

# BHL BLUE HORIZON LODGE



## 2009/2010 TRAVEL & OUTFITTING GUIDE



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## PERMIT TACKLE

### Fly Rods:

Multi-piece 8, 9 or 10 wt. fly rods in 9 foot lengths are our favorite choices. We like fast tapered saltwater rods that have been specially designed for the rigors of the salt. Good models to choose from include: Sage Xi-2, Z-Axis or TCX, Scott X2s series, Winston BIIx or BIIImx, and The Fly Shop GLH20, all in 3, 4, or 5 piece sections, for easy traveling.

### Fly Reels:

(Minimum 200 yds of 20lb backing) Reels specifically designed for saltwater fly fishing are the best. Smooth disk drags, plenty of backing capacity, and sturdy aluminum anodized frames are features to search for in a reel. Models to consider include: The Fly Shop S4-series, Nautilus CCF8 or NV8/9, Tibor "Everglades", Abel "8" "9" or "10", or Galvan Torque 8 or 10.

### Fly Lines:

A floating fly line specifically designed for saltwater is what you want. These lines are designed with a special braided monofilament core that provides the proper stiffness while maintaining shooting capabilities and resisting tangles, even in tropical heat. Scientific Angler's Mastery Bonefish, Redfish and Sharkskin lines are good choices, as are Rio's saltwater fly lines.

### Leaders:

Tapered saltwater leaders made from clear monofilament (12 – 20 lb class) in 10' - 12' lengths are excellent. Rio Powerflex Knotless Bonefish Leaders are good choices. Bring along some tippet material, also in clear monofilament (10 - 20lb class). Fluorocarbon leaders are an excellent choice. They are nearly invisible in the water and sink quickly, perfect for spooky fish in very clear water. Seaguar tapered leaders are the best! You should bring one leader for each day of fishing and one more, just in case. Change your leader every evening when you return from fishing. Go with the fluorocarbon, is our suggestion; you are permit fishing!

### Flies:

- Bauer's Fur Crab #4 & #6 (olive & tan) #1 FLY!
- Turneffe Crab (olive) (cream) #6
- Raghead Crab #2
- Del's Merkin #2
- Secret Crab (tan) #6, Mantis Shrimp (olive, orange) #2
- Fleeing Crab #6



## TARPON TACKLE:

### Fly Rods:

Multi-piece 10, 11 or 12 wt. fly rods in nine foot lengths are the best choices. We like fast tapered saltwater rods with plenty of butt strength. Sage Xi-2, Z-Axis or TCX, Scott X2s series and Winston BIIX or BIImx, all in 3, 4 or 5 piece lengths, for easy traveling.

### Fly Reels:

(minimum 200 yards of 30 lb. backing) Reels specifically designed for saltwater fly fishing are the ticket. Look for reels with smooth disk drags, plenty of backing capacity, and sturdy, machined aluminum anodized frames. Models to consider: Nautilus NV 10/11 or CCF 12 or 12T, Tibor "Riptide" or Gulfstream, Abel (Super Series 10, 11 or 12), or Galvan Torque 11 or 12.

### Fly Lines:

You will need a floating and sinking line for the tarpon fishing at BHL. Scientific Anglers Mastery Tarpon Tapers are the best going for your floating line. These lines are specifically designed for saltwater fly fishing with a special braided monofilament core that provides the proper stiffness to allow excellent shooting while resisting tangles. When fishing deep water tarpon in reef cuts or deep holes, a very fast sinking line is needed to get down. The Rio Leviathan Versi-Tip Deep Sea Tip, or Rio Density Compensator Sink Tip (500 grain) lines are both good choices

### Leaders:

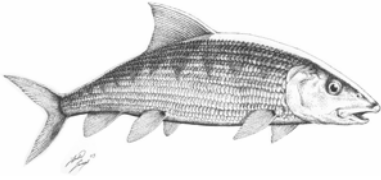
Leaders for tarpon fishing incorporate a shock tippet section married to a class tippet section by a series of special knots. If you would like to tie your own tarpon leaders, some good reference books are Lefty Kreh's "Fly Fishing in Saltwater", and "Practical Fishing Knots" by Lefty Kreh and Mark Sosin.

If you are not into tying your own, then we highly recommend the Frog Hair Deep Blue Saltwater Dual Tapered Tarpon Leaders. These revolutionary new tapers are made using Frog Hair's exclusive Gamma process and are the first extruded leaders with a double taper, ending up with a 23-inch shock tippet of either 16# or 20#. The stiff butt section and heavy tippet straighten like any conventional leader and it all connects without the bulk and difficult, complicated Bimini knot system. The shock (tippet) section comprises 20% of the leader, and the elongated barbell shape of the leader allows for 15% of level class leader. Both leaders are 9'6" long and turn over 1/0 to 3/0 hooks very well.

### Flies:

In general, tarpon flies should be tied on hooks sizes 2/0 - 4/0.

- Murphy R.M. Flatsides - VERY HOT!
- Red & White Tarpon
- Lefty's Deceivers in various contrasting colors
- Tropical Punch
- Black Death
- Tarpon Toad
- Flashtail Whistler
- Marquesa Sunrise
- Big Eye
- Sar-Mul-Mac
- Chubby Gummy
- Black Eye
- Tarpon Alf (green)
- Bronze Mullet
- Blue Horizon Clouser



## BONEFISH TACKLE:

### Fly Rods:

Multi-piece 7 or 8 wt. fly rods in 9 foot lengths are the best choice. We like fast tapered saltwater rods that have been specially designed for the rigors of the salt. Good models to choose from include: Sage Xi-2, Z-Axis or TCX, Scott X2s series, Winston BIIX or BIImx, and The Fly Shop GLH20, all in 3, 4 or 5 piece models, for easy traveling.

### Fly Reels:

(Minimum 200yds of 20lb backing) Reels specifically designed for saltwater fly fishing are the best. Smooth disk drags, plenty of backing capacity, and sturdy aluminum anodized frames are features to search for in a reel. Models to consider include: The Fly Shop S4-series 7/8, Nautilus CCF8 or NV8/9 or NV6/7, Tibor "Everglades", Abel "7" "8", or Galvan Torque 8 or 10.

### Fly Lines:

A floating fly line specifically designed for saltwater is what you want. These lines are designed with a special braided monofilament core that provides the proper stiffness while maintaining shooting capabilities and resisting tangles, even in tropical heat. Scientific Angler's Mastery Bonefish, Redfish and Sharkskin lines are good choices, as are Rio's saltwater fly lines.

### Leaders:

Tapered saltwater leaders made from clear monofilament (8 – 10 lb class) in 10' - 12' lengths are excellent. Rio Powerflex Knotless Bonefish Leaders are good choices. Bring along some tippet material, clear monofilament (8-15lb class). Fluorocarbon leaders are an excellent choice. They are nearly invisible in the water and sink quickly, perfect for spooky fish in very clear water. Seaguar tapered leaders are the best! You should bring one leader for each day of fishing and one more, just in case. Change your leader every evening when you return from fishing.

### Flies for Bonefish:

Bonefish flies come in an array of styles and colors. The following list of flies should cover most of the bonefishing situations you will encounter:

- Crazy Charlies #6 (silver, amber, crystal pink, crystal chartreuse)
- Blind Charlies #6 (silver, amber, crystal pink, crystal chartreuse)
- Mini Puff #6, # 4 (pink, tan/orange)
- Exuma Mini Puffs #8 (chartreuse, grizzly)
- Raghead Crab #8
- Yucatan Charlie #6 (pink or green)

- Travel information:** Traveling to Belize: Domestic carriers: Tropic Air and Maya Island Air. International carriers: American Airlines, Continental and US Air, United Airlines and TACA.
- Notification of Flight Times:** It is imperative that The Fly Shop be notified of airline flight times in and out of Belize City prior to departure in order to guarantee proper transfer arrangements to and from Blue Horizon Lodge.
- Airline Reservations:** When making your flight reservations schedule your flight for mid afternoon arrivals and departures (but please try to avoid the last TACA flight of the day into Belize, as you will not get to the lodge on the same day). In this way we can easily schedule connections to Dangriga, and on to Blue Horizon Lodge.
- Entry Requirements:** United States citizens and European Community member nations do not require visas. A valid passport is necessary for entry into Belize. Visitors are permitted to stay in Belize for a period not to exceed thirty (30) days. Travelers should exhibit that they have sufficient funds for their visit (USD \$50.00 per person, per day)
- Travel Note:** Travelers must be able to show proper proof of citizenship (valid passport) at the airline ticket counter before checking luggage and securing boarding passes for flights to Belize. The airline will not let you board the aircraft unless you can do so.
- Carry-on restrictions:** Each airline has their own specific restrictions on carry-on luggage. Please be sure and contact your airline directly with any questions you may have. No flies are allowed to be carried in your carry-on bag. For more information on baggage restrictions go to the Travel Safety Administration website at:  
<http://www.tsa.dot.gov/public/index.jsp>
- Luggage:** When traveling to any foreign destination it is best to check your luggage from point to point to avoid loss or delay in transit. In the event luggage is misplaced by the airlines you must report it to an airline representative before you leave the baggage claim area. It's imperative you do this, or it is unlikely that you will recover your luggage. In addition, report it to the lodge representative, so they can coordinate getting your luggage to you. Please pack as light as possible. Soft duffel bags are the best. Your carry-on bag should contain medications, toiletries, fishing equipment, and any items which you must have with you.
- Arriving in Belize City:** The first order of business is to clear immigrations. You will show the officer your valid passport. The whole process is simple and quick. After immigration you will claim your luggage; it is all hand loaded onto the luggage carousel and takes a while. Relax....you're on Belize time. The Belize airport is a rather confusing place for the first time visitor, but be patient. Have your luggage claim checks ready. Answer the customs officer's questions politely, and you'll be on your way. After clearing customs, our representative will greet you. Please note that only arriving passengers and Customs Officers may enter the Customs area. Your Blue Horizon Lodge representative will be waiting right outside the door.
- Marjorie Perez of Margie's Travel Service, your Blue Horizon Lodge Representative, will have your Tropic Air Tickets waiting for you and assist you with getting on the next available flight to Dangriga. Plan on paying Marjorie for the round-trip Tropic Air tickets CASH USD \$120 pp.

<b>Health Services:</b>	There is a well-staffed hospital and several private clinics in Belize City. Also, the District Towns and Villages have hospitals or clinics. Potable water is available in most areas of Belize, but it is advisable to ask. If in doubt, drink boiled or bottled water. There are no serious epidemic diseases in Belize. No inoculations are required for entry, but anti-malaria tablets are recommended for extended stays in the jungle.
<b>Taxes &amp; Service Charges:</b>	Hotel Room Tax: (7%) Service Charge (in lieu of tips - 10%)
<b>Philip Goldson International Airport:</b>	The following arrival and departure fees will apply: Passenger Service Fee: \$15.00 Airport Development Fee: \$15.00 Conservation Fee: \$3.75 Security Fee: \$1.25
<b>Total Airport Departure Fees:</b>	US \$35.00 Payable ONLY in US currency.
<b>International Airport to Domestic Airport Security Fee:</b>	\$0.75 Total Fee for Domestic Air Passengers: US \$0.75 Payable ONLY in US currency All fees apply to non-Belizean citizens and non-Belizean permanent residents.
<b>Travel to Blue Horizon Lodge:</b>	The flight from Belize International Airport to Dangriga (Stann Creek) takes about twenty minutes. You'll be met in Dangriga by a lodge staff member and transferred to a Blue Horizon Lodge boat. This is your last chance to pick up anything you might have forgotten. If you need anything, let James know, and he will do his best to find it. The boat ride to the Lodge is approximately 50 minutes. We suggest you dress comfortably for the trip to the Island (shorts, boat shoes, hat, etc.). Have your sunscreen handy. The sun can be fierce in this part of the world and a burn is possible during the short trip across the water. A light rain jacket is handy for boat spray. Have your camera ready, too.
<b>Discounted Travel Accommodations to Latin America:</b>	<p>We, at The Fly Shop, do not handle airline ticketing. We leave that to the professionals. Many of our clients have wonderful travel agents, or a corporate office doing an excellent job of caring for their needs. Others are using frequent flier discounts on the international portions of the trip, and some of you are not concerned at all about saving money on the airlines portions of the travel packages.</p> <p>However, for those traveling anglers interested in what may be a significant savings, we highly recommend Holdy Tours for their service, modestly priced packages, and the detailed knowledge of travel that has helped us unravel some of the mysteries of South and Central American travel. Their agents have been particularly helpful, and we send you in their direction in the hopes their assistance will make your trip easier and less expensive.</p> <p>Holdy Tours is a reliable and professional travel wholesaler that combines the sensibility of remarkable wholesale prices with the benefits of a full service travel agency to destinations all over the world. Holdy Tours has been strongly established in the San Francisco Bay Area since 1981 and is staffed with expert and friendly consultants to handle all your travel needs. They take the anxieties out of traveling to ensure your trip is enjoyable and hassle-free. In addition to airline reservations, Holdy Tours can assist you with hotel reservations, optional tours and excursions as well as special transfer services</p>

If you are interested, please contact Alicia Rodriguez and ask for the "preferred rates" available to clients of "The Fly Shop."

### **HOLDY TOURS**

Attention: Alicia Rodriguez  
2065 N. Broadway Suite 204, Walnut Creek, CA 94596  
925 927-6617 / FAX: 925-927-6640 / 800 446-1111  
e-mail: [alicia@holdytours.com](mailto:alicia@holdytours.com)

**Travel Note:** In some cases, usually due to weather, you may have to overnight in Dangriga or Hopkins on your day of arrival and transfer to Blue Horizon Lodge early the next morning. This will be covered in your angling package and is at the discretion of Blue Horizon Lodge.

#### **Arriving at the Lodge:**

Blue Horizon Lodge is located in the heart of permit country on Northeast Caye, (6 acres) which is one of the many islands in the Pelican Range, 18 miles southeast of Dangriga. The Westbys and their staff will greet you. The atmosphere at Blue Horizon Lodge is very relaxed. A staff member will carry your luggage to your bungalow, so relax and enjoy a cold one. After dinner, on arrival day, Lincoln will provide a general orientation. Please don't hesitate to approach him if you have any problems, questions or special requests. There is no guided fishing on the day of your arrival.

#### **Your Hosts:**

Your hosts at Blue Horizon Lodge are Lincoln and Pearline Westby. The Westbys are wonderful people, warm and friendly natives of Belize that are willing to always go the extra mile to ensure your fishing holiday is everything you want it to be, and more. Lincoln has been guiding in Belize for over thirty years and grew up in and around the waters in which you will be fishing. You could say that it is his backyard. All of the buildings at Blue Horizon Lodge are built on wood pilings, approximately 6 feet off the ground, in order to take full advantage of the cool tropical breezes blowing from the east. The Lodge itself is a large, rectangular building which houses the kitchen, bar, and a small bathroom. Large windows with storm shutters are prevalent throughout. The Lodge, although simple, is neatly kept, and is the gathering place for meals, cocktails, and fishing stories. The deck in front of the lodge is a wonderful spot for enjoying your morning coffee before breakfast is served.

#### **Accommodations:**

Anglers stay two to a bungalow. Each bungalow has a front deck where wading booties and rods may be left. Deck chairs are provided for relaxing and soaking up the rays. The bungalows feature two beds and a full bath with shower, sink, hot and cold running water, vanity and toilet. There are shelves and dressers to store gear and clothes. A table and two chairs provide plenty of room for fly tying and equipment. An oscillating floor fan is in each room with plenty of screened windows allowing the cool breezes to circulate.

#### **Electricity:**

110 volts AC, 60Hz. American-style two-pin plugs.

#### **Meals:**

The food at BHL is a combination of traditional Belizean dishes and fresh seafood, "Belizean country". Fresh vegetables and fruit are incorporated in the meals, as Dangriga is in the heart of Belize's agricultural region. Tasty and filling dinners will include lobster salad, fresh conch dishes, the traditional Belizean Sunday supper of black beans, rice, chicken and fried plantains, pork chops, homemade breads and desserts. Lunches are packed in coolers each morning with plenty of cold drinks, water, and beer if you desire. Sandwiches, chips, fruit and cookies are the norm. Breakfasts vary from traditional ham and eggs to cold cereal. Plenty of coffee and hot water for tea are available.

All in all, you may expect plenty of good, simple Belizean food. After dinner it won't be long before you are thinking of hitting the sack, as 5:30 am comes early. If you require a special diet, please let us know well in advance so that we can accommodate you.

**Liquor & Soft Drinks:**

Local Belizean beer, 'Belikin' is available at the Lodge. The cost of beer is USD\$3.00. The cost of a Belize Rum 'Cristal' is USD\$12.00. If you enjoy any specialty drinks, please bring your own as they can be nearly impossible to locate in Belize. Sodas - such as Coca Cola, Fanta, and Fresca are USD\$1.50.

**Lodge Account:**

Payments for liquor or items of a personal nature should be made in U.S. Dollars.

**Daily Schedule:**

Fishing days at Blue Horizon Lodge are tailored to you, taking into account daily tide movements. Depending upon the tides, typically anglers are roused out of bed each morning at 5:00-7:00am, grab a cup of coffee and board one of the large boats for a day of skinny water fishing. Breakfast is taken on the boat on these early morning departures. In most cases, lunches are taken on the fly, to maximize time on the water. If you desire, you can return to the lodge for lunch and an afternoon siesta, and go out again in the afternoon. Anglers return to the lodge each evening by 5:30-6:00pm.

**Breakfast:**

Wake up to the smell of coffee. Fresh fruit, cereal and milk are on the table. Enjoy some huevos rancheros or traditional ham and eggs.

**Lunch:**

Lunch can be packed for your day on the water and includes plenty of cool drinks of your choice. Or you may want to return to the lodge. It's up to you.

**Cocktails/Hors d'oeuvres:**

After a long day on the water, enjoy some of the kitchens famous hors d'oeuvres with a refreshing tropical cocktail, or cold beer - you earned it.

**Dinner:**

Dinner is served family style in the dining room.

**Tides:**

Tides at Blue Horizon Lodge are important, as in any flats fishing destination. The guides know where and at what time to be during any given tide cycle, critical to locating feeding permit. At Blue Horizon Lodge, fishing days are scheduled around the tide cycles instead of traditional fishing hours (8 am to 5 pm). This means that you may be up at 5 in the morning in order to be in the right place at the right time. Each night, Lincoln will explain the tides and your next day's fishing options, letting you decide whether you want to take advantage of an early morning wake up. In a small lodge like Blue Horizon, you get the maximum personal attention and a fishing program custom-tailored to your wants and needs.

Lately, a lot has been made of the different moon phases and tidal cycles, and how they affect flats fishing. There are dozens of theories floating around. Which one is best? Who knows...perhaps a combination of them all? We have caught permit every month of the year, under every conceivable tidal cycle and imaginable variance in conditions. Add wind strength and direction, air and water temperature, atmospheric pressures and so on, and it can get confusing. Certainly some months offer more predictable weather than others, but throw in El Nino or La Nina and all theories are thrown out.

It is best to go with your 'gut feeling', looking closely at all the historic information available, factoring in moon phases and tide cycles, then pick a date that best fits your schedule. We have all the tide charts and moon phases, and will certainly do our best to help you make the right decisions.

**Guides:**

The Westby family has been guiding anglers in Belize for over thirty years, and are, without a doubt, the most knowledgeable and capable guides in all Belize, if not in the Caribbean. Lincoln and his relatives pooled their resources, knowledge and experience to open Blue Horizon Lodge. All of the guides at the Lodge are dedicated professionals and know what it takes to get anglers into fish. They are 'hard-core' guides, willing to put in the extra effort it takes to be successful. No "clock watchers" here, expect long fishing days. After a week of fishing with them, you will come to appreciate their knowledge of the fishing grounds, good humor, and pure fishing instincts.

**Boats:**

The Lodge uses 23' traditional "Mexican style" open skiffs. These boats are very seaworthy and draw less than a foot of water, perfect for poling the flats. They are powered by 40hp outboard engines and move along at a good clip. The boats do not offer any protection from the sun, so come prepared. The only drawback to these boats is that under certain conditions, they can be a wet ride. In most cases, you will welcome the refreshing sea spray. But, if you prefer, bring along a rain jacket.

**Gratuities:**

Leaving a gratuity is a personal decision and should be based on service. Normally guides and staff are tipped upon departure in accordance with service and help rendered. As a general rule, 7% - 10% of the gross cost of your excursion is a suitable gratuity. If you are going to leave a gratuity, please give it to Lincoln Westby, and he will divide it between the staff. Any special instructions for tipping should be conveyed to Lincoln. U.S. Dollars are preferred.

**Insects:**

There are few mosquitoes in Belize, especially on the Cayes. However, there is a small biting gnat called a "sand fly". A good quality insect repellent with DEET will keep it away.

**Departing the Lodge:**

There is no guided fishing on your day of departure. Each departure day is different, depending on the guest's airline departure times. Generally you will depart the lodge in the morning. The night prior to your morning departure please reconfirm your flight departure time with Lincoln to insure proper transfer arrangements to Dangriga and onto Belize International Airport.

**Overview of Belize:**

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. The coastal strip is swampy with mangroves, salt and freshwater lagoons and sandy beaches crossed by a number of rivers. To the south and west rises the forested Maya mountain range. Belmopan, the country's capital city, is carved out of the jungle in the center of Belize, near the Maya Mountain foothills. The imposing National Assembly building on Independence Hill is patterned with an ancient Mayan motif. Near the town of San Antonio, located in the Toledo District, is the Mayan site of Lubaantum, where the famous crystal skull was discovered in a temple vault. Belize City, over 300 years old and the country's main commercial area and seaport, is the biggest city. It combines a mixture of colonial architecture, functional wooden buildings and historic cathedrals. Chinese, Latin American and Creole food is widely available. Bars are plentiful and the local Belikin beer is worth sampling. The more popular Belize nightclubs feature local bands on the weekends.



### **Belize Tourism Industry Association (BTIA)**

Street address: Ten North Park Street, Belize City, Belize, CA  
 Postal address: PO Box 62, Belize City, Belize, CA  
 Tel: (22) 75717 or 77144. Fax: (22) 78710.  
 E-mail: admsec@btia.org / Website: www.btia.org

### **Embassy of Belize:**

2535 Massachusetts Avenue, NW, Washington, DC 20008, USA  
 Tel: (202) 332 9636. Fax: (202) 332 6888 / Website: www.embassyofbelize.org

### **Embassy of the United States of America**

Street address: 29 Gabourel Lane, Belize City, Belize, CA  
 Postal address: PO Box 286, Belize City, Belize, CA  
 Tel: (22) 77161. Fax: (22) 35423 (consular section).  
 E-mail: embbelize@state.gov / Website: www.usembassy.state.gov/belize

### **Belize General Information:**

Area: 22,965 sq km (8867 sq miles)  
 Population: 240,204 (2000)

Population Density: 10.5 per sq km

Capital: Belmopan City. Population: 6785 (1997). Belize City (the former capital) has a population of 53,915.

Language: The official language is English.

Time: Time observed year round is GMT-6, which is the same as the United States Central Standard Time. Daylight Savings Time is not observed in Belize.

People: 30% Creole, 40% Mestizo, 10% Mayan \*% Black Caribes (plus a sizable population of nearby countries, notably El Salvador)

Religion: 62 % Catholic, 25% Protestant

Government: Parliamentary democracy

### **Belize Geography:**

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. The country's area includes numerous small islands (Cayes) off the coast. The coastal strip is low and swampy, particularly in the north, with mangroves, many salt and freshwater lagoons and some sandy beaches crossed by a number of rivers. To the south and west rises the heavily forested Maya mountain range, with the Cockscomb range to the east and the Mountain Pine Ridge in the west. More than 65 per cent of the area of the country is forested. The land to the west along the borders with Guatemala is open and relatively scenic compared to much of the interior. The shallow offshore Cayes straddle a coral reef second only in size to the Great Barrier Reef of Australia.

### **Climate:**

Subtropical with a brisk prevailing wind from the Caribbean Sea, normally blowing from the southeast. High annual temperatures - dry and hot climate from January to April, with humid rainy season from June to September.

### **Temperatures:**

Temperatures at Blue Horizon Lodge can range from 75° to 90°+ Fahrenheit during the fishing season, with varying degrees of humidity. Protection from the sun's rays is extremely important. You can expect some wind and should be prepared in the event it rains. The following checklist of clothing and Equipment should make for an enjoyable trip.

**History:**

The region was at the heart of the Mayan empire (circa AD 300 to AD 800) which subsequently migrated to Yucatán. The country's modern history really begins when Belize, formerly British Honduras, was occupied by the British in 1638-40, with settlements spreading as woodcutting became profitable. By the end of the 18th century, Africans were brought in as slaves to cut the mahogany. Despite attacks from the Spanish, the settlers remained, although it was not until 1862 that the territory was recognized as a British colony.

**The Cayes:**

(pronounced 'keys') are islands and/or mangroves located between the mainland and the barrier reef, on the barrier reef, and on or within the barrier reef perimeters of the offshore atolls. Although the mangrove cayes are normally uninhabitable for humans, they do provide an ideal habitat for birds and marine life. The island cayes, which are distinguishable by their palm trees, have provided the foundation for the development of many fine resorts to serve water sports enthusiasts and marine naturalists.

**Mayan Archaeological Sites:**

Travelers wishing to follow 'La Ruta Maya' (the pathways into Mayan culture) will find some unspoiled and rarely visited Mayan ruins in and around Belize. Lamanai (Submerged Crocodile) is one of the largest Mayan centers, and as an archaeological reserve also contains a museum, the remains of two 16th-century Spanish churches and a 19th-century sugar mill. The site is situated on the banks of the New River Lagoon in the North of Belize and accommodation is available in local guest houses and jungle lodges.

Altun Ha (Water of the Rock) has two main plazas, over 13 temples and a large jade head of the Sun God Ahau (one of the largest carved Mayan jade objects). Several tour operators run trips to the site which is located near the Belize district and is inaccessible by public transport. Situated in the Chiquibul Rain Forest of the Cayo District, Caracol (Snail) is home to the tallest man-made structure in Belize; Canaa (Sky Place) pyramid rises 43m (140ft) high. Although hard to get to during the rainy season, trips and the necessary entry permits can be organized with travel agents in Belize.

Cerros (Maya Hills) lies on a peninsula overlooking Corozal Bay and consists of three large acropolises dominated by pyramid structures. The impressive ruins of Xunantunich (Stone Woman) include six plazas, 25 temples and palaces, and the 43m-high (130 foot) 'El Castillo' (The Castle). Accessing the site requires taking a bus 8 miles west of San Ignacio town and a ferry over the Mopan River, before walking a further 1.6km (1 mile) to the grounds. It is advisable to book the trip through a travel operator or company. For further details contact the Belize Tourist Board (see Contact Addresses section).

**Staying Healthy While in Belize:**

A very simple way to ruin a Belize vacation is to become paranoid about getting sick. Use common sense, and follow these guidelines:

- Always wash your hands before eating.
- Use discretion when eating from open-air food stands.
- Drink lots of non-alcoholic fluids to prevent dehydration
- Drink bottled water.
- Take Pepto Bismol, yogurt or papaya enzyme tablets throughout your stay.
- Take a "siesta" (nap) each afternoon.
- Ease into local eating and drinking habits.

**Health Care:**

There are seven government hospitals - one in Belmopan, one in Belize City and one in each of the other five main district towns. Medical services in rural areas are provided by rural health care centers, and mobile clinics operate in remote areas. International travelers are strongly advised to take out medical insurance before departing for Belize.

**Health Precautions:**

Please contact your physician concerning recommended inoculations and infectious disease precautions. We recommend that anglers be up-to-date on their Tetanus, Hepatitis-A and Hepatitis-B vaccinations. A good source of information on international travel and health is the International Association for Medical Assistance to Travelers web: <http://www.iamat.org/> or the Center for Disease Control web: [www.cdc.gov/](http://www.cdc.gov/)

**Food & Drink:**

There is a selection of restaurants that serve international, Chinese, Latin American and Creole food. Service and quality vary but the food is generally cheap. Bars are plentiful and local drinks include coconut rum mixed with pineapple juice. The local Belikin beer is worth sampling.

**Shopping:**

Handicrafts, woodcarvings and straw items are on sale. Jewelry in pink and black coral, and tortoiseshell (not to be imported to the USA) used to be good buys, but now there are severe restrictions on the export of these and some other goods in the interests of wildlife conservation. 'In-Bond' stores carry watches, perfumes and other duty-free purchases, but Belize is not comparable in size to other free ports in the Caribbean. Shopping hours: Mon-Sat 0800-1200, 1300-1630 and 1900-2100.

**Belize Conservation Arm Band:**

Blue Horizon Lodge and the Belizean Government are working together to protect maritime environs that support permit, tarpon, bonefish and myriad other reef and flats species. Starting in 2006, each angler fishing Blue Horizon Lodge has been required to purchase a Belize Conservation Arm Band for \$10 USD. The arm band (white for three days of fishing or less and "green" for 4 days of fishing or more) must be worn by anglers when fishing. Lincoln Westby has the bands and will collect the nominal fee/donation. The money generated by the arm bands will go toward protection of Belizean waters from commercial and substance fisherman, as well as the study of habitat and species. It's a good cause...

## BLUE HORIZON LODGE CLOTHING & EQUIPMENT ✓ LIST

Hat with bill and neck protection (a dark underside on hat bill is best.)
Polarized sunglasses (amber or brown) - take an extra pair.
Lens cleaner
Bandanas (always a handy item for neck protection, lens cleaner, rag etc.)
Long sleeve shirts (light colors, light weight such as Ex Officio or Patagonia)
Short sleeve shirts
Tee shirts (several)
Long pants for wading (light colored, light weight cotton)
Shorts (much of the time you'll wear these)
Sandals or camp shoes
Deck/Boat shoes (no laces, non-skid)
Specialized flats (wading) boots or booties (not waders) CRITICAL!
Raingear (very light)
Sunscreen (at least SPF 30+, waterproof, PABA-free, UVA, UVB)
Zinc oxide (good for nose, lips)
Lip balm with sunscreen (highest SPF you can get)
Insect repellent with DEET
Camera, extra batteries, charger and memory cards
Waterproof bag or Oven Zip-Lock Bags (to carry camera, other gear while in the boat)
Small flashlight or headlamp
Zip-lock bags
Garbage bags or waterproof bags for laundry, wading boots
Reading glasses
Travel alarm
Passport or proof of citizenship and travel documents
2 Copies of passport (**packed separately**)
Airline tickets and itinerary
Cash (small bills for tips, gift shopping, etc.), credit card
Notebook and pen
Emergency telephone numbers
Liquor (if you wish special brands)
Toiletries, including shampoo, hand lotion, bandages, roll of athletic adhesive tape
Aspirin, other over-the-counter medications like antacids
Prescription medications
Swimsuit
Prescription glasses
Boga Grip
Tape measure
Snorkeling gear

The list of suggested clothing and equipment is only limited by ones personal needs and imagination. Please feel free to add or delete as you see fit. We strongly suggest using soft luggage (duffel bags) as it is easier to pack and store. Please be sure that your entire luggage is marked appropriately (luggage tags.) Business cards can be inserted into most luggage tags, and are perfect. For a phone number use your business phone, NOT your home phone. Before leaving the house, double check that you have your passport with you. Have a terrific trip! Thank you.