



# My Beautiful Belize

TRAVEL PUBLICATION

January 2020 | Vol. 08 #01

*Where will you go exploring?*

FREE



# From the Editor Tamara Sniffin

Back in the day, I used to love hiking in Colorado and Wyoming. Something is rewarding about getting somewhere with just good old muscle power and self-determination. As much as I enjoy wandering in the woods, exploring a tropical jungle isn't always the most pleasant thing to do. With stifling heat, high humidity, and biting insects, the experience can be close to miserable. Being smart about what time of the year you venture out is a good start, and you can imagine my delight when I figured out that there are places where you can hike AND cool off in delicious river pools at the same time! On our last adventure, we literally pool-hopped along the way when we hiked the Cascade Ally trail in the Mountain Pine Ridge Reserve, and it was delicious! Although the weather and conditions were pleasant, the thought of jumping into cool river water fed by a gushing waterfall was the carrot on the stick, motivating us to move on when the going got tough, and after a refreshing dip, we were ready to tackle the next stretch. Donned in nothing but a swimsuit and hiking boots, we'd venture on to our next plunge and repeat the process. It was grand! As we celebrate the new year, I resolve to find ways to enjoy my passions despite the challenges, like if it's too hot to hike, find a trail with pools along the way! If you enjoy trekking through parts unknown while exploring our gorgeous country, we know just the place to start in My Beautiful Belize! Welcome!



## Wolfe's Woofers Tight Skirt

"Hey, Mr. Dennis."

I turned around to see the lovely Tanya, who tends bar at one of Ambergris Caye's best resorts.

"Hi, Tanya," I said. "You're dressed mighty fine for a bus trip."

Tanya and I were standing in a tightly crowded line for the bus from Belmopan to Belize City.

"I had to go to a wedding rehearsal," she said. "I'm gonna' look my best when I'm around a bunch of other bridesmaids."

As I started to board the bus she called, "Save me a seat."

I found a seat and after a while she made her way down the aisle. She did not look happy.

"Are you O.K.?" I asked.

"Yes—I'm just embarrassed. I went to step up on the bus but I couldn't lift my leg because my skirt was so tight. Finally, I reached around and unzipped it a little bit."

"Did that solve the problem?"

"No. I still couldn't reach the bus step so I reached around and unzipped it some more. It still wasn't enough so I tried it again."

"Let me guess," I said. "Did you accidentally unzip it all the way?"

"No, but when I tried again the man behind me grabbed my butt and pushed me up onto the step. I was very angry and I said, 'What do you think you're doing, touching me when I don't even know you?'"

"What did he say?"

"He said, 'Miss, after you unzipped my pants three times, I figured you must know me very well.'"



By Dennis Wolfe

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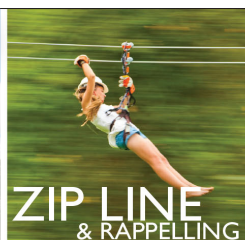
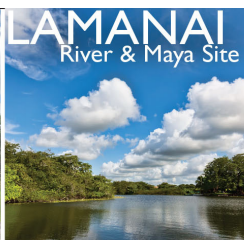
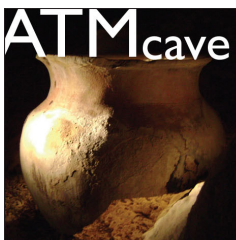
**Keep your resolutions** Train with the Fittest Woman in Belize! P. 14

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# Heavenly Hiking in the Mountain Pine Ridge Forest Reserve

By Tamara Sniffin

There are many ways to explore our jewel of a country, be it by air, land or sea, the vistas are guaranteed to be beautiful and diverse. If you really want to immerse yourself in all that is Belize, exploring on foot is the ultimate experience. From strolling along a sandy beach to walking through one of our bustling farmers' markets, the sights, sounds and aromas complete the Belizean package, but there is nothing like hiking through our lush jungles and verdant forests. This is how you become one with the very heart of Belize.

One perfect area for hiking is the Mountain Pine Ridge Forest Reserve in the Cayo District of southern central Belize. Established in 1944 to protect and manage native Belizean pine forests, it covers an estimated area of 106,352 acres, with much of it under private lease. The reserve is primarily pine and broadleaf forest with some grass and wetland areas. The Macal River forms the boundaries of the reserve to the west and south and is fed by tributaries including Rio Frio, Rio On, Privassion Creek and Pinol Creek. To the north-east some small streams feed into Barton Creek. Replete with expansive cave systems and countless waterfalls, the area offers hiking opportunities for every level of fitness and adventure.

Where to start? Hidden Valley Inn & Reserve, located within the Mountain Pine Ridge Forest Reserve, boasts close to 90 miles of well-marked and maintained roads and hiking trails. In the past, access to these trails was only available to their guests, but they now permit day hikers to explore the area once they register at the lodge. Guides are available for hire which is great for those who want to learn about the surrounding flora, fauna and maybe do some birding, but the trails are well cared for with ample signage allowing for easy navigating with out one.

Continued on Page 4

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BZ phone

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## Heavenly Hiking

Continued from Page 3

During one visit at Hidden Valley Inn, my co-worker Mary and I first explored the Secret Falls and Pools. A popular spot for romance, we imagined how fun the area would be if we were there with our husbands instead of each other, but still managed to enjoy a bottle of wine while taking in the lovely waterfall and river pool. The following day was a more challenging hike to Butterfly Falls led by our able guide Marvin, where the 80-foot waterfall cascades into a crystal-clear pool. A perfect swimming hole after a hot and sweaty hike, the cool waters instantly revived us! Several months ago, on a return visit, my hubby and I ventured solo one day exploring the Lake Trail. Our two-hour hike, which started from the lodge, took us along a babbling creek and past citrus and coffee groves until we reached the picturesque Lake Lolly Folly. It was a great place to birdwatch and relax under a shady tree. But our Cascade Ally hike the next day has to be my favorite journey yet!

Named for the dozens of waterfalls you pass along the trail, Cascade Ally takes you through an obstacle course of rustic steeples, bridges and even ladders crafted from felled trees. We start from Beverly's Lookout so that we walk facing the cascades. The hilly trail traverses along and over countless streams and swimming holes bearing names like Molly's Dip and Ofelia's Tub. There's even a place along the trail where a sign reads "Alia and Ben got engaged here", and I can see how the area could inspire such a proposal! Our day is spent climbing and balancing over makeshift bridges that appear rustic but are solidly constructed, with

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## Heavenly Hiking Continued from Page 4



the highest Sky Bridge an impressive network of planks. The adventure reminds me of a primitive jungle gym of grownups! Although the trail is just short of two miles long the hilly terrain and warm, humid temperature makes it feel much longer. We cool off in a couple of the inviting pools along the way and marvel at having the entire trail and forest to ourselves, save for the tropical birds and occasional Blue Morpho butterfly that flutter by.



There are dozens of trails to choose from and Hidden Valley Inn has a complete list of them along with distances and level of difficulty. As an early sexagenarian whose level of fitness leaves something to be desired, some of these hikes left me breathless at times, but were very doable if going at your own pace, and nothing makes you feel younger than accomplishing something you weren't sure you were up for.

For more information about Hidden Valley Inn and their trails please visit their website at <https://www.hiddenvalleyinn.com/>

January 2020



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SATURDAY





# Reel fun fishing in Belize...so many ways!

By Janelle Cowo

"Gone fishing," is a phrase often heard across Belize. Who can blame us when the beautiful and bountiful Caribbean Sea is at our doorsteps?! Whether you are looking to catch the big one for dinner or want to have some fun out at sea, fishing in Belize is a must.

I may not be the best fisher myself, but as an island girl at heart, I sure do enjoy a day out at sea. With a dad who makes a living from fishing and many friends whose favorite hobby is casting a line, I have spent quite a bit of my time out on a boat. And even though fishing is not on the top of my to-do list, I do find it to be a very fun past time. There is really no right way to fish, what works for one may not work for another and there are so many ways to fish.

Fishing is so popular that it has gone from beyond a means of getting food to a form of entertainment and for us in the tourism industry, a way of life. What can you expect when fishing in Belize? Here are some of the many ways you can enjoy this top activity while visiting our country.

## Reef Fishing

Arguably the most popular form of fishing in Belize, reef fishing is fun and relaxing. A day out on a boat over the calm waters inside the Barrier Reef, Reef Fishing is best done with a beer in hand. Snappers and Jacks are a common catch and best of all, whatever you catch makes for a delicious meal later that day.



## Fly Fishing

Bonefish, Permit, and Tarpons, Grand Slam of catch and release fishing, are found across the shallows in Belize's coasts. These areas known as the flats are world-renowned for offering the opportunity to reel in a photo-worthy catch.



## Spear Fishing

With today's folks giving more importance to conservation, spearfishing is considered by many the most sustainable form of fishing. Through this method you can choose the fish you want to catch reducing the risk of harming those ever importance protected species. You best be a good diver as Spear Fishing isn't for everyone. It requires great endurance and

stamina as you often have to dive down several meters before you can land that perfect catch.



## Deep-sea Fishing

Thrill seeker look no more! For those looking to catch that prized tuna or sailfish, it's time to venture beyond the Barrier Reef to deeper waters and a bit rougher sea. Prepare your best tackle and be ready for a fight, the big fish of the deep sure give a fight and this form of fishing very exciting!

Whatever your favorite form of fishing may be, remember always to be accompanied by a licensed fishing guide knowledgeable of Belizean waters. There are several protected marine reserves where it is illegal to fish and other marine species are protected. For more information on the regulations surrounding fishing in Belize visit <http://www.fisheries.gov.bz/>



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An advertisement for Palapa Bar &amp; Grill. It features a photograph of the bar, which has a thatched roof and is located on a wooden pier over the water. There are people sitting on the pier and in inner tubes. The text "Living the Dream! PALAPA BAR &amp; GRILL AMBERGRIS CAYE, BELIZE" is overlaid on the image. Below the image, it says "BUCKETS OF BEER LOWERED TO YOU IN INNER TUBES" and "HAPPY HOUR DAILY 4-6PM". It also mentions "located on the beach at the 'roundabout'" and "PALAPABARBELIZE".

An advertisement for Casa Picasso. It features a photograph of the interior of the restaurant, which has a warm, rustic feel with wooden floors and walls. There are tables set with white cloths and chairs. The text "TAKING THE ORDINARY AND MAKING IT EXTRAORDINARY" is at the top. Below the image, it says "AIR CONDITIONED DINING ROOM &amp; OPEN AIR TERRACE". At the bottom, it says "CHECK OUT OUR MENU &amp; MAKE RESERVATIONS ONLINE AT WWW.CASAPICASSO.BZ.COM".



# North Ambergris Caye

©2018, Map not to scale



**EAT**  
**PIRATE'S TREASURE** - A unique dining experience with their Chef's Table. Watch as Chef Mar prepares a fresh 3-course Belizean meal over a coconut-husk fire while you enjoy refreshing cocktails and island vibes. Regular Menu always available without reservations. 4PM to 10PM. 668-2156.



**CROCS SUNSET SPORTS BAR:** The newest bar north of the bridge, with refreshing cocktails, bar food, killer sunset views and all the games on large-screen TVs. Book upstairs bar for private events. Open from 11am everyday.



**THE TRUCK STOP:** Belize's first shipping container food park. Come try the different exciting options from our food trucks, play backyard games, or cool off with a sundae from our ice cream shop.



**AQUA:** Open Tuesday to Sunday from 5:30PM to 10PM, Aqua Belize offers an elevate

seafood and steakhouse dining experience. Located 1 mile north of San Pedro Town inside Caribeville. Sushi nights on Wednesday, Friday and Saturday. Reservation highly recommended: 226-4001



**AJI TAPA BAR RESTAURANT:** Beachfront dining in a romantic setting. One of a kind 5-Star Tapa Bar and Restaurant situated on the enchanting island of Ambergris Caye. Breakfast: 8AM-10:30AM, Dinner: 5PM-10PM, every day except Tuesdays. Open Friday, Saturday & Sunday for lunch. Call +501-226-4047 for reservations.



**PORTOFINO RESTAURANT** - Enjoy our Euro-Caribbean inspired menu and spectacular Caribbean views. Also offering a full VEGETARIAN Menu. For Reservations & Free Transportation, please call 226-5096 or 678-5096.



**PIRATE'S NOT SO SECRET BEACH BAR & GRILL:** The island's trending destination; adventure to SECRET BEACH! Soak up the sun or take a dip in crystal clear shallow waters accompanied with island music, refreshing cocktails, gourmet lunch menu by AWARD WINNING CHEF. Credit Cards Accepted. Open daily 10am to SUNSET!  
**MAMBO RESTAURANT** - Enjoy a unique dining experience at this award-winning restaurant at Matachica Resort. Romantic atmosphere with island ambience, offering locally inspired flavors and meals that will excite even the most seasoned palate. Complimentary transportation with reservations - call 226-5010/226-5011.



**RAIN:** Located 1 mile north of San Pedro Town inside Caribeville, Rain Restaurant and Rooftop Terrace offers unobstructed views of the Caribbean Sea and Lagoon for the perfect atmosphere to dine. Open daily from 7AM to 10PM serving breakfast, lunch and dinner.

## PLAY



**MARBUCKS COFFEE HOUSE** - Specialty Coffee Drinks - both hot & cold; fresh fruit smoothies and baked goods. Join us for Thursday Wine Fun, 4PM-7PM and our delicious Sunday brunch (with mimosas!). Located just off the main road in Tres Cocos, before the Truck Stop. Like us on Facebook and keep up with the fun!



**THE GREEN PARROT** - Eats and treats. Relax on the patio, sip your favorite island drink gaze out at the azure Caribbean Sea, take a dip in the pool and enjoy our great beach bar. Friendly staff always on hand 6 miles north of town. Open daily from 9AM-9PM. For complimentary boat transportation please call 226-5096/ 678-5096.



**MARUBA BEACH KLUB @ Secret Beach** - The ultimate beach club offering butler beach and water service, daybeds, lounge chairs, gastronomic wonders, cocktails and great chill vibe. Sister company of the world famous Maruba Resort Jungle Spa known for its Signature Spa treatments, service and style. Open 8am - 6pm, Phone 610-3779. Find us on Facebook

## MEDICAL SERVICE



Offering day time medical services including physician consultations, full clinical laboratory, full pharmacy, digital X-rays and ultrasound services; walk-ins are welcome. Open Monday to Saturday from 8AM to 5PM. Located 1 mile north of San Pedro Town. Contact info: 226-2262 and 226-2721

## SHOP



The biggest little grocery store on Ambergris Caye, located 4.5 miles North of San Pedro Town, it's a must see! **Open Everyday 8AM-6PM.** You can call us at 226-4290 or also order online at [www.matagrandegrocery.com](http://www.matagrandegrocery.com) .... we DELIVER!

## SuDoku Time! Answers on Page 8

				7	2		
1	5		4		9		
			5			7	
	9		2	3			5
6							2
5			7	6		3	
	8			1			
		5		9		1	3
		9	3				





## EATS & TREATS



**IGUANA JUAN'S:** Thoughtful burgers, killer vegetarian, creative cocktails and more, served with an eclectic vibe overlooking Back Street! Specializing in American and Central American dishes. We're 'Conveniently' Located Upstairs, of an Old Building, on a Back Street, on an Island, in Central America... Come Find Us!



**ISLAND WONDER KITCHEN + BAR:** Exciting New Eatery! Enjoy a kid-friendly environment serving up a variety of local and international cuisine. Located on Coconut Drive and open from breakfast through dinner from 9AM to 9PM. For more info contact 601-5048.



**THE SAN PEDRO LIONS CLUB** Join us on Fridays for fun bingo (7PM) and delicious chicken BBQ (from noon). All proceeds go back to assisting the community in times of need.

## PARTY PARTY



**WAHOO'S LOUNGE:** We are home to the WORLD FAMOUS CHICKEN DROP! Thursday nights starting at 6PM. Drink specials, games and an amazing view of the reef. Located on the beach at the Spindrift Hotel. 226-2002.

**WANT RUM? GOT IT!** 100% Belizean Rums. Travellers Liquors FACTORY OUTLET and showroom! Home of world class and award winning rums. Wholesale and retail. Daily complementary rum tastings of over 25 products! [www.facebook.com/wantrum](http://www.facebook.com/wantrum) #15 Pescador Drive 226-4690.



[www.onebarrelrum.com](http://www.onebarrelrum.com)



**PALAPA BAR AND GRILL:** On the Wet Willy's Dock. Daily 11am – 11pm. Relax on the inner-tubes and have your bucket of ice cold beers lowered to you. Outdoor seating, awesome smoked food, cheeseburgers, seafood and tropical drinks and an astonishing view!

## Sudoku Answers Puzzle on Page 7

9	3	8	1	6	7	2	5	4
1	5	7	4	3	2	9	8	6
2	4	6	9	5	8	3	7	1
8	9	1	2	4	3	7	6	5
6	7	3	5	9	1	8	4	2
5	2	4	7	8	6	1	3	9
3	8	2	6	1	4	5	9	7
7	6	5	8	2	9	4	1	3
4	1	9	3	7	5	6	2	8

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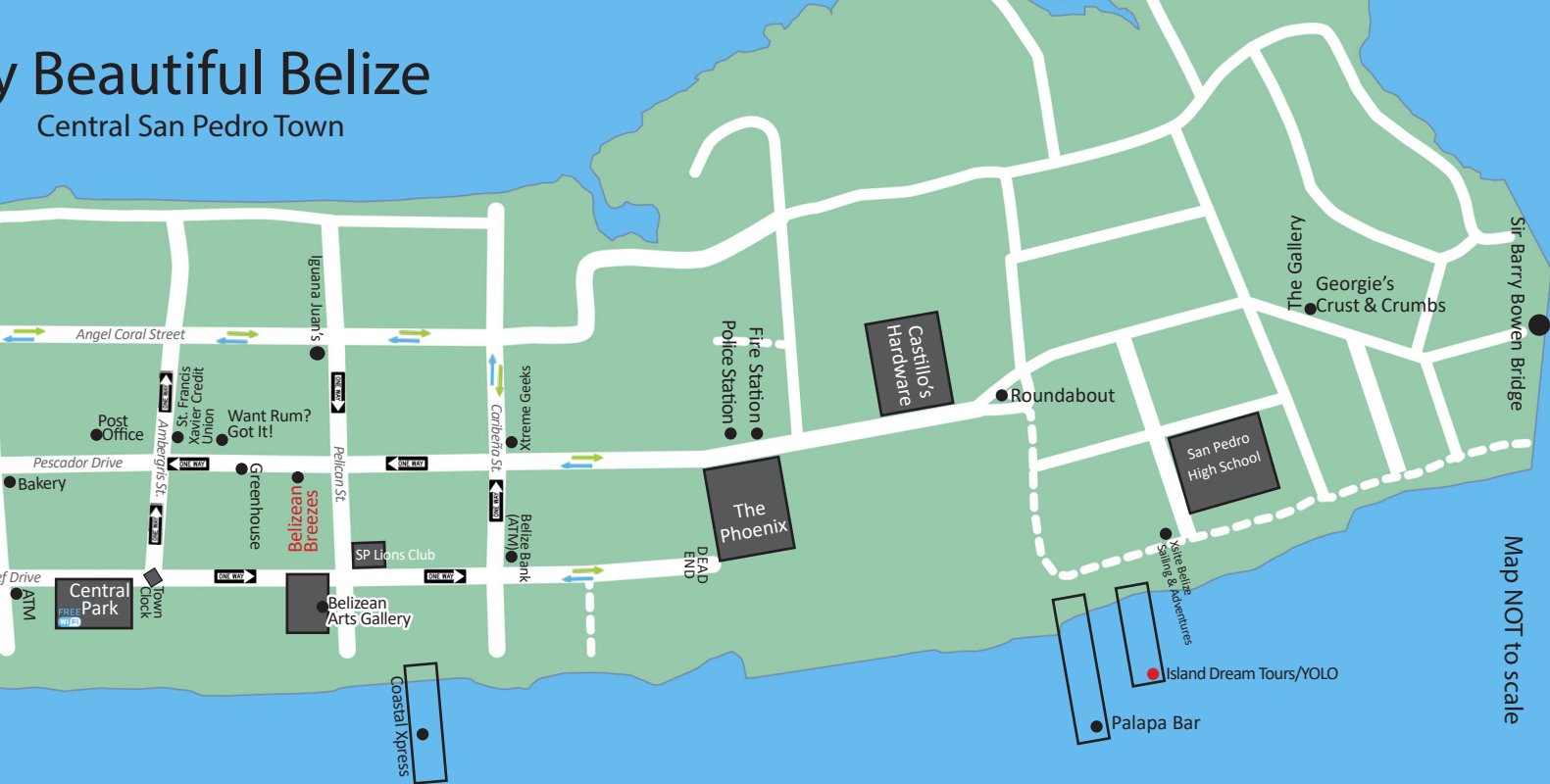
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**"12"** is the only shop in Belize that features only Belizean made luxury products & gifts suitable for both locals and tourists. Featuring exclusive items from around the country from soaps & scrubs to handbags & sauces, we ship same day throughout Belize. www.12belize.com 670-5272. **Closed through October 8<sup>th</sup>** for vacation!

**HAVANA CIGARS BELIZE:** Our walk-in humidor stocks an ever changing selection of some of the finest hand-made cigars from Cuba, Central America, and the Caribbean. We also offer an air-conditioned smoking lounge with a full bar and café. On Front Street, across from Holiday Hotel. 226-4576 Find us on TripAdvisor!



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**GEORGIE'S CRUST & CRUMBS:** located inside "The Gallery" of San Pedro. The best Gourmet Pies from the "Pie Queen" with First Class Fresh Ingredients alongside The Largest Collection of Paintings in Belize. 2 1/2 blocks North of the Roundabout. Pies: 615-9327 Art: 226-4304.



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**COASTAL XPRESS WATER TAXI** – Scheduled ferry service & water taxi for Ambergris Caye. Phone 226-3007.

**GET TRANSFERS** - Executive transfer and tour services anywhere in Belize: Chetumal, Cancun, Quintana Roo & even Merida and Guatemala. Phone: 422-2485 (Fx: 422-3511) or email: info@gettransfers.com.

**RAINBOW TAXI** – Caye Caulker golf cart; guided island tours; reliable service. 226-0123. Minerva: 661-6254 or Champ 602-8136.





## EATS & TREATS



**CASA PICASSO RESTAURANT:** Artfully creating Belizean inspired cuisine with local products for a farm to table experience. Open Tuesday - Saturday, Happy Hour 2pm-5pm, appetizers, dinner service 5pm- 9pm. Full bar with global wine list. 226-4443 for reservations. Located just south of town on Coconut Drive.



**EL DIVINO CARIBBEAN STEAKHOUSE & MARTINI BAR:** Banana Beach's signature restaurant, featuring indoor and outdoor dining and sports lounge. Serving USDA meats, wood fired pizza, fresh seafood, pastas...locals LOVE our ceviche! Daily dinner and drink specials, Happy Hour from 3-7pm. 226-2444.

**THE PALMILLA RESTAURANT AT VICTORIA HOUSE:** A casual experience with a unique mix of island seafood and continental cuisine. Relaxed and informal yet romantic. Admiral Nelson Bar is the place to be casual and relax in your swimsuit, enjoying breakfast, lunch and dinner with magnificent views. Reservations recommended: 226-2067.

**BLACK ORCHID RESTAURANT & LOUNGE:** Come visit us; just a quick Golf Cart Ride 2 1/2 miles South of Town after the Croc Pond Lagoon and well before the Marco Gonzalez Maya Site. Reservations Recommended (501) 206-2441. [www.blackorchidrestaurant.com](http://www.blackorchidrestaurant.com).



## UNIQUE OFFERINGS



**SALT LIFE VILLAGE BELIZE** will encompass all the comforts of home with a full service resort and fly fishing lodge, an east side beach club, estate homes, restaurants, bars and retail outlets throughout the development. For more information email [sales@saltlifebelize.com](mailto:sales@saltlifebelize.com)



**LaSIRENE** is located at the southern tip of the island. Currently in the development phase, La Sirene's model home located on Coconut Drive is open to the public. Open from Monday to Saturday from 9AM to 5PM. For more information visit [www.lasirene.bz](http://www.lasirene.bz)

## PARTY PARTY!

**CRAZY CANUCKS BEACH BAR:** Beach bar located at Exotic Caye Beach Resort. Open daily 11am-midnight. Bar food and daily drink specials. Mondays: Live reggae @8pm Tuesdays: Live Music & Hermit Crab Racing @6:30pm Thursdays: Paint n Splash @2pm Fridays: Trivia @7pm Karaoke @8:30pm Sundays: Live music/horseshoes @3pm Follow us on Facebook. Phone: 670-8001

## Important Information

**Belize Tourism Board** - 227-2419.  
**Belize Tourism Industry Association** (BTIA) - 227-5717.  
**Belize Hotel Association** - 223-0669, [bha@btl.net](mailto:bha@btl.net)  
**San Pedro Tourist Guide Association** 226-2391.  
**San Pedro Police Department:** 206-2022  
**Dr. Otto Rodriguez San Pedro Poly-Clinic II:** 226-2536  
**AA Meetings:** Monday – Saturday, 6PM, #5 Boca Del Rio. 226-2020. Every Tuesday & Friday, 12 noon at the Catholic parish hall. Front street, 630-0752.  
**Al-Anon Meetings:** Wednesdays, 5:30PM, SP Catholic Church Hall. [islabonitaalanon@yahoo.com](mailto:islabonitaalanon@yahoo.com)  
**Narcotics Anonymous:** By request at 623-0316.  
**Emergency Veterinarian care:** 610-3647

**American Crocodile Education Sanctuary/ACES** – Don't take matters into your own hands. Call 623-7920 for crocodile problems.  
**Saga Society** A non-profit "humane society" to address the stray cat and dog population in San Pedro. Phone 226-3266.  
**SP Town Library** - 206-2028.  
**SP Post Office** - 206-2260.  
**National Aids Commission Island Committee (NACIC)** - HIV Testing/ Treatment/Stigma and Discrimination and Pre and Post Test Counseling. 650-7021.  
**Hope Haven:** 226-2333  
**Rotary Club of Ambergris Caye:** Join Rotary at our weekly meetings, Wednesdays at 11:45am, Banyan Bay Villas. Find us on Facebook!  
**Ambergris Caye Masonic Lodge** - [ambergriscayemasoniclodge@gmail.com](mailto:ambergriscayemasoniclodge@gmail.com) 672-2265



# Comfort food at its best at Island Wonder kitchen + bar

By Janelle Cowo



Imagine dining on a comforting meal while sipping a mimosa and ending it off with a little sweet treat – sounds like just the right meal, wouldn't you say? Recently, our adventures in dining led us to Island Wonder kitchen + bar, the newest restaurant on Coconut Drive here in San Pedro Town. Just a few yards south of Tropic Air's San Pedro Terminal, Island Wonder is serving up all manner of comfort food. Catering to the island's hungry crowd, this cute, fully air-conditioned restaurant is an undiscovered jewel.

My friends all know that I love brunching, and I'm constantly in search of that ideal spot that will serve me some good eats alongside my cocktails. Island Wonder offers a full breakfast and lunch menu to eat in, take out or have delivered. One of their top-selling breakfast items is the stuffed fry jack, a Belizean classic. Puffy fried dough stuffed with scrambled eggs, bean, and cheese sure sound like what I need to start off the day. A pancake platter is also a great option – three to an order, served with crispy bacon, syrup, and fruit - simply divine!

Be sure to try Island Wonder's chicken fried steak topped with gravy and a side of fried okra and corn soufflé... yum! The golden fried locally sourced steak cuts like butter, making for the ideal lunch or dinner option.

But I have got to give props to Island Wonder's chicken and dumplings. This classic stew took my taste buds on a fantastic ride down memory lane. Served with garlic bread, you just won't be able to stop eating once you start. Did I mention the mimosas I had? Those were good too!

No good meal is complete without something sweet, and Island Wonder has that covered too. How does a Chocolate Waffle Bowl with Ice-cream and topped with their signature Salted Caramel Bourbon Pecan Sauce sound? I'd say, 'sounds like dessert heaven!'

With the addition of a kids' menu, Island Wonder is the perfect spot for families. They'll even provide some coloring books and crayons for the little ones to keep them entertained while you sip on that second (or third) cocktail.

Most exciting is the upcoming addition of a drive-thru. Yes, you heard right – take-out food has never been easier! Be sure to follow them on Facebook and Instagram @islandwonderbelize for daily specials and

January 2020



delivery options. Whether you're last or first stop while on Ambergris Caye, drop by from Monday to Saturday between 9AM to 5PM for a meal you won't soon forget. For orders or reservations, contact them at 501-601-5048.



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Barrier Reef Drive, San Pedro, Ambergris Caye



# Flying to and around Belize

By Mary Gonzalez

When the New Year hits, we often find ourselves making plans and promises – resolutions if you will. It seems the biggest one is to ‘Travel More,’ and we agree! Even here in Belize, we promise to get out and explore more of what the jewel has to offer. We can only imagine how our friends feel as they brave snow, frigid temperatures and generally gray days, plotting their next getaway to our sunny islands, warm rainforests and chill jungle getaways.

Thankfully, we are easily accessible through various airlines from 19 cities and seven countries.

## From Latin America & Mexico:

Avianca: San Salvador; COPA: Panama City; TAG: Guatemala City; Tropic Air: Cancun, Flores, Guatemala City & Roatan

## From USA & Canada:

Air Canada: Toronto; American Airlines: Miami, Dallas, Charlotte, and Los Angeles; Delta Airlines: Atlanta; Southwest: Houston (Hobby), Fort Lauderdale and Denver; Sun Country: Minneapolis; United Airlines: Houston (IAH), Chicago and Newark; Westjet: Calgary and Toronto

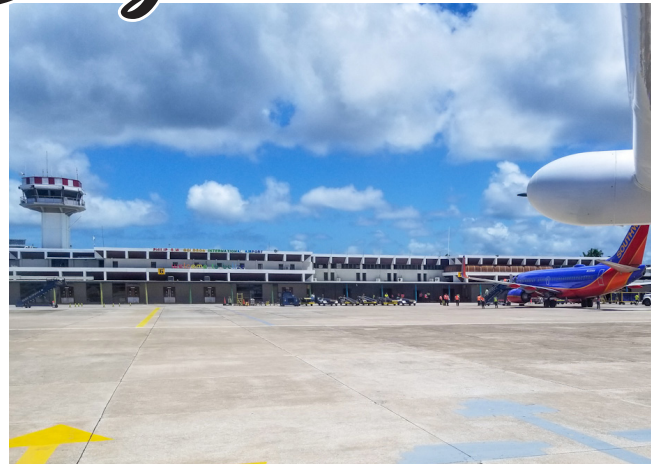
All international flights land at the Philip SW Goldson International Airport, from where your Belize adventures begin!

## Getting around with Tropic Air

Our awesome partner airline is Tropic Air, and they count with the most domestic flights (as well as international). They recently celebrated 40 years of service, and in those four decades, have truly grown and evolved as the Airline of Belize.

From the international airport, you can fly direct to your Belize destination of choice. The Culture Capital Dangriga? The Placencia Peninsula? How about unspoiled Punta Gorda? Maybe you're feeling the rainforest vibes of the Cayo District – either Belmopan or Maya Flats. The Maya Flats flight gives you a killer view of the Xunantunich Maya Archaeological Site as you head in towards their landing strip – an added bonus!

Of course, you can visit us on Ambergris Caye, or check out our sister island, the chill and relaxed Caye Caulker (we like her a lot – she's a real beauty!) Tropic can also take you to the northern districts of Orange Walk (just not on weekends) and Corozal. Each place has its own attractions and appeal, and you'll be guaranteed to have fun getting to know all of Belize.





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Lamanai Maya River Tour (with Tour Guide Errol Cadle)  
Actun Tunichil Muknal Maya Underworld (Pacz Tours)  
Hol Chan Snorkel (Unique Dive Adventures)  
Ziplining & The Belize Zoo (Chukka)  
Black Hole Drop (Adventures in Belize)

Feeling like checking out the Blue Hole, without having to get in the water? How about their incredible Aerial Tour of the UNESCO World Heritage Site? We've taken this tour before, and it's worth it!

Once you've landed in Belize, the possibilities are truly endless. We're a tiny country but have lots to offer and you're in excellent hands exploring via our friends at Tropic Air. To learn more, visit their website at [www.tropicair.com](http://www.tropicair.com).



# A Belizean Care Package: What do your taste buds miss the most from Belize?

While I love traveling, I have never considered moving away from my homeland. I can't see myself living anywhere but Belize – there is just too much that I love from our little Caribbean jewel. I often ask friends who have moved to a different country or are studying abroad what they miss the most about living in Belize, and while the first answer is almost always family, what often follows is food. I can't blame them; I sure do love my Belizean food too. Their longing goes beyond the traditional dishes however, and often extends to the ingredients found so easily in Belize that they can't get easily wherever they are.

We grow up surrounded by all these flavors unique to the different cultures across the country. Belizean dishes can usually be recreated anywhere, with the right ingredients. To this day, I still remember my grandmother buying only one certain brand of red recado, insisting that any other would change the flavor of her meals. It is these little, perhaps peculiar, traditions we grow up with that make it challenging to cook our classic Belizean meals in any other country.



By Janelle Cowo



My friends living abroad say, "When we miss the tastes from home, that's when we need our Belizean Care Package!"

But what is a Belizean Care Package? It's mostly food and ingredients we easily find at our corner store here in Belize, but to my friends living abroad, these simple items sent by family can be lifesavers!



So, what are in these care packages? It all depends on the food one grows up loving to eat and their cultural background. However, there are some essential items that are a must-have in every Belizean Care Package. For starters, the best way to say you care to a Belizean living abroad is by sending them some good ole Marie Sharp Pepper Sauce – we love our spicy food and while Marie Sharp is found on international shelves, it is only available in select stores. Also making the list is local rums and spirits - after all, you can't find Traveller's Belizean rum just anywhere. One of the more, may I say, strange items we seem to can't get enough is Happy Cow soft cheese (used in our signature cheese dip) and Dutch (Edam) cheese; you would think that something we import would be easier to find abroad, but that just isn't the case. Throw in some local spices (like Sazón Completa and recado) and you will make any Belizean living away from home a happy camper!

If you are a Belizean living abroad or just know someone who loves Belizean cuisine, send us your dream Belizean Care Package list to [hello@mybeautifulbelize.com](mailto:hello@mybeautifulbelize.com) ; who knows, we may just be able to fulfill your dream.



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# STICK TO YOUR GOALS WITH THE FITTEST WOMAN IN BELIZE!

By Mary Gonzalez



Not one to shy away from competition, Liliana has taken on challenges in Mexico.

January – the month that sees the firmest of resolutions to get and stay fit. With the promise to travel more, staying fit while traveling can have its challenges. Gone are the days we go nuts on vacation, forgetting all about our fitness plans and indulging left, right and center. A bit more health-conscious, we tend to gravitate towards a gym or fitness class, getting a little health in before we have our first Belikin or beach barbecue. Maybe you feel like working off the fry jacks and meat pies, or you have some goals you want to stick to - we don't judge – in fact, thanks for the inspiration!

One fun thing about our island home is that it has a wide variety of fitness centers for you to choose from. We highlight one person, however, because we think it's amazing to say she is the 'Fittest in Belize'!

Liliana Nuñez is a CrossFit Coach, athlete and fitness enthusiast. A fitness professional for ten years, Liliana began with her Personal Trainer certification from the National Personal Training Institute. She also has her Level 1 CrossFit Trainer and Mobility certification. She coaches at one of only two affiliated boxes in Belize, CrossFit Wolf in the San Pedro area of Ambergris Caye. Liliana and crew have made it their mission to spread knowledge and skills to those who seek it.

Being part of the CrossFit industry means being part of its global sense of community, and so it is easy to fit in, wherever in the world one may be. "I am proud of my accomplishments in CrossFit. It's a full-time job which I love and have a passion for...it's changed my life, not only as an athlete but as a human being," says Liliana. "Fitness is a lifetime journey...coaching and personal training give joy to my life. It's my members and trainees that motivate me to keep going every single day!"

Visitors enjoy a quick sweat session in paradise!



We have enjoyed watching Liliana's journey as well, and are particularly proud of her latest accomplishment, being named Fittest in Belize 2020. Having done extremely well during the worldwide CrossFit Opens - a challenge that tasks athletes to do their best and compete with people all over the world, Liliana managed to take the top spot after five brutal fitness tests. Participants not only battle for the title of 'Fittest' in their country but for the second year in a row, have the distinction of qualifying for the highly anticipated CrossFit Games. Liliana is Games-bound, ready to face a couple of hundred other elite athletes to see if she can be named Fittest in the World. That challenge is coming up the week of July 29<sup>th</sup> through August 2<sup>nd</sup> in Madison, Wisconsin.

Imagine you're on vacation and happen to drop in on a class being taught by the Fittest in Belize? It can happen, so stick to those resolutions, and when in Belize, drop by any of the fitness centers around town, and you just might run into the lovely Liliana! Check out CrossFit Wolf's schedule on their Facebook Page.

You can also check out Train Station Fitness Center, Belize Fitness (Liliana also does some personal training at this center), CrossFit San Pedro Town, and San Pedro Barbell to get your sweat on.

## Here's what's coming up in January (and February!)

**January 18<sup>th</sup>**

80's Party at Crazy Canucks Beach Bar, San Pedro Town starting at 8PM

**January 25<sup>th</sup>**

Bingo Night at Crazy Canucks Beach Bar, San Pedro Town starting at 5PM



**January 26<sup>th</sup>**

Graffiti Festival at Miami Beach, Corozal Town starting at 10AM



**January 25<sup>th</sup>**

Land Rover Car Show at Hour Bar, Belize City starting at noon



**Every Thursday:**

Trivia Night at The Truck Stop, north San Pedro Town starting at 7:30PM

**February 1<sup>st</sup>**

- Groundhog Day Boat Crawl and Charity Poker Run starting at Palapa Bar and Grill, San Pedro Town from 10AM to 4PM &

9<sup>th</sup> Annual Bob Marley Tribute at East Sports Center, Orange Walk Town starting at 6PM

**February 2<sup>nd</sup>**

Kelly McGuire Concert at Palapa Bar and Grill, San Pedro Town starting at 2PM



For More Information on Trips and Overnight Charters:  
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## Our Project

### STUDIO | 540 SQ.FT

1ST OR 2ND FLOOR CANAL-FRONT LAGOON VIEW STUDIO

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*First units already under construction to be completed in early 2020.*

### KING | 810 SQ.FT

1ST OR 2ND FLOOR CANAL-FRONT LAGOON VIEW 1 BEDROOM CONDO

All glass front floor to ceiling windows from corner to corner, fully appointed kitchenette, in-room washer/dryer, double sink bathrooms and the option for 1 king or 1 double beds in each unit. 1 bedroom condos can have private bedrooms or the option to keep the entire unit open as a large studio.

Boat access and parking  
Balconies on the water

### IMPERIAL | 1050 SQ.FT

1ST, 2ND OR 3RD FLOOR WATERFRONT 2 BEDROOM CONDOS

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Boat access and parking  
Balconies on the water



## Let's Talk

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