulture, Swallow-tailed Kite, and Black Hawk-eagle. Easy to walk trails loop around the bottom of the hill where you might catch a glimpse of an elusive Mot Mot or dancing Manikin.

The diverse habitat surrounding Copal Tree makes it a bird watcher's paradise. With few human inhabitants and dedicated preservation efforts, it is not uncommon to see more than 200 species on a 5-day trip to Copal Tree. Salty-tailed, Gartered, and Black-headed Trogons make regular appearances in the trees off the dining room, as does the White-necked Puffbird, Red-legged Honey creeper, and Yellow-throated Euphonia. Hummingbirds, such as the Stripe-throated and Long-tailed Hermit, and Whitenecked Jacobin frequent the flowers and feeders at the lodge.

Copal Tree offers one of the most reliable places to see the rare Ornate Hawk-eagle, which nests in the giant Ceiba trees at the lodge and patrols its territory daily. The organic gardens and citrus groves at the bottom of the property host an abundance of birds such as Royal Flycatchers, Painted Buntings, migrating Warblers, and Tanagers.



## INTRODUCTION TO BIRD WATCHING

An outing with a knowledgeable guide generates a new awareness for the rich diversity of life in the jungle. Learn to focus your binoculars, spot native and migratory species, and identify their morning songs. Chances are you will spot a toucan!

## FULL DAY BIRD WATCHING

Mentored by some of the region's leading experts, including noted ornithologist and author of *The Birds of Belize*, Dr. Lee Jones, our guides know where to find both common and rare species. Transported in a safari style Land Cruiser or on the river in one of our comfortable boats, you will see the broadest range of bird species Belize has to offer.



# Maya Sites

## **LUBAANTUN MAYA SITE, BLUE CREEK VILLAGE, & CAVE SWIM**

Visit one of the country's ancient Maya sites and then trek onwards to Columbia Village, one of the local Maya Villages. After a short hike through the jungle, you will reach the famous Hokeb Ha Cave, where you can enjoy a swim in the sparkling water as stalactites loom overhead and stalagmites fill the floor. This is a full day tour with the choice of having lunch at a local café or learn more about Mayan life and join your guide's family for a meal. Bring along: sunscreen, bug spray, long lightweight clothing, water shoes, waterproof cameras, hiking shoes, and a bathing suit. Includes lunch and non-alcoholic beverages. This tour is strenuous.

## **NIM LI PUNIT MAYA SITE & RIO BLANCO WATERFALLS**

Dating from the Maya Classic Period and flourishing from the 5th to 8th centuries AD, Nim Li Punit derived its modern name from the elaborate headdress depicted on one of the largest stellas found in the Maya world. After touring the site, you will enjoy a traditional Belizean lunch at a local café. Following lunch, the tour proceeds along the new Pan American Highway to Rio Blanco Waterfalls Park. Swim in the cool refreshing water, cliff jump, or just relax and enjoy the view. This is a full day tour. Includes lunch and non-alcoholic beverages.

## **MAYA SITE & VILLAGE ADVENTURE**

Pass through several local villages on your way to ancient Maya sites (choice of Lubaantun or Nim Li Punit). If you choose Nim Li Punit, you'll visit Creek Village and Big Falls. If you choose Lubaantun, you'll explore Columbia Village. This is a half day tour and you can choose to either stop at a local café for some local cuisine or head back to the Lodge for lunch. Bring along: sunscreen, bug spray, cool or long lightweight clothing, a hat, and hiking shoes. Includes bottled water. Minimum of 4 participants.





# Guided Adventures

## **PUNTA GORDA TOWN & MARKET TOUR**

Market days offer a great opportunity to immerse yourself in the region's kaleidoscope of people, fruits, vegetables, spices, and fish. Villagers and fishermen converge on the otherwise sleepy coastal town in school buses and boats laden with the bounty of the bay and rainforest farms. In many ways, the scene is reminiscent of ancient Mayan markets.

## **RIVER SUNSET CRUISE**

Spend a relaxing hour on the lush, tropical Rio Grande enjoying the sunset while sipping on a cold beverage aboard our comfortable, covered eight seat catamaran. Bring along bug spray and light clothing.

## **GUIDED JUNGLE RIVER CANOEING & KAYAKING**

The Rio Grande River, which borders the property, was an important trading route for the Maya who used it to transport salt and fish from nearby islands, and agricultural crops from riverbank farms in the jungle. Guided canoeing and kayaking expeditions are a great way to explore the rich history and biodiversity of the area. Bring along: water, sunscreen, bug spray, hat, and long light clothing.

## **HORSE RIDING**

An experienced guide leads horseback rides on trails through the unique tropical rain forests, cacao plantations, sugarcane fields, and all of Copal Tree Farms. Winding through the cacao plantations and jungle you can catch glimpses of the Rio Grande river. Giant Fig, Ceiba, and Gumbo-Limbo trees form the primary canopy, while the massive Cohune Palms, used for thatch and tasty palm heart cabbage, grow in dense stands. Howler monkeys, parrots, and toucans are often spotted on the trails. Your guide might even be able to point out jaguar, puma, and tapir tracks. These animals, while not often seen, leave their imprints in the soft jungle soil. The horses are very calm and know the trails very well. No riding experience is necessary, but it is helpful to be prepared for high humidity, and possibly some mosquitoes.





### **SAN ANTONIO WATERFALL**

Spend the afternoon cooling off in the blue waters of the San Antonio Waterfall, a 45 minute ride from Copal Tree Lodge. Climb and relax on large boulders in the shallow pool below the waterfall, which cascades over moss-covered limestone rock.

### **ZIP LINING**

“An adrenalin fueled adventure for the whole family.” See the jungle from a different perspective, as you enjoy this canopy tour which includes five zip lines in the trees and over the Rio Grande River. Few other zip lines give you the chance to truly appreciate the jungle canopy while respecting the rainforest.

### **RIVER TUBING**

Spend a relaxing hour floating down the Rio Grande, taking in the sights and sounds of the forest as the river winds its way through to the journey’s end, the Hot Springs. Perfect for the whole family.

### **JUNGLE-TO-TABLE FORAGING FARM TOUR**

Living off the land and the fruits of the jungle has always been a large part of the culture in Belize. Join our team as we take you on a foraging expedition to learn more about what the jungle can provide and get first-hand experience of harvesting a Cohune Heart of Palm. This Heart of Palm, traditionally cut after a new moon, is one of the many ingredients the chef will then prepare for you to enjoy at either lunch or dinner that day.

### **GUIDED HIKING**

There are moderate hiking trails to points of interest throughout the property. We recommend having a guide at the helm, as they will share information on the flora and are experts at spotting wildlife. Along the trails you can see birds, mammals, reptiles, amphibians, and the tracks of larger nocturnal animals such as tapirs and jaguars, as well as various medicinal and edible plants and mushrooms. Wear comfortable covered footwear and long sleeve shirt and pants. Bug spray is recommended.

# Children's Activities

## CHILDREN'S BEAN TO BAR CHOCOLATE MAKING CLASS

Spend some quality time together in the kitchen. This is a 1 ½ hour class at the Copal Tree Lodge Agri-tourism Center for kids ages 5 – 12. Class includes chocolate history, creating chocolates from scratch, and creating chocolate confections with your child's choice of ingredients. Your child will leave with their own creations and a better appreciation for fine chocolate. (Please let us know of any food allergies. No peanuts will be used for this class.) Children must be accompanied by an adult.

## CHILDREN'S TORTILLA MAKING CLASS

Have an aspiring young chef in your family? Children will get a hands-on lesson in flour tortilla making with our pastry chef. In this 90-minute class, children will mix, knead, and roll out their own tortillas and watch as the chef cooks them in the traditional Belizean way, over an open fire comal. Using freshly made tortillas, children will also make cheese quesadillas and signature fry jacks - all from the same dough. Recipes cards are provided to make tortillas at home. Children under 10 need a parent present. This class takes place outdoors. (Please inform us of any food allergies. Not suitable for gluten-free or celiac children.)

## CHILDREN'S FISHING

Join Captain Jack as he takes you along the Rio Grande on our pontoon boat looking for the roll of the tarpon, listening for the call of the howler monkey or the splash of a crocodile. Let your children try their luck trolling for snook, snapper, or jack fish. Children must be accompanied by an adult. Tour lasts 3 hours.

## CHILDREN'S JUNGLE FARM TOUR

Let your little ones meet our "little ones" as the Farm Team takes you and your family through the Farm and introduces them to the lambs and baby chicks. Let them learn about healthy eating as they explore the vegetable gardens and taste produce straight off of the vines.





# Spa

## THE JUNGLE SPA

The Copal Tree Jungle Spa is a serene sanctuary overlooking the rainforest canopy. Using only locally sourced ingredients and botanicals, each treatment is designed for relaxation and renewal. If you are seeking respite after a day of activity, or looking to address a specific concern, Copal Tree Jungle Spa has a treatment to help heal mind and body. Explore our spa treatment menu for a full range of services.

**HOURS** By appointment from 7am - 5pm daily, inquire for later appointments 24 hours in advance.

# Spa Treatments

## MANICURE

30 min \$65 USD

Hands are groomed, massaged, and polished using decadent lotions and beautiful polishes.

---

## PEDICURE

30 min \$75 USD

Feet are groomed, massaged, and polished using decadent lotions and beautiful polishes.

---

## RELAXING MASSAGE

60 min \$125 USD | 90 min \$165 USD

The perfect way to reconnect with your body and mind and restore harmony is a relaxing massage. Smooth and steady strokes help ease muscles sore from travel, stress, and physical activity. Suited for those who prefer light to medium massage pressure.

---

## INVIGORATING MASSAGE

60 min \$125 USD | 90 min \$165 USD

An invigorating massage aims to wake up the body and spirit! Muscles are re-energized from deep pressure strokes in targeted zones. This style helps flush lactic acid buildup from the muscles. Suited for those who prefer firm or deep massage pressure.

---

## TRANSFORMATIVE STONE MASSAGE

60 min \$135 USD | 90 min \$175 USD

Muscles melt as they rest under warm stones and are soothed as oiled stones glide over the skin's surface. A unique experience, suited for those who prefer a lighter massage pressure.

---

## MINI ME MASSAGE

30 min \$60 USD

A relaxing massage using light pressure, perfect for children.

---

## PURIFYING MUD WRAP

60 min \$105 USD

Locally sourced, violet colored clay forms the base of this renewing treatment. We collect clay from the surrounding area and carefully rinse, dry, and grind to a fine texture. The micro beads are used first to exfoliate rough areas of skin and then the powdered clay mud is blended and applied to the skin as a smooth paste. The body is wrapped in warm towels, allowing the clay minerals to be absorbed into the skin. After a shower, a light spray application of rich coconut oil leaves the skin feeling soft and refined.

---

## SIGNATURE TREATMENT

1 hr 45 min \$265 USD

The experience starts with a cacao nib and brown sugar scrub, followed by a violet clay mud mask. Next, warm towels envelop the body and are covered with a light cotton wrap. While the mask is processing, a mini-facial and hand and arm massage are performed and, after removing the mud, a back massage finishes the treatment. Your body, face, and spirit are left renewed.

---

## SIGNATURE FACIAL

60 min \$95 USD

Purify. Rejuvenate. Luxuriate with the chocolate lovers facial. This delicious, nutritious treat not only satisfies the taste buds. It also does wonders in detoxifying the skin pulling away impurities caused by the everyday elements. This treatment will also help you to unwind after a long travel day, or will be the perfect end to an activity filled day. Even though the main focus is on facial care your therapist will also massage your hands, feet, shoulders and head, giving you the most deluxe feel of relaxation

---

## REHYDRATING FACIAL

45 min \$70 USD

Sunny days and frequent showers can leave the skin dry and unable to maintain a proper hydro-lipid barrier for protection. This facial replenishes the skin using products infused with grapefruit and frankincense, an aloe vera mask for hydration, and a light facial balm for moisture balance.

---

## PURIFYING FACIAL

45 min \$70 USD

Skin can lose its luster and become dull. The Purifying Facial removes surface congestion with clay micro beads, followed by an application of a violet clay mask, and a light facial balm with copal and grapefruit for oil balance. Suitable for skin that develops areas of excess oil or visual surface impurities.

---

## REHYDRATING SUGAR SCRUB

60 min \$105 USD

We eliminate dry, flaky skin using locally grown brown sugar and cacao nibs blended with coconut oil and rainforest spices. We use light, brisk strokes to apply the sugar scrub and hot towels and a refreshing shower to remove the residue. An application of body oil in a light spray finishes the treatment. Skin is left smooth and fresh.

# Guided Adventure Rate Sheet

Consult the front desk for schedule and availability.  
Rates are in USD and do not include taxes or gratuity.

Children 12 and under get 50% off tour rates  
(Excludes Zip Line, River Tubing, and Children's

COMPLETE CULINARY TOUR	\$135 USD per person
FARM-TO-FLASK MIXOLOGY TOUR	\$45 USD per person
SEED-TO-CUP COFFEE CUPPING	\$45 USD per person
BEAN-TO-BAR CHOCOLATE MAKING	\$70 USD per person
FULL DAY FLY FISHING	\$525 USD per boat
RIVER FISHING	\$115 USD per person
SNORKEL WITH THE CHEF	\$210 USD per person
HALF DAY SNORKEL	\$155 USD per person
2 TANK SCUBA DIVE	\$445 USD per person
INTRODUCTION TO BIRD WATCHING	\$45 USD per person
HALF DAY BIRD WATCHING	\$75 USD per person
FULL DAY BIRD WATCHING	\$150 USD per person
LUBAANTUN RUINS, BLUE CREEK, & CAVE SWIM	\$195 USD per person
NIM LI PUNIT RUINS & RIO BLANCO WATERFALLS	\$195 USD per person
MAYA RUIN & VILLAGE ADVENTURE	\$125 USD per person
PUNTA GORDA TOWN & MARKET TOUR	\$45 USD per person
RIVER SUNSET CRUISE	\$100 USD per person
GUIDED JUNGLE RIVER CANOEING & KAYAKING	\$45 USD per person
HORSE RIDING - 1 HOUR	\$75 USD per person
HORSE RIDING - 2 HOURS	\$125 USD per person
SAN ANTONIO WATERFALL	\$95 USD per person
ZIP LINING	\$110 USD per person
RIVER TUBING	\$110 USD per person
ZIP LINING + RIVER TUBING	\$150 USD per person
GUIDED FARM TOUR	\$45 USD per person
JUNGLE-TO-TABLE FORAGING FARM TOUR	\$55 USD per person
GUIDED HIKING	\$45 USD per person
CHILDREN'S BEAN TO BAR CHOCOLATE MAKING	\$45 USD per child
CHILDREN'S TORTILLA MAKING	\$20 USD per child
CHILDREN'S FISHING	\$50 USD per child
CHILDREN'S JUNGLE FARM TOUR	\$25 USD per child





# Adventure Book