



# ADVENTURE BOOK

## Welcome!

Thank you for choosing  
Thatch Caye, a Muy'Ono Resort.

We provide the following equipment complimentary with the purchase of any package. Snorkel around Thatch Caye and catch glimpses of rays, starfish, moray eel and many fish species. Explore the surrounding waters with the kayaks and paddle boards.

- Paddle Boards
- Snorkeling Gear
- Kayaks
- Bikes
- Hobie Cat (Sailing)





# ISLAND ADVENTURES

## LOBSTER OR CONCH HUNT

Travel around the CAYES to hunt for your dinner! This is a snorkel adventure where you hunt Lobster or Conch, **seasonally**. (Lobster: June - Feb.) (Conch: Oct. - June)

**Time:** Half Day

**Difficulty:** Moderate

## NIGHT SNORKEL/SCUBA TOUR

Snorkel the second largest barrier reef in the world after dark! Night snorkeling and scuba is a great way to experience a very different marine world on the Belize Southern Barrier Reef. At night, many of marine life that go into hiding during the day come out to play, mate, explore and feed. Some creatures you may get to see are lobsters, octopus, squid, eels, spanish dancer fish, toadfish, frogfish, sea slugs, blue tangs, tarpon, barracuda and many more multi-colored reef fishes. With a dive light, expect to see the marine life at the height of their existence!

**Time:** Evening

**Difficulty:** Easy

## STARGAZER'S CRUISE

Enjoy an hour long romantic cruise around the Caye with a bottle of champagne under the beautiful night sky. Hear about the different constellations and star navigation or just enjoy the peaceful serenity of the silence. Only one couple per night, so book yours first!

**Time:** 2 Hours

**Difficulty:** Easy

## ISLAND CRAWL

Take a floating bar from caye to caye. Travel to Tobacco Caye, South Water Caye, Twin Caye, and Bird Caye. Seasonally, stop by the Smithsonian research facility at Carrie Bowe Caye. Learn about the history and culture of the cayes in Belize. The bartender on board will provide a signature cocktail to represent each island. Hang at the bar and enjoy the vibe of each island. Bring cash if you'd like additional drinks from the island bars. Try not to come back to the island crawling, but we can provide wheel barrow service to your room.

**Time:** Half Day

**Difficulty:** Easy

## SITTEE RIVER BOAT TOUR

Enjoy a boat ride from Thatch Caye to the beautiful Sittee River. Look for crocodiles, iguanas, river otters and manatee. A picnic lunch is provided.

**Time:** Half Day (Seasonal)

**Difficulty:** Easy





# SCUBA DIVING & SNORKELING

Belize Underwater is a PADI 5-star dive operator. Snorkeling, PADI courses, and Discover SCUBA include equipment. Equipment may be rented for all other divers. Lunch is included.

## BARRIER REEF SNORKEL

5 HOURS • SKILL LEVEL: NOVICE

The second largest barrier reef system in the world, the Belize Barrier Reef, is a sight to behold. Snorkel among delicate sea fans, colorful tropical fish, and impressive corals. This excursion includes two separate snorkels with experienced guides who make sure you are comfortable in the water.

## DISCOVER SCUBA

FULL DAY • SKILL LEVEL: BEGINNER

While not a SCUBA certification, this program will allow you to safely dive with an instructor to get a taste of what diving is all about. This introductory dive lesson takes approximately two hours with a certified PADI instructor. Once comfortable in the water, you'll explore the reef together, diving to a maximum depth of 40 feet. This is perfect for trying diving before committing to a full certification course.

## OPEN WATER REFERRAL - PADI SCUBA CERTIFICATION

MULTI-DAY • SKILL LEVEL: BEGINNER

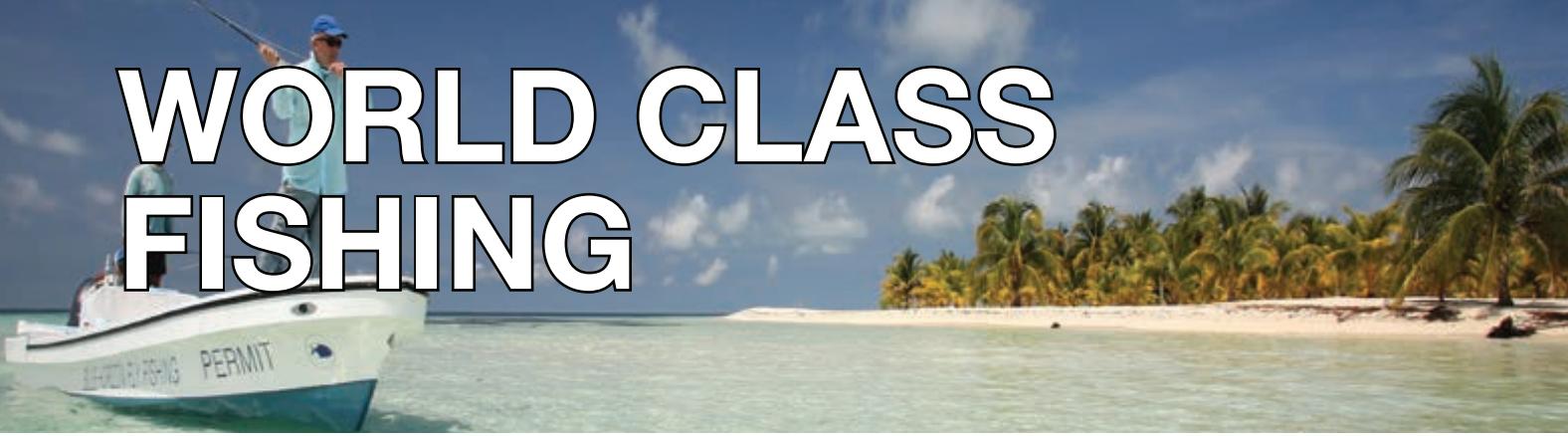
Prior to your vacation, complete the knowledge development and pool sessions at your local dive shop. Once you're in Belize, we'll spend two days finishing your open water dives. Leave Belize with your PADI certification and a few completed dives along the largest living barrier reef in the world.

## BARRIER REEF DIVE

5 HOURS • SKILL LEVEL: NOVICE

A trip to the Belize Barrier Reef is suitable for both novice and experienced divers, with dive sites ranging from 35-65 feet deep. Each drift dive allows you to relax and enjoy the mild current as you dive along multicolored walls and steep ridges teeming with remarkable sea life. This is a short, two-tank day.

# WORLD CLASS FISHING



## FLY FISHING

Go fly fishing with Blue Horizon, the only Orvis Endorsed outfitter in Belize. Whether you are new to the sport or a seasoned angler, Blue Horizon's guides will create the experience of a lifetime.

**Half Day Trips:** A half day trip spans 4 hours on the water with a professional fly fishing guide, outfitted flats boats, fishing gear, and a cooler stocked with beverages and snacks. Maximum two people per boat. Taxes and optional gratuity are not included

**Full Day Trips:** A full day trip spans 8 hours on the water with a professional fly fishing guide, outfitted flats boats, fishing gear, and a cooler stocked with beverages, lunch, and snacks. Maximum two people per boat. Taxes and optional gratuity are not included.

## REEF FISHING

Take a relaxing boat ride out to the world's second largest barrier reef to fish in magnificent aqua blue waters! Your captain will take you to his favorite spot for your chance to catch snapper, grouper, mackerel, jacks, barracuda, and more. Bring what you caught back

to the island and have the chef prepare it for dinner! Taxes and optional gratuity are not included. Minimum of 2 participants and a maximum of 6 participants for reef fishing trips. Private boat options are available.

**Half Day Trips:** A half day trip spans 4 hours on the water with a professional captain/guide, outfitted fishing boats, fishing gear, and a cooler stocked with beverages and snacks.

**Full Day Trips:** A full day trip spans 8 hours on the water with a professional captain/guide, outfitted fishing boats, fishing gear, and a cooler stocked with beverages, lunch, and snacks.

# JUNGLE EXCURSIONS

## COCKSCOMB BASIN, JUNGLE RIVER TUBING, & MAYA CHOCOLATE TOUR

Cockscomb Basin is renowned for being the world's first and only jaguar preserve with over 128,000 acres of lush tropical rainforest. Its home to all five of Belize's large cats: jaguar, puma, margay, jaguarundi, and ocelot. Explore the jungle trails of this flora and fauna sanctuary with a naturalist tour guide. After your hike, tube or float down the river for a unique, close-up look at the jungle. Next, you'll grab some lunch before heading over to a nearby cacao farm. You'll get a front row seat to the ancient practice of chocolate making. You'll learn everything there is to know about chocolate, including its many healthy properties and how the ancient Maya civilizations used cacao beans as currency.

**Bring:** bug spray, sunscreen, hat, light long pants, swimsuit, towel, dry clothes, camera, binoculars, hiking shoes, souvenir cash

**Time:** Full Day

**Difficulty:** Moderate

## ZIPLINE & RIVER TUBE

Experience the thrill of zipping high above the South Stann Creek River and rainforest canopy. Get a bird's eye perspective of the river canyon and surrounding mountains. Panoramic vistas from 11 decks and 7 lines with views that were previously available only to birds in flight. Enjoy a snack and then hit the river in expedition-style tubes as you float below lush vegetation through jungle rapids. Here you could catch a glimpse of exotic tropical birds, including endangered scarlet macaws, iguanas, and other jungle wildlife.

**Bring:** bug spray, towel, long pants, swimsuit, closed-toe shoes, sunscreen, camera, souvenir cash

**Time:** Full Day

**Difficulty:** Moderate

## ATM CAVE (ACTUN TUNICHL MUKNAL)

The ATM Cave is most famous as an ancient archaeological site, containing the skeletal remains of Maya human sacrifices, pottery, and other ancient artifacts. Visitors go bananas over the fully intact skeleton from around 700-900 AD that literally sparkles, thanks to time and science. You'll hike to the location, wade across rushing rivers in waist-deep water, climb wet ladders inside a cave in just your socks, then enter a deep, dark hole in the side of a mountain because a tour guide told you to (and maybe pee yourself a little – but that's okay!). This is one of the more difficult tours offered in Belize, but the effort is well-worth the experience. **Warning:** This is not a cave for young children, those not physically fit, with knee, hip or ankle problems or with problems with claustrophobia and or heights.

**Bring:** sunscreen, hat, swimsuit or wetsuit, sturdy shoes and socks, dry clothes, towel, souvenir cash

**Time:** Full Day

## RAINFOREST HORSEBACK RIDE & SWIM

Whether you're an accomplished rider or a novice, you'll enjoy this unique riding experience. The horses are well trained and carefully selected to make even the most timid rider look and feel like a professional! The ride will take you through pine ridges covered in magnificent ferns, then through the rainforest and its magnificent Cohune trees. After, the trail takes you to the Sittee River where you can choose to enjoy a cool, refreshing swim or simply relax on the river bank before heading back.

**Bring:** bug spray, closed-toe shoes, light long pants, sunscreen, hat, swimsuit, towel, camera, souvenir cash

**Time:** Half Day

**Difficulty:** Easy



## GARIFUNA CULTURAL & CULINARY ADVENTURE

This tour offers an enriching vacation experience that completely immerses you in the culture and traditions of the Garifuna people. Long hailed as “the teachers of Belize”, your Garifuna hosts, dressed in traditional attire, will teach you about the history and tradition of one of Belize’s prominent ethnic groups. You’ll learn about the many magical and beneficial properties of the coconut and the art of traditional coconut harvesting, husking, grating and milk extraction - you’ll be an expert before the day is through! Your labor of love will be repaid many times over when you sit down to partake in a delicious Hudut, a coconut-based soup with fresh herbs and the catch of the day. Your meal will be served with pounded plantains and fried fish. At the end of the day, you’ll learn the basic drumming techniques of the Garifuna parranda and punta rhythms. Let the beat of the Primera and Segunda drums revitalize you and end your night with a sweet treat - a traditional Garifuna dessert.

**Bring:** camera

**Time:** Full Day

**Difficulty:** Easy

## XUNANTUNICH (STONE MAIDEN) & BLUE HOLE CAVE TUBE OR SWIM

Enjoy the orange groves, banana farms, and a view of the Maya Mountains during the scenic drive through the Hummingbird Highway. Once you cross into Western Belize, your journey takes you across the Mopan River on a hand-cranked ferry to reach the ancient site of Xunantunich. The reward for climbing to the top of El Castillo is a spectacular view of both the Cayo District and Petén, Guatemala. After your climb, it's time for lunch at a local restaurant before heading to St. Herman's Blue Hole National Park. Here you can choose from an exhilarating cave-tubing experience through the intricate cave system or simply a refreshing dip at the inland Blue Hole.

**Bring:** bug spray, towel, bathing suit, dry clothes, closed-toe shoes, sunscreen, camera, souvenir cash

**Time:** Full Day

**Difficulty:** Moderate

## LIVING MAYA EXPERIENCE & NIM LI PUNIT

The Living Maya Experience offers you an immensely enjoyable visit to a Mayan home in Big Falls Village. You will experience a traditional Mayan home, furnished with all natural materials, from Balsa wood benches to beds of tree bark. The Living Maya Experience is a must as the Kek'chi Maya culture is quickly disappearing. You'll spend time in a Mayan home that offers a look back to a time when they depended on the land for everything from food to furniture to medicine. You'll even get to help cook (and enjoy!) a traditional Maya meal. The traditional meal that will be served is chicken, prepared only with organic seasonings including recado, cilantro, and culantro. After lunch, you'll get a chance to visit Nim Li Punit. Nim Li Punit Maya site is named for a carving found on the longest of the site's twenty-six stone monuments, or stelae. The longest stelae is carved with a figure wearing a large headdress and, at a length of 30 feet, is the longest discovered in Belize and one of the tallest in the Maya world. Here you could catch a glimpse of exotic tropical birds, including endangered scarlet macaws, iguanas, and other jungle wildlife.

**Bring:** bug repellent, sunscreen, hat, towel, camera, sturdy shoes, souvenir cash

**Time:** Full Day

**Difficulty:** Moderate



# Adventure Rates

Check with the front desk for availability and scheduling. Rates are in USD, excluding 12.5% tax and gratuity.

Children 12 and under get 30%-50% off tour rates. Children must be accompanied by 2 adults. (Excludes SCUBA Diving, Fishing, and Classes).

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## ISLAND ACTIVITIES

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CONCH OR LOBSTER HUNT	\$125 USD per person
STARGAZER'S CRUISE	\$270 USD per couple
ISLAND CRAWL	\$125 USD per person
SITTEE RIVER BOAT TOUR	\$140 USD per person

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## SCUBA & SNORKEL

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BARRIER REEF SNORKEL	\$110 USD per person
DISCOVER SCUBA - 2 TANKS	\$248 USD per person
DISCOVER SCUBA - 3 TANKS	\$347 USD per person
OPEN WATER REFERRAL	\$445 USD per person
BARRIER REEF DIVE	\$143 USD per person
NIGHT SNORKEL NIGHT	\$125 USD per person
SCUBA - 1 TANK	\$135 USD per person

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## FISHING

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FLY FISHING - HALF DAY	\$525 USD per boat, 1-2 participants
FLY FISHING - FULL DAY	\$600 USD per boat, 1-2 participants
REEF FISHING - HALF DAY	\$500 USD per boat, 1-3 participants OR \$146 USD pp if 4-6 participants
REEF FISHING - FULL DAY	\$635 USD per boat if 1-3 participants OR \$180 USD pp if 4-6 participants

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## JUNGLE TOURS

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COCKSCOMB BASIN JAGUAR PRESERVE & MAYAN CHOCOLATE TOUR	\$225 USD per person
ZIP LINE & RIVER TUBING	\$280 USD per person
ATM CAVE	\$365 USD per person
RAINFOREST HORSEBACK RIDE & SWIM	\$235 USD per person
GARIFUNA CULTURAL & CULINARY ADVENTURE	\$280 USD per person
XUNANTUNICH & CAVE TUBING	\$320 USD per person
XUNANTUNICH & BLUE HOLE SWIM	\$270 USD per person
LIVING MAYA EXPERIENCE & NIM LI PUNIT	\$285 USD per person

# Spa Menu

## Anti-Stress Swedish Massage

Long, gliding strokes, rubbing, and kneading techniques designed to improve circulation, soothe your muscle, and relax your body.

**60 Minutes: \$110 USD**

**90 Minutes: \$150 USD**

## Focus Deep Tissue Massage

Focuses on relieving tension and knots using forceful deep strokes, working deeper muscle and connective tissue to improve muscle position and release built up toxins. Savor the feeling of every muscle in your body being stretched and smoothed.

**60 Minutes: \$125 USD**

**90 Minutes: \$170 USD**

## Hot Stone Massage

This session promotes deeper muscle relaxation through the placement of water heated stones. Stones will be incorporated into your choice of a customized Swedish or Deep Tissue Massage.

**60 Minutes: \$135 USD**

**90 Minutes: \$190 USD**

## Body Scrub

Exfoliate your entire body and feel brand new with our own naturally-grown coconut husk. Relax while it re-hydrates and polishes your body as the therapist massages you with warm honey coco butter. Polish will be removed with warm towels and a full body massage will follow.

**75 Minutes: \$150 USD**

## Seaweed Body Wrap\*

Experience ultimate rejuvenation with our signature treatment. Enjoy an exfoliating sugar scrub, followed by a nourishing seaweed mask wrapped in warmth. Relax with a head and foot massage, then revel in refreshed, soft skin as we gently remove the mask. Finish with a full-body massage for total renewal.

**90 Minutes: \$160 USD**

## Cocoa Honey Body Wrap\*

Begin with an exfoliation using Belizean cocoa sugar scrub followed with our delicious mixture of organic cocoa and honey applied over your entire body. Blissfully enjoy the aroma of the wrap while getting a head and feet massage. Wet towels will be use to remove the product, leaving you a soft & glowing skin. Treatment ends with a relaxing full body massage.

**90 Minutes: \$175 USD**

**\*Schedule ahead of time**